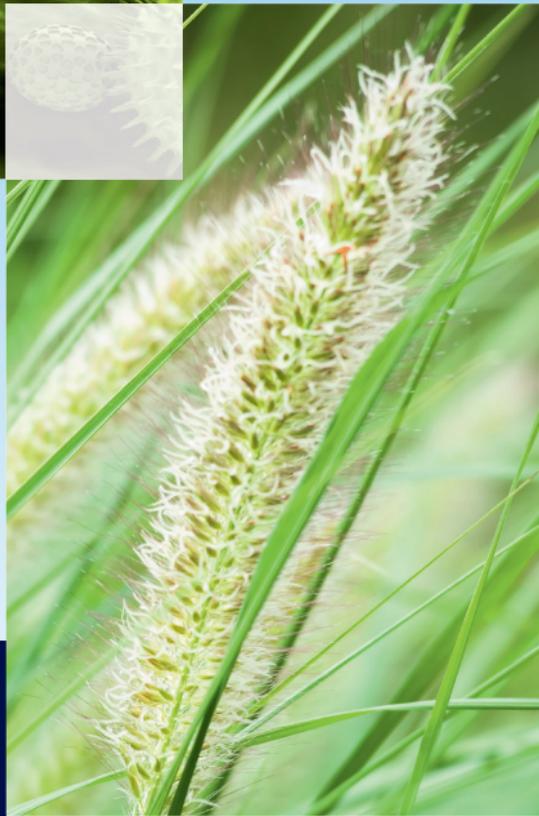
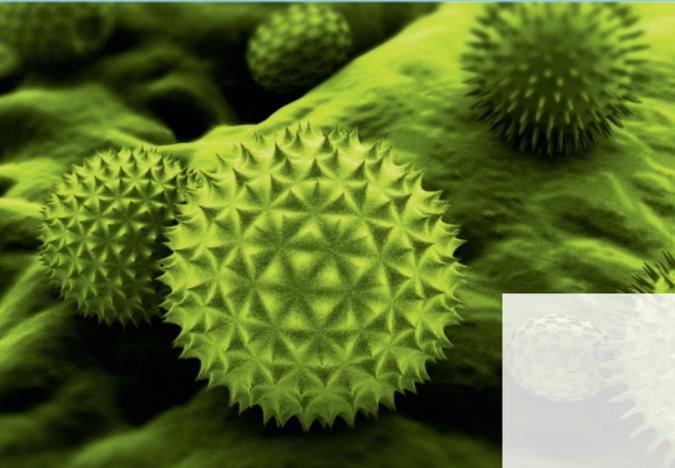


▶ Allergy guide

Pollen



Small pollen – large problems

Many people look forward to the first rays of sun in spring. But for people suffering from pollen allergies now the worst time of the year is starting. Their immune system reacts to the basically harmless plant spores with an excessive defence reaction.

Especially the pollen from plant varieties that spread their spores with the wind and are present in large amounts are fateful for many people suffering from allergies.



The allergens reach the mucous membranes of the nose, eyes, mouth and bronchi through the air that is breathed in. Here within a few minutes they can trigger mild to life-threatening complaints.

Frequent signs of a pollen allergy

- ▶ Itching in the eyes and in the nose
- ▶ Sneezing irritation, watery eyes and conjunctivitis
- ▶ Runny nose
- ▶ Coughing and respiratory distress
- ▶ Allergic asthma

Birch or Wormwood?

The various pollen types are as diverse as the varieties of the flowering plants. However not every person suffering from allergies reacts the same towards pollen from deciduous trees, grasses and herbs. For a specific therapy it is important to exactly differentiate which pollen triggers an allergy.

The diagnosis: Guide for the therapy

Rhinitis, watery eyes and cough irritation are complaints that may not only occur due to an allergic reaction. They may also be triggered through an infection or chronic inflammation. Therefore it is important to exactly record which symptoms occurred at which time. Your recordings give your allergologist important information about the possible presence of a pollen allergy.

The specific search for an allergen then takes place with the help of allergy tests, e.g. **prick test**:



An allergy solution is dripped onto the lower arm and then the skin is slightly pricked with a small needle through the droplets. After approximately 20 minutes your allergologist can visually identify the allergens towards which you react. With these results you can then later use a pollen flight calendar to find out during which months the pollen occurs to which you have an allergic reaction and when you especially suffer the hazard of having an allergic reaction. During this time spend as little time as possible in the open air.

**Pollen is nearly always
in season**

Pollen can be found in the air at nearly any time of year. But not all plant varieties release their spores at the same time.

Dangerous interactions

If with hay fever patients complaints suddenly occur after enjoying certain foods then this is usually not a new allergy. In most cases this is an immune response to a protein that is confusingly similar to a pollen allergen. Here one speaks of a cross reaction.

Cross reactions			
Tree pollen			
Foods: almonds, carrots, nuts (above all hazelnuts, walnuts)	Fresh fruit: pip fruit and stone fruit: apples, pears, peaches, apricots, blackberries, strawberries, raspberries, plums, cherries	Other: tomatoes (raw), potatoes (raw), herbs/spices, kiwis, litchis, avocados	
Grasses			
Grains: rye, oat, wheat, barley	Foods: potatoes (raw), soy, peanuts, pulses, peas, kiwis, tomatoes, melons	Other: Peppermint, herbs/spices	
Wormwood			
Spices: anise, coriander, curry, chilli, estragon, cinnamon, ginger, cumin, nutmeg, paprika, parsley, pepper, wormwood, dill, fennel, lovage	Foods: celery, carrots, potatoes, kiwis, cucumbers, melons, artichokes, tomatoes, sunflower seeds, peanuts	Pollen: composite family such as chrysanthemums/marguerite, birch, dandelion, chamomile, sunflower, ragweed	Herbs: basil, marjoram, oregano, thyme

What do you do with a pollen allergy?

Avoid the contact with the allergen

As pollen fly through the air in large amounts and over long distances it is hardly possible to avoid them. But you can make your life somewhat easier. How? – You will find this out in the tips for people suffering from pollen allergies.

Alleviate the complaints

With eye, respectively nose drops or breathing sprays you can temporarily alleviate your symptoms. Symptom-reducing and inflammation-inhibiting medicinal products are however only a short-term solution. Long-term help is offered by the specific immunotherapy.



Increasing the tolerance towards allergy-triggering agents

The specific immunotherapy is the only possibility for healing an allergic disease. Over the course of the treatment the overreaction is reduced to a normal amount step by step.

Your patience is certainly required.

A specific immunotherapy is a long-term measure over at least 3 years. Your allergologist will inform you about the exact course of the treatment. Even if the complaints subside, definitely do attend the other appointments because only after completion of the treatment can permanent success be expected.

Tips for individuals suffering from pollen allergies

- ▶ Spend as little time as possible in the open air during the time when the pollen burden is at the highest level. Transfer sports activities to indoors.
- ▶ Keep car windows and windows in your home mainly closed. For many car models aftermarket pollen filters are available for later installation.
- ▶ If you live in the country it is best to ventilate your home between 7 pm and midnight. City dwellers should use the morning hours between 6 am and 8 am to ventilate the rooms.
- ▶ Use a vacuum cleaner with pollen filter for the daily cleaning of carpets and furniture.
- ▶ Plan your holiday in a mountainous region, at the seaside or on an island during the time of the highest pollen burden. The pollen burden is usually low at these places.
- ▶ Pollen can adhere to your clothing and your hair. Therefore before going to bed wash your hair and deposit your clothes outside of the room where you sleep.
- ▶ Avoid tobacco smoke. The smoke harms your natural defences, irritates your mucous membranes and makes you more sensitive towards allergens.



Tree pollen	Jan.	Feb.	Mar.	Apr.
Birch				
Alder				
Ash				
Hazel				
Elm				

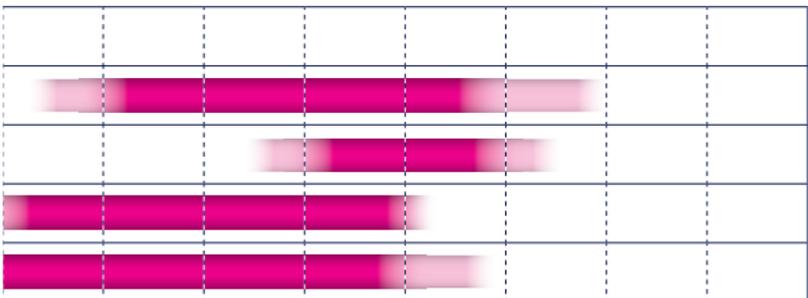
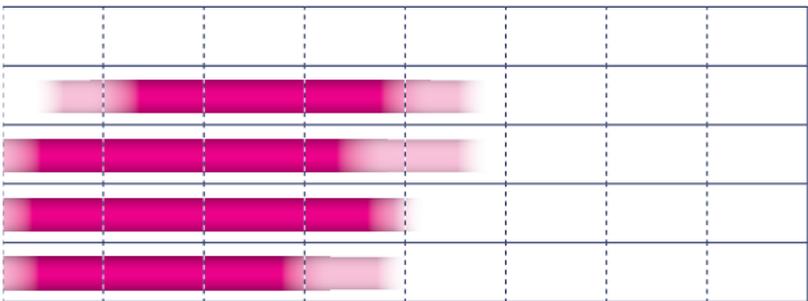
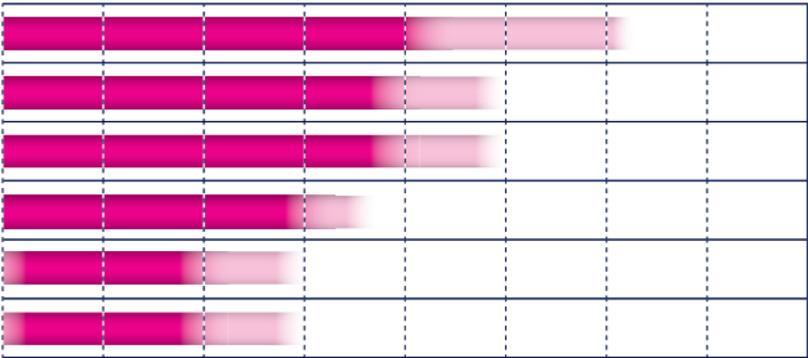
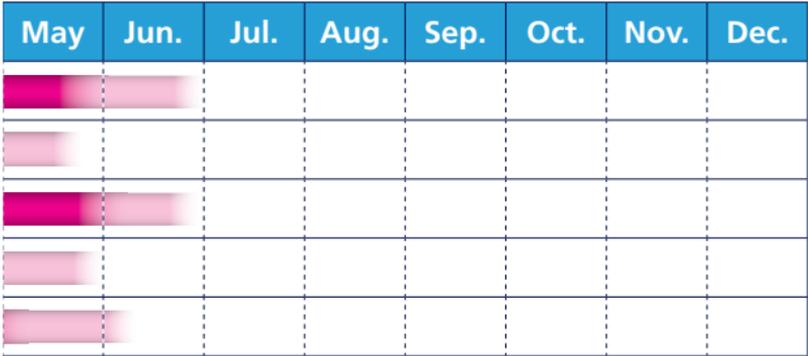
Grasses				
Dog's tooth/Bermuda grass				
Orchard grass				
Ryegrass				
Meadow foxtail				
Timothy grass				

Grains				
Oat (wild oat)				
False oat grass				
Rye				
Wheat				

Herbs				
Wormwood				
Ragweed				
Sorrel				
Ribwort				

Source: Scientific consultant: Prof. Dr. med. Ludger Klimek, Allergy Centre Wiesbaden, Centre for rhinology and allergology

Pollen flight calendar



 Low/medium allergen burden

 High allergen burden



LETI

Further information for patients

LETI Pharma

Postal address:

LETI Pharma GmbH

Gutenbergstraße 10

85737 Ismaning

Phone: +49 (89) 121 400-0

Fax: +49 (89) 121 400-299

Customer Service:

Phone: +49 (2302) 202 86-0

Fax: +49 (2302) 202 86-20

info-allergie@leti.de

www.allergologie.leti.de