

www.leti.de The new LETI guide online – get answers to important questions about hypersensitivity and allergies from respected doctors.



This guide was created with the expert support of Dr Ludger Klimek, Allergiezentrum Wiesbaden, president of Ärztenverband Deutscher Allergologen e.V.

SLEEPING WITH THE ENEMY

Tips on dealing with dust mite allergies



LETI Pharma – experts for allergies and skin.
More freedom and quality of life for patients.
That is our mission.

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SLEEPING WITH THE ENEMY

Tips on dealing with dust mite allergies

Dust mites are less than half a millimetre large and are not visible to the naked eye. They prefer to live in mattresses, bedding, carpets and upholstered furniture, and mainly feed on skin flakes from humans.

When people have a dust mite allergy, their immune systems react too strongly from inhaling otherwise harmless protein molecules given off by mites. A tiny amount is all it takes to trigger severe symptoms, such as runny nose, sneezing, watery eyes, cough, trouble breathing or skin rash.



1 gramme

of skin flakes falls off the human body every day. That is enough to keep a colony of dust mites fed for

6 weeks.

To diagnose a dust mite allergy, visit an allergist. You might have a dust mite allergy if your allergic symptoms tend to bother you inside more than outside, are worse in the morning and occur all year round.

Your allergist will ask you about your symptoms during your first visit. You will then be tested to determine what is triggering your allergies. The most common form of testing involves a skin prick test, which can even be performed on babies.

As part of this, the doctor applies various different solutions, each containing an allergen, on the patient's forearm. The skin is pricked to allow the allergens to enter. Those substances to which the body reacts with redness, itching or raised skin are allergy triggers.

Skin prick test



GOOD TO KNOW

Lasting relief for dust mite allergies

Antihistamines can temporarily alleviate acute symptoms. However, these medicines only provide short-lasting relief and can often cause drowsiness.

Hyposensitisation is the only method of treatment that is capable of addressing the root cause of an allergy and providing long-term relief from symptoms.

It is also the only way to reduce the risk of atopic march or a progression into more serious effects. People with allergies often have more than one allergy-related condition. Allergic dermatitis is usually the start of suffering for people with allergies. In the years that follow, patients often develop hay fever or allergic asthma as well. Allergies “march” through the body, from the skin to the nose, and on to the lung.

Talk to your doctor about hyposensitisation.



people with allergies are able to successfully lessen their symptoms with hyposensitisation.

For SIT to be successful, patients have to actively commit to three years of treatments.

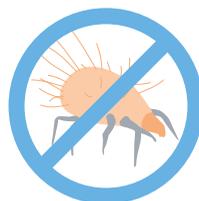
GUIDE TO DUST MITE ALLERGIES

Tips for every day

For people with dust mite allergies, the best approach is to keep their numbers as low as possible and to make their lives difficult:

- Mites love heat and humidity, so air rooms several times a day and keep them cool (14 to 20 degrees Celsius) and dry (relative humidity under 60 per cent).
- Air out bedding and your mattress every morning. Change your bed sheets once a week. Wash your bedding every three months at 60 or 95 degrees Celsius.
- Wash textiles, soft toys and clothing at 60 degrees Celsius for one hour, or freeze them for one day at minus 20 degrees Celsius to kill mites.
- Avoid carpets in general, especially deep pile. The same goes for curtains. Choose leather furniture rather than upholstery, and smooth flooring rather than carpets.
- Wipe down surfaces with a moist cloth or mop. Remove items that collect dust, such as full bookcases, or clean them with a wet cloth.

For more helpful tips, visit www.leti.de



The concentration of mites is 100 times higher in the bedroom than in other rooms. Dust mites live and reproduce in pillows, blankets and mattresses. Mite-proof protective covers prevent people with allergies from coming into contact with mites. They also cut the animals off from their source of food – human skin flakes – and prevent them from reproducing.

People with allergies often have dry skin and itching. Allergies can damage the skin's barrier function, causing the skin to lose moisture. As a result, allergens and contaminants can make their way into the skin, triggering allergy symptoms.

That is why people with allergies should always take an integrated approach to treating their conditions. Regular care using medical skincare products plays an important role.

10 million
mites live in a single German bed



Skincare for people with allergies

LETIAT4 is a medical skincare line specially formulated for the skin of people with allergies* and allergic dermatitis. All products help to relieve the four typical symptoms: dryness, itchiness, irritation and infection.

People with allergies should apply LETI AT4 twice a day to optimally care for their skin barrier function.



GET YOUR FREE SAMPLE**

Order your free sample of **LETIAT4** today and start pampering yourself: www.leti.de/gratisprobe

*Type I allergies such as hay fever or allergic asthma
** While stocks last

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