

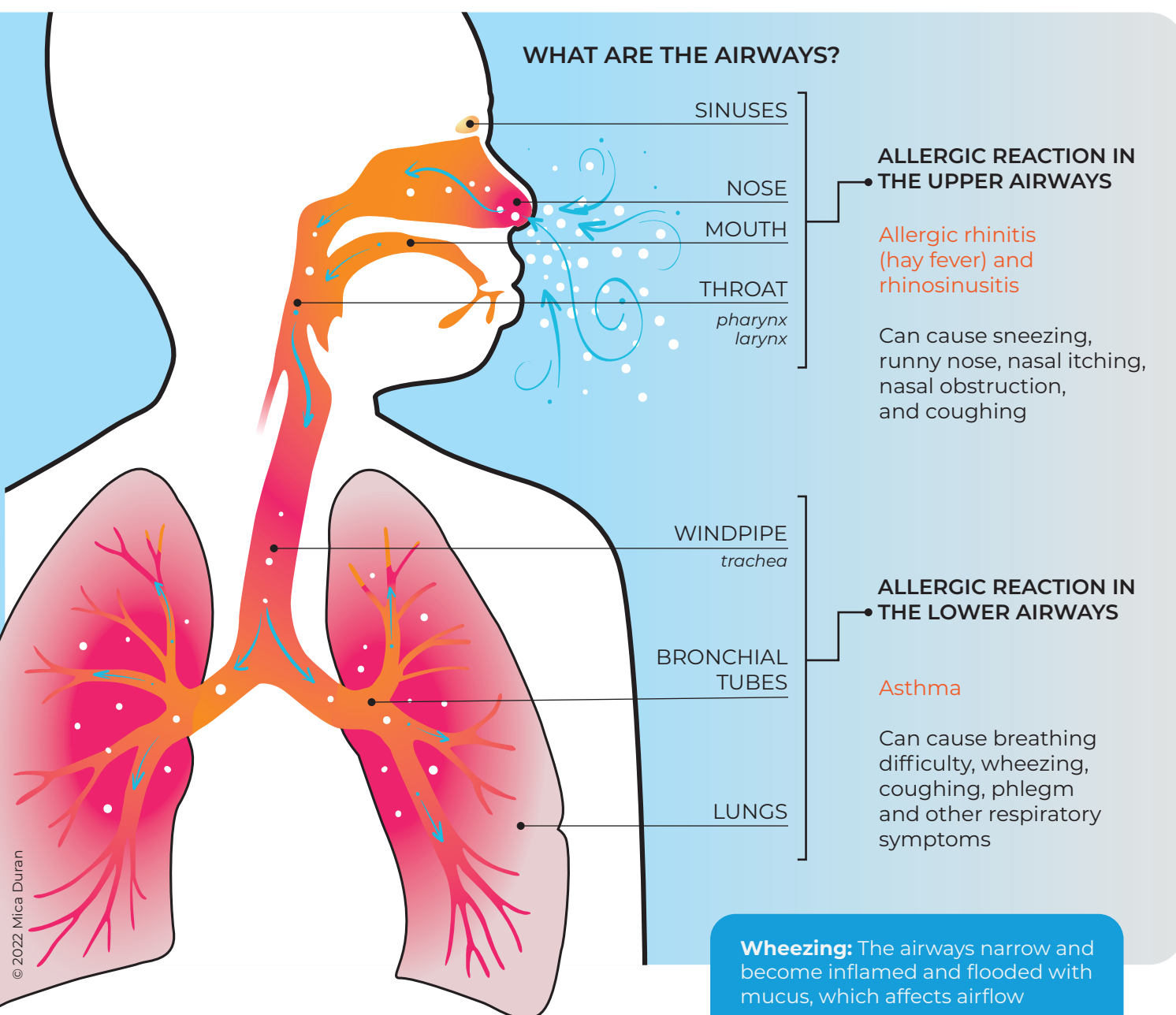
Breathe Better

The Asthma & Allergy Connection

Asthma is reported in up to **38%** of patients with **Allergic Rhinitis**

Asthma and allergies in the airways frequently occur together.

Nasal symptoms are present in up to **85%** of patients with **Asthma**.



Wheezing: The airways narrow and become inflamed and flooded with mucus, which affects airflow

Coughing: The cough reflex gets sensitized by allergic inflammation

WORLD ALLERGY WEEK 2022
5-11 JUNE, 2022

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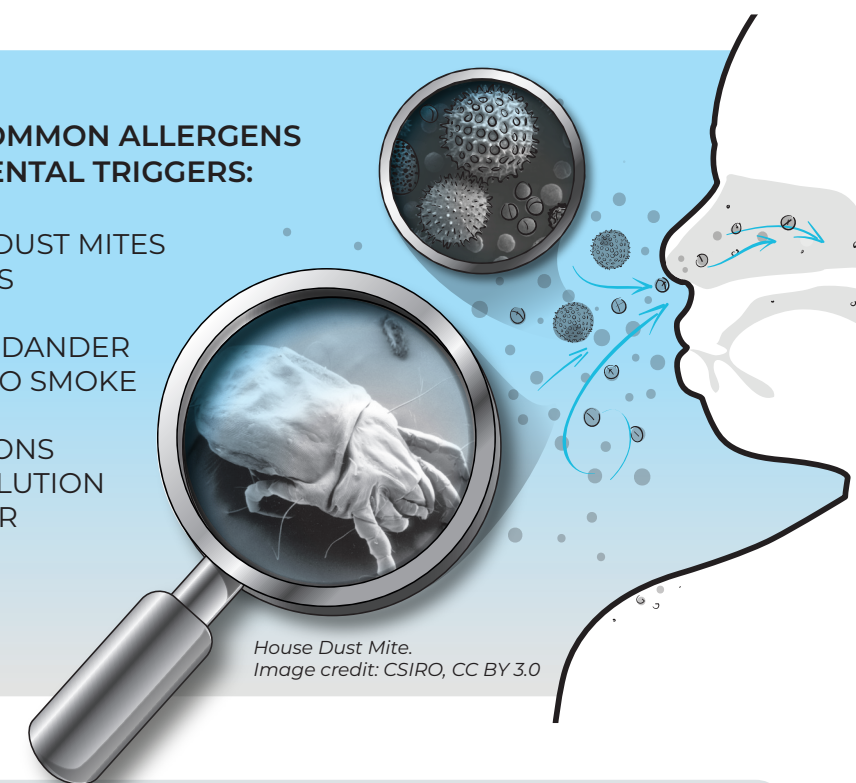
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An upper airway or other allergies may worsen asthma if not treated adequately.

Treating symptoms in both upper and lower airways helps control asthma and allergies

EXAMPLES OF COMMON ALLERGENS AND ENVIRONMENTAL TRIGGERS:

- HOUSE DUST MITES
- POLLENS
- MOLDS
- ANIMAL DANDER
- TOBACCO SMOKE
- VIRAL INFECTIONS
- AIR POLLUTION
- COLD AIR
- STRESS



References:

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Eguiluz-Gracia I et al. The need for clean air: The way air pollution and climate change affect allergic rhinitis and asthma. Allergy. 2020 Sep;75(9):2170-2184. doi: 10.1111/all.14177. Epub 2020 Jan 30.

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Disclaimer:

Do not consider this information to be medical advice. Consult your physician about allergies, asthma, or any health matter.

A similar process of allergic inflammation

Both asthma and allergic rhinitis affect quality of life: Healthy sleep, ability to concentrate, social life, sports, and school or work performance

Other related conditions: chronic cough, eosinophilic bronchitis, allergic bronchopulmonary mycosis (ABPM), hypersensitivity pneumonitis

WAO
WORLD ALLERGY ORGANIZATION

A World Federation of Allergy, Asthma & Clinical Immunology Societies