



The Role of Innate Immunity for Dust Mite Allergy

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DESCRIPTION

Allergy symptoms frequently intensify during or shortly after vacuuming, sweeping, or dusting. Cleaning can cause dust particles to be stirred up, making them easier to inhale.

People with dust mite allergies are frequently the ones who suffer the most in their own homes or in the homes of others. Dust mites are microscopic organisms that are difficult to perceive with the naked eye. They eat house dust as well as moisture in the air. They are one of the most frequent indoor allergens, with symptoms that can occur at any time of year. Dust mite allergies can cause asthma and eczema flare-ups in addition to allergic rhinitis. Don't let allergies or asthma keep you from living your best life.

Symptoms of dust allergy

- Sneezing
- Runny or stuffy nose
- Red, itchy, or tearful eyes.
- Itching, wheezing, coughing, chest tightness and shortness of breath.

Treatment and management of dust mite allergies

- Take down all wall-to-wall carpeting, draperies, and curtains, especially in the bedroom.
- Keep pets out of the bedroom and, if possible, the entire house.
- Reduce the amount of humidity in your home.
- Use "mite-proof" mattress and pillow cases, and wash bed linens periodically in hot water.
- When cleaning, wear a mask.
- Maintain a relative humidity of less than 50% in your home.

Triggers

Dust mites: Dust mites, often known as bed mites, are the most prevalent source of house dust allergies. Dust mites thrive in warm, humid environments and proliferate quickly. They prefer temperatures of 70 degrees Fahrenheit or above, with humidity

of 75% to 80%. When the humidity falls below 50%, they perish. They are rarely seen in dry areas.

Pillows, beds, carpeting, and upholstered furniture are all common places where dust mites can be found. When someone vacuums, walks on a carpet, or disturbs bedding, they float into the air and settle once the disruption is finished, children's asthma is frequently caused by dust mites.

A dust mite allergic reaction might occur even if the house is not obviously unclean. The particles are so small that they can't be seen and are frequently impossible to remove using standard cleaning methods. In fact, a thorough cleaning can aggravate the symptoms of an allergic person.

Cockroaches: Cockroaches can be found in a variety of structures and areas. When exposed to cockroaches, some people suffer allergic symptoms. Cockroach particles are a typical component of household dust, and they could be the true cause of a dust allergy.

Mold: Mold is a type of fungus that produces airborne spores. People who have a mould allergy will experience allergic symptoms if they inhale the spores. Mold comes in a variety of forms, some of which are visible and others which are not.

Mold can be found on logs and fallen leaves, as well as in wet areas such as bathrooms and kitchens. Mold spores and tiny mould particles are a typical component of household dust, and they could be the source of a dust allergy.

Pollen: Trees, grasses, flowers, and weeds all produce pollen. Different varieties of pollen can cause allergic reactions in people. Some people, for example, are sensitive solely to pollen from beech trees, while others are allergic only to pollen from certain types of grasses. Pollen is a frequent component of household dust, and it's possible that it's the source of your dust allergy.

Hair, fur, and feathers from animals: Allergy sufferers might be harmed by pets in a variety of ways. Their dander (skin flakes), saliva, and urine, especially when coupled with household dust, can induce allergic reactions. Feathers and bird droppings can

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become trapped in household dust in families with birds, causing problems for persons who are allergic to them.

Treatment

Consult an allergist if he/she suspect she/he have an allergy to any of the components of house dust. The allergist will ask

comprehensive questions about persons work and home surroundings, family medical history, frequency and severity of symptoms, and exposure to pets and other possible triggers in order to establish the origin of your problems.