

## How To Reduce Dust Mite Allergens In Your Bedrooms?

According to the National Institute of Environmental Health Sciences, the University of Washington and Harvard University, allergen-proof mattress and pillow covers, weekly laundering of other bedding and very careful vacuuming and dry steam cleaning of bedroom carpets and upholstery -- can significantly reduce the levels of dust mite allergens, read on.

There are some very simple steps to reduce the levels of dust mite allergens in bedrooms

- 1) Allergen-proof mattress and pillow covers, weekly laundering of other bedding
- 2) Very careful vacuuming and dry steam cleaning of bedroom carpets and upholstery

According to scientists with the National Institute of Environmental Health Sciences, the University of Washington and Harvard University reported.

What are dust mites?

Dust mites are microscopic spider-like creatures that feed on flakes of human skin and reside in bedding, carpets, upholstery, draperies and other "dust traps.

"Dust mite allergens - substances which can cause an allergic reaction -- are proteins found in the mite's feces.

Purpose of study

The purpose of the study was to evaluate practical methods for lowering these allergens in bedrooms of low income, urban homes. Thirty-nine homes in Seattle, Washington, were studied.

Pillows, box springs, and mattresses were encased with allergen-impermeable covers. Bedding was washed weekly in hot water either in the home or professionally.

Carpets received a single treatment of intensive vacuuming plus dry steam cleaning or intensive vacuuming alone. Upholstered furniture received either dry steam cleaning or intensive vacuuming.

What are the results?

Studies have shown that exposure to house dust mite allergens is a significant risk factor for the development of allergic diseases, such as asthma and rhinitis (hay fever).

A doctor said, "Results from an earlier study suggest that over 45 percent of U.S. homes, or approximately 44 million dwellings, have bedding with dust mite allergen concentrations that exceed a level that has been associated with allergic sensitization.

We estimated that 22 million homes have bedding with dust mite allergen concentrations at a level that can trigger asthma in susceptible people.

So we were eager to test ways to reduce these troublesome substances."

Household cleaning

The researchers found that the interventions significantly reduced house dust mite allergen concentrations. T

he use of allergen-proof covers and either professional or in-home laundering of bedding reduced allergen levels in beds.

Both dry steam cleaning plus vacuuming and vacuuming alone lowered allergen levels in carpets. Vacuuming and dry steam cleaning each reduced allergen levels in upholstered furniture.

Dry steam cleaning machines have recently become available for home use.

"The decreases in dust mite allergens following a single vacuuming did not last as long as decreases following dry steam cleaning and vacuuming.

We believe that the hot dry steam kills the mites, and the vacuuming removes them from the carpet," doctor said.

#### Sensitization

While the vacuuming and steam cleaning procedures reduced allergen concentrations below the levels believed to trigger asthma symptoms, the interventions did not reduce the concentrations below the levels associated with allergic sensitization.

Sensitization - the process by which the body's recognition of a particular allergen leads to a physical response - is the first step in allergy development.

How to obtain allergen measurements?

In order to obtain allergen measurements below the sensitization level, people may need to do additional things such as remove carpeting from the floors, replace upholstered furniture with leather or vinyl covered furniture.

And reduce humidity levels in the house," doctor said. "However, such a bare-bones home may be less desirable to the residents. In the meantime, more research is needed on inexpensive alternatives for maintaining long-term allergen control."

Source: <http://www.articlecircle.com>

#### About the Author

Eddy has a site which shares how he managed to find out an unique hidden way on asthma treatment control that guarantees to relieve you anytime, anywhere. Get you free report at <http://www.uniqueasthmatreatmentsecrets.com>.