

BREATHE EASY



The National Asthma Council currently estimates that over two million Australians suffer from asthma, one of the most common respiratory diseases.

The most recent figures indicate that 1 in every 4 children, 1 in every 7 adolescents and 1 in every 10 adults suffer from asthma. At the same time, other respiratory diseases like allergic rhinitis (hay fever), common during the spring months, affect up to 20% of Australians and significantly interfere with their ability to concentrate and fully participate in work and play.

Are you one of these people? Are you sick of it? Would you like to do more about preventing it?

In my last fact sheet I discussed the role that inflammation plays in respiratory conditions and offered some nutritional ideas to help reduce inflammation. Air pollution is another of the causes of these conditions, so if we can reduce air pollution then imagine the possibilities.

Can we reduce the outside air pollution? Probably not! But could we reduce the pollution in our homes? Absolutely!! Did you know that the air in your home is up to 10 times more polluted than the air outside!!

There are three main reasons for poor indoor air quality:

1 Airtight construction

The impact of air pollution is magnified in today's energy efficient houses, which are so well insulated that indoor air becomes increasingly stagnant and contaminated.

2 Lack of ventilation

Before the days of air conditioning, families kept most of their windows open throughout the warmer months. Now, windows often remain closed all year round. In some cases, opening windows more frequently can help dilute indoor air pollution, but it's not always the best option.

3 Everyday life

Other sources of indoor air pollution are just part of living: chemicals from wallpaper and paint, solvents from dry-cleaned clothing, vapour from household cleaners, dandruff, trace substances from cosmetics and fibre dust from clothing. Pets can release hair, feathers and bacteria. Vacuuming stirs up dust. Viruses and bacteria can be brought in by family members and visitors.

Here are some solutions help you breathe easy:

1. Keep your house as clean as possible and use natural cleaning products.
2. Wash bed clothes at high temperatures to kill dust mites.
3. Use a high quality mattress that doesn't absorb the sweat and allow dust mites to get into and leave their faeces.
4. Keep all pets as clean and well groomed as possible. If choosing a pet choose one that doesn't lose hair.
5. Get a good quality air purifier that will take the nasty pollutants out of the air (see below for a list of all the indoor pollutants you may be exposed to)

With regards to the air purifier, I have a friend who was a chronic asthmatic. She used a puffer at least three times a day. It was expensive, irritating and really affected her life. She got an air purifier in her home and remarkably went from using her puffer three times per day to at most once per month – she was ecstatic. Her life has changed enormously.



I have some great contacts so if you would like to find out more about air purification please email me at andrew@andrewjobling.com.au and **breathe easy**

Below are some of the things in your indoor air that you may well be breathing:

Allergen

- 1 Tobacco smoke
- 2 Dust
- 3 Cat allergens
- 4 Cockroach allergens
- 5 Dog allergens
- 6 Dust mite Antigens Der pl & Der fl
- 7 Latex
- 8 Silkworm fragments

Bacteria

- 9 Bacillus subtilis spores
- 10 Bordetella pertussis
- 11 Chlamydia psittaci
- 12 Corynebacterium diphtheriae
- 13 Francisella tularensis
- 14 Haemophilus influenzae
- 15 Klebsiella pneumoniae
- 16 Legionella pneumophila
- 17 Mycobacterium tuberculosis
- 18 Pseudomonas aeruginosa
- 19 Staphylococcus epidermidis
- 20 Streptococcus pneumoniae

Fungal Spores

- 21 Cladosporium sphaerospermum
- 22 Absidia
- 23 Acremonium
- 24 Alternaria alternata
- 25 Aspergillus
- 26 Corn smut
- 27 Exophiala

- 28 Histoplasma capsulatum
- 29 Mucor plumbeus
- 30 Paecilomyces variotii
- 31 Penicillium chrysogenum
- 32 Pneumocystis carinii
- 33 Rhodoturula
- 34 Saccharomyces cerevisiae
- 35 Stachybotrys chartarum

Viruses

- 36 Adenovirus
- 37 Coliphage MS2
- 38 Coronavirus (SARS)
- 39 Coxsackievirus
- 40 Hantaan virus
- 41 Influenza A virus
- 42 Measles virus
- 43 Mumps virus
- 44 Parvovirus B19
- 45 Reovirus
- 46 Respiratory Syncytial Virus
- 47 Rhinovirus
- 48 Rubella virus
- 49 Varicella-zoster virus
- 50 Variola (Smallpox)

Pollen

- 51 Arizona cedar
- 52 Arizona cypress
- 53 Bald cypress
- 54 Birch
- 55 Cedar
- 56 Cypress

- 57 Dandelion
- 58 Desert ragweed
- 59 Elm
- 60 False ragweed
- 61 Giant ragweed
- 62 Goldenrod
- 63 Grass
- 64 Hazlenut
- 65 Hickory
- 66 Italian cypress
- 67 Japanese cedar
- 68 Liquidambar (gum tree)
- 69 Mugwort
- 70 Mulberry
- 71 Nettles
- 72 Orchard grass
- 73 Paper mulberry
- 74 Pollen fragments
- 75 Ragweed
- 76 Short ragweed
- 77 Slender ragweed

Minerals

- 78 AC Fine Road Test Dust
- 79 Asbestos

Chemicals

- 80 Radon Decay Products
- 81 Formaldehyde
- 82 Dioxins
- 83 Dibenzofurans
- 84 Ozone