



### Preventive measures for Asthma and Allergic diseases

#### Do's

- Keep your surroundings clean.
- Use warm water for drinking.
- Consume freshly prepared food.
- Make sure to properly ventilate your house. This will help you receive adequate oxygen.
- In case of recurrent eczema, coconut or other oils must be applied over the body once or twice daily to prevent skin dryness and irritation.

#### Don'ts

- Avoid playing with pets for too long
- Don't smoke Tobacco or get exposed to smoke.
- Do not eat foods like egg, wheat, milk, fish, banana, papaya, ladies finger etc., if they cause allergies
- Avoid medicines that cause allergic reactions.
- Do not play in dusty areas and avoid excessive physical exercises.

The result of this study will be submitted to the government of Kerala which may help the health department take necessary actions to reduce asthma and allergic diseases in Kasaragod district.

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# Are your Classmates affected by asthma and allergic diseases ?



**Institute of Applied Dermatology**  
Effective Care through Integrative Medicine

**Centre for Integrated Medicine and Public Health**, Govt. of Kerala

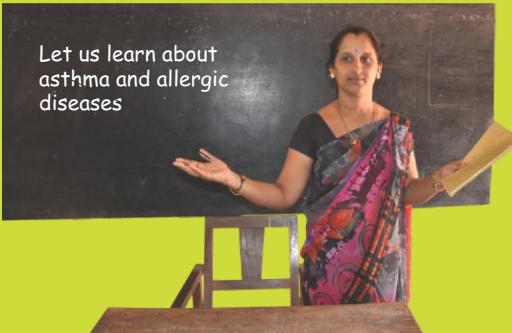
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In 2011, IAD identified 16.6% students suffering from bronchial asthma, 3.7% with skin ailments among 706 students of a Government Higher Secondary School.

We can help you to find it...

### Here are the simple ways

- Fill the questionnaire provided by IAD with the help of your parents.
- You have to blow to a small hand held device, that records the capacity of your lungs.
- Doctors and nurses will also examine you if necessary.



### ■ Atopy

Atopy is a genetic pre disposition to form excessive Immunoglobulin E (IgE) These are antibodies produced by immune systems. (If you have an allergy, your immune system over reacts to an allergen by producing antibody called IgE). This leads to a generalized and prolonged excessive response to any stimulus such as pollen, dust and house dust mite. Atopic individuals suffer from one or more of a group of diseases that include asthma, allergic rhinitis (common cold) and eczema.

### ■ Asthma

Asthma is a chronic lung disorder that causes airways (the tube that carry air into and out of the lungs) to become inflamed, which means they swell and produce lots of thick mucus. The muscles surrounding the airways also tend to tighten, which makes the already blocked airways even narrower. This results in asthma symptoms, which can include coughing, wheezing, and shortness of breath. In a person with asthma, the airways are excessively sensitive to certain things such as viral infections, cold air, exercise and smoke and other allergens that can bring on, asthma symptoms.

### ■ Eczema or Atopic dermatitis

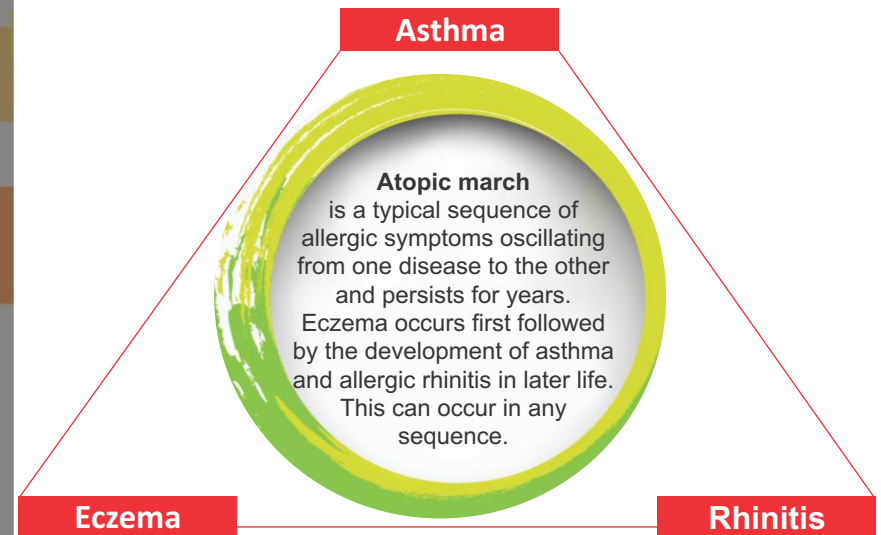
Atopic dermatitis or eczema is a type of skin disease that affects individuals from infants to adolescents. Generalized prolonged hypersensitivity to common environmental antigens such as pollen and house dust and if there is a genetic predisposition to produce excess IgE.

In Infants it starts with papular eruptions or swellings with oozing which later leads to formation of crust. Lesions are commonly seen on scalp, neck, extensor aspect of extremities, creases etc.

In adults the eczematous lesions are seen behind the ears on the neck or chest, with thick leathery appearance which later spreads on to larger areas.

### ■ Allergic rhinitis

Allergic rhinitis is an allergic inflammation of the nasal airways. When body comes in contact with pollen, dust, animal dander and any other allergens, the sensitized individuals show hyper responsiveness and disease occurs. Frequent sneezing with watery discharge from nose, nasal block, itching and watering from the eyes are common symptoms of rhinitis. This may be seasonal or perennial.



To the best of our knowledge there is no proper data available in the health department, government of Kerala on the prevalence of asthma and the environmental causes of asthma and allergic disorders especially in children between the age group of 10 and 15 years, in Kasaragod district.