

Myth Busters

MYTH: Air purifiers eliminate the need to identify allergens.

FACT: Proper management requires a multifaceted solution. Air purifiers are only a part of the total solution. Test whether it in fact is right for your patient's space and for the allergens in the space; evaluate what allergens may still be present and implement all avoidance measures targeted to the unique allergen exposure and environment.

MYTH: Dust mite allergens stay inside pillows, mattresses and rugs.

FACT: Dust mite allergens can be present in large amounts in bedding and rugs while only a small fraction may actually be floating in the air. It's those tiny particles in the air that trigger asthma and rhinitis.

MYTH: Patients will comply to everything you say and recommend.

FACT: Even with the best will in the world, patient compliance may still be poor. Results from Exhale support improved patient compliance. As a result of a graphical representation of airborne allergen data because a picture speaks a thousand words.

MYTH: Current mold testing is diagnostic.

FACT: Current mold testing is easy to do. It gives information about species and relative amounts inside and outside. However it does not give useful information on allergens emitted by molds into the breathable air. Spores are ubiquitous, allergens only emitted under particular circumstances. Current mold testers equate molds with mold allergens. This is wrong.

MYTH: Doctors prefer asking 50 questions than measuring what's in the home and office.

FACT: Information will always be anecdotal when asking questions in a patient history. It is based on assumptions and guesswork. Exhale by Inspirotec gives data on what's actually in the home and office.

MYTH: The one NAB pollen counter in state reflects my patients' neighborhood.

FACT: Data from the National Allergy Bureau pollen counter may be from several miles away from your patient's home. Therefore results might be un-representative.

MYTH: Irritants and allergens are the same thing.

FACT: Asthma is often caused by allergies and exposure to allergens such as pets, dust mites, or mold. Non-allergic triggers (irritants) including smoke, pollution or cold air can at some level irritate everybody. Irritants do not mount IgE antibodies and thus cannot be tested via skin testing and cannot lead to an allergic reaction. But if you have underlying allergies or asthma, your sensitivity to irritants can be higher.

MYTH: Cat and dog allergens only exist in homes with cats and dogs.

FACT: Fact: Your patient doesn't have to have pets in the house to be exposed to their allergens. Animal allergens are often detected in places where no animals live. Pet allergens travel easily and our findings suggest that dog allergen travels just as easily as cat allergens. People who own or have been around animals may have carried the allergens into your patient's home.

MYTH: My patient's pet is hypoallergenic so it is not causing allergies and asthma.

FACT: Hypoallergenic does not mean non-allergenic. While some pets may be less allergic than others, there is no such thing as a non-allergenic pet. Studies have shown that ALL cats and dogs produce some level of allergens.

MYTH: I know what's causing my patients symptoms. I know whether it's the cat or a dog.

FACT: Self-reporting has been our only tool up until now. But allergens are microscopic, too small to see with the naked eye yet small enough to be inhaled to cause an allergic reaction. Our findings show that pet allergens can still be floating in the bedroom, despite avoidance efforts taken by your patient. Findings also show that pet allergens can be successfully excluded from the bedroom.

MYTH: Air quality sensors can measure allergens.

FACT: People are finding now that they can get real time data on irritants. However none of these sensors can measure allergens. There is only device that has a patented technology to measure airborne allergens and it is Exhale. Many allergens come from living organisms. Much like blood tests, accurate allergen measurement requires laboratory analysis, which takes time.

MYTH: Dust mites are in every bedroom.

FACT: Dust mites are frequently present, but not always. Sometimes conditions are just not conducive to their survival, for example, low humidity. Even when they are present, only Exhale will show whether they are also present in the breathable air.

MYTH: My patient only needs medicine to control allergies and asthma.

FACT: Medication alone is not a solution. It is important to also avoid the things that cause or trigger your patient's allergy and asthma symptoms as much as you can. By reducing their allergen exposure you may be able to reduce their medication need.

MYTH: If a positive specific IgE is positive for only two allergens, then it is only necessary to take avoidance measures against those two allergens.

FACT: If either or both allergens are found to be absent from the air by Inspirotec tests in a specific location, then specific avoidance measures should be targeted elsewhere.

Your patient's health deserves more than guesswork. Visit inspirotec.com to learn more about Exhale - the new allergen and mold product that can help you pinpoint the cause of your patients' allergies and asthma in their home and office.

Measure airborne allergens and molds with Exhale at Inspirotec.com
