

Methods and effectiveness of environmental control

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“In recent years the role of allergen exposure and atopy, and the interaction between them in the clinical expression of allergic disease, has been examined in a quantitative manner in epidemiologic studies. **Such analyses suggest that avoidance of exposure to domestic allergens is a critical element in integrated strategies for both the prevention and the management of asthma.** The promise of primary intervention in high-risk infants, as shown in the Isle of White study, has been confirmed in a recent study in Japan, and at least 4 similar trials are in progress... Recent studies with patients moved to high altitudes during seasonal reductions in mite exposure and randomized controlled interventions in houses have all shown improvements in clinical manifestations of asthma. These recent trials have also demonstrated something that was less certain—**that massive reductions in domestic allergen exposure can be achieved and that people will adopt the significant changes to their domestic environment and lifestyles if the risks and benefits are known.**”

The role of intervention in established allergy: Avoidance of indoor allergens in the treatment of chronic allergic disease

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“Avoidance of exposure to indoor allergens is an important element in the treatment of allergic disease. **The results of several studies provide strong evidence in support of a role for allergen avoidance...** The greatest challenge is to educate allergic patients so that they can play an important role in controlling their own disease.”