



FODMAPs™

Fermentable Oligosaccharides Disaccharides Monosaccharides and Polyols
Fructose, Lactose, Fructans, Sorbitol and Raffinose are all examples of FODMAPs™

FODMAPs consumed on a regular basis
are potential triggers for
Functional Gut Symptoms, (bloating and gas)
A trial of limiting them should be undertaken

If lactose malabsorption avoid: milk, ice-cream, yoghurt

FRUIT	PASTES, SAUCES SWEETENERS	FRUIT PRODUCTS	VEGETABLES	GRAINS & LEGUMES
Apple Pear Guava Honeydew Melon Mango Nashifruit (Asian Pear) Pawpaw / Papaya Quince Star Fruit (Carambola) Watermelon Grapes Persimmon Lychee Apricots Peaches Cherries Plums Nectarines Coconut: Milk & Cream	Tomato Paste Chutney Relish Plum Sauce Sweet & Sour Sauce Barbecue Sauce Honey Xylitol Artificial Sweeteners: Sorbitol Mannitol Isomalt Liquid Cough Remedies Liquid Pain Relievers etc	Dried Fruit Fruit Juice Canned Juice Dried Fruit Bars Fruit Juice Concentrate Fructose Sweetener High Fructose Corn Syrup Or Corn Syrup Solids Including: Fruit Drinks Carbonated Drinks Pancake Syrups Catsup Jams Jellies Pickle Relish etc	Onion Leek Asparagus Artichokes Cabbage Brussel Sprouts Beans Chicory-Based Coffee-Substitute Beverages	Baked Beans Kidney Beans Lentils Black Eye Peas Chickpeas Butter Beans Wheat Based: Breads Pastas Noodles Brkf. Cereals Cakes Cookies Crackers



HOUSE DUST ALLERGY and HOW TO MAINTAIN CONTROL

People who are sensitive to house dust develop allergic symptoms such as sneezing, itchy runny eyes, or a wheezing attack when they are exposed to house dust. This can occur on making beds, dusting, vacuuming, beating mats etc. and on walking out of the house, these symptoms quickly subside, usually within half an hour or so. Patients who have been sensitive to house dust for years notice that although they may wake up in the morning with itchy eyes, a stuffy blocked nose or even perhaps wheezing, these symptoms disappear when they go to work. Sometimes however, one night's exposure to house dust is enough to create symptoms for a day or so ie. perennial (constant) symptoms, worse in the morning and only tending to clear in the afternoons. Housewives of course, may have symptoms all day long because of their day long exposure.

House dust sensitivity is generally considered to be of less importance in the western dry areas because of the low humidity, but it is the micro climate for the mite that is important. House dust which is sucked up into a vacuum cleaner is a highly complex mixture of woollen, cotton, kapok fibres, moulds, human and animal hairs and danders (skin flakes), food particles, mixed fragments of insects (particularly

cockroaches) and a great variety of substances brought in from outside the house. It is now thought that tick-like insect whose favourite food is human and animal dander. Eczema children may shed enormous quantities of skin, so the mite content of these homes may be high. There are a number of different types of mites but allergically they are similar. In grain growing areas, patients who have symptoms in stored grain situations – example silos, are often mite sensitive on skin testing because of the cross-reactivity of these insect species.

In Australia, it seems that to be sensitive to house dust really means in most cases you are sensitive to these mites and this can be shown on skin testing. The treatment of house dust allergy therefore, seem to be the elimination of the mite and this should be done as far as possible. Mites thrive readily in an average humidity of 70 – 80 % and temperatures of around 25 – 30 C. So it is of less importance west of the mountains and is more important on the coast. In my experience, mite is not present to a significant degree where the rainfall is less than 10ins (250mms) a year. Remember that normal housekeeping is not sufficient to reduce the mite population.

HOW TO GET RID OF THE MITE:

Eucalyptus Oil KILLS mite – Wash with it (100mls). Remember the dead mite and its faecal pellets are just as allergic as the living mite and the particles are so small they readily pass through most vacuum cleaners, so regular vacuuming and wet-dusting though helpful, are relatively ineffective. It is essential to regularly use as per instructions one of the miticides now available, usually from your pharmacist. Acarosan and Dac Spray are the two readily available. Home filter units eg. Electrostatic filter units, Phillips air cleaner, are helpful in removing airborne allergens.

VACUUM CLEANERS

The problem with these is the filtration system – even those with a water bath do not necessarily have better filtration. Ducted systems are the best in this regard. It is unnecessary to spend thousands of dollars on a vacuum cleaner, as trials have shown that no matter what cleaner is used the mite content remains much the same.

WALLS

Preferably painted. If cat sensitivity is a problem it is preferable to use Dac spray and wash curtains. Dac spray de-natures the allergen as well as being a miticide. House dust mite tends to stay on the floor but cat allergen is everywhere.

FURNISHINGS & FLOOR COVERINGS

There is no doubt that bare floors are best with synthetic scatter rugs. If carpets are present or planned, then short pile synthetic is probably more appropriate, and the use of an effective miticide is necessary. A recent report indicated that professional steam cleaning was very effective in removing the mite and the faecal pellets. I suggest this be done and is followed up with Acaroson powder which is left in place for about a week to work its way down to the deeper fibres. There is no current information for repeat times for steam cleaning, but yearly applications of Acaroson seem reasonable. Mite counts can be done to determine if more vigorous measures need be taken.

BEDROOM

Blankets should be washed regularly and sunned every week or so. Leave the bed un-made for some hours daily to decrease the humidity. If there is no chemical sensitivity cheap foam mattresses are O.K provided they are in the sun every few weeks, but best results seem to be where proper zippered mattress and pillow covers are used. Even new mattresses contain considerable mite allergen after twelve months if this is not done. Mattress covers (Allersearch) are obtainable from your pharmacist, and Mite-Guard equivalents which seem satisfactory, are available from discount houses eg. Harvey Norman.

PETS

Animals must be kept out of the house. Cat allergen is particularly likely to be troublesome and the problem can persist in spite of the removal of the cat. Dac spray is helpful here.

REMEMBER:

FOR BEST CONTROL BEDDING SHOULD BE ENCASED AND FOLLOW THE STEAM CLEAN, MITICIDE ROUTINE IF THERE ARE CARPETS BUT KEEP EVERYTHING IN PROPORTION TO YOUR DEGREE OF PROBLEM.

The presence of house dust allergy symptoms means:

(1) Adequate exposure to mite:

Treatment:

- a) Reduce the mite – house dust controls particularly in the bedroom
- b) Protection against the mite – excellent preventive drug therapy is now available Intal, inhaled steroids (various names), Tilade.

(2) Adequate sensitivity to mite:

Treatment:

- a) The patient can be made less allergic by desensitisation treatment. This involves putting 1 drop of desensitisation solution under the tongue twice a day
- b) Drug therapy is the most effective means of preventing symptoms. Becotide, Pulmicort etc. and their nasal equivalents; Beconase etc.