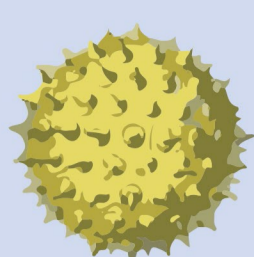




MOLD



POLLEN



DUST MITES

THESE CULPRITS MAY BE A HUGE TRIGGER FOR MOST AMERICANS WITH ALLERGIES, BUT FOR A GROWING NUMBER OF INDIVIDUALS, THE CAUSE OF THEIR SYMPTOMS COMES IN A MUCH SWEETER SMELLING PACKAGE.

Fragrance

ALLERGIES

PERFUMES AND FRAGRANCES are among the top known triggers for individuals suffering from asthma.

CHEMICALS used to give scent to household items such as dish soap, cosmetics, tissues, and even toilet paper, can contribute to this allergic reaction.

ABOUT 80% of skin reactions are caused by direct contact with irritating, harsh, or dangerous chemicals.

FRAGRANCES AND PERFUMES are known to cause contact dermatitis, a reaction caused by a substance that comes into contact with one's skin and often produces redness, itching, or swelling.

FOR THOSE WHO SUSPECT A FRAGRANCE ALLERGY, FOLLOW THESE STEPS:



1. ELIMINATE THE SOURCE Use only unscented products. Be aware that some products that are labeled unscented can still contain chemicals that are used to mask natural aromas. These chemicals, while not scented, can also be a source of an allergic reaction.



2. SHARE YOUR STRUGGLE It may be difficult at first, but take time to tell loved ones and friends about your allergy. Education will help them understand the importance of staying fragrance free when they are spending time with you.



3. INITIATE CHANGE Approach your employer if fragrances are becoming a problem. Ask to be moved to an area that is somewhat removed from other workers. Ask for accommodations to be made during meetings if a number of employees are contained in a small room. Explore the option of working from home either part- or full-time.

For more information on fragrance allergies or to find a Premier HealthNet physician near you, visit premierhealthnet.com/doctor

Sources: Joseph Allen, MD, Family Medicine of Vandalia; American Journal of Clinical Dermatology; The Asthma and Allergy Foundation of America