

Other allergies triggered through inhalation

TREE NUT ALLERGIES



Hives

- Like peanuts, other tree nuts such as pistachios, cashews and walnuts can also trigger allergies. However, they are generally less prevalent compared to peanut allergies, and airlines such as SIA continue to serve them on flights.
- Studies have found that between 25 and 40 per cent of individuals who are allergic to peanuts also react to at least one tree nut.
- Like peanuts, such nuts can trigger a severe allergic reaction, anaphylaxis, when particles are inhaled.
- Early symptoms include hives, an itchy nose, sneezing or blocked nose, vomiting, diarrhoea or stomach discomfort.



TREATMENT OPTIONS

- **Short term** – Administering an EpiPen (above)
- **Long term** – Immunotherapy: The patient is fed increasing doses of the allergen gradually, which causes the immune system to become less sensitive to the substance. It is available for certain food allergies.

AIRBORNE ALLERGENS

- When airborne allergens are inhaled, the immune system can similarly misinterpret them as hostile attackers. However, unlike food allergies, symptoms are often less severe. Known as allergic rhinitis, it can be triggered by indoor and outdoor allergens.

SYMPTOMS

- Sneezing
- Runny or stuffy nose
- Red, itchy or teary eyes
- Wheezing, coughing, tightness in the chest and shortness of breath
- Itching

PREVENTION

- Use synthetic pillows or "mite-proof" pillows and mattresses
- Wash pillow and bed sheet covers and blankets in hot water (55-60 degree Celsius) regularly
- Use dehumidifiers or exhaust fans to help reduce moisture and humidity in bathrooms
- Vacuum and clean the house regularly

CAUSES



- **Dust mites:** Microscopic bugs that primarily live on the dead skin cells that humans and their pets shed. They and their faeces can trigger allergic reactions in humans, especially among asthmatics. They are often found in beds and other upholstered furniture.



- **Mould:** A fungus that makes spores that float in the air. These spores trigger allergy symptoms when inhaled. Mould is commonly found in moist places like bathrooms and kitchens, and outdoors. Tiny mould particles and spores are a common component of household dust.



- **Pollen:** Pollen comes from trees, grass, flowers and weeds. People can be allergic to different types of pollen. Symptoms may only be triggered at certain times of the year due to the seasonal nature of pollen release.