

BENGALURU ALLERGY FOUNDATION



NEWSLETTER

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Dust Mite Allergy

Dust mite allergy is a common indoor allergy caused by microscopic mites found in bedding, mattresses, carpets, and upholstery. These mites thrive in warm and humid environments and feed on dead skin cells.



Common symptoms

include sneezing, runny or blocked nose, itchy eyes or skin, cough, disturbed sleep, and in some cases, asthma symptoms like wheezing and shortness of breath.



Diagnosis

Diagnosis is usually done through a skin prick test or blood test after clinical evaluation by a doctor.



Management

Management and treatment focus on reducing exposure and controlling symptoms. Doctors may prescribe antihistamines, nasal sprays, or other allergy medications. In long-term or severe cases, allergy immunotherapy (SLIT or allergy shots) may be advised.

Prevention tips:

Use allergen-proof mattress and pillow covers



Wash bedding weekly in hot water



Keep indoor humidity below 55%



Reduce dust, clutter, and carpets



Ensure good ventilation and cleanliness



Essential Habits for Keeping Your Immune System Strong and Healthy



With cold and flu season approaching, and staying healthy a top priority, your immune system needs to be in peak condition. Vaccines help, but adopting these 8 daily habits can give your immunity a powerful, natural boost:

Key Habits for Immune Health

🧼 Keep It Clean (Hygiene & Environment):

Wash your hands and don't touch your face to keep bugs out. Consider silk clothing and bedsheets—it's naturally antimicrobial, hypoallergenic, and wards off dust mites that can irritate your system



😴 Get Better Zzzs (Sleep):

Aim for at least seven hours of sleep each night. While you sleep, your body releases cytokines, disease-fighting proteins. Less sleep means fewer illness-busters and a more compromised protective shield.



💧 Hydrate, Hydrate, Hydrate (Fluids):

Staying hydrated (with water, coffee, tea, broth, and fruits) flushes toxins out of your system.

Women need nearly 12 cups of fluid daily, and men need nearly 16 (including fluids from food).



🏃 Burn Some Calories (Exercise):

Regular exercise (at least 30 minutes, 3-5 times a week) increases the circulation of your immune cells.

Your white blood cells respond faster and show up in greater numbers to attack invaders. Clean Up Your Diet (Nutrition):

🥗 Clean Up Your Diet (Nutrition):

Make long-term better food choices, not just fad diets.

Fill your plate with colorful foods (like purple cabbage, kale, carrots) for vital antioxidants (Vitamins A, B6, C, E).

Include probiotic foods (yogurt, kimchi) to reduce inflammation and shorten cold duration.

🚫 Cut the Cocktails and Ciggies (Avoid Toxins):

Smoking damages lung tissue and kills disease-fighting antibodies.

Too much alcohol undermines your immune system and causes inflammation by altering your gut biome.



☀️ Soak Up Some Sun (Vitamin D):

Vitamin D, often called the "sun vitamin," is crucial for resisting disease and infection.

It has anti-inflammatory properties and improves how well your immune cells function, supporting strong lung health.



🧘 Relax and Unwind (Stress Management):

Chronic stress releases high levels of cortisol, which increases inflammation and chips away at your immunity armor.

Stress also reduces your body's production of infection-fighting white blood cells, making you vulnerable to viruses.



DEBUNKING COMMON 5 ALLERGY MISCONCEPTIONS



Misconceptions about allergies aren't just confusing—they can be dangerous. To help you stay informed and safe, we're breaking down the facts behind the most common allergy myths.

1. MYTH: YOU CAN'T DEVELOP ALLERGIES AS AN ADULT

Reality: You can develop allergies at any age. Environmental allergies can surface due to climate changes, new living environments, or hormonal shifts. Even more surprising? One in four people experience their first food allergy as an adult.

2. MYTH: PET FUR IS THE MAIN CULPRIT

Reality: It's not the hair; it's the dander (microscopic skin flakes) and saliva. Because all animals produce dander and saliva, there is truly no such thing as a 100% "hypoallergenic" pet.

3. MYTH: FOOD ALLERGIES AREN'T TREATABLE

Reality: While avoidance is the traditional route, modern treatments like The La Crosse Method™ Protocol use allergy drops to slowly introduce problem foods to the body. This helps build tolerance and can significantly reduce the risk of life-threatening reactions.

4. MYTH: MILD REACTIONS WILL ALWAYS STAY MILD

Reality: Past performance does not guarantee future results. Allergic reactions are unpredictable; a person who has only had mild itching in the past could experience a severe or anaphylactic reaction at any time.

5. MYTH: ALLERGY SHOTS ARE THE ONLY LONG-TERM OPTION

Reality: You don't always need a needle to treat the root cause. Allergy drops (sublingual immunotherapy) offer a safe, effective, and needle-free alternative. Like shots, they gradually train your immune system to tolerate allergens, leading to long-term relief.



ABOUT BAF

BENGALURU ALLERGY FOUNDATION (BAF) IS A CHARITABLE TRUST TO ENHANCE QUALITY OF LIFE IN PEOPLE WITH ALLERGY! IT WAS SET UP IN THE YEAR 2017, AS AN OFF SHOOT OF BANGALORE ALLERGY CENTRE IN A BID TO GIVE BACK TO THE SOCIETY IN WHATEVER WAY POSSIBLE.

VISION

TO SERVE HUMANITY FOR ENHANCING QUALITY OF LIFE (QOL) BY MEANS OF ALLERGY AWARENESS PROGRAMS GLOBALLY.

MISSION

TO ENHANCE THE QUALITY OF LIFE FOR PEOPLE WITH ALLERGIC DISEASES THROUGH EDUCATION, ADVOCACY AND RESEARCH.

BAF organizes various public welfare activities, to name a few: Asthma camps, Patient Support Group Meetings, Counselling to Allergy patients, Inhaler Bank, Award ceremonies to recognize the professionals for their scientific and clinical contributions in the field of Allergy.

TRUSTEES

BAF HAS BEEN FORMED AS A NON PROFIT ORGANIZATION UNDER THE LEADERSHIP OF DR. NAGENDRA PRASAD KOMARLA WITH TEAM OF TRUSTEES WHO ARE EXPERIENCED PROFESSIONALS.



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BENGALURU ALLERGY FOUNDATION



THANK YOU

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LATEST PROJECTS, WORKSHOPS, FREE RESOURCES, AND MORE. KEEP READING

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Happy
New Year

2026

**THIS NEW YEAR, BENGALURU
ALLERGY CENTRE WISHES YOU
STRONGER IMMUNITY, BETTER
BREATHING, AND A HEALTHIER
TOMORROW.**