

# BENGALURU ALLERGY FOUNDATION



# NEWSLETTER

FOR THE MONTH OF MAY

# WHAT CLIMATE CHANGE MEANS FOR ALLERGIES



Climate change is not just affecting the planet—it's also impacting your health, especially if you suffer from allergies.

Rising temperatures, longer warm seasons, increased rainfall, and air pollution are creating the perfect environment for allergens like pollen and mold to thrive. As a result, many people are experiencing more frequent, longer-lasting, and more severe allergy symptoms than ever before.

## **LONGER ALLERGY SEASONS**

You may have noticed that allergy seasons are lingering for months instead of just a few weeks. Research shows this isn't just a coincidence—pollen seasons are physically stretching.

The Data: Studies examining pollen seasons from 1995 to 2015 found that, depending on the region, seasons increased by 6 to 24 days. Today, these trends continue to make symptoms last longer than ever before.

## INCREASED SYMPTOM SEVERITY

It's not just about time; it's about intensity. More pollen in the air means more severe symptoms. But climate change adds other layers to the "symptom pile":

- **Mold Overload:** Torrential rains and flooding lead to increased mold. Combining mold spores with high pollen levels can overwhelm your immune system.
- **Air Quality & Wildfires:** Smoke carries particulates that can travel across states, exacerbating asthma, allergic rhinitis, and even skin issues like atopic dermatitis.

## HOW TO FEEL BETTER

While global environmental shifts are a major challenge, you don't have to suffer through every season. There are two primary paths to relief:

- 1. Managing Symptoms (Short-Term)**
- 2. Treating the Cause (Long-Term)**



## **1. Managing Symptoms (Short-Term)**

Over-the-counter options like antihistamines, nasal sprays, and creams are designed to control symptoms. These provide immediate relief but require continuous use because they don't address the underlying cause.

## **2. Treating the Cause (Long-Term)**

Allergy Drop Treatment offers a way to retrain your body. Instead of just masking the sneeze, this method focuses on building tolerance: Patients are exposed to tiny, safe amounts of specific allergens.

The amount is slowly increased until the immune system learns to tolerate the trigger. Eventually, your body learns not to react with symptoms when exposed to allergens in the environment.

# BREATHE EASIER THIS SPRING

How Hydration and Nutrition Impact Your Allergy Symptoms

## The Power of Hydration

**Thin the Barrier:** Staying hydrated keeps mucous membranes in your nose and throat moist. This allows your body to trap and flush out allergens more effectively.

**Ease the Pressure:** Proper fluid intake helps reduce thick congestion, making sinus pressure and allergy-induced headaches more bearable.

**Immune Support:** A hydrated body is a resilient body. Water is the simplest tool for a peak-performing immune system.



## SMART NUTRITION FOR ALLERGY SEASON



**The "Good" Fats:** Swap saturated fats for Monounsaturated Fatty Acids (found in avocados and nuts). These can actually be protective against allergic rhinitis.

**The Vitamin Shield:** Boost your intake of Vitamins A, E, and D to strengthen your immune response.

**A Note on Oral Allergy Syndrome (OAS):** Be mindful of fresh produce that "mimics" pollen proteins. If you notice an itchy mouth or throat after eating certain raw fruits, your body may be cross-reacting.

## GET TO THE ROOT OF THE PROBLEM

**Why symptom relievers are only half the battle.**

While hydration and diet are vital for feeling better daily, they don't change how your body reacts to triggers. To find lasting relief, you must address the source.

### Understanding Allergy Drop Immunotherapy

**What it is:** A customized treatment that introduces tiny, safe amounts of your specific allergens to your system.

**How it works:** Over time, your body learns to tolerate these triggers rather than attacking them.

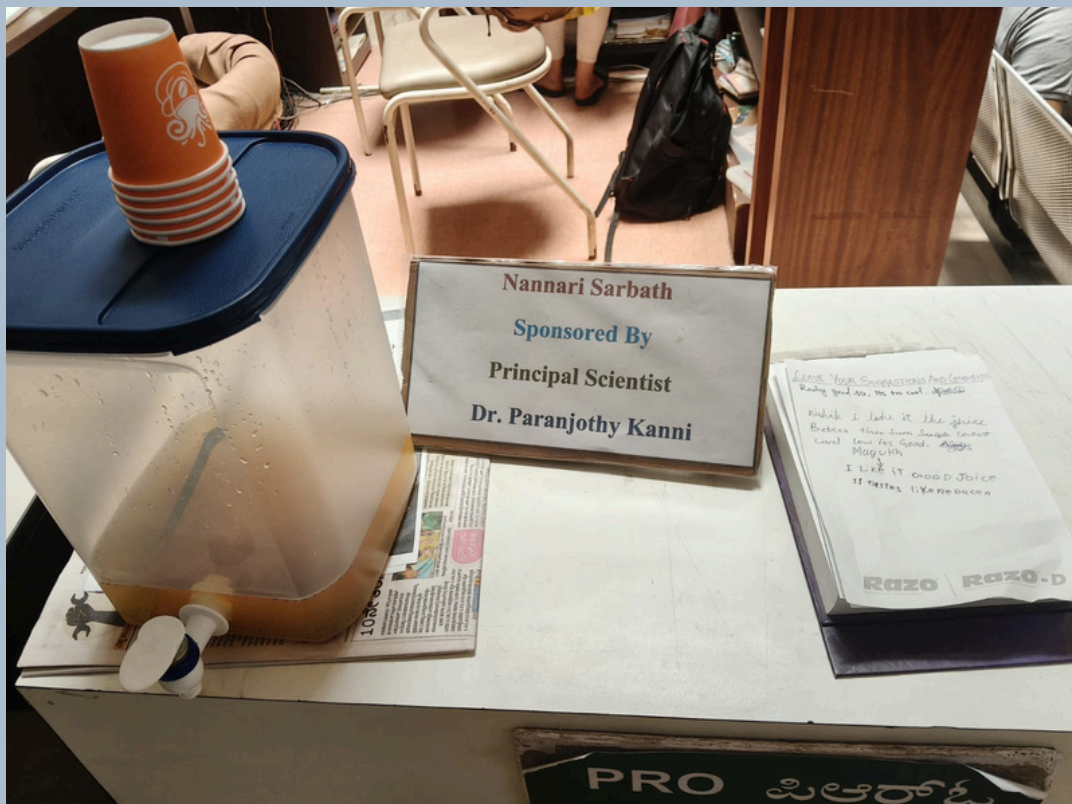
**The Result:** When you are exposed to pollen or dust naturally, your immune system stays calm—meaning fewer symptoms and less reliance on daily meds.

## STAY COOL THIS SUMMER WITH OUR SPECIAL NANNARI SARBATH!

As the summer heat rises in Bengaluru, we are committed to keeping our patients comfortable and refreshed. We are delighted to announce a special initiative led by our Principal Scientist, Dr. Paranjothy Kanni.

### A REFRESHING GIFT FOR OUR PATIENTS

**Dr. Paranjothy Kanni** has personally prepared traditional Nannari Sarbath (Sogade Beru), which is being served complimentary to all patients visiting our center during these warm months.



## WHY NANNARI AND SABJA?

This traditional drink is more than just a tasty treat; it is packed with natural benefits to help you beat the heat:

**Sogade Beru (Nannari Root):** Known for its excellent cooling properties, it helps reduce body heat and acts as a natural blood purifier.

**Sabja Seeds (Basil Seeds):** These tiny seeds are natural coolants that help regulate body temperature and keep you hydrated.



### PATIENT FEEDBACK

We have already received wonderful feedback from those who have tried it! Our visitors have noted it is "really good" and "too cool" for the summer weather.

# 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



**DR NAGENDRA PRASAD KOMARLA**  
CONSULTANT ALLERGIST,  
BENGALURU ALLERGY CENTRE



**DR PARANJOTHY KANNI**  
HE SERVES AS RESEARCH  
DIRECTOR AT BAF  
ACADEMY, BENGALURU.  
PRINCIPAL SCIENTIST &  
SENIOR PHARMACIST, BAC  
PHARMACY



**DR. PUNEET K NAGENDRA**  
ASSOCIATE PROFESSOR,  
RESPIRATORY MEDICINE,  
CDSIMER



**MRS. SUDHA NAGENDRA**  
SENIOR COUNSELLOR &  
PSYCHOTHERAPIST.  
SHE IS ASSOCIATED WITH SUGAMYA  
ACADEMY FOR COUNSELLING, BENGALURU.  
SHE IS ALSO PRESIDENT FOR THE SWAMI  
VIVEKANANDA SHAKSHANIKA SAMSTHE,  
BENGALURU.



**MR. GOPINATH M S**  
DEPUTY GENERAL MANAGER AT HCL  
TECH (BANGALORE), LEADING  
TELECOM BSS DELIVERY IN THE ASIA  
PACIFIC REGION, WITH OVER 30  
YEARS OF IT EXPERIENCE AND  
EDUCATION INCLUDING AN MS AND  
IIM CERTIFICATE.



**MR. SATYANARAYANA KASSI:**  
SEASONED BANKER MR.  
SATYANARAYANA (ARSIKERE,  
KARNATAKA) SERVED VIJAYA  
BANK FOR OVER FOUR DECADES,  
LEADING OPERATIONS AND  
TECHNOLOGY, AND HOLDS  
CREDENTIALS FROM ICAI AND  
CAIIB.