

BENGALURU ALLERGY FOUNDATION

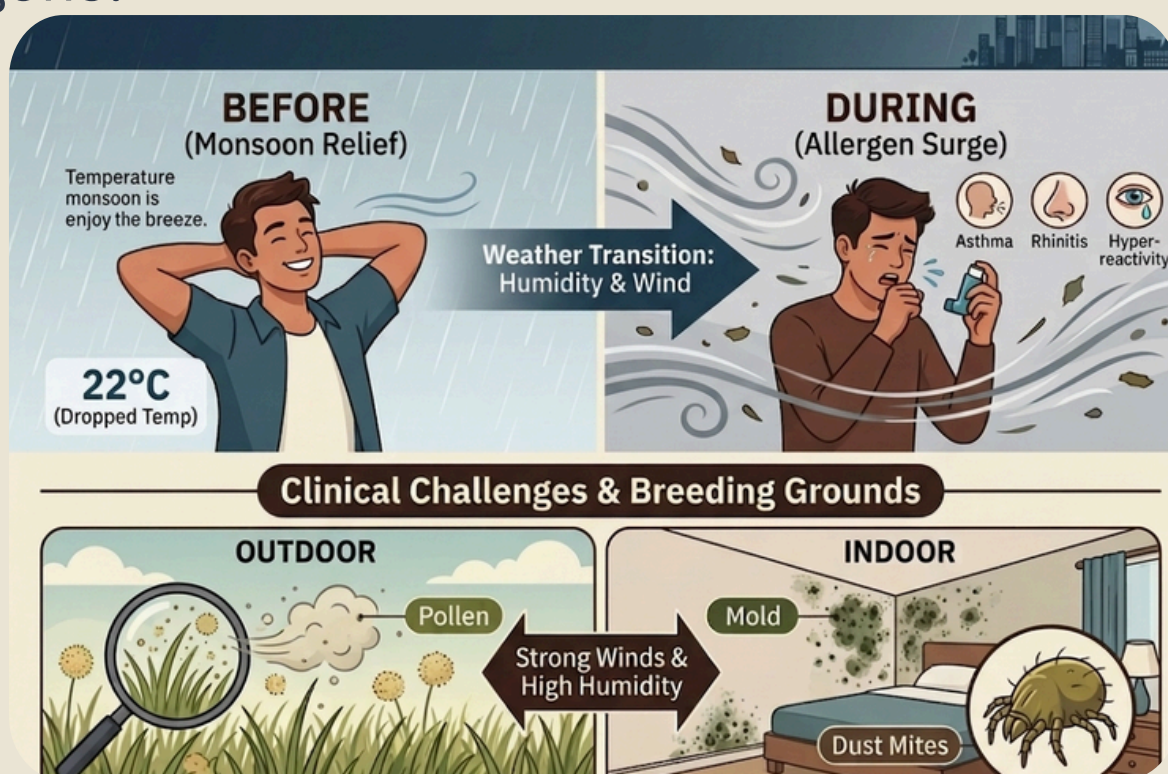


NEWS LETTER

FOR THE MONTH OF JUNE

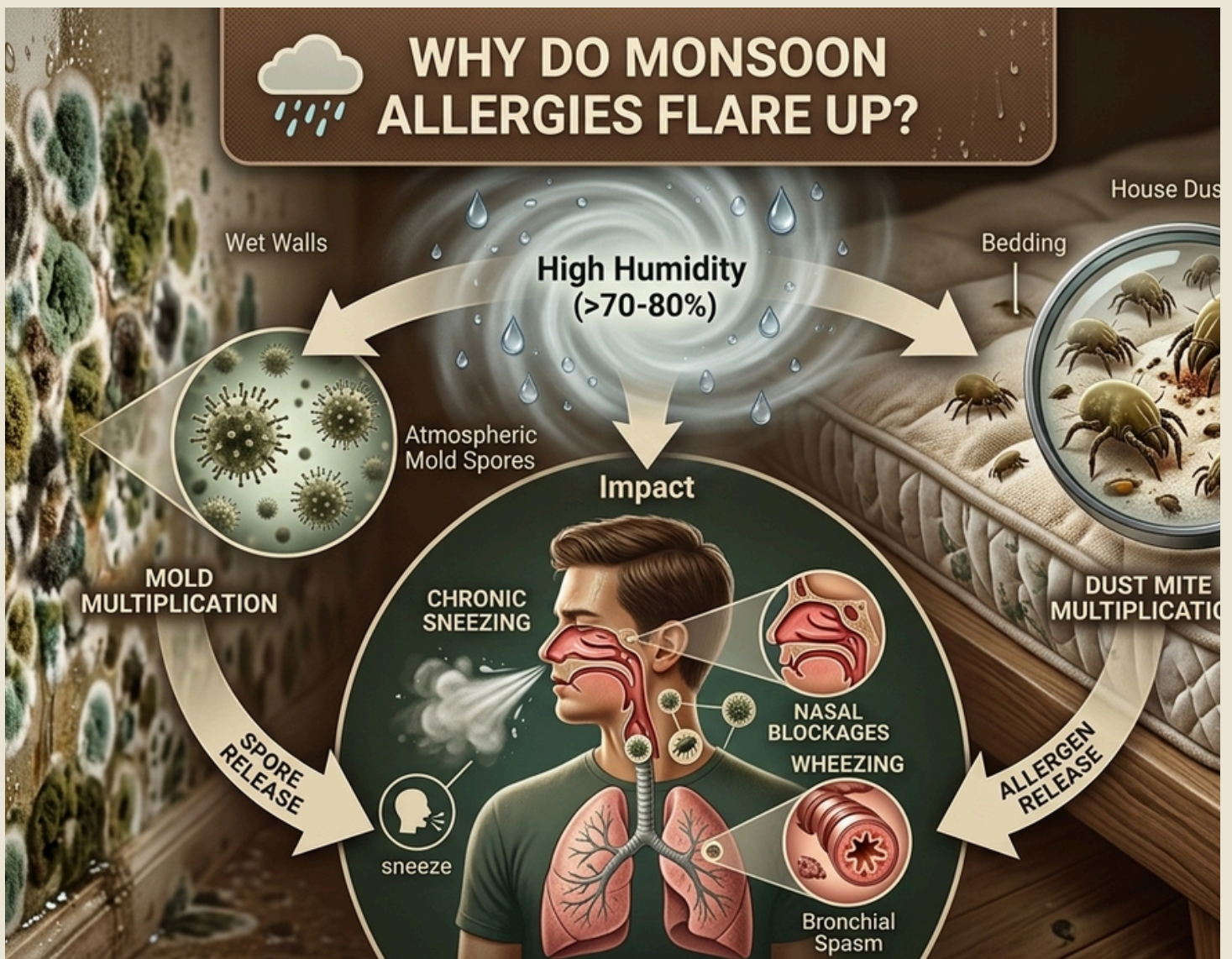
Monsoon Arrival: Navigating the Surge in Airborne Allergens

As June marks the onset of the southwest monsoon in Bengaluru, the dropping temperatures bring a welcome relief from the summer heat. However, for individuals living with asthma, allergic rhinitis, and respiratory hyper-reactivity, this weather transition presents a distinct set of clinical challenges. The sudden increase in environmental humidity accompanied by strong winds creates an optimal ecological breeding ground for indoor and outdoor allergens.



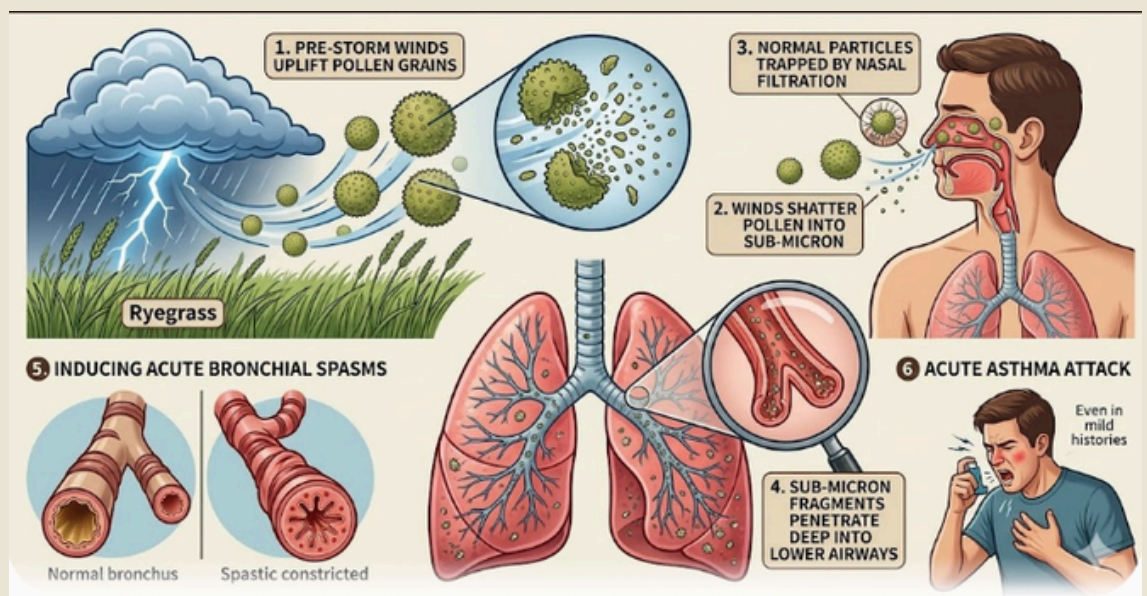
WHY DO MONSOON ALLERGIES FLARE UP?

The dampness and elevated humidity level (often exceeding 70-80%) directly facilitate the rapid multiplication of atmospheric mold spores and house dust mites, which are primary triggers for chronic sneezing, nasal blockages, and wheezing.



The Science of Thunderstorm Asthma

A critical medical phenomenon observed during the early monsoon weeks is Thunderstorm Asthma. High winds immediately preceding heavy rainfall mechanically break up large, floating pollen grains into tiny, sub-micron fragments. When these miniature particles are inhaled, they bypass the natural filtration of the nasal cavity and travel deep into the lower respiratory tract, inducing acute bronchial spasms and sudden asthma attacks even in patients with mild histories.



IMMEDIATE ACTIONABLE PROTECTIONS:

INDOOR HUMIDITY MANAGEMENT:

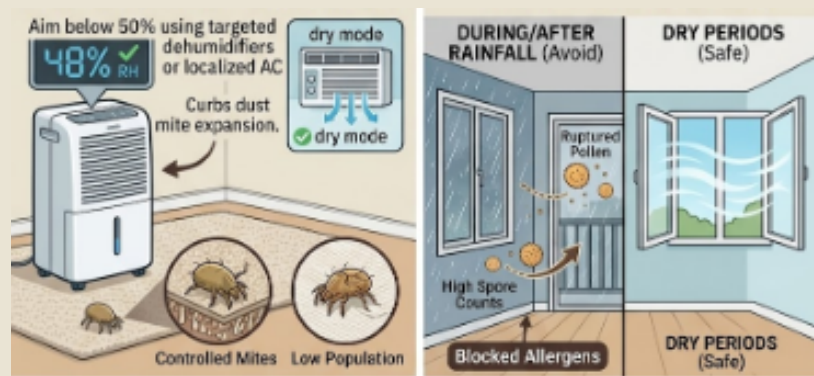
- Aim to maintain indoor humidity levels below 50% using targeted dehumidifiers or localized air conditioning to curb dust mite expansion.

STRATEGIC VENTILATION:

- Avoid opening windows and balcony doors during the active rainfall period and immediately afterward, when atmospheric pollen rupture and spore counts peak.

LAUNDERING PROTOCOLS:

- Wash bed linens and pillow covers once a week in hot water (at or above 60°C) to systematically eliminate resident dust mite colonies.



LAUNDERING PROTOCOLS:



OPTIMIZING INDOOR AIR QUALITY: COMBATING MOLD & DAMPNESS



During rainy seasons, the micro-environment within our homes can quickly degrade. Water seepage through walls, damp storage corners, and poorly ventilated bathrooms act as rapid incubators for fungal species like *Aspergillus*, *Cladosporium*, and *Alternaria*. Inhaling these airborne fungal spores initiates an aggressive immune cascade, manifesting as persistent coughing, watery eyes, skin rashes, and severe sinus pressure.

HIGH-RISK DOMESTIC HOTSPOTS

- Bathroom tiles, shower curtains, and under-sink pipe joints.
- Behind large wooden wardrobes pressed flat against outer building walls.
- Indoor potted plant soil and damp doormats.



MEDICAL INTERVENTION STEPS

- Promptly repair active plumbing leaks and wall dampness.
- Ensure kitchens and bathrooms utilize active exhaust ventilation fans.
- Employ certified HEPA air purifiers inside bedrooms.



THE HIDDEN DANGER OF INDOOR DRYING

Due to continuous outdoor rain, drying wet laundry inside living rooms or bedrooms is a common practice. This seemingly harmless habit can elevate the moisture content of indoor air by up to 30%, single-handedly triggering severe night-time coughing fits and asthma exacerbations. Always restrict indoor clothes-drying to isolated balcony areas or use mechanical dryer cycles where possible.

Clinical Reminder:

Fungal allergy symptoms are frequently misidentified as a common viral cold. If your symptoms linger for over 10 consecutive days without a fever, consult our clinical team for professional allergy mapping.

BREAKING THE CYCLE: SHORT-TERM MANAGEMENT VS. LONG-TERM RESOLUTION

When faced with sudden allergy flare-ups, the default approach for most individuals is to reach for immediate symptomatic relief. While emergency interventions are essential during acute medical distress, it is crucial to recognize the clinical distinction between merely masking external indicators and actively modifying the underlying disease process.

Approach Category	Mechanism & Action	Clinical Outcome
(Short-Term Relief)	Utilizes over-the-counter antihistamines, chemical nasal decongestants, and topical steroid creams to block localized inflammatory pathways temporarily.	Provides rapid, temporary comfort (hours to days). Requires repetitive, lifelong dependence as symptoms return promptly upon medication cessation.
(Long-Term Solution)	Deploys Sublingual Immunotherapy (Allergy Drops) to gradually introduce customized, micro-doses of purified environmental triggers directly to the immune system.	Gradually retrains the body's immune defense mechanisms to establish natural tolerance. Achieves a durable, sustained cure, vastly reducing daily drug dependence.

THE CLINICAL JOURNEY OF SUBLINGUAL IMMUNOTHERAPY (SLIT)

Allergy Drop Immunotherapy serves as an elegant, non-invasive method to rewire hypersensitive biological pathways:

1. **Precision Diagnosis:** Through rigorous skin-prick testing or serum specific-IgE panels, your exact cellular environmental triggers are meticulously isolated.

2. **Gradual Desensitization:** Formulated drops containing tiny, precisely calibrated quantities of the targeted allergens are administered safely under the tongue.

3. **Immunological Tolerance:** Over an extended course, the body recognizes these triggers as safe components rather than hostile threats, fundamentally neutralizing the allergic reaction before symptoms can develop.



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.



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



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



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