

BENGALURU ALLERGY FOUNDATION



NEWS LETTER

FOR THE MONTH OF JULY

THE ENVIRONMENTAL HEALTH CHRONICLE

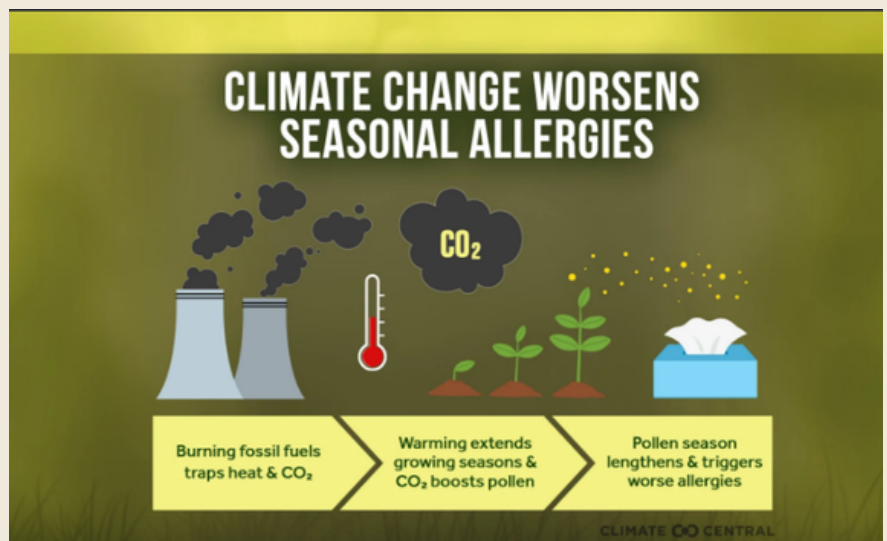
HOW CLIMATE CHANGE IS MAKING YOU SNEEZE

If your seasonal allergies feel like they are starting earlier, lasting longer, and hitting harder, science confirms you aren't imagining it. Climate change isn't just about global temperatures—it is fundamentally altering the air we breathe and intensifying our respiratory symptoms.

The Three-Step Chain Reaction

The cause-and-effect loop driving this shift moves directly from human industrial activity to our respiratory systems, as clearly illustrated in image

- 1. Higher Temps & CO₂ Accumulation:** Burning fossil fuels (coal, oil, and gas) releases massive amounts of carbon dioxide (CO₂) and greenhouse gases. These gases act like a blanket, trapping heat and causing global temperatures to climb.
- 2. Increased Pollen Production:** CO₂ acts like a supercharged fertilizer for plants. Combined with warmer temperatures, plants grow larger and bloom much earlier, creating a significantly longer and more intense window for pollen production.
- 3. Prolonged and Worsening Allergies:** Because pollen seasons are stretched on both ends—starting earlier in spring and extending later into autumn—we are exposed to higher concentrations of airborne allergens for longer periods. This translates to frequent symptoms and severe respiratory distress.



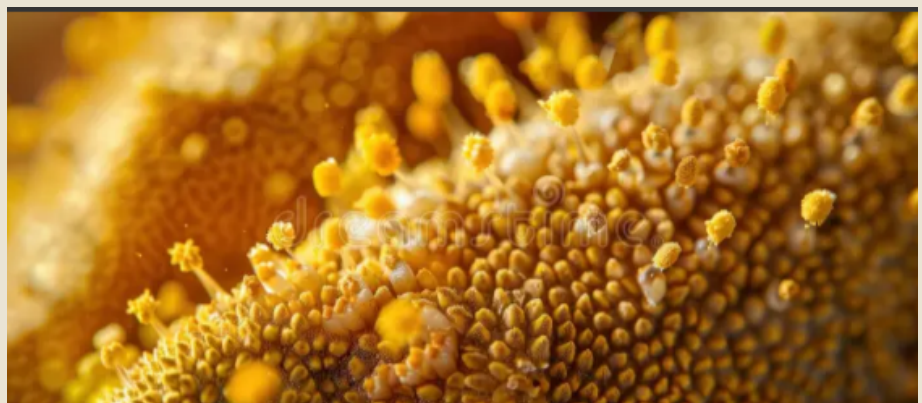
THE RIPPLE EFFECT ON PUBLIC HEALTH

The consequences of extended pollen seasons stretch far beyond simple inconvenience. Public health experts are tracking a notable rise in healthcare burdens associated with these environmental shifts:

Increased ER Visits: A sharp uptick in emergency room visits for severe asthma attacks, particularly among children and the elderly.

Economic Strain: Billions of dollars spent annually on over-the-counter antihistamines, prescription allergy medications, and missed workdays.

New Allergy Development: Individuals who never previously suffered from seasonal allergies are beginning to develop sensitivities due to the sheer volume of pollen in the air.



TAKING CONTROL: HOW TO PROTECT YOURSELF

While we work on global solutions to combat climate change, there are practical, everyday steps you can take to minimize your exposure and protect your health:

Strategy	Actionable Step
Monitor Counts	Check daily local pollen forecasts before planning outdoor activities.
Time It Right	Avoid outdoor exercise during peak pollen hours, typically mid-morning and early evening.
Create a Safe Zone	Keep residential and car windows closed during high-pollen seasons; utilize high-efficiency (HEPA) air filters indoors.
Rinse it Off	Shower and change your clothes immediately after spending extended time outdoors to remove trapped pollen from your hair and skin.

The connection between our planet's health and our personal well-being is undeniable. By understanding how changes in our atmosphere directly accelerate allergen production, we can better prepare ourselves, adapt our daily routines, and advocate for a healthier, cleaner environment.

MASTERING THE MECHANICS OF RESPIRATORY CARE

INTRODUCTION:

WHY DEVICE TECHNIQUE MATTERS

In environmental health and respiratory care, prescribing the right medication is only half the battle. The effectiveness of asthma and COPD therapies depends heavily on a variable that is frequently overlooked: patient inhalation technique. Studies show that a staggering number of patients use their inhalers incorrectly, leading to poor disease control, increased emergency visits, and unnecessary dose escalations. As environmental triggers—such as seasonal allergens, fluctuating air quality, and particulate matter—continue to challenge vulnerable respiratory systems, ensuring flawless device technique is a critical line of defense.

This issue provides a comprehensive breakdown of the four primary inhaler types and the vital role of spacer devices.

UNDERSTANDING THE FOUR CORE INHALER TYPES

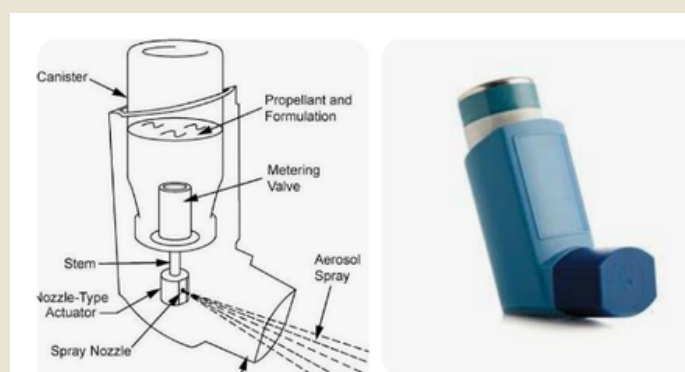
1. PRESSURISED METERED-DOSE INHALERS (PMDI)

The PMDI remains one of the most commonly prescribed aerosol delivery devices. However, it requires highly coordinated physical actions.

Key Instruction: Shake well before use.

Technique: The patient must breathe out fully, then actuate the canister simultaneously while beginning a slow, deep inhalation.

The Challenge: Poor hand-breath coordination frequently causes the medication to impact the back of the throat rather than reaching the lower airways.



2. BREATH-ACTUATED METERED-DOSE INHALERS (BA-MDI)

Designed to circumvent the coordination issues inherent to traditional pMDIs, BA-MDIs automatically fire when the patient inhales.

Key Instruction: Do not shake, and do not press the canister manually.

Technique: The patient simply needs to form a tight seal around the mouthpiece and inhale steadily and deeply. The device takes care of the timing.



3. DRY POWDER INHALERS (DPI)

DPIs are breath-activated but require a fundamentally different inhalation dynamic than aerosol-based inhalers. Because the medication is in a dry powder form, the patient's own inspiratory effort must de-aggregate the powder.

Key Instruction: Do not shake, and always hold the inhaler level while using.

Technique: The patient must breathe out completely away from the device, then inhale quickly and deeply to draw the powder effectively into the lungs.



4. SOFT-MIST INHALERS

Soft-mist devices generate a slow-moving, long-lasting aerosol cloud that makes coordination significantly easier than standard pMDIs.

Key Instruction: Turn the base to load the dose.

Technique: Exhale fully, then press the dose-release button while inhaling slowly and deeply. The patient should hold their breath for 5 to 10 seconds afterward to maximize drug deposition.



THE POWER OF SPACERS: BRIDGING THE GAP

For patients struggling with the coordination of a standard pMDI, spacers are an essential clinical tool.

Spacers act as a holding chamber for the mist. They slow down the velocity of the aerosol particles, reducing the amount of medication that hits the back of the throat, and allowing the patient to inhale the medicine at a manageable pace. When utilizing a spacer, patients should adhere to a strict one puff per inhalation protocol to ensure proper dosage delivery.

CRITICAL CLINICAL SAFETY REMINDER

No matter which device is utilized, a universal safety directive must be reinforced for any formulation containing anti-inflammatory agents:

CRITICAL PROTOCOL:

Always instruct patients to rinse their mouth thoroughly with water after using inhalers containing corticosteroids.

This simple post-inhalation habit is paramount to preventing localized side effects, such as oral candidiasis (thrush) and dysphonia (hoarseness).

CONCLUSION: A CALL TO ACTION FOR PRACTITIONERS

Optimizing respiratory health in a changing environment requires a dual approach: mitigating environmental triggers and perfecting therapeutic delivery. Taking an extra two minutes during patient consultations to demonstrate, observe, and correct inhaler mechanics can drastically improve patient outcomes and quality of life.



WORLD ALLERGY WEEK CELEBRATION 2026

“ALLERGY CARE IS ESSENTIAL CARE”

World Allergy Week 2026 was celebrated by Bengaluru Allergy Centre (BAC) from 22nd to 27th June 2026 under the global theme "**Allergy Care is Essential Care.**" The week-long programme brought together renowned clinicians, academicians, healthcare professionals, and distinguished guests to raise awareness about the growing impact of allergic diseases and the influence of climate change on respiratory and immune health.

Each day featured expert lectures addressing a wide range of topics, including the importance of early allergy diagnosis, respiratory allergies, climate change and its health consequences, environmental pollution, allergy immunotherapy, and strategies for prevention and long-term management. The sessions highlighted the need for evidence-based allergy care and emphasized that timely diagnosis, patient education, and personalized treatment can significantly improve quality of life.

Special emphasis was placed on the increasing burden of allergic diseases due to changing environmental conditions, prolonged pollen seasons, air pollution, and indoor allergens. Speakers also discussed the role of Allergy Immunotherapy, modern biological therapies, and preventive measures in reducing disease progression and improving long-term outcomes.

The celebration served as an excellent platform for knowledge sharing, professional interaction, and public awareness. Through insightful presentations and engaging discussions, the programme reinforced BAC's commitment to promoting quality allergy care, advancing medical education, and encouraging collaborative efforts to address the growing challenges posed by allergic diseases and climate change.

Together, World Allergy Week 2026 successfully strengthened awareness that effective allergy care is not only essential for individual well-being but also for building healthier and more resilient communities.



WORLD ALLERGY WEEK 2026: EXPERT PERSPECTIVES ON ALLERGY CARE & ENVIRONMENTAL HEALTH



Justice Krishna Bhat shares his personal allergy journey to highlight the immune system's complexity and the critical medical need to identify everyday triggers like dust and pollen. He connects these individual health challenges to broader environmental pollution control, urging proactive public awareness and active civic participation to overcome societal indifference.

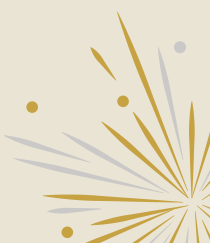
JUSTICE KRISHNA BHAT

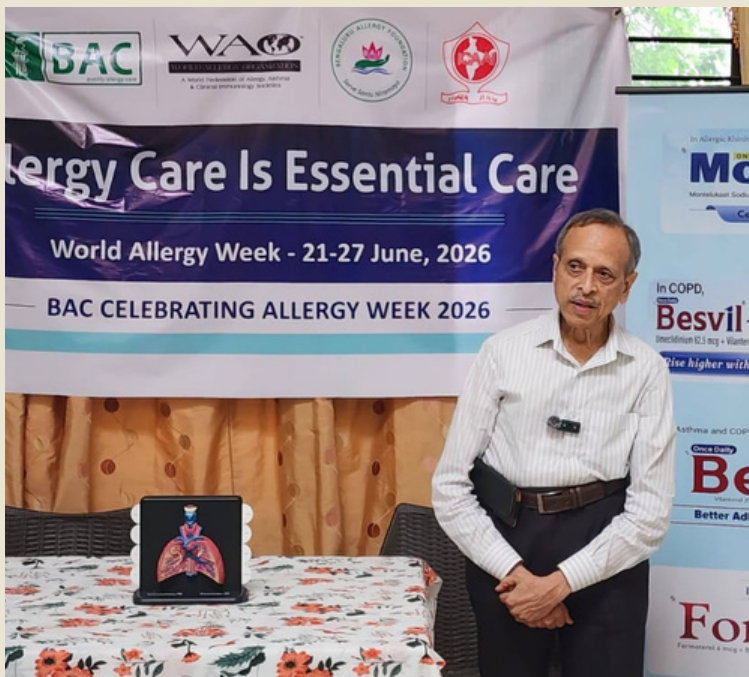


Dr. Paranjyothi Kanni's keynote highlights how climate shifts increase allergy triggers, advocating for "tolerance" via modern sublingual immunotherapy over simple avoidance. He traces the "allergy march" from infancy to adulthood, debunks myths, and promotes rigorous diagnosis alongside practical advice like masking and long-term treatment adherence.



DR. PARANJYOTHI KANNI





Dr. Nagendra Prasad's lecture detailed how pollution overwhelms respiratory defenses, emphasizing that while inhalers manage inflammation, targeted immunotherapy is key to producing protective blocking antibodies. He highlighted preventive measures like carbon masks and probiotics, concluding with an interactive Q&A that cleared up common asthma misconceptions.

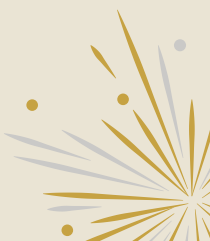
DR. NAGENDRA PRASAD



Rising climate shifts prolong pollination seasons and split pollen grains, requiring vulnerable individuals to monitor pollen calendars, wear N95 masks, and consistently take long-term controller medications. Dr. Saud highlights Allergy Immunotherapy as the sole disease-modifying therapy to build tolerance and halt the childhood "allergic march," alongside benefits from early microbial exposure.



DR SAUD AHMED





**MR RAJA SAILESH
CHANDRA GUPTA:**

Following a traditional Nadageethe, Sona highlighted the clinic's commitment to hosting educational seminars mapping climate change and environmental factors directly to public allergy care. Keynote speaker Sri Raja Shailesh Chandragupta discussed disrupted seasonal cycles, blaming human actions like deforestation and industrialization while pointing to unseasonal rainfall in North Karnataka as evidence.



The final session featured an expert presentation by Dr. Harini on how global climate shifts and pollutants compromise skin and respiratory epithelial barriers, increasing susceptibility to allergies. She detailed how rising temperatures accelerate pollen and mold exposure, emphasizing customized allergy immunotherapy as the critical treatment to correct immune dysfunction and build long-term tolerance.



DR HARINI:



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.



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YEARS OF IT EXPERIENCE AND
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IIM CERTIFICATE.



MR. SATYANARAYANA KASI:
SEASONED BANKER
SERVED VIJAYA BANK FOR OVER
FOUR DECADES, LEADING
OPERATIONS AND TECHNOLOGY,
AND HOLDS CREDENTIALS FROM
ICMAI AND CAIIB.



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SOCIAL WORK

