

DUSTMITES – The Most Common Cause of Asthma & Eczema (atopic dermatitis) in the Home

Who does it affect?

According to researchers in the UK and the USA, over 70% of asthma and eczema sufferers are allergic to dustmites and this applies to both people and dogs! The symptoms first appear when children are very young from as little as 6 months and they may or may not grow out of it. In adults, it frequently crops up during periods of stress or after illness and treatment with antibiotics, antihistamines or steroids. Even analgesics can cause the response in some individuals. It is a similar pattern in dogs.

The Nature of the Condition:

Dustmites are ubiquitous i.e. they are found in every home no matter how much cleaning is done with conventional preparations. There are 13 species, 3 of which are common in the home – *Dermatophagoides farinae*, *Dermatophagoides pteromyssinus* and *Euroglyphus maynei*. At less than 0.5 mm in length, they are indiscernible to the eye and yet, there are as many as 19,000 dustmites per gram of house dust.



Where are they found?

The ideal environment for house dustmite reproduction is warm between 20 & 24 °C with humidity of no less than 45% --- the typical conditions in the modern home especially in the winter when windows are shut and the central heating system is on.

Mites eat particles of skin and dander so they thrive in clothes, mattresses, carpets, sofas and other home furnishings. They can withstand temperatures of up to 55°C so are untouched by anything but the hot cotton wash. Many modern fabrics do not tolerate such temperatures and the electricity used to achieve those temperatures are neither cost effective nor environmentally friendly. Bio-Life products for laundry, mattresses, sofas, carpets & other soft furnishings are designed to be effective at low temperatures.

The Symptoms:

Dustmite can cause both the Type 1 & Type 4 allergic reactions in people namely the wheezing, rhino-conjunctivitis or asthma and the atopic dermatitis (eczema) responses. In dogs, the Type 4 – atopic dermatitis is the most common.

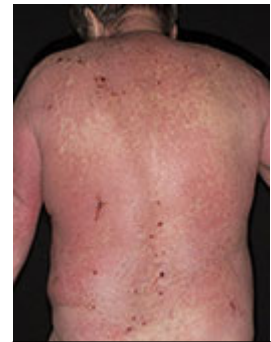
Type 4: Atopic dermatitis in people

- Reddening of the skin
- Dry, flakey patches
- Constant itching
- Secondary bacterial or viral infections & the formation of “hotspots”

In babies & children, it often appears first on the back of the legs and gradually spreads. In adults, it is often the back that is most seriously affected i.e. the point at which they have the closest contact to bedding and mattresses, the first and most important zone of infestation.



Childhood phase



Adult phase

Type 1: Rhino-conjunctivitis, wheezing & asthma

- Constant stuffy, runny nose
- Itchy eyes
- Wheezing especially at night & first thing in the morning
- Severely laboured breathing needing emergency remedial action e.g. inhaler

In the case of asthma, there is no question that emergency medication is needed in the case of an attack but taking remedial action to prevent such attacks in the future means getting rid of dustmite & dustmite residues in the home.

Type 4: Atopic dermatitis in dogs



- Itchy skin (pruritis) – face, paws, lower legs, groin, ears, eyes & tummy
- Lesions caused by itching & scratching
- Greasy coat (Seborrhoea)
- Secondary bacterial & fungal infections
- Skin reddening (Erythema)
- Skin thickening (Pyorrhoea)
- Hair loss (Alopecia, Follicular dysplasia)

Products for People who are Allergic to Dustmites:

BRAND	FUNCTION	APPLICATION RATE
Bio-Life FabriCleanse™	To neutralise dustmite allergens in laundry & carpets	Routine for washing bed clothes. Every 3 months for cleaning carpets
Bio-Life HomeCleanse™	To neutralize dustmite allergens in mattresses, sofas & other soft furnishings	Once per month every month
Bio-Life MediCleanse Face Cleanser & Bath & Shower Gel	“Chemical friendly” toiletries with antimicrobial properties for the face	Twice daily
Bio-Life MediCleanse Antimicrobial Gel	“Chemical friendly” to remove dry, scaly skin & help prevent infection	Twice daily
Bio-Life Pure Essence	Potent antimicrobial – to help reduce infections yeasts & bacteria	Twice daily
Bio-Life MediCleanse Shampoo & Conditioner	“Chemical Friendly” & antimicrobial for the hair	As required
Bio-Life MediCleanse Moisturiser	For anti-oxidants to promote healing & to help prevent scarring in recovery	Twice daily during the recovery period as an alternative to the Pure Essence & Gel

Products for Dogs who are Allergic to Dustmites:

- Use [Bio-Life HomeCleanse™](#) on pet bedding & any furnishings that the dog sits once per month every month to denature dustmite & dustmite residues.
- Wash pet bedding in [Bio-Life FabriCleanse™](#) once per month.
- Clean carpets with [Bio-Life FabriCleanse™](#) in a standard carpet cleaning solution once every 3 months.
- [MediCleanse Shampoo & Conditioner](#) once per week for 3 weeks and monthly thereafter.
- Treat early stage moist lesions twice daily with [MediCleanse Pure Essence](#) spray. In advanced cases with [Pyrrhoea](#), use the [MediCleanse Paw & Patch Gel](#).
- Moisturise with [Paw & Patch Moisturiser](#) twice daily during the recovery period.