

## **PERENNIAL ALLERGIES (ALLERGIES PRESENT ALL YEAR ROUND)**

- MOLDS** Fungus or mildew found indoors and outdoors in soil, air, plants, foods, and other materials. Alternaria and Hormodendrum are the two most common
- ANIMALS** Cat hair and dog dander are primary offenders. 5-10% of U.S. population are allergic to cats.
- MITES** Microscopic creatures found indoors in blankets, pillows, bedding, carpets, and furniture. D. Farinae and D. Pteronyssinus are the two most common dust mites.
- INSECTS** Cockroach is a major indoor allergen. Asian Beetles are another common insect found inside the home. They look like mustard colored lady bus and typically can be seen in the window sills. Sensitivity to fire ants, mosquitoes, and bees are common.
- OTHER** Animal feather, dander, hair, droppings, urine, and serum proteins.
- CHEMICALS** Formaldehyde is the most common chemical causing allergy. It is found everywhere in the home. Other common chemicals are: latex, ethanol, tobacco smoke, and oxides.
- FOODS** Most common allergic foods: egg whites, milk, wheat, corn, peanut, and soy. Any food that is eaten three times per week or more should be tested in patients with food allergy symptoms.