



Smart steps for simple, healthy carpet care

(ARA) - With summer upon us, allergy season is quickly becoming a nuisance we could do without. But for some of us, allergy symptoms such as sneezing, runny nose, and itchy, watery eyes never seems to cease. There's a reason for this — allergy season never really ends.

There are two allergy "seasons" — indoor and outdoor. The indoor allergy season occurs year-round and is caused by pollen, indoor pets such as cats and dogs, house dust mites, and even cockroaches. The outdoor allergy season generally occurs in the spring and summer when plants and grasses release pollen.

Allergy symptoms are the result of your immune system producing antibodies to fight infections. Those antibodies stimulate cells in your nose, lungs, throat and eyes to release histamine, which in turn causes allergy symptoms such as a runny nose and in some cases, asthma attacks.

According to the American Lung Association, 50 million Americans suffer from asthma and allergies, which is about one in every five Americans. And if you have asthma it's likely you also have allergies. Allergies are also the sixth leading cause of chronic disease in the United States and asthma is the leading cause of chronic illness in teens and children. In 1995, 5.5 million children were diagnosed with asthma and the number of deaths related to asthma in children has nearly tripled in the last 15 years.

According to a 1999 article by the President's Task Force on Environmental Health Risks and Safety Risks to Children's, "Asthma and the Environment: A Strategy to Protect Children," the most common environmental triggers that cause allergies and asthma in children are animal dander, mold, cockroaches and house dust mites, and they

See CARPET, pg 10

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