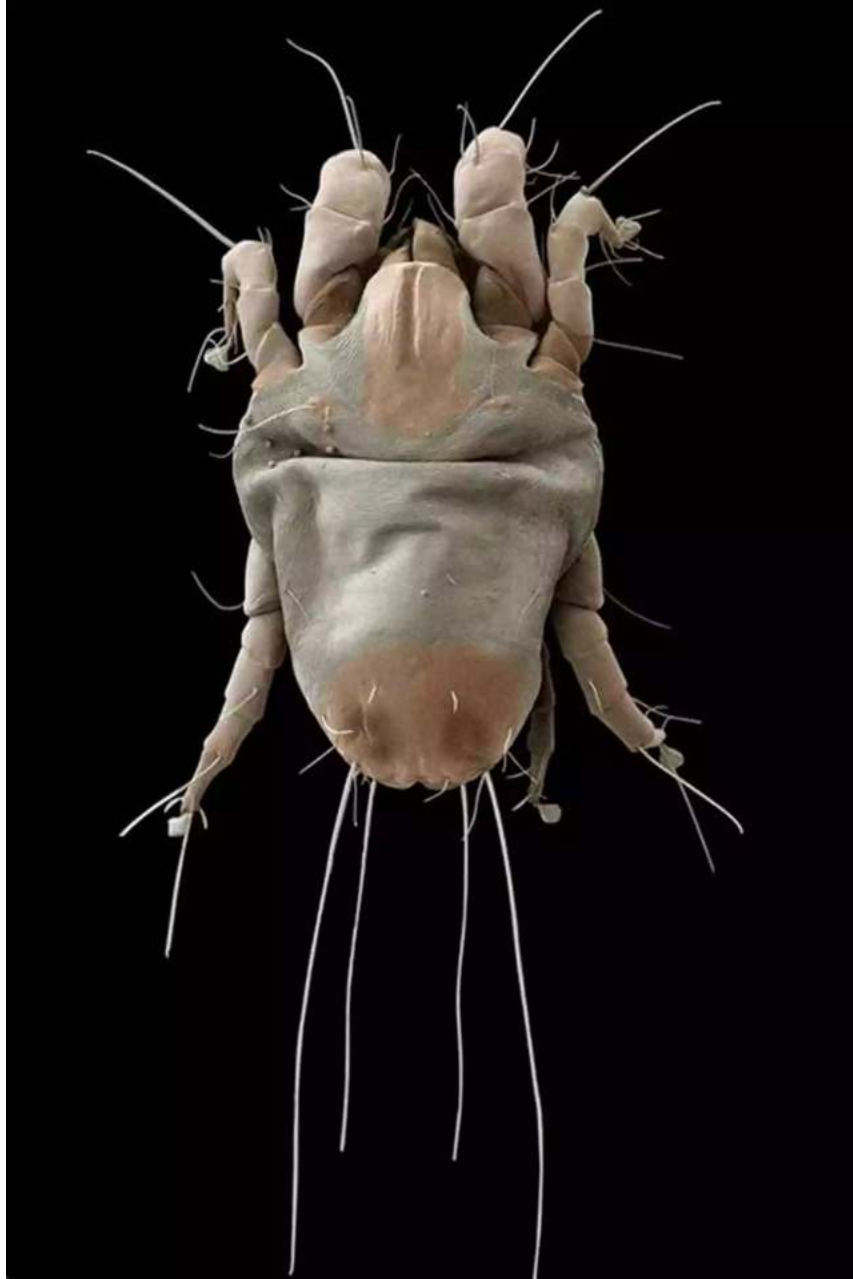


The Silent Menace: House Dust Mites Threat To Human Health

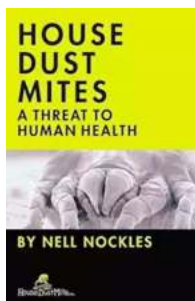


House dust mites, microscopic creatures that crawl in the depths of our homes, can wreak havoc on our health in ways that often go unnoticed. These seemingly innocent creatures are a common trigger for allergies and

asthma, causing discomfort, respiratory issues, and a diminished quality of life for millions of people around the world.

The Invisible Invaders

House dust mites, scientifically known as *Dermatophagoides pteronyssinus*, are tiny arachnids measuring a mere quarter of a millimeter. They belong to the same family as spiders and ticks but are not visible to the naked eye. They thrive in warm and humid environments, making our homes the perfect breeding ground for them.



HOUSE DUST MITES: A Threat to Human Health

by NELL NOCKLES (Kindle Edition)

★★★★★ 5 out of 5

Language	: English
File size	: 179 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 19 pages
Lending	: Enabled



Feasting primarily on flakes of human skin, these microscopic invaders can be found in bedding, upholstery, carpets, and any place where dust accumulates. They reproduce at an alarming rate, with a female mite laying around 40 to 80 eggs every three weeks. With the average lifespan of a mite being about two months, their population can quickly multiply, making their presence in our homes persistent and tenacious.

Allergic Reactions and Asthma

House dust mites are a potent allergen, causing allergic reactions in susceptible individuals. When inhaled, their fecal matter and decomposed body particles can trigger sneezing, coughing, runny nose, itchy eyes, and skin rashes. Additionally, their presence can exacerbate asthma symptoms, leading to difficulty breathing, chest tightness, and wheezing.

It is estimated that approximately 10% of the population is allergic to dust mites. For these individuals, the constant exposure to allergens can result in chronic respiratory issues that affect their daily activities and sleep patterns. The severity of allergic reactions depends on various factors, including individual sensitivity and the concentration of mites in the environment.

Prevention and Control

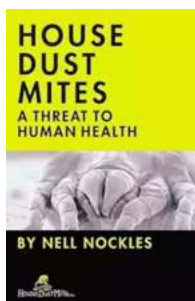
Minimizing the presence of house dust mites in our homes is crucial to reduce their impact on our health. Here are some preventive measures and control methods:

- **Frequent Cleaning:** Regular vacuuming with a HEPA filter can help remove dust, dead skin cells, and mites from carpets and upholstery.
- **Washing Beddings:** Washing bed linens, blankets, and pillows at high temperatures (above 130°F or 55°C) can kill mites and remove allergenic particles.
- **Encasing Mattresses and Pillows:** Using allergen-proof covers can prevent mites from infiltrating these items.

- **Reducing Humidity:** Keeping humidity levels below 50% can help create an unfavorable environment for mite survival.
- **Avoiding Dust-Collecting Items:** Minimizing the presence of stuffed animals, heavy curtains, and other dust-prone items can reduce mites' hiding places.

House dust mites pose a significant threat to human health, especially for those who suffer from allergies and asthma. While they might go unnoticed, their presence can have a detrimental impact on our well-being. By understanding the risks they pose and taking preventive measures, we can minimize their effects and create a healthier living environment for ourselves and our loved ones.

Remember, these invisible invaders may be lurking all around us, but with proper knowledge and action, we can protect ourselves from their harmful effects.



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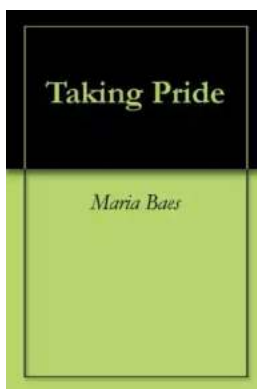
DOWNLOAD E-BOOK



For over 50 years, scientists have investigated and described the relationship between house dust mite exposure and human disease, but many of the lessons learned have not filtered down to benefit the public as common knowledge. Nell Nockles, the author of this book, teacher and asthmatic, has studied the mite for over 17 years, first to protect her own health, then to disseminate her findings for others. This book is just another step along her way.

An example of an interesting fact Nell found is that evolutionary studies on mites have discovered that house dust mites are closely related to parasitic mange mites, and may actually have been parasites as well. What binds the mite species together is how they feed. They both use active digestive enzymes to break down food, and one of the enzymes in their droppings can attack living cell structures causing an allergic reaction. This is how mange mites feed and how the scavenging house dust mite causes asthma, rhinitis and dermatitis.

This is just one of the many facts discussed in this fully referenced book created to help the public to understand, why excessive exposure to house dust mites can be harmful, and how to reduce mite exposure in the indoor environment.



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