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Podcast Title: World Allergy Day – Respiratory Allergies

Department: Microbiology

Category: Public awareness

TRANSCRIPT

Hello everyone, This is Dr. Thalalini from the Department of Microbiology, and you're listening to a special podcast episode on the occasion of ***World Allergy Day which falls on July 8th 2025.***

- Each year, *World Allergy Organization* (WAO) marks this day to raise awareness about allergies, which are not just sneezes and rashes — but a serious global health issue.
- On this **World Allergy Day 2025**, let's talk about a silent threat growing inside our society — **respiratory allergies**.
- This year's theme set by the **World Allergy Organization** is:
- ***Anaphylaxis — A Preventable Threat.***
- And today, you'll leave with not just awareness — but life-saving wisdom."

What are Allergies?

- An allergy is an exaggerated immune response to substances that are usually harmless to most people — like dust, pollen, certain foods, or medications.
- Your immune system mistakes these for harmful invaders and releases chemicals like **histamine** causing symptoms ranging from sneezing to anaphylaxis.

Allergic Rhinitis presents with:

- Running nose
- Nasal stuffiness
- Sneezing
- Itching and watering in the eyes
- Can be seasonal (winter/monsoon) or perennial
- Often associated with a family history
- Symptoms may be relapsing and remitting.

Allergic Bronchorrhinitis presents with:

- Difficulty in breathing
- Increased respiratory rate
- Wheezing
- Cough with expectoration

Trigger Factors and Sources:

Indoor Sources:

- House dust
- Blankets and carpets
- Cotton pillows and curtains
- Indoor plants
- Fungal spores from damp walls
- Incense sticks (especially Agarbattis)
- Perfumes
- Smoke
- Air coolers
- Stuffed toys
- Pet animals — dogs, cats

Outdoor Sources:

- Street dust
- Construction works
- Vehicle smoke
- Pollen
- Gardening activities

How to Prevent Allergies?


"Simple everyday habits can drastically reduce allergy risks."


- Use masks during outdoor activities
- Keep doors, windows closed during rains to prevent humidity and fungal growth
- Maintain adequate cross-ventilation in living rooms particularly bedrooms
- Clean mesh doors and windows regularly
- Wash bed clothes frequently
- Avoid cotton mattresses and pillows
- No indoor plants
- Remove moisture and fungal spots from damp walls using bleach/paint
- Maintain room temperature between 25–27°C
- Regular cleaning of AC Filters
- Use of synthetic material for window screens instead of cotton
- Avoid strong perfumes and woolen garments
- Wet mop floors instead of dry sweeping
- Bedroom should be free of clutters like Books, toys, clothes, fruits, food items etc.

- Avoid carpets in bedroom particularly
- Sofa sets with easily washable covers
- Identify and avoid foods triggering allergy based on personal observation (example: Brinjal, Sea foods, cold drinks, etc.)
- Regular physical exercise and yoga
- Balanced, nutritious diet
- Avoid medications causing allergy
- Take medications only under medical supervision
- If you know that you are prone to respiratory allergies keep appropriate medicines in hand as prescribed by your doctor particularly while traveling.
- Keep pets outdoors or avoid if possible

Untreated allergic diseases can lead to complications like:

- Recurrent sinusitis
 - Nasal polyps
 - Serous otitis media
 - Bronchial asthma
 - Adenoid facies
- ✓ A life free from disease is greatest treasure.
- ✓ "On this World Allergy Day, let's pledge to raise awareness about allergies — they're not minor inconveniences but real health risks. Early diagnosis and prevention can save lives. Stay aware, stay safe."
- ✓ "Allergy is nothing but a disease of imbalance and reaction. Thiruvalluvar beautifully says — wisdom lies in adopting habits that keep illness away."
- ✓ So, recognize, respond, rescue. Thankyou!!


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