

Allergy Asthma Specialists and Air Purifiers

Suffering from allergic asthma is a very unpleasant situation, but it is also one that is common for a lot of people. One particular study revealed that half of the Americans that have asthma (roughly 20 million people) have this particular kind of allergic asthma. It is a condition that can easily trigger an asthma attack when the person is exposed to his particular allergens. Common triggers include pollen, animal dander and dust. If these get inhaled or swallowed by somebody with allergic asthma their respiratory ways can get blocked, preventing the air from travelling freely in and out of the body. When this happens people can experience symptoms such as rashes, hives, sneezing, coughing and, in extreme cases, anaphylaxis.

How an Air Purifier Can Help

Once you get diagnosed with allergic asthma you will have several types of medication available in order to cope when you have an episode. However, general medical consensus states that, in this case, prevention is the best form of medicine. In order to minimize the effect that this condition has on your health you should limit your exposure to your allergens as much as possible.

When you are outside, this is hard to do since you have little to no control over the environment surrounding you. However, when you are indoors you can decrease the number of allergens you inhale with the help of an air purifier. Allergy and asthma specialists agree that an air purifier will get rid of the harmful allergic particles that are floating through the air, ready to be inhaled. How efficient the cleaning process is depending on the kind of indoor air purifier you use. For best results, you are recommended to use an air purifier with a HEPA (high efficiency particulate air) filter. This is a great multipurpose system that is ideal for the needs of allergy and asthma sufferers because it is able to remove a great portion of the various airborne pollutants which you can be exposed to indoors. The HEPAfast technology allows it to increase air quality in the rooms where it is used by 40% more than standard HEPA filter air purifiers.

How to Use an Air Purifier

An indoor air purifier needs to be placed in the room where you spend the most time or where the concentration of allergens is the highest. Therefore, a bedroom is typically an ideal location. With the help of an air purifier, you do not need to worry about suffering asthma attacks during the night and you can enjoy a good night's rest.

If you live with a smoker, you should consider placing a HEPA filter air purifier in the room where you are exposed to secondhand smoke the most. Medical research has shown that exposure to secondhand smoke will always cause the symptoms brought on by an allergic asthma attack to worsen, regardless of the allergen you are sensitive to. However, an air purifier can successfully remove the harmful smoke and leave nothing but fresh air instead.