



The Hoffman Centre for Integrative Medicine

Allergen Avoidance Recommendations

Longevity Medical Center

Patient Handout

Description

- The following recommendations will help you minimize your exposure to MOLDS

Suggestion 1:

Eliminate dampness in your home – check walls and roof for leaks. Waterproof walls and ceilings before painting.

Reason: Mold thrives in damp conditions

Suggestion 2:

Do not wallpaper walls – paint instead.

Reason: Molds grow on wallpaper and in wallpaper paste

Suggestion 3:

Avoid carpets as floor covering. Replace with wood floors, vinyl or ceramic tile or terrazzo

Reason:

Molds grow in carpet pile. Carpets also trap dust which can cause allergic reactions.

Suggestion 4:

Allow good air circulation in closets. Leave space between hanging clothes and check leather clothing, belts, shoes and luggage for signs of mold growth.

Reason:

Mold grows in damp, enclosed environments, especially on leather items.

Suggestion 5:

Keep bathrooms and laundry rooms well aired. Spread out towels and washcloths for fast drying. Dry clothes as soon as they are taken from washer.

Reason:

Mold grows rapidly in damp conditions and on damp fabrics

Suggestion 6:

Regularly inspect bathrooms and laundry rooms for mold growth. Look for evidence of discoloration in tile grout and caulking. Do not forget to check under sinks, around the commode, shower curtains and shower door runners.

Reason: Molds thrive in damp environments

Suggestion 7:

In humid conditions, use air conditioning or a dehumidifier

Reason:

Molds do not grow well in dry environments

Suggestion 8:

Avoid foods which contain molds or are related to molds such as Mushrooms, yeast containing foods, fermented meats and pickles, smoked fish and meats, and blue cheese.

Reason:

Inhalant allergy symptoms may be aggravated by consumption of foods