



## Allergy and Asthma Statistics and Facts

## ***About the Company***

Allergy Be Gone is a private company originally founded, and currently funded and maintained by an allergy sufferer *like yourself*. Allen Barsano, the founder, having never suffered with allergies until his twenties, didn't understand the struggle people contended with in controlling allergy and asthma symptoms. But, after having first hand experience, he did research and learned that there were ways to combat these oft times life-altering allergy and asthma related symptoms. From then on, it was his goal to help others alleviate those symptoms through alternative strategies, rather than just medication alone. For this reason, Allergy Be Gone is dedicated to providing the allergy and asthma sufferer with current and useful [allergy avoidance information](#).

## **Our Mission**

At Allergy Be Gone we strive to help people attack their allergic symptoms. Over 50 million Americans suffer from allergies, and for all of you who do, we understand! That's why we are here to answer all your questions, and provide you with top notch products that are sure to help.

In our goal to provide you with the best products, we also want to make your visit to our site as informative as possible.

If you are uncertain about which products will help you, visit our [learn more about allergies](#) section. You're sure to find the help you need there – if not, send us an email and we'll do our best to help you out!

# Allergy and Asthma Statistics and Facts

Based on Available Data

## Did You Know?

The number of people in the U.S. who have either allergy or asthma symptoms are one in five; these numbers are increasing yearly.

According to the National Institute of Allergy and Infectious Disease:

“Allergies are the result of inappropriate immune responses to normally harmless substances. Allergy symptoms vary widely, from the sneezes, watery eyes, and congested nose of mild “hay fever” to severe rashes, swelling, and shock.

“Asthma is a chronic inflammation of the lungs that airborne allergens can trigger in susceptible people; tobacco smoke, air pollution, viral respiratory infections, or strenuous exercise can also contribute. Asthma and allergic diseases can significantly decrease quality of life, employee productivity, and school attendance; in severe cases, they can be life threatening.”

## General Allergies Statistics Overview:

- A nationwide survey found that more than half (54.6%) of all U.S. citizens test positive to one or more allergens.
- In a recent survey, over 50% of homes had at least six detectable allergens present.
- Allergic diseases affect as many as 40 to 50 million Americans.
- Two million school days were lost in 1996 due to allergies.
- Allergic rhinitis in up to 40% in children.
- 7.1 million children have reported hay fever in the past 12 months.
- 9.6% of children have reported hay fever in the past 12 months.
  - (Based on 2008 Study)
- 13.1 million ambulatory care visits (to physician offices, hospital outpatient departments, and emergency departments) with a primary diagnosis of allergic rhinitis were reported.
  - (Based on 2006 Estimates)
- 55% of the U.S. population have tested positive to one or more allergens.

- The U.S. ranks 5<sup>th</sup> among allergies and other leading chronic diseases.
- One estimate annual cost of allergies to the health care system and businesses in the U.S is \$7.9 billion.

## Allergic Rhinitis

### Did You Know?

Allergic Rhinitis is an inflammation of the mucous membranes of the nose; it involves reactions in the nasal mucosa from repeated allergen exposures that causes hypersensitivity.

This condition is caused by inhaling airborne particles, such as mold spores and pollen that may be an allergic trigger to susceptible individuals.

- Allergic Rhinitis is estimated to affect approximately 60 million people in the United States, and its prevalence is increasing.
- Allergic rhinitis affects between 10% and 30% of all adults, and as many as 40% of children.
- In 2006, 8% of adults and over 9% of children had been diagnosed with hay fever in the prior 12 months.
- There were more than 12 million physician office visits because of allergic rhinitis in 2006.
- From 2000 to 2005, the cost of treating allergic rhinitis almost doubled from \$6.1 billion to \$11.2 billion. More than half of that was spent on prescription medications.
- Immunotherapy helps reduce hay fever symptoms in about 85% of people with allergic rhinitis.

## Sinusitis

### Did You Know?

MedilinePlus.com explains: Your sinuses are hollow air spaces within the bones surrounding the nose. They produce mucus, which drains into the nose. If your sinuses are swollen, this can block the drainage and cause pain and infection. Sinusitis means your sinuses are infected or inflamed.

Acute sinusitis often starts as a cold, which then turns into a bacterial infection. Allergies, pollutants, nasal problems, and certain diseases can also cause sinusitis.

Treatments include antibiotics, decongestants and pain relievers. Using heat pads on the inflamed area, saline nasal sprays and vaporizers can also help.

- Approximately 12% of Americans under the age of 45 have symptoms of chronic sinusitis.
- In one study, 55% of patients with sinusitis also had a history of allergic rhinitis.
- Sinusitis is one of the leading forms of chronic disease, with an estimated 18 million cases and at least 30 million courses of antibiotics per year.
- Sinusitis accounts for approximately 20% of office visits to specialists in allergy and immunology.
- About 40,000 people have sinus surgery every year.

## Asthma

### Did you know?

Asthma is a chronic inflammation of the lungs. Airborne allergens can cause or aggravate symptoms in susceptible people. Asthma is a major public health problem of increasing concern in the United States. Its triggers include: secondhand smoke; dust mites; molds; cockroaches and pests; warm blooded pets; nitrogen dioxide; gas ovens; air pollution; tobacco, cigar, pipe, and wood burning smoke; viral respiratory infections; strenuous exercise; and cold air.

The National Institute of Environmental Health Sciences (NIEHS) states: Once considered a minor ailment affecting only a small portion of the population, asthma is now the most common chronic disorder of childhood, and affects an estimated 6.2 million children under the age of 18.

- About 23 million people, including 6.8 million children, have asthma.
- Asthma is the sixth most common chronic condition in the US.
- Asthma is the most common serious and chronic disease among children.
- Asthma accounts for 10 million absences from school each year.
- Between 1980 and 1994 the prevalence of asthma in U.S. in children under age 5 increased 160%.

- 12 million people report having an asthma attack in the past year.
- Asthma accounts for nearly 17 million physician office and hospital visits.
- Asthma rates have more than doubled in the past three decades. Asthma is now the leading cause of emergency room visits, hospitalizations, and school absenteeism.
- Asthma accounts for nearly 2 million emergency department visits each year.
- Of those hospitalized for asthma, about 44% are children.
- There are about 4,000 deaths each year in the U.S. from asthma.

## Pet Allergies

### Did you know?

Pet allergies are NOT triggered by animal hair; it is a protein found in the skin (or dander), saliva, and urine that may cause allergic reactions. The American Academy of Allergy Asthma & Immunology explains that although, “some dog breeds are labeled “hypoallergenic”, as they shed less, but no dog is 100% hypoallergenic—even hairless dogs still have some allergen. Each animal is different, and a particular pet allergy sufferer may do better with one breed than another.

- 39% of U.S. households have one or more dogs.
- 36% of U.S. households have one or more cats.
- 100% of all U.S. households have detectable levels of dog and cat dander.
- About 10% of home allergies can be traced to pets. The worst offenders, Bassett says, are cats, particularly those with dark color and male sex.

## Drug Allergy

### Did you know?

According to the Mayo Clinic:

“A drug allergy occurs when your immune system reacts to a medication. A number of drugs can cause a drug allergy, including prescription and over-the-counter medications. The most

common signs of a drug allergy are hives, rash or fever. You can have an allergic reaction to a drug even if it caused no reaction in the past.

“Most drug-related symptoms are not a true drug allergy and don't involve the immune system. Allergic and nonallergic drug reactions are often confused because they can cause similar symptoms. Either type is called an adverse drug event and needs to be checked by a doctor. Some allergic and nonallergic drug reactions can be severe or life-threatening.”

- Anaphylactic reactions to penicillin cause 400 deaths.
- Between 6% and 10% of adverse drug reactions are allergic or immunologic in nature.
- Between 29% and 65% of patients with HIV/AIDS are allergic to sulfonamide drugs, compared to 2% to 4% of other individuals.
- Penicillin is the most common cause of drug-induced anaphylaxis.

## Skin Allergies

### Did you know?

The National Institute of Arthritis and Musculoskeletal and Skin Diseases (NIAMS) states:

“Atopic dermatitis is a chronic (long-lasting) disease that affects the skin. It is not contagious; it cannot be passed from one person to another. The word “dermatitis” means inflammation of the skin. “Atopic” refers to a group of diseases in which there is often an inherited tendency to develop other allergic conditions, such as asthma and hay fever. In atopic dermatitis, the skin becomes extremely itchy. Scratching leads to redness, swelling, cracking, “weeping” clear fluid, and finally, crusting and scaling. [ . . . ] Atopic dermatitis is often referred to as “eczema,” which is a general term for the several types of inflammation of the skin. Atopic dermatitis is the most common of the many types of eczema.”

- About 27% of children who have a food allergy also have eczema or a skin allergy.
- Contact dermatitis leads to approximately 5.7 million doctor visits each year.
- More than 3,700 substances have been identified as contact allergens.
- Atopic dermatitis affects between 10% and 20% of children, and 1% to 3% of adults.

- Allergic dermatitis (itchy rash) is the most common skin condition in children younger than 11 years of age.
- Urticaria (hives - raised areas of reddened skin that become itchy) and angioedema (swelling that occurs in the tissue just below the skin, and in the throat tissues – known as welts) together affect approximately 15 – 24% of the US population every year.
- Rubber latex currently is the most important source of allergic contact urticaria.
- Occupational dermatitis: Contact dermatitis is 1 of the 10 leading occupational illnesses. It may prevent individuals from working.
- Eczema is most often found in children, but adults can get it also. There are different types of eczema; the most common is called atopic dermatitis.

## Food Allergies

### Did you know?

A food allergy involves the immune system releasing histamine and other chemicals into your bloodstream. It can be dangerous; 100 to 200 people die yearly of deadly reactions to food allergies. Aside from this, 30,000 end up in emergency rooms. For this reason food allergies are classified as a public health problem.

According to an article from MayoClinic.com: “A true food allergy can cause a tingling mouth, hives, swelling of the lips, face, tongue and throat, trouble breathing, and dizziness or fainting.”

Eight types of food account for over 90% of allergic reactions in affected individuals: milk, eggs, peanuts, tree nuts, fish, shellfish, soy, and wheat. The mechanisms by which a person develops an allergy to specific foods are largely unknown.

- Food allergy is more prevalent in children than adults, and a majority of affected children will “outgrow” food allergies with age.
- In 2007, approximately 3 million children under age 18 years (3.9%) were reported to have a food or digestive allergy in the previous 12 months.
- From 1997 to 2007, the prevalence of reported food allergy increased 18% among children under 18-years-old. The increase was significant among both preschool-aged and older children.



- Children with food allergy are two to four times more likely to have other related conditions such as asthma and other allergies, compared with children without food allergies.
- Children under age 5 years had higher rates of reported food allergy compared with children 5 to 17 years of age. Boys and girls had similar rates of food allergy.
- Food allergies affect about 6% of children under the age of three.
- More than 3% of adults have one or more food allergies.
- Milk allergy is the most common childhood food allergy, affecting 2.5% of children less than age 3. 80% of milk allergy is outgrown by age 16.
- Egg allergy is the second most common food allergy in children, affecting 1.5-3.2% of children. 68% of egg allergy is outgrown by age 16.
- Peanut allergy affects 1.2% of children. Approximately 20% of children outgrow it by age 6.
- Peanut allergy doubled in children from 1997-2002.
- Peanut allergy is responsible for more deaths than any other type of allergy.
- Tree Nut allergy (almonds, walnuts, etc.) affects 1.2% of the population. Approximately 9% of children outgrow tree nut allergy by age 6.
- Six and a half million Americans (or 2.3% of the general population) are allergic to seafood.
- Food allergies account for 35% to 50% of all cases of anaphylaxis.
- Skin contact and inhalation exposure to peanut butter are unlikely to cause systemic reactions or anaphylaxis.
- Anaphylaxis occurs in 20% of allergic reactions to peanuts and tree nuts.

## **Insect Sting Allergy**

### **Did you know?**

According to the American College of Allergy, Asthma, & Immunology:

“Symptoms of insect sting allergic reaction, called “anaphylaxis,” may include hives, itchiness, swelling in areas other than the sting site, difficulty breathing, a sharp drop in blood pressure, hoarse voice or swelling of the tongue, dizziness, unconsciousness and cardiac arrest. Reactions such as these require immediate medical attention.

“People with insect sting allergies should see an allergist for a three-step treatment approach.”

- Life-threatening reactions to insect stings occur in 0.4% to 0.8% of children and 3% of adults.
- The estimated annual economic impact of imported fire ants is \$1.2 billion in Texas alone.
- Experts estimate that 2 million Americans are allergic to insect stings, and many of these individuals are at risk of suffering life-threatening reactions to insect venom.
- Insect stings send more than 500,000 Americans to hospital emergency rooms every year, and cause at least 50 known deaths each year.

## **Anaphylaxis**

### **Did you know?**

The Mayo Clinic defines anaphylaxis as “a severe, whole-body allergic reaction to a chemical that has become an allergen. After being exposed to a substance such as bee sting venom, the person's immune system becomes sensitized to it. On a later exposure to that allergen, an allergic reaction may occur. This reaction happens quickly after the exposure, is severe, and involves the whole body.

“Tissues in different parts of the body release histamine and other substances. This causes the airways to tighten and leads to other symptoms. Anaphylaxis is life-threatening and can occur at any time. Risks include a history of any type of allergic reaction.”

Symptoms of anaphylaxis include hives, swelling and flushing, difficulty breathing and wheezing, a swelling of the tongue, throat and nose, dizziness and a dangerous drop in blood pressure, nausea and cramping.

- It is estimated that the number of cases of anaphylaxis from foods in the US increased from 21,000 per year in 1999 to 51,000 per year in 2008, based on long term population studies of anaphylaxis from the Mayo Clinic in Minnesota.
- Fatal food anaphylaxis is most often caused by peanuts (50-62%) and tree nuts (15-30%).

- Allergic reactions to food, latex, medication and insect stings are the most common causes of anaphylaxis. The condition can be triggered by exercise, seminal fluid, and there also is a small risk of reaction to allergen immunotherapy.
- Risk factors for fatal anaphylaxis include failure or delay in administration of epinephrine, history of asthma and teenagers
- Food allergy accounts for 35% to 55% of anaphylactic reactions with peanuts, tree nuts, fish, milk and eggs being the most common.
- It is estimated that food allergies cause approximately 150 to 200 fatalities per year, based on data from a five year study of anaphylaxis in Minnesota from the Mayo Clinic.
- Penicillin is the most common cause of drug-induced anaphylaxis followed by aspirin and non-steroidal anti-inflammatory drugs.

## Air Pollution

### Did you know?

The Environmental Protection Agency defines air pollution as “a mixture of solid particles and liquid droplets found in the air.” These particles or substances are referred to as particulate matter.

Coarse particles (larger than 2.5 micrometers) come from a variety of sources including windblown dust and grinding operations. Fine particles (less than 2.5 micrometers) often come from fuel combustion (motor vehicles, industrial facilities, etc.), power plants, diesel buses and trucks, residential fireplaces, and wood stoves.

“Fine particles can be formed in the atmosphere from gases such as sulfur dioxide, nitrogen oxides, and volatile organic compounds. Coarse particles are generally emitted from sources such as vehicles traveling on unpaved roads, materials handling, and crushing and grinding operations, and windblown dust.

Indoor air pollution also comes from pressed wood products; household cleaning products; also from products for maintenance, personal care, and hobbies; central heating and cooling systems; humidification devices; radon; pesticides; carbon monoxide, and a host of other sources.

While invisible to the naked eye, collectively, particulate matter can appear as soot, smog, and dust clouds, among other forms, and has been labeled a health hazard to the public.

- The fine airborne particles are so small that several thousand of them could fit on the period at the end of this sentence.

- Fine airborne particles are of health concern because they easily reach the deepest recesses of the lungs.
- Batteries of scientific studies have linked particulate matter, especially fine particles (alone or in combination with other air pollutants), with a series of significant health problems, including:
  - Premature death
  - Respiratory related hospital admissions and emergency room visits
  - Aggravated asthma
  - Acute respiratory symptoms, including aggravated coughing and difficult or painful breathing
  - Chronic bronchitis
  - Decreased lung function that can be experienced as shortness of breath
  - Work and school absences
- The average adult breathes 13,000 liters of air per day; children breathe 50 percent more air per pound of body weight than adults.
- Because children's respiratory systems are still developing, they are more susceptible to environmental threats than healthy adults.
- Twenty percent of the U.S. population, nearly 55 million people, spend their days in our elementary and secondary schools. Students are at greater risk because of the hours spent in school facilities and because children are especially susceptible to pollutants.
- Breathing fine particles, alone or in combination with other pollutants, can aggravate asthma, causing greater use of medication and resulting in more medical treatment and hospital visits.
- The same fine particles linked to serious health effects are also a major cause of visibility impairment in many parts of the U.S.
- In many parts of the U.S. the visual range has been reduced 70% from natural conditions. In the east, the current range is only 14-24 miles vs. a natural visibility of 90 miles. In the west, the current range is 33-90 miles vs. a natural visibility of 140 miles.
- Fine particles can remain suspended in the air and travel long distances. For example, a puff of exhaust from a diesel truck in Los Angeles can end up over the Grand Canyon.
- Health effects from indoor air pollutants may be experienced soon after exposure or, possibly, years later.
- Secondhand smoke, also known as Environmental Tobacco Smoke (ETS), consists of exhaled smoke from smokers and side stream smoke from the burning end of a cigarette,

cigar or pipe. Secondhand smoke contains more than 4,000 substances, including several compounds that are known carcinogens.

- Scientists believe that secondhand smoke irritates the chronically inflamed bronchial passages of people with asthma. Secondhand smoke is linked to other health problems, including lung cancer, ear infections and other chronic respiratory illnesses, such as bronchitis and pneumonia.
- Many of the health effects of secondhand smoke, including asthma, are most clearly seen in children because children are most vulnerable to its effects.

## Allergy and Asthma Resources

<http://www.allergybegone.com>

Allergy Be Gone: Internet Retailer of Allergy Control Products

<http://www.blog.allergybegone.com>

Allergy and Asthma news and articles. Updated 2-3 times per day.

<http://aafa.org/>

Asthma and Allergy Foundation of America

[http://www.cs.unc.edu/~kupstas/FAQ\\_resources.html](http://www.cs.unc.edu/~kupstas/FAQ_resources.html)

Kids Misc Frequently Asked Questions: Allergy and Asthma

<http://aaaai.org/>

American Academy of Allergy, Asthma, and Immunology (AAAAI)

Professional association of allergists; provides information booklets and referrals to specialists in your area.

<http://www.nlm.nih.gov/medlineplus/ency/article/002190.htm>

MedlinePlus Medical Encyclopedia (Service of NIH)

<http://www.webmd.com/allergies/guide/asthma-allergies>

WebMD takes a closer look allergies and asthma. ... Asthma and allergies often go hand-in-hand. Asthma ... Support & Resources

<http://www.acaai.org/patients/resources/asthma/Pages/default.aspx>

American College of Allergy, Asthma & Immunology

[http://my.clevelandclinic.org/disorders/allergies/hic\\_Allergy\\_and\\_Asthma\\_Resources.aspx](http://my.clevelandclinic.org/disorders/allergies/hic_Allergy_and_Asthma_Resources.aspx)

Cleveland Clinic

[http://coep.pharmacy.arizona.edu/hope2/asthma\\_allergy\\_resources.html](http://coep.pharmacy.arizona.edu/hope2/asthma_allergy_resources.html)  
HOPE: Asthma and Allergy Resources

[www.aanma.org](http://www.aanma.org)  
Allergy and Asthma Network/Mothers of Asthmatics, Inc

Publishes a monthly newsletter with practical information for patients and families. Also has books, videos and other educational material available

<http://www.lungusa.org/>  
American Lung Association

<http://nationaljewish.org>  
National Jewish Health  
Allergy and asthma information

<http://www.foodallergy.org>  
The Food Allergy and Anaphylaxis Network  
Non-profit organization that puts out a newsletter (\$24.00US) on food allergies, that covers allergy-related subjects such as eczema, allergen-free recipes, drug updates, news updates, a dietician's column.

## Multiple Chemical Sensitivity Resources

<http://www.aemonline.org/>  
The American Academy of Environmental Physicians  
Provides information and a list of physicians who work with chemical sensitivities.

<http://www.healnatl.org/>  
The Human Ecology Action League (HEAL)  
Information on multiple chemical sensitivities (MCS)

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## Sources:

<http://www.cdc.gov/nchs/fastats/allergies.htm>  
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<http://www.acaai.org/patients/resources/allergies/Pages/insect-sting-facts.aspx>

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