What You Should Know About Cockroaches

Instructions
This information can help you know how to reduce your contact with allergens that trigger your symptoms. Many patients enjoy improvement by making changes in their environment. Read the material carefully, answer the questions, and follow instructions.

What part of the cockroach produces the allergen?
It is the cast skins of the cockroach which causes most of the allergic reactions.

Is there a relationship between cockroach allergy and asthma?
Yes, a study conducted in inner city Atlanta found a high proportion of children admitted to emergency rooms for asthma had high sensitivities to cockroach and dust mites.

How to reduce exposure to cockroach allergen.
1. Keep all foods in sealed containers.
2. Remove all food waste from the home or office
3. Keep plumbing well maintained to reduce leaks and condensation on pipes which becomes a water source for roaches.
4. Increase ventilation in damp areas.
5. Seal roach entry areas around baseboards.
6. Use Boric Acid or diatomaceous earth in kitchen cabinets, under appliances, and sinks.

What do you plan to do to reduce your exposure to cockroaches?

Information provided by your allergist.

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Written by Jane L. Burnett, B.S. in Education, founder of Allergy-Asthma Shopper. Jane and her family became highly allergic after living in a "sick house." She has spoken on the subject of environmental controls at various medical conventions and has appeared as a guest on TV health talk shows.

Consult with your physician on the application of this information.

For more details, or to place an order for allergen products, call 1-800-447-1100.