

Dust mites are eight legged, microscopic creatures. They live in warm areas with high humidity, and they look for places with human hair and animal skin cells, their source of food. Wherever you're living, they're also living there for 20-70 days.

As soon as the weather cools off and activities shift indoors, dust mites populate even more. It's their favorite time of year. No matter how much you clean, they're hard to get rid of, and they cause symptoms for those with an allergy to dust mite. Symptoms include sneezing, runny nose, cough, and itchy nose and throat, among others.

There are many preventive measures to help calm symptoms — wash bedding in hot water every two weeks, vacuum carpets with a HEPA filter, and keep humidity between 30-50% can all help keep mites under control. Taking antihistamines can relieve symptoms, but symptoms will continue to return every year.

The only way to actually treat the cause of dust mite allergy is through immunotherapy which changes the body's response to dust mite exposure. We offer sublingual immunotherapy, or allergy drops, which is a convenient option for treating the cause of dust mite allergy. A personalized liquid drop is taken under the tongue three times daily from wherever you are.

If you're interested in treating the cause of your dust mite allergy with allergy drops, call [clinic].