

Useful Telephone Numbers

ENT Partnership

Surrey Clinic – 01252 852552

Hampshire Clinic – 01256 377733

Frimley Park Hospital

Switchboard – 01276 604604

Parkside – 01276 604703

FI (Children's Ward) – 01276 604226

ENT Ward – 01276 604130

North Hampshire Hospital

Switchboard – 01256 473202

DTC – 01256 313332

The Hampshire Clinic

Switchboard – 01256 357111

Lyde Ward – 01256 377773

Enbourne Ward – 01256 377772

Clare Park Hospital

Switchboard – 01252 850216

The ENT Partnership – Surrey Clinic

Spire Clare Park Hospital Crondall Lane Crondall Farnham GU10 5XX

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Also at The ENT Partnership – Hampshire Clinic

Basing Road Old Basing Basingstoke Hampshire RG24 7AL

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Information for Patients on

Mould Allergy

The ENT Consultants are

Jonathan Blanshard FRCS (ORL).

Appointed to North Hampshire Hospital in 1996. Special interest in ear surgery including middle ear reconstruction and also voice problems.

Jonathan Hern FRCS (ORL).

Appointed to Frimley Park Hospital in 2003. Special interest in rhinology including rhinoplasty surgery and also voice problems.

David Jonathan FRCS.

Appointed to Frimley Park Hospital in 1991. Special interest in ear surgery, including implantable hearing aids. Involved in the regional training of ENT surgeons.

Andrew McCombe MD FRCS (ORL).

Appointed to Frimley Park Hospital in 1995. Special interest in head and neck surgery. Involved in the management of NHS services. Special interest in medicolegal work.

Paul Spraggs FRCS (ORL).

Appointed to North Hampshire Hospital in 1998. Special interest in head and neck surgery and facial plastic surgery.

Sources of additional information

The Surrey & Hampshire ENT Partnership

www.entpartnership.co.uk

British Association of Otorhinolaryngologists

www.entuk.org

The National Asthma Campaign

<http://www.asthma.org.uk>

The American College of Allergy, Asthma & Immunology (ACAAI)

<http://allergy.mcg.edu>

British Allergy Foundation

Deepdene House, 30 Bellegrove Road, Welling, Kent DA16 3BY

Helpline: 020 8303 8583

The National Asthma Campaign

Providence House, Providence Place, London N1 0NT

Tel: 020 7226 2260

What are moulds?

Moulds grow everywhere both indoors and outdoors.

Exposure to mould is widespread and it is difficult to determine how much mould an individual is exposed to in everyday life. Like dust mite allergy, mould allergies are non-seasonal and sufferers show symptoms throughout the year.

Moulds release spores and it is these spores that cause the allergic reactions in people. Spores are microscopic particles released by moulds in their thousands into the atmosphere. Spores come into contact with the skin, eyes and nose causing symptoms such as, eczema, itchy eyes, rhinitis and when breathed in, asthma.

Moulds favour damp musty conditions, therefore outside they can be found in piles of rotting leaves, grass cuttings, compost heaps and garden sheds. Inside, moulds can be found on food that is going off, such as the black and white fur found on cheese, bread, fruit and vegetables.

Common Moulds

Cladasporium Herbarium

This is the most frequently encountered mould in the air. Levels of this mould increase in the spring and rise to a peak in late summer and autumn. It can be found in soil, dead plants, and window frames, houses with poor ventilation, damp areas as well as fridges and food.

Aspergillus Fumigatus

Compared to other moulds the concentration of spores in the air is relatively low. It can be found in soil, leaf and plant litter, decaying vegetables, bird droppings and tobacco.

Alternaria Alternata

The most common habitats for this mould are rotten wood, composts, forest plants, foodstuffs and soil.

How to avoid moulds

While it is impossible to totally avoid being exposed to air-borne spores, the following measures can help you reduce your exposure to them.

- Moulds thrive in damp environments, therefore one of the best ways to prevent their growth is ventilation. Rooms that are at risk are bathrooms and kitchens.
- Avoid spending time in damp attics, cellars or sheds.
- Keep all bathroom/kitchen surfaces clean.
- Clean and dry the inside and seal of your fridge regularly.
- Do not store clothes or shoes in damp cupboards. Leave wardrobe doors ajar to ventilate the clothes.
- Keep houseplants to a minimum and change the soil regularly.
- Allergy bedding covers will protect you from mould spores within the mattress, pillows and duvets.
- Facemasks (like those worn by cyclists) are effective at trapping the spores before they are breathed in.
- Chemical solutions: there are various sprays & solutions available that eradicate moulds and deter their growth. These are especially effective on windows, bathrooms and fridges and frequent use is recommended.