Pollen Allergies - Adapting to a Changing Climate:

Climate change worsens allergies globally.
Activities organized by NIB
1. Distribution of questionnaire on Allergy Awareness (Hindi & English)
2. A lecture on Allergy at NIBSCOM, A Govt. Banking Institute
3. Participation in WAO Webinar (Dr. Achla Prasad, NIB)
4. Three lectures on Allergy by eminent speakers at NIB
5. Compilation & Presentation of feedback on Allergy Awareness questionnaire
6. Release of the NIB Pamphlet on Allergy Awareness by Dr. Surinder Singh, Director, NIB
National Institute of Biologicals (NIB), INDIA

Allergen Testing Laboratory & Team

From L-R:
Front row: Dr. Sanjay Mendiratta, Dr. Achla Prasad, Mrs. Shalini Tewari
Back row: Mr. Sanjay Tiwari, Mr. Piyush Jain, Mr. Saurabh Jaiswal

DR. ACHLA PRASAD
HEAD, ALLERGEN TESTING LABORATORY
National Institute of Biologicals (NIB) organised a talk by Prof. M.K. Agarwal on “Allergic Respiratory Diseases in India: Diagnosis and Management” at National Institute of Banking Studies & Corporate Management (NIBSCOM, NOIDA), a Government organization under the aegis of Reserve Bank of India (RBI).
I express my sincere thanks to the Organizers of this Allergy Awareness Program specially the Director of NBSCOM for inviting me to deliver this Public Lecture

I am indeed very happy to deliver this lecture.

ALLERGY RESEARCH IN INDIA

In our country, in Late 1890s and Early 1960s Nobody knew the Word Allergy or Allergens

Hindu stated that Allergic Diseases are confined ONLY to the Temperate Regions Of the World.

Thus, Nobody undertook Scientific Work in Tropical and Subtropical Areas of the Globe.

The research in this discipline in India was delayed by More than 50 years.
World Allergy Week 2016
April 8, 2016

LECTURES ON ALLERGY BY THREE EMINENT SPEAKERS AT NIB NOIDA
Lecture on: “Allergy and Allergens”

By
Dr M.K. Agarwal,
Formerly, Professor & Head
Department of Respiratory Allergy & Applied Immunology,
VP Chest Institute, University of Delhi
Presently, Professor & Head
Respiratory Allergy & Applied Immunology
Metro center for Respiratory Diseases
Metro Hospitals & Heart Institute, NOIDA, UP

April 8, 2016
Lecture on: “Pollen Aerobiology and Allergy : Impact of Climate Change”

By
Dr. A.B. Singh

Secretary : Indian College of Allergy, Asthma and Clinical Immunology (ICAAI)
Secretary General : South Asia Asso. Allergy, Allergy, Asthma and Clinical Immunology (SAAACI)
Vice President : Asia Pacific Asso Allergy , Asthma and Clinical Immunology , APAAACI (2010-2013)
Associate Editor : Indian journal of Allergy and Immunology
Founder Editor : Indian Journal of Aerobiology
Co-Chairman : Aerobiology Committee (APAAACI)
Council member : European College of Allergy Asthma and Immunology -NAS
Country Member : Special Committee on Aeroallergens , World Allergy Organisation (WAO)
Hon. Advisor : Pure Air Control Services, Florida, USA
Scientist Emeritus (Ex)
CSIR- Institute of Genomics and Integrative Biology (IGIB)
Delhi University Campus, Delhi 110007 India
Lecture on: “Role of Immunotherapy in Allergic Disorders”

Dr. V.K. Jain
Prof. & Head,
Department of Respiratory Medicine,
Mahatma Gandhi Medical College & Hospital,
JAIPUR (RAJASTHAN), INDIA
SUMMARY OF FEEDBACK ON
THE QUESTIONNAIRE FOR AWARENESS ON ALLERGY

Presented By
DR. ACHLA PRASAD
SCIENTIST GR.-I & HEAD
ALLERGEN TESTING LABORATORY
<table>
<thead>
<tr>
<th>Q.No.</th>
<th>Question</th>
<th>Age</th>
<th>Sex</th>
<th>Profession</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Do you know that an allergy is a reaction by your immune system to something that does not bother most other people?</td>
<td>Yes</td>
<td></td>
<td>No</td>
</tr>
<tr>
<td>2</td>
<td>Do you suffer from some kind of allergy?</td>
<td>Yes</td>
<td></td>
<td>No</td>
</tr>
<tr>
<td>3</td>
<td>At what age did the problem start?</td>
<td>Yrs</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>Do you know what you are allergic to? Indicate from following:</td>
<td>Yes</td>
<td>No</td>
<td></td>
</tr>
<tr>
<td></td>
<td>(Pollen, Dust, pet/ cattle, Food, Insect sting, Medicines, Cosmetics/ perfume, Fabric, metal, Mold spores, Any other)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5</td>
<td>What are common symptoms for your allergic problem?</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6</td>
<td>Does your allergy problem increase or decrease with</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>- Change in geographic location</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>- With change of weather (specify month)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>- During 24 hrs (specify time ie: Morning/ evening etc.)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7</td>
<td>Whom do you visit for your allergy problem?</td>
<td>Yes</td>
<td></td>
<td>No</td>
</tr>
<tr>
<td></td>
<td>General physician, Chest specialist, ENT / skin Specialist, Allergologist, Any other (Ayurvedic/ Homeopathic etc.)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8</td>
<td>Have you ever been tested for your allergy problem?</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>What test was performed?</td>
<td>Skin Prick Test</td>
<td>Blood Test</td>
<td></td>
</tr>
<tr>
<td>9</td>
<td>What treatment was given for your allergy problem?</td>
<td>Medicine to eat / apply Inhaler, Immunotherapy (by injection), Any other</td>
<td></td>
<td></td>
</tr>
<tr>
<td>10</td>
<td>How much money do you spend on your treatment/year? (Appx)</td>
<td>Rs.</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Including consultation fee / medicines</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>11</td>
<td>Was the treatment effective to resolve your problem?</td>
<td>Yes</td>
<td>No</td>
<td>Temporary relief</td>
</tr>
<tr>
<td>12</td>
<td>Does your allergy problem affect your quality of life?</td>
<td>Yes</td>
<td>No</td>
<td></td>
</tr>
</tbody>
</table>
OBJECTIVE: TO HAVE GENERAL IDEA

AWARENESS | PROBLEMS FACED | MANAGEMENT | OUTCOME | IMPACT
* ECONOMIC | * SOCIAL

QUESTIONNAIRE

VERY SIMPLE | BASIC

NO TARGET POPULATION

RANDOM | NO BIAS
National Institute of Biologicals

MINISTRY OF HEALTH & FAMILY WELFARE
GOVERNMENT OF INDIA
A-32, Sector-62, Institutional Area, NOIDA- 201309, U.P.

WORLD ALLERGY WEEK, 04-10 APRIL, 2016

PAMPHLET FOR AWARENESS ON ALLERGY
RELEASED BY

DR. SURINDER SINGH
DIRECTOR
NATIONAL INSTITUTE OF BIOLOGICALS, NOIDA
PAMPHLET FOR AWARENESS ON ALLERGY
RELEASED BY
DR. SURINDER SINGH
DIRECTOR

Roadmap for Allergen Quality Control at NIB

2015-16
Development of Batch Release Procedures
Cockroach & Moth Extracts

2016-17
CDL notification
Batch release & Standardization of 64 More Allergens

2017-18
Standardized Extracts

2015
Presently available allergen extracts have batch to batch variations

2018
To make allergen extracts of appropriate & reproducible potency available for better patient care in India

ALLERGY IN INDIAN NEWS

1 The Indian EXPRESS
Jan 31, 2015
Allergies the Deceptive Epidemic
"According to the World Allergy Organisation (WAO), industrialisation and changing lifestyles coupled with unhealthy diets are causing a surge in allergic diseases, especially among children in India. At present, about 20 to 30 per cent of India’s population suffers from one or more allergic diseases and the numbers are increasing."

अमर उजाला
17 अगस्त 2015
एक्स्क्रीम को न होने में, जान की रिसर्च चौक सहली है आजको

THE TIMES OF INDIA
Jan 8, 2015, 02:03 AM IST
1 in 7 suffer from serious allergy, says study

The Hindu
July 14, 2015
Allergic patients should be given a holistic treatment

For any other information/Suggestions/Query related to Allergen Testing kindly contact: Dr. Achta Prasad, Head Allergen Testing Laboratory at: aprasad@nib.gov.in
BE ALLERGY AWARE

THE TIMES OF INDIA
Jan 8, 2015, 02:00 AM IST

CHECK IF YOU ARE HYPERSENSITIVE

According to the World Allergy Organization, almost 40% of the globe’s population is potentially prone to severe allergic reactions.

WHAT IS ALLERGY?

Allergy is an inappropriate hypersensitive immune reaction to various substances.

SYMPTOMS

- Itching, tingling or sneeze
- Swelling of the lips, face, tongue, and throat or other parts of the body
- Hives, redness, urticaria or prickly
- Dizziness, lightheadedness or fainting

What is an allergy?

An allergy is an abnormal, inappropriate immune reaction to an allergen that can cause the immune system to go into overdrive.

What is asthma?

Asthma is a respiratory condition marked by attacks of spasm in the bronchi of the lungs, causing difficulty in breathing. It is usually connected to allergic reaction or an oversensitivity of the lungs and airways, which overreact to certain “triggers” (allergen) and become inflamed and clogged.

What tests are done to diagnose allergy?

Skin Prick Test (SPT): done directly on patient’s skin (arms, back) using extracts of allergens.

Blood test: done in blood to detect allergen specific/total IgE antibody.

Can allergies be dangerous (anaphylaxis)?

Allergies are generally not dangerous. However sometimes they can be fatal. Anaphylaxis, or anaphylactic shock, is a severe, life-threatening allergic reaction. The reaction, although rare, can occur after an insect sting or as a reaction to an injected drug — for example, penicillin or anti-tetanus (horse) serum.

Is there any relation of seasons (pollen) to allergies?

Yes, because pollen from trees, grasses, and weeds are the main cause of allergies. Spring is not the only allergy season as many plants pollinate year round and cause allergy. Thus, the time and duration of pollen season causing allergy is location dependent.

Prospedia jfiflora (Jaspeee Klar): A common pottle allergen in India

How are allergies treated?

Allergies are controlled in three ways:

1. Allergen avoidance is the best method to reduce allergy. However, allergen avoidance may not be possible always.
2. Medicines/ Drugs: Treatment with antihistamine/steroid drugs reduce/ relieve allergy symptoms but do not cure allergies. Your immune system may continue to react to allergens despite continuing antihistamine treatment. Hence, these drugs do not provide a long-term solution.
3. Allergy Immunotherapy: also known as allergy shots, is a form of long-term treatment by giving gradually increasing doses of the allergen to the patient. Initially, shots are given once or twice a week followed by once a month schedule later. Gradually, as your immune system gets used to the allergen, allergic symptoms get better.

Tobacco smoke is the most common allergen. Those treated with pharmacotherapy alone have indicated that immunotherapy might be associated with cost savings as much as 80%.

The World Allergy Organization (WAO) is an international umbrella organization whose members consist of 97 regional and national allergy and clinical immunology societies from around the world having India.

Quality Control of Allergens at NIB-NIODA

Constitution of Expert Committee(s) on Allergens

The Allergic March

Allergic March is a series of common allergic conditions that can appear either singularly or together and often track with age.

Who develop allergies?

Allergies can affect anyone, regardless of age, gender, race or socioeconomic status and can occur for the first time at any age. Though not yet understood, the tendency to allergies/ allergic disease, may be linked to heredity.

What things (allergens) cause allergies?

An allergen is any, usually harmless, substance present in our surroundings, capable of triggering allergy. (See picture)

PAMPHTET FOR AWARENESS ON ALLERGY
RELEASED BY

DR. SURINDER SINGH
DIRECTOR

National Health Academy for Allergy, Asthma & Immunology

Indian College of Allergy, Asthma & Applied Immunology

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