

**Mayo Clinic News Network**

**Title: Mayo Clinic Minute: Reducing dust mite allergies** / Date: May 1, 2017

Intro: Springtime pollen is again tormenting seasonal [allergy](#) sufferers. But an estimated 20 million Americans are sniffing year-round because of an indoor culprit: [dust mites](#). They may be the most common cause of ongoing allergy and asthma attacks, according to the [Asthma and Allergy Foundation of America](#). However, you can fight back. Here's Dennis Doua for the Mayo Clinic News Network.

**Video**

**Audio**

<b>Total running time [1:00]</b>	<b>/// Video</b>
<b>Dennis Doua speaking</b>	Try as you might to eliminate them, even clean homes have dust mites – multiplying within carpets, furniture fabric and bedding. The microscopic pests are generally harmless, unless you're allergic to them.
<b>TITLE: Rohit Divekar, M.B.B.S., Ph.D. Allergy and Immunology Mayo Clinic</b>	<b>"It has to do with the proteins that are present on the mite as well as the droppings of the mite."</b>
<b>Dennis Doua speaking</b>	Mites can produce 100 times their weight in droppings during their short four-month life span. It's not just seriously disgusting. It can be a serious risk for those with allergy-induced asthma.
<b>Dr. Rohit Divekar speaking</b>	<b>"You can effectively put into place things in the home that reduces the burden of mites."</b>
<b>Dr. Dennis Doua speaking</b>	Allergy specialist Dr. Rohit Divekar says skin cells in your bed are a prime food source. So wash bedding often in hot water of at least 130 degrees to kill the mites and take away their food. Dust-free mattress covers can help. Control dust around the house and consider using a dehumidifier.
<b>Dr. Rohit Divekar speaking</b>	<b>"Keeping the humidity lower than 50 percent, because dry air helps kill the mite. It prevents them from growing too exuberantly."</b>
<b>Dennis Doua speaking</b>	For the Mayo Clinic News Network, I'm Dennis Doua.

Anchor tag: Dr. Divekar (di-VEK-ar) says if allergies are interfering with your sleep or your daily activities, it may be time to see an allergist. They can test you to see exactly what you're allergic to and help you find the most effective treatments.