

Mayo Clinic Minute

Allergies and the cleanliness conundrum

Video	Audio
	The number of people dealing with allergies appears to be growing.
ROHIT DIVEKAR, M.B.B.S., PH.D. ALLERGY AND IMMUNOLOGY Mayo Clinic	00:17:27 “We don’t exactly know why that might be, but the thought is that it has to very intimately do with the way we live these days.”
	Mayo Clinic allergy specialist, Dr. Rohit Divekar, says the way we live is...clean.
	“One thought is because we have lost that exposure to some of the diseases in the past that would then train our immune system to behave in one way, now the immune system by default has a reaction to things it normally shouldn’t.”
	Mayo Clinic infectious diseases specialist Dr. Prithish Tosh says it’s called hygiene hypothesis.
PRITISH TOSH, M.D. INFECTIOUS DISEASES Mayo Clinic	“we also see this in some more controlled studies in humans where if you look at families who use a dishwasher versus those who sort of hand wash their dishes, it turns out that the families that have – they use the dishwasher, if you will, sterilizing their dishes, have higher rates of allergic diseases.”
	More research is needed to figure out how to find the sweet spot of cleanliness
	For the Mayo Clinic News Network, I’m Ian Roth.