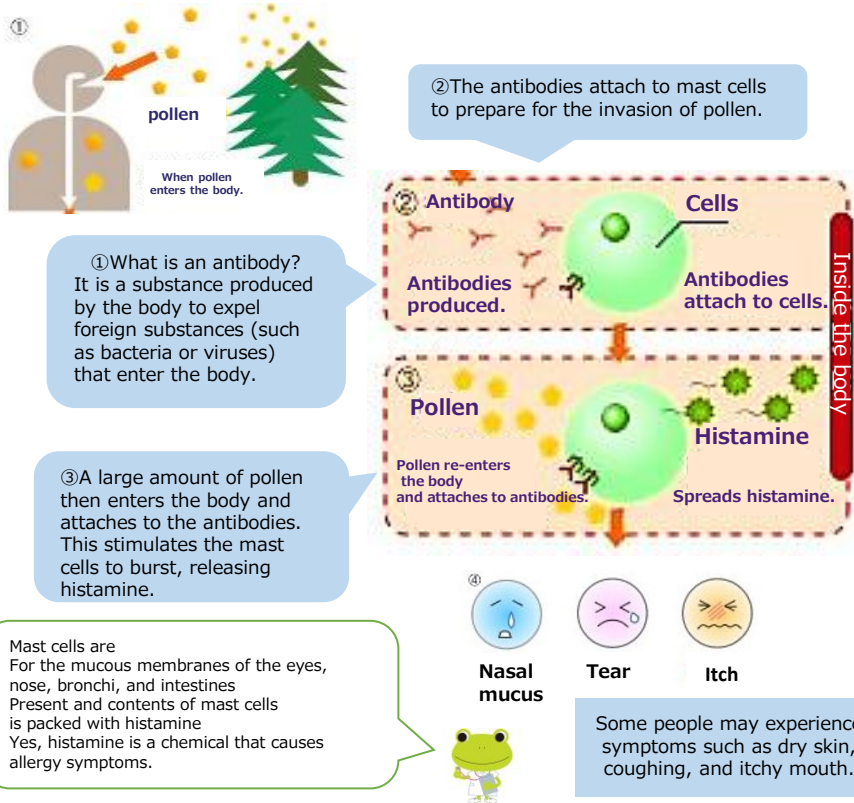


What is hay fever?

Hay fever is an allergic reaction that the human body has to pollen. Hay fever symptoms occur when the body's immune system overreacts to pollen. The period varies from person to person, but exposure to pollen over several years to several decades can increase the number of mast cells with antibodies, and once it reaches a certain level, symptoms begin to appear.

How does hay fever develop?



About Hay Fever



Ragweed hay fever was first reported in Japan in 1961, followed by a surge in cedar and cypress pollinosis

Reasons for the increase in hay fever

- Increase in cedar pollen**
After the war, cedar trees were planted for the construction of houses, as they are an indigenous tree species that grow quickly and are easy to process. Due to the increase in imports of foreign timber, these trees have not been cut down. In addition, due to the effects of global warming, the amount of these trees scattered around the ground has increased.
- Air pollution**
Pollen is too large in its original state to penetrate deep into the body. When pollen comes into contact with air pollutants such as yellow dust or car exhaust fumes, the surface of the pollen becomes damaged, causing it to swell and burst. The released allergen particles are small and easily enter the human body. On asphalt, pollen does not get absorbed by the soil and is instead blown up into the air by the wind.
- Changes in housing environment**
Because it has low breathability, it creates a breeding ground for dust mites, mold, etc., making you more susceptible to allergies.
- Irregular lifestyle**
An unbalanced diet can disrupt the intestinal environment, and a stressful lifestyle can disrupt the immune system and cause allergies. Smoking also has the risk of worsening hay fever.

Hay fever treatment * Insurance applicable

- ① Drug therapy**
Oral medication, nasal drops, eye drops, etc. Recently, there are some that don't make you sleepy as easily.
- ② Allergen immunotherapy (desensitization therapy)**
This treatment involves administering small amounts of the allergen that is causing the allergic reaction to the body. It needs to be administered for a certain period of time.
Be sure to receive proper treatment under the guidance of a specialist.
• Injection preparation • Sublingual preparation (sublingual tablet)
- ③ Surgical treatment**
This treatment uses a laser to modify the nasal mucosa, making it temporarily less likely to cause an allergic reaction. This is a treatment that may be considered when medication alone is not enough to control symptoms.

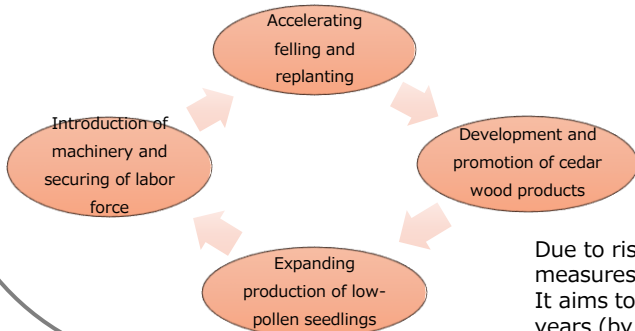
Cedar tablets



Cross-reactivity

Raw vegetables and fruits that have a structure similar to pollen allergens can react with antibodies and cause allergies in the mouth. Cedar and cypress trees are harmful to tomatoes, and ragweed is harmful to cucumbers, watermelons, melons, bananas, etc.

Government measures to combat hay fever



Due to rising medical costs, the government is also working to identify the causes of hay fever and take measures to prevent and treat it, as well as address the sources of pollen. It aims to reduce the number of planted cedar forests, which are a source of pollen, by about 20% in 10 years (by FY2033) and is promoting conversion to low-pollen forests while recycling forest resources.

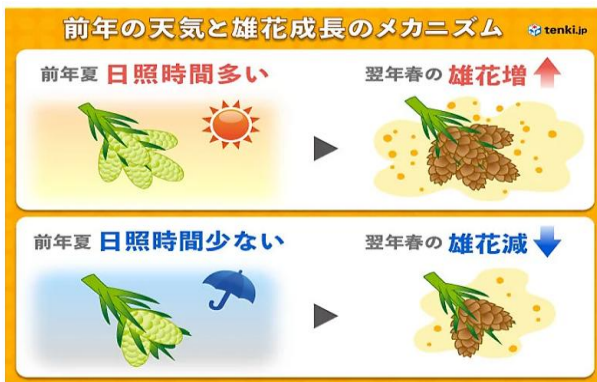
Hay fever is a problem that both children and adults suffer from. I want to find the treatment that's right for me.



Check out the peak pollen season of the year

Spring Alder, cedar, cypress.	Summer rice-plant			Autumn ragweed, wormwood.				Winter Cedar				
Name of pollen	Jan.	Feb.	Mar.	Apr.	May	Jun.	Jul.	Aug.	Sep.	Oct.	Nov.	Dec.
Alder												
Cedar												
Cypress												
Rice												
Ragweed												
Mugwort												

The relationship between pollen dispersion and summer weather conditions



◎ It is the male flowers that release cedar pollen.

Formation begins around July



The pollen in the male flowers matures around November



As temperatures drop and days get shorter, they go into hibernation.



Awakens when exposed to winter cold for a certain period of time.



Dispersion

Last summer in Tokyo was extremely hot, so the amount of pollen released into the air was apparently a little higher than usual.

In Tokyo, cedar pollen seems to have started to spread in the air since early February.

There are still many unknowns about the age at which cedar trees start to release pollen and when they stop releasing pollen. 10 years after planting, and it is said that pollen production becomes more abundant after the 20th year of life.

Hay fever will develop if you exceed your tolerance for pollen. So, be careful from now on to avoid taking in as much pollen as possible.

Key Points Daily Precautions and Solutions

Reducing the Cause (Pollen Entering the Body)

What to Wear Outdoors?

Avoid wearing wool or other fuzzy, textured coats that can easily trap pollen.

Opt for materials like nylon, polyester, or cotton blends with a smooth surface that makes it harder for pollen to cling..

Wear a mask, Sunglasses, Hats

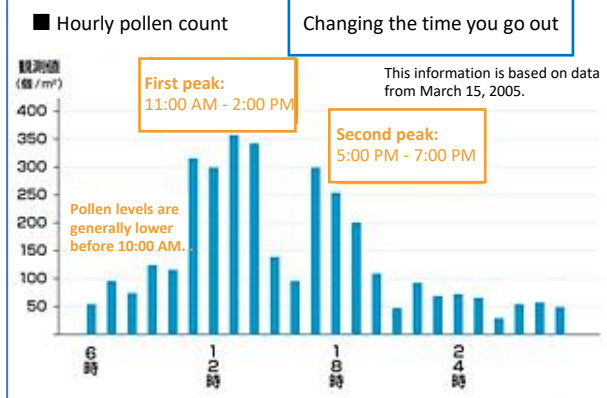
When entering a room.

Remove pollen from clothing with a lint roller before entering the room. (Brushing it off will cause the pollen to scatter, which is counterproductive.)

After entering the room

Carefully wash off any pollen from your face and hands. (Rinsing lightly will not be effective.)

Changing the time you go out



Avoid going out when pollen is at its worst.

*(Some food and drink products claim to help hay fever, but their effectiveness has not been medically proven.)

Clean diligently

Pollen can be stirred up by vacuum cleaners, so wiping with a damp cloth or using a lint roller is effective.

Avoid drying laundry outdoors

It's best to use a clothes dryer or dry clothes inside.

Prevents pollen from penetrating the skin and mucous membranes

Moisturize your skin

Avoid lack of sleep, drinking too much alcohol and smoking.

Apply petroleum jelly around the entrance of your nostrils

Source: Ministry of Health, Labor and Welfare: Private medical treatment for hay fever Ministry of the Environment: Hay fever environmental health manual