TOPIC: ALLERGIES

THE UNDERESTIMATED DISEASES

150 MILLION Europeans suffer from allergies.

WHAT ARE ALLERGENS?

Allergens are harmless substances that we encounter everywhere, every day. Every allergen has a source, an organism that produces the allergen and releases it into the environment. Pollen, pet dander, food, or medicine are some examples of these sources.

Most people never notice these substances in everyday life.

Things are different for people with allergies, though. Their immune system overreacts to certain substances.

ALLERGIES MANIFEST THEMSELVES IN VERY DIFFERENT WAYS

- Oesophagitis
- Chronic intestinal illness
- Diarrhea
- Stomach pains and cramps

- Throat irritation or dry cough
- Breathing problems
- Shortness of breath
- Asthma

- Numbness of the tongue
- Tingling in the tongue and throat

- Watery and itchy eyes
- Swollen eyelids
- Nasal allergy

- Red skin and rashes
- Hives

One in two Europeans will suffer from allergies in 2025.

50% of the people affected will never get an exact diagnosis.
**TOPIC: ALLERGIES**

**INFO**

This research is part of the "Infectious diseases and allergies" project of the Helmholtz Climate Initiative.

Information about pollen counts is very important for allergy sufferers. Our scientists are looking for better ways of preventing allergies and researching early warning systems for allergy sufferers.

Would you like to learn more about this topic?

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**SOCIOECONOMIC COSTS IN EUROPE**

- **Indirect costs of untreated allergies**: 55-151 BILLION per year
- **Total cost of asthma**: 17.7 BILLION per year
- **Estimated loss of productivity due to poor asthma control of patients**: 9.8 BILLION per year

Proper diagnosis and treatment could save 142 BILLION per year.

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**HELMHOLTZ IS RESEARCHING THE FOLLOWING:**

**EARLY WARNING SYSTEMS FOR ALLERGY SUFFERERS**

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**ALLERGY INFORMATION SERVICE**

As part of a research project, scientists from the Helmholtz Climate Initiative set up an allergy information service with support from the Federal Ministry of Health. Its purpose is to inform sufferers, their families, and the general public.

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**DID YOU KNOW?**

Climate change, various environmental factors, hereditary predisposition, and lifestyle are among the factors that can trigger allergies. They are exacerbated by the living conditions in industrialized countries. In Germany, over **34 PERCENT OF WOMEN** and roughly **27 PERCENT OF MEN** suffer from allergies.

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An initiative of the Hermann von Helmholtz-Gemeinschaft Deutscher Forschungszentren e.V.