

House dust mite control measures do not reduce asthma symptoms

Clinical question	Are measures to control house dust mite antigens effective in mite-sensitive asthma patients?
Bottom line	Measures to control house dust mite antigens in the homes of mite-sensitive asthmatics had no effect on peak expiratory flow, asthma symptom scores, or medication usage. The measures included acaricides, mattress covers, vacuum cleaning, ventilation, freezing, washing, air filtration, ionisers and combinations of these measures.
Caveat	Despite the fact that many trials were of poor quality and would be expected to exaggerate the reported effect, the review did not find any effect from the interventions. Mite reduction was determined in different ways in the various studies.
Context	The major allergen in house dust comes from mites. Chemical, physical and combined methods of reducing mite allergen levels are intended to reduce asthma symptoms in people who are sensitive to house dust mites.
Cochrane Systematic Review	Gotzsche PC and Johansen HK. House dust mite control measures for asthma. Cochrane Reviews 2008, Issue 1. Art. No.: CD001187. DOI: 10.1002/14651858.CD001187.pub3. This review contains 54 trials involving 3,002 participants.
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