

Advancements in Allergy and Asthma Care, Ltd.

Michael R. Wexler, M.D.

Debra J. Peterson, RN, CNP **Pamela K. McNallan, PA-C.**
Suite 215, Ridge Plaza 12450 Wayzata Blvd., Minnetonka, MN 55305
Telephone 952-546-6866 Fax 952-512-0038

MOLD AND WHERE YOU FIND IT

- Although certain molds are common in certain areas, all molds can be found indoors or outdoors.
- Outdoor mold peaks in the late summer and fall.
- Snow cover obliterates outdoor mold. Conditions that lead to thawing will predispose to mold growth.

| | |
|--------------------------|--|
| Alternaria: | One of the most numerous molds in the outdoor air but is also found indoors. Typically found spring through fall with peaks in late summer/fall and markedly decreases with first hard frost. This mold thrives on soil and plants in the field. |
| Helminthosporium: | Thrives on soil and plants in the field. |
| Hormodendrum: | (Cladisporium) One of the most numerous molds in the outdoor air but is also found indoors. Typically found spring through fall with peaks in late summer/fall and markedly decreases with first hard frost. This mold thrives on soil and plants in the field. |
| Penicillium: | Common cause of rot in stored grain, fruits, and vegetables. Also found in basements, crawl spaces, and bedding. This is the green "mildew" often seen on items stored in basements. Small amounts can also be found in Camembert and blue-veined cheeses that may precipitate symptoms. |
| Curvularia: | In same category as Helminthosporium |
| Aspergillus: | Common cause of rot in stored grain, fruits and vegetables. Also found in basements, crawl spaces, and bedding. Usually increased December through April but can be unpredictable. |
| Tricophyton: | A skin fungus causing fungal skin infections frequently associated with athletes foot, chronic nail infections, and other areas of the body. |
| Mucor: | Found in leaf litter and composting vegetables. Found in damp interiors and usually not in free air. |

- Fusarium:** Thrives on soil and plants in the field. Also flax wilt and has a predilection for melons, peas, and bananas. The spores are loosened during wet weather but usually not to the extent where it would cause increased allergy symptoms.
- Stemphylium:** In same category as Alternaria but not as common in the outdoor air.
- Epicoccum:** Found in grassland and agricultural areas but also in textiles and on foods. Increased during dry fall periods.

References:

Patterson, Roy. Allergic Diseases, 3rd edition.

Middleton, Jr. Elliot et al. Allergy, Principles and Practice, 4th edition.

MOLD PREVENTION

1. Maintain humidity levels 40-50% with air conditioning or dehumidifier. Mold counts increased during long periods of high humidity.
2. Clean darkened areas on walls. Repair moisture problems in home.
3. Use exhaust fans in kitchen and bath.
4. Vent clothes dryer to outside.
5. Limit houseplants (due to mold spores in the dirt). Indoor plants are associated with a slight increase in Penicillium, Alternaria, Hormodendrum, and Epicoccum spores.
6. Don't store firewood in the house
7. Consider wearing a mask when doing yard work.
8. Change pillow periodically.
9. Don't let damp laundry sit overnight.