

Health Hints

Central Vac Is Key To Allergy Relief

(NAPSA)—Relieving allergies—which affect 50 percent of all people between the ages of 6 and 60—may be as easy as cleaning your home.

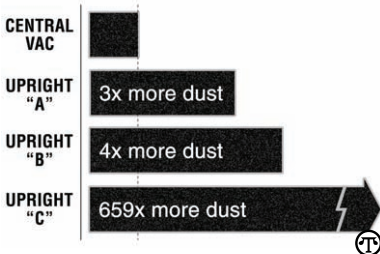
Although most of the attention is directed toward pollen and other outdoor allergens, the latest National Health and Nutrition Examination Survey found that what is inside the home—specifically dust, dust mites and pet dander—are allergy triggers for up to one quarter of the population. Tightly sealed homes compound the problem by making it difficult to get allergens out of the home.

The U.S. Environmental Protection Agency recommends frequent deep cleaning to eliminate allergens and other harmful particulates from the home. Carpets and upholstered furniture should be vacuumed one to two times a week. Use of a built-in central vacuum system, which blows no air into the room, is a highly effective method for reducing dust mites and other indoor allergens and improving indoor air quality.

With a motor up to five times more powerful than a conventional vacuum, a central vacuum system captures more dust, dirt and allergens than an upright vacuum. It also removes all the captured particulates from the living area to a collection receptacle in a garage, basement or utility room. As a result, many allergy patients feel better.

In fact, a clinical study by the Division of Allergy and Immunol-

DUST EMISSIONS



Graphic courtesy of Beam Industries

Allergy sufferers benefit by using a built-in central vacuum system that blows no air into the room to stir up dust. Independent tests found dust emissions from central vacuums were one-third to 1/659 the level of emissions from leading upright vacuums.

ogy at the University of California at Davis found that allergic rhinitis patients experienced a 44 to 61 percent improvement in their symptoms when they used a Beam Central Vacuum System instead of a conventional vacuum to clean their homes. A subsequent study found that leading upright vacuums either lost cleaning capability or increased particulate emissions after repeated use. However, central vacuum systems maintained like-new soil removal capability and emission control after several uses. Central vacuum systems can be installed in virtually any new or existing home, starting at about \$1,000.

For more information about the study findings or central vacuum systems, visit www.beamvac.com.