



# HEALTH AWARENESS

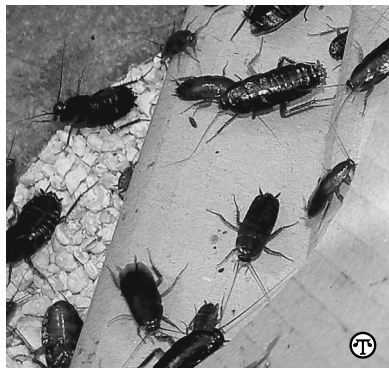
## Link To Asthma Gives Another Reason To Gasp At Cockroaches

(NAPSA)—Few guests are more unwelcome to homeowners than cockroaches. These pesky pests like to make themselves at home in *your* home, and do more than just frighten unlucky adults and children. Recent scientific discoveries suggest that cockroaches also transmit harmful diseases and may lead to the early development of childhood asthma.

In a 2005 study funded by the National Institute of Environmental Health Sciences and the National Institute of Allergy and Infectious Diseases, scientists reported that children under the age of 12 months are twice as likely to develop asthma later in life when they are in direct contact with cockroach allergens. Babies can come into contact with these allergens by touching cockroach saliva, feces, secretions or shed exoskeletons.

“With studies suggesting that cockroaches might lead to the development of asthma in children and trigger asthma attacks, particularly in inner-city areas, we have more reason than ever before to guard against infestations,” said Orkin, Inc. entomologist Ron Harrison, Ph.D. Since people living in large cities spend about 90 percent of their time indoors, they come into more frequent contact with cockroach allergens and increase their risk for cockroach-related diseases. Harrison adds that regardless of where you live, you should take steps to prevent cockroach problems.

Cockroaches are unique in that they transmit diseases to humans only through direct contact or contamination of food or utensils, and



**Pesky cockroaches are unwelcome guests and may transmit diseases.**

cockroach exposure has been linked to a wide variety of serious illnesses and respiratory infections. Caregivers should be especially careful to protect children and seniors from indoor allergens that can more easily upset their immune systems.

Harrison offers these helpful tips to prevent cockroach infestations:

- Reduce access to any spilled or leftover food and water.
- Seal any entry points around windows and doorways, such as cracks and unnecessary openings.
- Vacuum your home frequently to pick up food crumbs and help reduce the number of cockroach allergens.
- Clean up any clutter, such as boxes and newspapers, immediately.

With large cockroach infestations, it is important to contact a local pest control professional for appropriate treatment and prevention measures.

For more information on how to prevent problems with cockroaches, please visit [www.orkin.com](http://www.orkin.com) or call (800) 800-ORKIN.