



TOPIC: ALLERGIES

THE UNDERESTIMATED DISEASES

150 MILLION

Europeans suffer from allergies.



One in two Europeans
will suffer from allergies
IN 2025.



of the people affected
will never get an
exact diagnosis.

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.



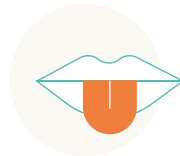
Most people never notice these substances in everyday life.

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

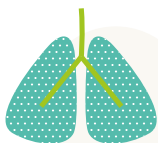
ALLERGIES MANIFEST THEMSELVES IN VERY DIFFERENT WAYS



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



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



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



- Watery and itchy eyes
- Swollen eyelids
- Nasal allergy



- Red skin and rashes
- Hives



17 MILLION
Europeans suffer from a food allergy

There is an 8% risk of acute anaphylaxis, which can be fatal.

*Acute, allergic immune system reaction to repeated intake of foreign proteins, which affects the whole body.

COMMON SYMPTOMS

100 MILLION
Europeans suffer from nasal allergic.



70 MILLION
Europeans suffer from asthma.



Asthma is the most common **CHRONIC ILLNESS** among **CHILDREN** and the main reason for their hospitalization

90% of people with asthma have an allergy as a contributing cause. **!**

100 MILLION days of work and school are lost in Europe every year due to asthma and allergic rhinitis*.

*Inflammation of nasal mucous membranes

SOCIOECONOMIC COSTS IN EUROPE

€ Indirect costs of untreated allergies **55-151 BILLION**
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.

HELMHOLTZ IS RESEARCHING THE FOLLOWING: EARLY WARNING SYSTEMS FOR ALLERGY SUFFERERS



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.



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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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.



AS OF: JULY 2023