

英國 Astex 360° 專業級防塵蟎寢具系列已註冊CE一級醫療儀器，表示這產品在過敏管理方面是安全有效的。我們的寢具保護套全部採用360°密封式拉鍊設計，讓致敏原無法逃脫，完全符合英國過敏協會的建議，及香港消費者委員會的指引。

塵蟎是一種難以肉眼看到的微小生物，它們卻與我們同住，最常聚居於我們家中的枕頭、床褥、沙發和地毯，並以人體掉落的皮屑為主要食糧。

英國 Astex 360°專業級防塵蟎寢具系列，可阻隔匿藏於寢具內塵蟎及其致敏原，讓它們無法生長及繁殖，同時無法在寢具與保護套之間自由穿梭。塵蟎及其排泄物可誘發哮喘、濕疹和鼻敏感。透過阻隔塵蟎其排泄物，您可以控制導致您出現過敏反應的其中一種室內致敏原。

當中所選用的高密度纖維物料，保留了約6微米的最佳透氣度，確保您的睡眠乾爽舒適；它們柔軟輕巧的特性，亦讓您躺下時不太會察出它們的存在。

過敏 | 「過敏症」是一種生理反應，當身體接觸到特定物質(如：塵蟎及其排泄物)時就會發生。與過敏相關的常見症狀，包括：打噴嚏、氣喘、咳嗽、鼻竇疼痛、流鼻水、眼睛及皮膚癢等，嚴重甚至可以引發致命反應。因此，絕對不容忽視。

英國 Astex 360° 專業級防塵蟎寢具系列

我們的寢具保護套使用最新的專利編織技術，為由塵蟎及其產生出來的致敏原創造了難以逾越的屏障，有效減少因塵蟎及其排泄物所誘發的哮喘、濕疹及鼻敏感情況。

Astex所選用的纖維物料已經過兩間獨立的美國醫學院測試，被發現是塵蟎及其相關致敏原的有效屏障。密封式拉鍊設計，更是提供了額外的保障。**纖維物料絕不經化學處理—纖維間的氣孔更小至5.9微米，絕對有效阻隔近99%的致敏原。**

為了給您全面的保護，我們建議您使用整個系列
(包括：枕頭、床褥及被芯保護套)。



註冊一級
醫療產品



英國製造

- 柔軟、寧靜
- 舒適、乾爽，不含塑料
- 保養簡易 (只需要每4-6星期，使用約60°C的溫水清洗一次)

哮喘

哮喘是由於空氣進入肺部所通過的支氣管發炎，導致容易受外來物質所刺激。在哮喘發作時，氣管因致敏原而收窄，使呼吸變得困難。室內最大造成過敏的誘因正正是塵蟎及其排泄物。

濕疹

濕疹是一種令患者非常癢癢的皮疹，它影響有哮喘或其他過敏病史的人，並且可以從嬰兒期至成年期的任何一個階段發生。建議患有過敏性濕疹人士要加倍注意室內的致敏原，如：塵蟎及其排泄物。

過敏性鼻炎 (鼻敏感)

這是鼻腔和喉嚨發炎的病症。當患者吸入空氣中特定的致敏原後，就會出現過敏反應。鼻敏感在患有哮喘和其他過敏性疾病的患者中更為常見。

許多小孩已確診患有哮喘—但如果您在14歲時才患上哮喘，那麼哮喘有80%的機會會跟您一輩子了。

如果您是患有哮喘的成年人，那麼哮喘很可能不會消失，儘管症狀通常可以透過治療和避免接觸已知的致敏原而被受控制。- 國家哮喘運動(National Asthma Campaign)

長期服用類固醇的影響尚未得到鑒定。但使用Astex 360° 專業級防塵蟎寢具系列絕對有助您控制哮喘等過敏問題，同時有效改善您的生活質量。

孕婦、嬰幼兒和兒童

由英國肺臟基金會 (British Lung Foundation) 和國家哮喘運動 (National Asthma Campaign) 所發起的一項為期五年的研究發現，患有過敏的孕婦所誕下的嬰兒更容易患有過敏和哮喘。

研究人員還發現，通過減少女士在懷孕期間接觸致敏原，可以最大限度地減少嬰兒患上過敏和哮喘的風險。建議使用 Astex 360° 專業級防塵蟎寢具保護套。Astex 360°專業級防塵蟎寢具保護套，分別提供了兩種尺寸給嬰幼兒的床褥及被芯使用。

使用及保養說明

每次替換前，亦應重新徹底清潔枕頭、床褥和被芯一次，以去除被阻隔在內的塵蟎屍體。

您知道嗎？

- 每4個人當中就有1人曾經因過敏而向醫生求診。
- 上述中85%的人最終確診對塵蟎及其排泄物過敏。
- 所有過敏患者中有一半是兒童。
- 床褥內藏有約200萬隻塵蟎，它們以人體掉落的皮屑為主要食糧。
- 在發現塵蟎的地方，會找到大片由塵蟎排泄物所組成的灰塵，並且可被吸入我們體內。
- 一張全新的床褥，可在四個月內完全被塵蟎及其排泄物所覆蓋，成為塵蟎的「聚居地」。
- 在一項獨立研究的試驗中，在隨機挑選的床褥中，有11%的床褥內的塵蟎數量多達足以引發過敏患者哮喘發作。
- 一旦對塵蟎過敏的人，將更容易出現其他呼吸道過敏問題，如：對貓毛及其皮屑過敏。

減少室內致敏原的小貼士

- 保持室內空氣流通；潮濕的日子可使用抽濕機減低室內的濕度。
- 定期更換及清洗窗簾。
- 定期清潔家具表面，包括：書桌、床頭櫃等。
- 定期冷凍公仔，以短時期內殺滅所有塵蟎。
- 考慮使用附有過濾網的吸塵機，定期清潔家居。
- 考慮使用木地板或瓷磚取代地毯。
- 使用 Astex 360° 專業級防塵蟎寢具保護套。
- 出外旅遊時，可考慮使用Astex旅行用的寢具保護套。



新產品!

Astex 旅行用床褥保護套

易於替換的床褥保護套，讓您於外遊時，亦能遠離可誘發您過敏的塵蟎及其致敏原。

Astex Encasements carry the CE mark a standard for registered medical devices, meaning they are safe and effective in the management of allergies. Our Encasements are full encasements, allergens are not able to escape. The British Allergy Foundation specifically recommend full encasements.

House dust mites are tiny creatures that cannot be seen with the naked eye but they live in all of our homes and are most commonly found in sofa's beds and carpets and feed on skin flakes moistened by bodily fluids.

Astex Encasements prevent house dust mites and their allergens from being able to pass through the tightly woven fabric from the mattress, pillow or duvet. House dust mites and their droppings are a known trigger of asthma, eczema and allergic rhinitis. By keeping the house dust mite and its allergens trapped, you can control one of the key indoor factors associated with allergic reactions.

The soft lattice of the selected fibre allows heat and moisture to pass through, keeping you cool and your sleeping surface dry and comfortable. They are soft and lightweight so that you will not notice them on your bed and bedding.

Allergies | An 'allergy' is a physical reaction, which occurs when the body is exposed to a particular substance such as house dust mites and their droppings. Common symptoms associated with an allergy are sneezing, wheezing and coughing, sinus pain and running nose, itchy eyes, ears throat and skin rashes, sickness and diarrhea. Allergies can also trigger fatal reactions.

How do Astex Encasements work?

Our Encasements use new patented fabric technology which creates an impenetrable barrier to allergy-causing particles produced by house dust mites, such as those responsible for asthma, eczema, rhinitis and perennial hay fever.

The fibre in **Astex** fabric has been tested by two independent US colleges of medicine and found to be an effective barrier to dust mites and their associated allergens. The zip closures are lined for extra protection. **The fabric is not chemically treated - it is the minute pore size of the fabric (5.9 microns) that prevents 99% of all allergens from passing through.**

- Soft, supple and silent
- Comfortable and cool with no plastic backing
- Easy to maintain (wash at 60°C every 4-6 weeks)

Asthma

Allergic Asthma is a condition where the small tubes that carry air in and out of the lungs become inflamed and therefore more irritable. In an asthma attack, the airways become constricted in response to the presence of allergens or triggers making it very difficult to breathe. The biggest trigger in the home is house dust mites and their droppings.

Eczema

Atopic eczema is a very itchy skin rash and is the most common form of eczema. It affects people with a family history of asthma or other allergic disorders and can occur at any time from infancy to adulthood. It is suggested that people with atopic eczema are sensitive to allergens such as house dust mites and their droppings and certain foods.

Allergic Rhinitis

This is a condition in which the membrane lining the nose and the throat becomes inflamed. It affects people who experience an allergic reaction after they inhale specific airborne allergens. Allergic Rhinitis is more common in people who also have other allergic disorders such as asthma.

Many children do grow out of asthma - but if you have asthma at the age of 14 there is an 80% chance of it staying with you for life. If you are an adult with asthma the chances are that it will not go away, although the symptoms can often be controlled by treatment and avoiding known triggers if possible. - National Asthma Campaign.

The long term effects of steroids have yet to be evaluated. Meanwhile the use of Astex Pristine encasements will help you to manage your asthma problem and improve your quality of life.

Pregnancy, Babies and Children A five year study funded by the British Lung Foundation and the National Asthma Campaign found that pregnant women who suffer from allergies are more likely to have babies who develop allergies and asthma.

Researchers also found that it is possible to minimise the risk of the baby developing allergies and asthma by reducing a woman's exposure to allergens while she is pregnant. **Astex Encasements** are recommended.

Astex Encasements are available in two sizes for cots.

Care and use of your encasements Firstly, vacuum the mattress, pillow and duvet to get rid of dead house dust mites. Fit the encasements directly over your mattress, pillow and duvet - under your mattress protector (if you have one) and bottom sheet, pillowcase or duvet cover.

Remove the **Astex Encasement** every 4-6 weeks, and wash at 60 degrees centigrade. Thoroughly vacuum the mattress, pillow and duvet before you re-fit the Encasements.

Did you know?

- 1 in 4 people will consult a doctor because of an allergy.
- 85% of those will be sensitive to house dust mites and their droppings.
- 80% of asthmatics are sensitive to the house dust mite.
- Half of all sufferers of allergies are children.
- There are approximately 2 million house dust mites in a mattress. They feed on shed human skin cells.
- House dust mite droppings form a large part of the dust in areas where mites are found and can be breathed in.
- A new mattress will become infested with a house dust mite colony in only four months.
- In an independent trial, 11% of randomly selected beds had dust mite populations large enough to trigger an asthmatic attack in an already sensitized person. But 61% had house dust mite populations considered by the World Health Organization as a serious risk level for genetically pro-disposed individuals to develop antibodies and thus become allergic to house dust mites.
- A person once sensitized by exposure to house dust mites will become prone to other respiratory allergies such as cat dander.

Tips for reducing allergens in the home

- Air the bedroom and living room daily to reduce humidity and create a draught.
- Replace curtains with blinds or clean regularly.
- Damp sponge hard surfaces like tables, worktops and bedside cabinets.
- Regularly freeze soft toys. This will kill the mites for a period of time.
- Consider replacing your vacuum cleaner with one that has an allergen filter.
- Consider replacing carpets with wooden floors or tiles.
- Consider using **Astex TRAVEL** bedding for your trips away.
- Always use **Astex Encasements** on your beds and bedding.



New!

Astex Travel Liners

Easy-to-fit mattress covers that will help to prevent an allergic reaction when staying away from home.