The Impact of Hay Fever - a survey by Allergy UK

(PART 2)

Surveying the effectiveness of HayMax™ allergen barrier balm

Supported and funded by HayMax™ April 2016
Introductions

This two part survey was carried out by Allergy UK which aimed to provide an insight into how many people reported the effectiveness of HayMax™ allergen barrier balm and how it has helped them with their symptoms for hay fever and indoor allergens such as, house dust mite, pet dander and mould.

After completing the initial survey, to find out how hay fever impacts on their daily life, Allergy UK reported within Part 1 of this report. During the Spring/summer months of 2015, after completing an initial survey about their hay fever symptoms, a sample of an allergen barrier balm was sent to these people to be used during the hay fever season. A second questionnaire was then sent to each person to find out how their experience of using it impacted on their hay fever.

185 respondents completed the second part of our survey after trialling the ‘Lavender HayMax™ Allergen Barrier Balm’.

Allergy UK would recommend in order to keep symptoms under control sufferers need to be armed with the knowledge on how to combine treatments with practical lifestyle changes to form an effective allergy management plan. Allergy UK are able to help by providing guidance and information from their website: www.allergyuk.org, and/or via their helpline advisors by contacting them on: 01322 619898.

Although 185 people responded to the follow up survey, not all questions were answered by all participants.

If you wish to study the results in more detail, please click here to access the source data.
Results of the survey

70% of the 185 people who answered this survey used the allergen barrier balm for longer than two weeks.

Before taking part of the trial 83% of the people had never tried the allergen barrier balm before.

A total of 86% respondents found it helped with some of their symptoms (78%) or ALL of their symptoms (8%).

‘I don’t work anymore! I was an airline pilot, hay fever and asthma have made me fail my medical.’

‘On days when the hay fever is very bad I have to take time off work. On days with a high pollen count I find it very difficult to do chores/errands that require me to go outside. Driving can be difficult as the constant sneezing, runny nose and itchy/watery eyes does not always make it safe to drive.’

What Symptoms did HayMax help with?

The symptoms that HayMax helped the most with were; sneezing (68%), itchy nose (61%), stuffy nose (41%) and runny nose (42%). When discussing symptoms of allergic rhinitis, these are the very symptoms that past research studies show impact most on quality of life.

Some people found that it also helped with their itchy eyes (15%). It’s worth noting that the allergen barrier balm can be used on the face around the bones of the eyes where the rim of your sunglasses touch your face - not directly in contact with the eyes. This may provide a further barrier to stop pollen particles reaching the eyes and causing irritation and is worth trying.
• 94% of participants found HayMax™ quick to be effective
• 44% of whom said that it worked immediately
• 95% of participants said that HayMax™ was easy to carry around. The allergen barrier balm container is small, round and compact.
• 85% said they would recommend HayMax™

Conclusion

Allergic rhinitis, or hay fever, is often trivialised as a minor condition, particularly by those who have never suffered with it, or witnessed the misery it can cause. The effects on health, lifestyle and the socio-economics of uncontrolled allergic rhinitis are well documented in scientific research. Importantly, allergic rhinitis is directly associated with the development and severity of asthma and is often the trigger for severe asthma attacks. This alone makes it crucial to recognise and correctly diagnose and treat allergic rhinitis as, in the UK, three people every day still die from asthma.

Most people with hay fever like to try barrier products, which do not contain drugs, to try to alleviate their symptoms by stopping pollen (and other allergens) entering their noses. Some sufferers with mild hay fever often find these effective. Others, with more severe hay fever, still use these allergen barrier balms to lessen the allergen load, in combination with the nasal spray that treats the inflammation in the nose and sinuses.

The awful effects of living with hay fever were well described by the 646 people who took part in our survey. We are delighted that pleasant allergen nasals balms, such as Haymax, can lessen the impact of hay fever for some people.
Testimonials

‘Excellent; helped with my hay fever and dog allergy - especially as we have a dog. I am very pleased.’

‘Very simple but effective idea. The product is very portable and easy to use.’

‘I nice simple product, that seems good for all the family. Easy to apply, great if you can’t or don’t like taking medications.’

‘I think this product is perfect for me, as a Grounds Maintenance worker, strimming and using a ride-on mower was a nightmare of dust and pollen, and I’ve found that HayMax improves my symptoms to a large degree.’

‘I give haymax to both of my sons who suffer hayfever in different seasons and one has rhinitis. It is reassuring that they cannot apply too much, they take a pot to school, and that it helps (although the youngest also uses a prescribed nasal spray too).’

‘It really is a great product. I had to take with antihistamines but usually these wear off and I’m left with symptoms but Hay Max relieved these symptoms a lot making Hay fever more bearable this year, thanks!’

‘Very good, helps with most hay fever symptoms smells nice, and works straight away good product.’

‘Handy size, easy to use. Combined with other products helps to reduce symptoms.’

‘Have recommended it and will use for my family.’

‘Whilst it did not relieve all of my hayfever related conditions, it certainly helped in reducing the amount of sneezing and nasal irritation. It is so simple to use, I see no reason why everyone shouldn’t try it!’

‘I wouldn’t be able to stop using my other medication but it did improve my hayfever. I especially found it useful when taking my dogs for walks in fields as that was something that would normally make my hayfever unbearable.’

‘I am pleasantly surprised, this helped me a lot as my usual tablets were not enough on their own, the combination has reduced my hay fever dramatically.’
The majority of respondents were between the ages of 30 and 50 (45%) with (17%) from the 12-29 age range. 75% of people who answered this survey were female, although hay fever affects more boys than girls.

Geographical regions in the UK and Ireland were sectioned and 41% of the responders came from either London or the South East of England. This again was probably due to the cohort on the database and not reflective of the true countrywide incidence but gives an indication of where the majority who answered this survey lived in the UK.

During the Spring/summer months of 2015, after completing an initial survey about their hay fever symptoms, a sample of an allergen barrier balm was sent to these people to be used during the hay fever season. A second questionnaire was then sent to each person to find out how their experience of using it impacted on their hay fever.

69% of the 168 people who answered this survey used the allergen barrier balm for longer than two weeks. 84% of the people had never tried the allergen barrier balm before. The majority of these found it helped with some of their symptoms (79%), with a further 7% reporting it helped with ALL of their symptoms.

The symptoms that it helped most with were; sneezing (68%), itchy nose (59%), stuffy nose (41%) and runny nose (43%). When discussing symptoms of allergic rhinitis, these are the very symptoms that past research studies show impact most on quality of life.

Some people found that it also helped with their itchy eyes (14%). It’s worth noting that the barrier balm can be used on the face around the bones of the eyes where the rim of your sunglasses touch your face— not directly in contact with the eyes. This may provide a further barrier to stop pollen particles reaching the eyes and causing irritation and is worth trying.

94% of people found HayMax™ quick to be effective, 44% of whom said that it worked immediately and a further 35% within an hour or two.

94% of participants said that HayMax™ was easy to carry around. The barrier balm container is small, round and compact.

83% said they would recommend HayMax™ and 80% said that the drug-free allergen barrier balm ‘worked well’.