猫咪应该待在家里吗？猫过敏管理指南

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猫咪应该待在家里吗？猫过敏管理指南。论文标题：Should the Cat Stay Home? A Guide to Managing Cat Allergies

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研究背景

过敏性鼻炎和哮喘是常见的疾病。猫是哺乳动物过敏的主要致敏物，且越来越普遍。研究表明，接触猫过敏原会加剧过敏性鼻炎和哮喘的症状。尽管数十年来人们对通过环境干预措施来控制猫过敏进行了研究，但目前尚未找到彻底缓解猫过敏原的有效方法。关于减少猫过敏原暴露的干预措施的研究结果不一，环境控制措施在降低Fel d 1值和改善过敏症状方面的有效性也存在差异。确定有效的过敏原减少策略可以减轻过敏性疾病的负担，降低医疗保健支出，并提高生活质量。

Figure 1. 猫过敏管理与治疗的概念性算法。

Diagnosis and Sensitization Confirmation

- Obtain a detailed patient history
  - Assess symptoms of allergic rhinitis or asthma triggered by cat exposure
  - Document the frequency and severity of symptoms
- Perform allergy testing
  - Conduct a skin prick test or measure specific IgE to confirm cat allergen sensitivity

Implement Environmental Control Measure

Evaluate Feasibility of Cat Removal

- **Option A**: **Remove Cat** (most effective, but least preferred).
  - Educate about allergen persistence (Fel d 1 levels decline over months even after removal).
  - Provide emotional support and alternatives (e.g., visiting shelters or fostering).
- **Option B**: **Cat Retention with Mitigation Strategies**:
  - Exclude cats from bedrooms.
  - Use HEPA filters in main living areas and bedrooms (MERV 13+ recommended for HVAC systems).
  - Cover or replace upholstered furniture with allergen-resistant materials.
  - Increase vacuuming frequency with HEPA vacuum cleaners.

Adjunctive and Experimental Interventions

- **Cat Diet Modification**
  - Introduce diets containing anti-Fel d 1 antibodies (e.g., IgY-supplemented foods).
- **Cat Vaccination**:
  - Monitor emerging research on Fel d 1-targeting vaccines for cats.
- **Hormonal Modulation**:
  - Discuss spaying or neutering cats to potentially reduce Fel d 1 levels

Pharmacological Interventions

- **First-Line Treatments**:
  - **Allergic Rhinitis**:
    - Oral H1 antihistamines.
    - Intranasal corticosteroids.
  - **Asthma**:
    - Inhaled corticosteroids (ICSs) with or without long-acting beta-agonists (LABAs).
    - Leukotriene receptor antagonists (e.g., montelukast).
- **Advanced Therapies**:
  - **Omalizumab** (anti-IgE therapy): For moderate-to-severe asthma or rhinitis unresponsive to first-line treatments.
  - **Tezepelumab**: Consider in combination with immunotherapy in severe, persistent cases.
- **Allergen Immunotherapy (AIT)**
  - **Administration Options**:
    - **Subcutaneous Immunotherapy (SCIT)**: Gold standard with demonstrated long-term benefits.
    - **Sublingual Immunotherapy (SLIT)**: Effective and convenient, especially for rhinitis.
      - Assess symptom control.
      - Monitor adherence to environmental and pharmacological strategies.
      - Adjust interventions based on patient response and new evidence.

文章亮点:

(1) 与猫过敏相关的主要蛋白质是Felis domesticus 1（Fel d 1），是敏感个体中IgE介导的过敏反应的主要触发因素。

(2) 空气净化器能有效降低对猫过敏的哮喘患者空气中 Fel d 1 的浓度，但对临床疗效的影响因人而异。

(3) 高效空气微粒过滤器 (HEPA) 已被证明能有效减少猫过敏原的暴露，将 HEPA 过滤器与定期吸尘相结合，能更好地控制哮喘。

研究过程与结果

本文使用以下关键词在PubMed上进行了全面的文献检索：避免接触过敏原、减少空气过敏原、哮喘、过敏性鼻炎和猫过敏原。评估减少猫过敏原暴露的环境控制策略及其临床影响的证据，也评估了旨在改善猫过敏患者过敏性鼻炎和哮喘临床状况的药物干预措施，探讨环境控制措施在减少猫过敏原方面的有效性及其潜在的临床影响。

研究总结与展望

关于特定环境控制措施在降低猫过敏原水平和改善过敏性疾病临床疗效方面的有效性，已有研究得出了不同的结果。管理过敏性疾病患者需要密切关注潜在的环境诱因，包括接触猫，要详细了解患者的环境史并进行过敏测试。基于这些信息，应根据现有最佳科学证据为患者制定个性化的治疗方案。

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