

## World Allergy Organization Guidelines

- 알레르기 및 알레르기성 천식 예방에 대한 -

가

# 조진희

# World Allergy Organization Guidelines

**- For Prevention of Allergy and Allergic Asthma -**

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가 , ( guideline allergen - specific E

50%, 80%가 1) 5~15% . WHO

(World Health Organization, )

1 5000 가

2) WHO WAO

(World Allergy Organization, )

Guideline ,

3) , WAO GLORIA(Global Resources in Allergy) , GINA(Global initiative for Asthma), ARIA(Allergic Rhinitis - its Impact on Asthma)

4) 40

2~3 가 , 가

가 가

가 가

(Evidence Base)

WHO (Categories of Evidence)

가

(randomizing) blinding 가  
 ‘ a ’  
 ‘ a ’  
 ‘ d ’ 가  
 가

**Table 1.** WHO categories of evidence

|     |                                                                                                                              |
|-----|------------------------------------------------------------------------------------------------------------------------------|
| Ia  | Evidence from meta-analysis of randomized controlled trials                                                                  |
| Ib  | Evidence from at least one randomized controlled trial                                                                       |
| Iia | Evidence from at least one controlled study without randomization                                                            |
| Iib | Evidence from at least one other type of quasi-experimental study                                                            |
| III | Evidence from nonexperimental descriptive studies, such as comparative studies, correlation studies and case-control studies |
| IV  | Expert opinion of the PAAA working group                                                                                     |

**Table 2.** WHO strength of recommendations

|   |                                                                                                           |
|---|-----------------------------------------------------------------------------------------------------------|
| A | Directly based on category I evidence                                                                     |
| B | Directly based on category II evidence or extrapolated recommendation from category I evidence            |
| C | Directly based on category III evidence or extrapolated recommendation from category I or II evidence     |
| D | Directly based on category IV evidence or extrapolated recommendation from category I, II or III evidence |

(Allergy) :  
 가 E isotype E 가 가  
 , 가 E G isotype dex-  
 tran Type II serum sickness가  
 E G  
 allergic bronchial pulmonary aspergillosis(ABPA)  
 (Allergens) :  
 E G 가  
 isocyanates, haptens  
 anhydrides가 E T  
 : 가  
 E  
 E  
 E  
 :  
 : ( E  
 가 ).

1) E

2) 가 ,

가 ,

3) 가 .

4) E E

가 70~80% .

가 .

1) E

2) .

- 3) 가 .
- 6) 가 .
- 가?
- 1) 가 E
- 2) E ( , , )
- 3) E 70~80%
- 1) .
- 2) 가 .
- 3) 가 .
- 4) 1
- 5) ( , , )
- 가 .
- 가
- 80
- 가 (Hygiene Hypothesis) . 80
- 가
- 가
- 가
- 1) T - helper cell programming . programm-
- 2) E Th1
- 3) , ,
- 1) Th1 Th2
- 2) E
- 3) 1) , 가
- 2) 가
- 3) 가
- 4) 가 ( 가
- 5) , respiratory syncytial virus(RSV)
- 4) Th2 .

- 5) .
- 6) RSV . (D)
- 2 , E . (D)
- 3 3 , , 가 . (B)
- E . (C)
- E , 가 . (B)
- 1) 가 가 , . (A - B)
- 가 4 가 , 가 (A)
- 가 2 가 . Acetyl salicylic acid
- 2) , . (C)
- E
- 3) E Guidelines
- maker가 . (A)
- (D)
- 가
- . (B)
- . (B)
- . (C)
- 4~6 . (B)
- . (A)
- . (B)
- . (C)

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■

집에서 집 먼지 진드기 양을 줄이는 법

- 가 1 - 2 (55~60 ) ( ) .
- , 90%
- (55~60 )
- 50%

가

- HEPA ( )가
- 
- 
- 
- 가
- , 55~60
- 
- , , 3
- ( ) , , 가

■

바퀴벌레, 바퀴벌레가 살수 있는 장소, 환경, 바퀴벌레 항원 없애기

- 
- 가
- 
- 가
- 
- 

■ 가

꽃가루 접촉과의 기계적 방어 제공

- 가 가 ( 가 ) .
- 가 가 가
- 가 가 가
- 가 가
-

- 가 .
- 가 가 .

■

#### 애완동물 실내 항원 양 줄이기

- .
- 가 .
- , , .
- , , 가 .

■

#### 곰팡이 성장과 곰팡이 제거 시 포자가 날리는 것 예방하기

- 가 50% .
  - , , .
  - 5% .
  - , .
  - .
- 
- 가 .

■

가

- A. .
- B. .
- C. .
- D. .
- E. .
- F. .
- G. .