

# Managing allergies in the 21st century

An estimated 30% of South Africans suffer from allergic rhinitis (AR), which ranks the condition above confirmed tuberculosis and other infectious diseases.



Image source: Getty/Gallo

- The cost of allergies to the SA economy is in excess of R606m a year (this figure includes healthcare expenditure and lost productivity)
- At least 1.8-million children in SA suffer from asthma
- At least 17-million South Africans suffer from AR

“Despite the country having one of the highest prevalence rates of allergic disorders in the developing world, South Africa has a very low base of registered allergologists with only four dedicated allergy units,” says allergy specialist, Dr Thulja Trikamjee.

“Allergy is a major health problem across the world with its prevalence constantly increasing. It affects at least 10-30% of the global population and has become a socio-economic burden for many countries as the consequences involve morbidity, employment absenteeism, poor school performance and decreased quality of life.”

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