

# ¿WHICH IS CURRENTLY THE MOST IMPORTANT MONTH FOR POLLINOSIS IN MADRID?



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## Objectives

Traditionally, May and June are considered the most important months for pollinosis in Madrid. However, climatic changes and changes in vegetation (increased planting of *Cupressus*, and *Platanus* trees), pollution (an increase in diesel vehicles) and in the incidence of atopy, lead us to question whether this is still true

## Materials and Methods

Six hundred and forty-six patients from an outpatient clinic, diagnosed with pollinosis, and resident in Madrid, were selected at random. Their pollinosis symptoms were monitored during four consecutive years (from 1st January 2009 to 31st December 2012), using an electronic diary card to record daily symptoms, which we developed to be used in their computers and/or mobile devices connected to our clinic monitoring system (Allercon)

## Results

The study was completed by 96 patients and the rest were excluded due to poor compliance and/or a change of residence away from the urban environment of Madrid.

Their positive skin prick tests are shown in Table I.

The symptomatology can be seen in the figures and is expressed as the mean of the percentage of monthly reactivations of rhinoconjunctivitis (Fig. 1) and in daily symptoms, for 2012 only (Fig. 2).

Symptoms were reported all year round. Although May continues to be the most important month, globally speaking, March is higher than June and February is higher than April. (Fig. 1).

However, in 2012, February was the most intense regarding symptoms (Fig. 2).

**Table I Presence of skin prick test positivity**

<i>Alnus glutinosa</i>	22%
<i>Artemisia absinthium</i>	30%
<i>Betula alba</i>	19%
<i>Castanea sativa</i>	23%
<i>Chenopodium album</i>	34%
<i>Corylus avellana</i>	23%
<i>Cupressus arizonica</i>	49%
<i>Cupressus sempervirens</i>	37%
<i>Cynodon dactylon</i>	69%
<i>D. pteronissynus</i>	8%
<i>Dactylis glomerata</i>	84%
<i>Epitelio gato</i>	10%
<i>Fraxinus excelsior</i>	53%
<i>Juniperus oxycedrus</i>	46%
<i>Morus alba</i>	30%
<i>Olea europaea</i>	57%
<i>Parietaria judaica</i>	19%
<i>Pinus silvestris</i>	6%
<i>Plantago lanceolata</i>	33%
<i>Platanus hispanica</i>	36%
<i>Populus alba</i>	28%
<i>Quercus ilex</i>	25%
<i>Rumex acetosella</i>	17%
<i>Salsola kali</i>	29%
<i>Trisetum paniceum</i>	81%
<i>Ulmus minor</i>	15%

**% of monthly reactivations of rhinoconjunctivitis**

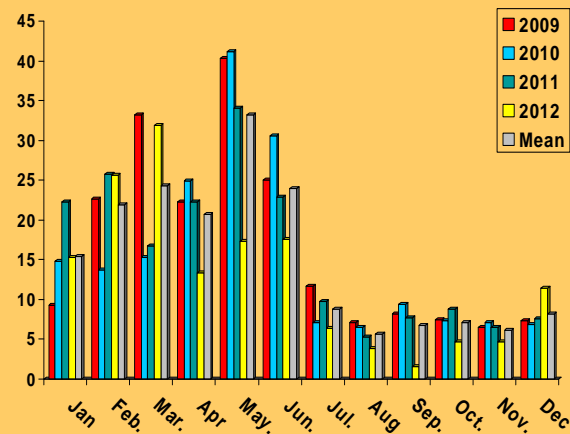


Fig. 1

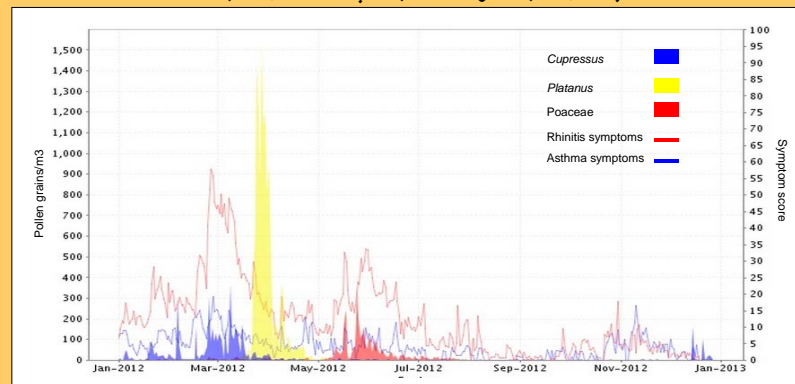


Fig. 2 Daily mean values of the Cupressaceae, *Platanus* and Poaceae pollen and the mean rhinitis-asthma symptoms scores observed by 96 pollinosis patients on their diary cards

## Conclusions

These data indicate the growing importance of pollinosis during the winter months and at the beginning of Spring