

ALLERGY IMMUNOTHERAPY

Allergy Treatment Options

Fight Allergy Symptoms With Immunotherapy

While many suffer from different types of allergies, there are only a few options to treat the symptoms. Medications help with temporary relief and can be costly, while avoidance of allergens can be very difficult if not impossible for many. After years of research, tests and trials, immunotherapy offers possible long term solutions for patients who suffer from allergies.

In this resource we will define what immunotherapy is and explore the two commonly used therapy methods; infusion and sublingual therapy, possible complications for each, factors to consider and who can benefit.

01 | What is Immunotherapy?

Immunotherapy is the process of desensitizing the body to allergens by introducing them into the body. During treatment progression, more antigens are introduced into your body allowing for greater tolerance while becoming “immune”. A patient’s body learns to adapt to the antigens, reducing adverse reactions and symptoms. After allergy identification, a tailored formula is developed and can be introduced by the following methods:

- **Sublingual Therapy**

Allergy drops are self-administered sublingually (under the tongue) by the patient daily. Self-administered therapy requires less frequent office visits and can continue for four years or more. Possible reactions can range from itching/tingling in the mouth, temporary exaggerated allergy symptoms and in rare instances of hives and anaphylaxis.

- **Infusion Therapy**

Allergy injections must be administered by a medical provider and require more frequent office visits. Injections are necessary over a course of 3-5 years. Possible reactions can include swelling,

redness, tenderness and/or itching at the injection site. Hives, exaggerated allergy symptoms, anaphylaxis and wheezing are also possible.

02 | Consider Your Options

Both treatments have been shown to be effective in providing much needed relief. There are few factors to consider including lifestyle, cost, benefits and possible complications. Speak with your medical provider to establish a road map for care.

03 | Who Can Benefit?

Anyone over the age of 5 and who does not have severe immunodeficiency can receive immunotherapy. Infusion therapy is not recommended for patients taking beta-blockers, have a history of anaphylaxis, or severe asthmatics. It is important to discuss with your provider any illnesses or complications before taking any immunotherapy treatment.

For additional resources on allergies and your options please visit: <http://acaai.org>

*Did You Know?
About 50 million people
suffer from nasal allergies*

References

<https://www.allervision.com/allergies>

<http://www.hillcountryallergy.com/archives/935>