

Is Allergy Immunotherapy Right For You?

Allergy Immunotherapy can help most people who have allergies caused by airborne allergens.

Check all of the following statements that apply to you:

- My symptoms are worse during specific times of the year
- My symptoms seem to bother me year round
- My symptoms tend to flare up around certain animals or in old buildings
- I get stuffy and congested at night and have trouble sleeping
- I get headaches often
- I get sinus or ear infections
- I take drugs like Claritin®, Zyrtec®, and Allergra® but these don't always help
- I have taken drugs like Flonase® or Nasonex® but these did not really help

Important Safety Information

Allergy immunotherapy is a treatment for patients who have allergic reactions to seasonal pollens, dust mites, animal danders, and various other inhalants in situations where the offending allergen cannot be avoided.

A number of controlled studies have demonstrated a clinical effect of allergy immunotherapy with single allergens. Nevertheless, responses can be variable, and in a few studies patients reported no appreciable benefit.

Although allergy immunotherapy has been proven to be highly effective in treating the underlying cause of allergies, patients on treatment may experience side effects. In all forms of allergy immunotherapy, severe systemic reactions may occur. In certain individuals, these reactions can be life-threatening and even fatal.

Prior to starting therapy, you should discuss with your healthcare provider your allergy history and any medications you are currently taking. Allergy immunotherapy should not be prescribed for sensitivities to allergens that can easily be avoided.

Allergy immunotherapy may not be right for you if: (1) you are pregnant or are planning to become pregnant, (2) you are currently taking a beta-blocker medication, (3) you regularly use a rescue inhaler for asthma, (4) you have ever experienced a severe allergic reaction that required medical attention, or (5) you have other health conditions that may make allergy immunotherapy a riskier treatment option.

Your healthcare provider can provide you with all allergy treatment options and full prescribing information.

1. J Allergy Clin Immunol 2010 Dec;127(1): S1-S2.
2. World Health Organization, et al. WHO position paper: allergen immunotherapy: therapeutic vaccines for allergic diseases. Munksgaard, 1998.

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Allerscripts
allergy support



UNDERSTANDING ALLERGIES

DISCOVER THE BENEFITS

Allergy Immunotherapy changes how your immune system responds to allergic triggers, leading to long-term tolerance and a greatly reduced need for symptom relieving medication.¹

Allergy Immunotherapy is a natural treatment that re-trains your immune system by using high potency extracts from the actual allergen sources. When administered over time at an appropriate

dose, it is the only treatment that has the potential to eliminate your symptoms for a lifetime.²

Allergies occur when the immune system overreacts to harmless substances like pollen, molds and dander. Repeated exposure to allergens will lead to inflammation, which can cause both immediate symptoms as well as chronic problems. Some of these are not easily identified as an allergy.

Did you know?...

Both prescription and over-the-counter allergy medications like antihistamines and nasal steroids will only mask your symptoms for as long as they are taken. Once the medication is stopped, your symptoms will return. Immunotherapy is the only treatment that can eliminate your allergies.

MORE THAN JUST SNEEZING...

Asthma

Wheezing

Cough

Itchy Eyes

Watery Eyes

Sinus Congestion

Headaches

Aches & Pains

Fatigue

Difficulty
Concentrating

Trouble Sleeping

Loss of Taste or
Smell

Get Tested

Tell your healthcare provider about your allergy symptoms and any possible allergen exposures. They can then discuss whether a skin test can help identify the allergens that may be causing your problems.

Skin testing is a painless test that applies allergens to your skin and provides results in about 15 minutes.

Get Treated

Allergy Immunotherapy can be administered as traditional allergy shots or as sublingual allergy drops. Both options require a build-up phase that starts at a very safe starting concentration of allergen. The goal is to reach the maintenance phase of treatment where a therapeutic dose for each allergen is achieved.

Feel Better

The recommended duration for treatment is 3 to 5 years for both shots and drops though many people report feeling better much sooner. For certain allergens, you may notice improvement in your symptoms not long after starting treatment.

The key is to stick with your treatment schedule even if you feel better because re-educating the immune system takes time.