



POST ALLERGY TEST EDUCATION

TREATMENT OPTIONS AND CHOICES

There are 3 treatment options.

Avoidance: Try your best to avoid or minimize contact with your problematic allergens.

Pharmacotherapy: Involves taking medications that can control the symptoms but after stopping the medication your symptoms will come right back. Some common products include: antihistamines, decongestants, leukotriene inhibitors and prescription nasal sprays

Immunotherapy: The only proven *therapy* that reworks the immune system to recognize the allergens and not want to react to them. We offer two types of immunotherapy; but in order to gain the full benefits of the therapy it requires a commitment of 3 – 5 years. While symptom relief may be evident as soon as 6 months into treatment, research shows at about the third year of treatment in most patients the immune system will have significantly remodeled. The therapy is comprised of a serum containing the allergens you reacted to during testing and each serum is specifically created for each individual patient.

Allergy Injections: Require weekly subcutaneous injections that eventually will be weaned after maintenance therapy has been achieved and symptom relief is evident. Missed injections delay therapy but do not interfere with therapy. All insurance companies cover allergy injections, but out of pocket costs are dependent upon type of insurance. Please verify with your insurance company their benefit amounts.

Sublingual Immunotherapy (SLIT): The same specific serum is created, but the delivery is different. **NO** injections! This therapy utilizes dosing by administering the allergy serum under your tongue with daily drops. There are no injections and no weekly visits to the allergy office. Research is showing that this form of treatment is more effective, and the escalation phase is faster than with allergy injections. The out-of-pocket expense of Sublingual Immunotherapy is affordable and may be less expensive than the out-of-pocket cost of injections combined with time spent coming to the allergy office every week. If you choose this option, your allergy nurse will explain the payment details.

No matter which type of immunotherapy you decide to proceed with, your safety is the number one priority. This is the reason we ask you to wait in the office for about 20 minutes after your treatment. Knowing you have an allergy, we observe you for 20 minutes after administering your therapy to make sure you do not have a severe adverse reaction. In the unlikely event that adverse reaction occurs, our office is equipped to deal with it and the hospital is in near proximity. If an adverse reaction were to occur after you leave the office, we have prescribed you an EpiPen and have you carry it at all times.



1. **Avoidance:** Try your best to avoid or minimize contact with your problematic allergens.

Mold/Pollen

- Wearing a dust mask when doing yard work, utilizing a daily or twice daily nasal irrigation (with distilled water) to flush the sinuses.

Dust Mites

- Household cleaning with 3% tannic acid solution
- Washing linens in 131degree F water (may need boost on wash cycle)
- Household humidity levels <50%, dehumidifier or use of an electric blanket
- Get rid of carpeting if affordable
- HEPA filters, clean duct work, highest R rated filters for HVAC systems, clean linens, carpets, etc. Encasing mattresses and pillows in allergen free cases and washing them weekly.

2. **Pharmacotherapy:** Involves taking medications that can control the symptoms but after stopping the medication your symptoms will return or may become worse. Some common products include: antihistamines, decongestants, leukotriene inhibitors and prescription nasal sprays.

Antihistamines: Block histamine from being released which will decrease symptoms of itchiness and congestion. IE of Oral: Claritin, Allegra, Zyrtec, Xyzal, Benadryl, Alavert. Also found in nasal sprays: Patanase or Astelin

Decongestants: Help reduce swelling in the nasal passages, which relieves the feeling of pressure and improves airflow through your nose.

Leukotriene inhibitors: Blocks leukotriene; a chemical which creates excessive mucous and congestion in response to an allergen and causes tightening of the airways in patients with asthma. i.e., Singulair (montelukast)

3. **Immunotherapy:** The only proven **therapy** that remodels the immune system to recognize the allergens and desensitizes your body to them. We offer two types of immunotherapy; but in order to gain the full benefits of the therapy it requires a commitment of 3 – 5 years. While symptom relief may be evident as soon as 6 months into treatment, research shows at about the third year of treatment in most patients the immune system will have significantly remodeled. The therapy is comprised of a serum containing the allergens you reacted to during testing and each serum is specifically created for each individual patient.



Together we can assist you in making the right choices to help you feel better. If you have any questions regarding allergy testing or treatment, please don't hesitate to ask our allergy team.