



**Now Allergy
Treatment
without Shots!**

SUBLINGUAL IMMUNOTHERAPY (SLIT) OVERVIEW

BENEFITS:

- **No shots needed!**
- **Only 3 drops under the tongue daily**
- **Less potential side effects**
- **No refrigeration necessary, can travel anywhere**
- **Cost-effective, fewer visits to the office**
- **Can increase dosing faster**

Sublingual Immunotherapy or (SLIT) is a method of allergy treatment that uses an allergen solution given under the tongue, which over the course of treatment, reduces sensitivity to allergens. SLIT can be used to treat both airborne and chronic non-severe food allergies. Examples of airborne allergies are pollen, dust mites, molds, feather, and animal hair. The treatment is done daily at home and only takes 20 seconds to do. It is indicated for both adults and children. In contrast, **subcutaneous immunotherapy or (SCIT)** is the traditional method of getting frequent allergy shots in the arm or thigh. The patient has to wait at least 20 minutes to check for adverse reactions in a doctor's office. This is done anywhere between twice a week to once a month. The amount injected is increased with each visit until the patient is at a maintenance dose. With SLIT, there is no ramp up period and patients do the treatment immediately at home.

SLIT has been shown to be very safe and effective and much more convenient than getting allergy injections. SLIT has been used for over 60 years and is especially popular in Europe. Most allergy patients in England that are doing immunotherapy use SLIT. In Italy and France, 50% of the patients are on SLIT. In the 1990s, the World Health Organization (WHO) approved SLIT as a safe and effective method in providing allergy treatment.

What are advantages of allergy drops?

Compared to traditional injection therapy, SLIT is more convenient, requires fewer clinic visits and costs less. Most importantly, allergy drops are a safe, effective treatment for young children, asthmatics, the highly reactive, and those with underlying medical conditions that prevent them from being candidates for injection therapy. One of the problems with allergy shots is that when patients are sick, they should not take an allergy injection since there is a higher chance of developing an adverse reaction when ill. If patients are unable to do their allergy shots on a regular basis, their progress is hindered. With SLIT, the dose is the same for the entire vial until it is completed. Drops can be taken even if the patient comes down with common illnesses. Patients typically do not fall behind in their progress. Usually patients doing allergy shots are getting somewhere between 2-4 injections each time, one for each vial. With SLIT, most of the time, the serum is mixed in 1 vial. If patients need multiple vials, it will tend to be only at the beginning and the vials can be combined much sooner compared to SCIT.

Is it safe and effective?

More than 100 scientific articles in peer-reviewed journals prove that SLIT is both safe and effective. Although there are potential risks of allergy injections, drops are even safer. There is 1 report of anaphylaxis in over 100,000,000 dosages.

Will my medical insurance cover the costs?

SLIT is not FDA approved in the United States (even though the ingredients are the same as in injection immunotherapy) so the majority of insurance carriers do not cover the costs of allergy drops. However, the allergy test is usually covered by most insurance carriers. (We check your medical insurance and do any precertification if necessary). The cost of SLIT is about **\$300 for a two month supply**. Each vial of allergy drops will last about 2 months. The cost is the same no matter how many vials with inhalant allergens are necessary. If you are doing food drops, that will be a separate charge of **\$300.00 for a two month supply**.

When you need a new batch, just FAX over your request and we will mail it directly to you if you live in the United States. If you add up the indirect costs of doing allergy injections in a doctor's office, such as lost time and wages and the cost of gasoline and parking to get to the doctor's office, SLIT may actually be cheaper for you.

What are potential side effects from SLIT?

SLIT has very infrequent side effects. Some patients may complain of itching in their mouth. Since the drops are swallowed, some patients may have some gastrointestinal symptoms. It requires a huge overdose to get more serious reactions such as swelling of the mucus membranes that could lead to anaphylaxis. If you are having any symptoms that you feel are related to the drops, call us so we can make some suggestions.

I am already on allergy shots, can I switch to SLIT? What if I change my mind, can I go back to shots?

At any time, we can switch you over from allergy shots to SLIT. When you want to make the change, call us and we will mix up your serum and have you come in just once so that the allergy technician can show you how to administer the drops. The visit should take only 20 minutes. You will then take the drops home with you in a vial and start doing them daily. If after doing SLIT for a while and you feel that you would rather go back to doing injections, we can remix your serum. The program is very flexible to your needs. If you are already doing allergy injections at home and everything is going well, then there is no need to change to SLIT unless you rather avoid giving yourself shots.

For more information on SLIT, you can watch the following YouTube videos:

<http://www.youtube.com/watch?v=8EWqbSyeFug>

<http://www.youtube.com/watch?v=ycoIomQ24Xs>

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