

Allergy Consultants, P.A.

Specialists in Pediatric and Adult Allergy, Asthma, and Sinus Disease

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IMMUNOTHERAPY (ALLERGY SHOTS)

There are **three ways** that Allergies are treated:

1. **Avoid** what is causing the problem. For instance if you are allergic to dogs, but are not around dogs, then you are “cured”, or at least will not experience symptoms. However, usually, allergens that cause problems cannot be completely avoided.
2. **Medications** : we have safe and effective medications, that will be sufficient for most people, but not all.
3. **Immunotherapy** – this is the only treatment that modifies the disease itself.

IMMUNOTHERAPY CONCEPT

You are given injections of minute amounts of the material that causes your allergies, and instead of triggering allergic reactions, these tiny amounts allow the body to build up a protective “antibody” to the allergen. The amount is gradually increased to a maximum protective dose. In this build-up schedule we suggest you come weekly. This build up time is variable but can take 3-9 months. After you have reached this protective level, you come every 2-4 weeks for “maintenance” therapy. You are reevaluated periodically, and usually this therapy continues for 3-5 years.

EFFECTIVENESS AND SAFETY OF IMMUNOTHERAPY

Allergy immunotherapy has been an important part of overall allergy therapy for about 100 years. It has an excellent safety and effectiveness record. It is the only allergy therapy that modifies the allergic reaction. Rarely, a patient can have a reaction to the allergy injection. If this happens it usually occurs within 30 minutes. Therefore we observe you in the office for 30 minutes, and can reverse any reaction if it occurs. Even more rare are delayed reactions. You will be advised how to manage these very rare events.

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