

## TO BE KEPT IN MIND



Discuss your medical history with your treating doctor before beginning therapy to determine whether the allergen immunotherapy is suitable for you.



Be sure to keep your appointments to ensure success of therapy.



A variety of symptoms typical of allergy may occur after the injection. Therefore, you must wait at least 30 minutes in the doctor's office after each injection. Inform the medical personnel about any discomfort you may have.



Refrain from physical exertion, sauna visits and alcohol after the injection, as these factors may amplify a possible reaction to the allergen. Please also note that fatigue may occur!



Redness, itching and swelling may occur at the injection site even hours after the injection.



Inform your doctor how well you tolerated each preceding injection. Inform him about medical treatments, newly occurred illnesses and planned extended absences.

## OBTAIN MORE TIPS AND INFORMATION

You will be able to further supplement information in this flyer from our patient information portal.



For instance, you will find a practical allergy test here along with many other useful tips. (Note: Website in German)

[www.allergie-freizeit.de](http://www.allergie-freizeit.de)

The website has been awarded with the "MeinAllergiePortal Digital Health Heroes Award 2018".

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What, when  
and how in case  
of allergies

## ALLERGEN IMMUNOTHERAPY

*Explanation, Therapy, Tips for You*



## TREATMENT OF ALLERGIES

The word allergy essentially means „foreign reaction“. This fairly accurately describes what happens in your body in case of an allergy. An allergy is nothing more than an exaggerated defense reaction of the immune system to certain, normally harmless environmental substances. These substances are called allergens.

The aim of allergy treatment is to reduce symptoms of those affected on one hand while preventing disease progression on the other.

### ALLERGEN IMMUNOTHERAPY - TREAT THE CAUSE OF ALLERGY

Allergen immunotherapy (AIT) is the only form of treatment that counters the cause of allergy and may thus have a lasting effect on one's state of health. Discomfort is thereby alleviated and the quality of life improved. It also prevents progression of the allergic disease.

Thus allergen immunotherapy may prevent the march of allergy from the upper airways (allergic rhinitis) to the lower airways (allergic asthma) as well as the development of new allergies. It is therefore best suited for young patients with allergy ( $\geq 5$  years) and for patients with early allergic rhinitis or allergic asthma. Likewise, allergen immunotherapy may significantly contribute to symptomatic improvement even in patients with a prolonged illness.

### COURSE AND DURATION OF ALLERGEN IMMUNOTHERAPY

Once you have opted for allergen immunotherapy, there are two ways to introduce allergy-triggering allergens into your body: either subcutaneous immunotherapy (SCIT) as an injection into subcutaneous tissue or via the oral mucosa (sublingual immunotherapy, SLIT).

Allergen immunotherapy should generally be given for three years. Symptoms may regress even in the first year after starting treatment and may continue improving noticeably in the following years.

### TREATING ALLERGY WITH ALLERGEN IMMUNOTHERAPY

- Goal** Treat causes of allergy.
- Approach** To get the immune system accustomed to allergens.
- Impact** Alleviate discomfort. Prevent disease progression and emergence of new allergies.

## SUBCUTANEOUS IMMUNOTHERAPY

Subcutaneous allergen immunotherapy (SCIT) is administered as a subcutaneous injection. A slow and gradual increase in the amount allows the body to become accustomed to the allergens and to tolerate them. Treatment itself may be divided into two phases:

### INITIATION THERAPY

During initiation therapy, an increasing amount of allergen is injected into the upper arm until the maximum dose for the individual patient (maintenance dose) is reached. The intervals between injections in this phase of increasing doses lies between 3 and 14 days depending on the preparation, but is usually one week.

### MAINTENANCE THERAPY

After reaching the maximum dose, intervals between injections in the so-called maintenance therapy may be extended to 4 to 8 weeks.

### THE RIGHT TIME

For seasonal complaints, such as due to pollen, subcutaneous immunotherapy (SCIT) is usually started at the end of the season during the symptom-free period. Therapy may be commenced at any time in patients with all-year-round symptoms, as with mite allergy.