



## Allergy drops...a new alternative for allergy sufferers...

This is a fact sheet about a new alternative to allergy shots known as Sublingual Immunotherapy or “SLIT” for short.

- New to many, but not new as a treatment for allergy
  - SLIT is new to most allergy offices in the U.S., but in fact, was first introduced in 1910. It has been widely used in Europe for over 60 years, and in fact accounts for 75% of all allergy immunotherapy given in Europe today.
  - This is NOT experimental! The World Health Organization has endorsed sublingual immunotherapy as a viable alternative to injection therapy.
- Safer than shots for home therapy
  - Systemic reactions occur 3 times less with SLIT, and there has never been a life threatening anaphylactic reaction reported with SLIT.
- Effective
  - Many studies have shown SLIT to be comparable to the efficacy of shots... even more so when you consider the issue of compliance:
    - given at home, on YOUR schedule, not ours
    - easy to administer
- May be a better alternative for
  - Kids with allergies
    - children who don't like needles, of course are more compliant
    - no time away from school to go to the doctor's office
  - needle-phobic adults
  - busy adults
    - No time away from work/school
    - No time waiting in the doctors' office for 20-30 minutes after the shot in case a serious shot reaction occurs
    - No gas money spent driving to the office for shots
- This therapy is NOT covered by insurance but...
  - The cost is about the same as many insurance companies charge for out-of-pocket co-pays to get shots
  - Cost will be approximately \$75 per month for most patients
  - Most patients can decrease or get off their more expensive medications entirely with time