

Immunotherapy Prophylactic - Allergens

What is it?

- **Immunotherapy Prophylactic**– used to reduce allergy related asthma, improve quality of life and produce long term symptom reduction
- **Allergy Specific Immunotherapy**- can reduce the need for medication, reduce severity of symptoms, or eliminate all together. Usually therapy is given as a shot with increasing amounts of the allergen, to develop a tolerance and therefore immunity from the allergy
- **Procedure**-shots are usually given one time per week, with the dose of the allergens increasing in small amounts over time, for up to 3 years, this is the most effective way to reduce or even eliminate allergies



Signs & Symptoms:

- **Allergies**- related to: pollen, dust, animal dander, usually cause runny itchy eyes and nose; can lead to sinus infections
- **Allergic Reactions**- to bees, wasps, and stinging insects- can cause anaphylaxis- breathing problems, closing throat, hives, etc.
- **Food Allergies**- breathing problems, hives, cold-like symptoms, etc.



What can I do?

- **See your Health Care Provider**- for more information
- **Try to see your Health Care Provider**- 2-4 months before the start of the allergy season, if allergies are seasonal
- **Treatment**- usually needs to be continued for 2-3 years, weekly or per your medical provider, to be fully effective
- **See a Food Fitness First Registered Dietitian**- Food Allergy information, recipes, etc.

