ALLERGEN IMMUNOTHERAPY

UNDERSTANDING YOUR TREATMENT JOURNEY

To help put you on a path towards treatment success, it's important that you understand how your personalized allergen immunotherapy (AIT) works.

PHASE 1:
STARTING YOUR TREATMENT

AIT has the potential to change your immune response by exposing you to repeated doses of the allergens you are sensitive to, helping your body build tolerance and reduce symptoms.[1–3] It's important that you follow your prescriber's advice to increase the opportunity for a more successful AIT journey.

PHASE 2:
BUILDING TOLERANCE

As you make this journey by taking your customized AIT, your primary goal will be to build tolerance to specific allergens.[1,4] It will take time, but in studies, patients have demonstrated:

- A decrease in symptoms, such as runny nose and itchy, watery eyes.[5]
- A reduced need for medications for allergies, such as antihistamines and nasal sprays[4,5]
- A significant improvement in quality of life.[7]

Although you may feel better within the first year of therapy, it is very important to keep taking your AIT. A period of 3-5 years is generally recommended to experience the durable effects of AIT on your immune system.[2,5] It might seem like a long time, but this period of time has been shown to help reinforce long-term immune system changes which could continue even after you have stopped taking your AIT.†[5,6]

PHASE 3:
LIFE AFTER TREATMENT

The goal of treatment and your persistence in your AIT journey ideally has helped to modify your immune response to allergens, helping to build long-term tolerance.[5,6] Since starting AIT, you may be experiencing improvement in symptoms, reduced medication use and an improvement in quality of life.[4,5,7] Studies have shown that the benefits of AIT may continue for years.[7] It may also help reduce the risk of developing new allergies or asthma.[5,7,8]

STALLERGENES GREER

Each patient will respond differently to AIT. You should always consult your doctor to determine if AIT is right for you, and to discuss any possible side effects, including serious risks of adverse reactions such as anaphylaxis.

INDICATIONS AND IMPORTANT SAFETY INFORMATION: Allergen Immunotherapy (AIT) is intended to treat seasonal and perennial allergies based on medical history and a positive serum or skin test. **AIT may cause serious allergic reactions, including anaphylaxis, which can be severe and life-threatening.** Some patients may experience hives or itching of the skin, swelling of the face and/or mouth, sneezing, coughing or wheezing, shortness of breath, nausea, dizziness or faintness. Other common side effects can include local reactions at the injection site such as redness, itching, swelling, tenderness and pain. Patients with severe or uncontrolled asthma, certain heart or respiratory conditions, or those taking beta-blockers should inform their healthcare provider before starting AIT. Following an allergy injection, patients should remain in the office for at least 30 minutes for monitoring.

†Treatment should be reassessed by your physician in absence of significant improvement of symptoms after 1 year (perennial allergy) or after the first pollen season (seasonal allergy).[7]

References: 1. Pfaar O, et al. Guideline on allergen immunotherapy in IgE-mediated allergic diseases. *Allergol Select.* 2022;6:167–232. **2.** Roberts G, *et al.* EAACI Guidelines on allergen immunotherapy: allergic rhinoconjunctivitis. *Allergy.* 2018;73(4):765–798. **3.** McGovern Medical School. Understanding the mechanisms of allergen immunotherapy. 5 February 2009. Available at: https://med.uth.edu/orl/2009/02/05/understanding-mechanism-allergen-immunotherapy/. Accessed 28 October 2024. **4.** Kucuksezer U, *et al.* Mechanisms of allergen-specific immunotherapy and allergen tolerance. *Allergol Int.* 2020;69(4):549–560. **5.** Jutel M, *et al.* International consensus on allergy immunotherapy. *J Allergy Clin Immunol.* 2015;136(3):556–568. **6.** Drazdauskaite G, *et al.* Mechanisms of allergen immunotherapy in allergic rhinitis. *Curr Allergy Asthma Rep.* 2020;21(1):2. **7.** Cox L, *et al.* Allergen immunotherapy: A practice parameter third update. *Journal of Allergy and Clinical Immunology.* 2011;127(1):S12-S13, S16, S18. **8.** Jacobsen L, *et al.* Specific immunotherapy has long-term preventative effect of seasonal and perennial asthma: 10 year follow-up on the PAT study. *Allergy.* 2007;62:943–948.