

WHAT IS SUBLINGUAL IMMUNOTHERAPY (SLIT)?

SLIT is a treatment for allergies and asthma, where you orally administer small doses of substances to which you are allergic, building immunity.

HOW DOES IT WORK?

The dosage of allergens is gradually increased over time – just enough to stimulate the immune system, but not enough to cause a full-blown allergic reaction.

WHY DOES IT WORK?

SLIT treats the underlying cause of allergy and/or asthma symptoms. SLIT re-educates the body's immune system so that it does not overreact to allergens from natural exposure, therefore reducing/eliminating the long-term need for allergy medication.

WHICH ALLERGIES DOES IT TREAT?

The most common allergies that are treated with SLIT, include Allergic Rhinitis (hay fever), Watery/Itchy Eyes, Asthma, Chronic Sinus Infections, and Chronic Cough.

HOW MUCH DOES IT COST?

Although SLIT isn't covered by most insurance plans, there are significantly fewer office visits and copays involved. Allergy shots must be administered in a physician office, and can require up to three office visits per week during the build-up phase of treatment, followed by once weekly visits for three to five years. When all of these factors are calculated, SLIT has an overall lower cost versus allergy shots.

WHY SHOULD I CONSIDER SLIT?

SLIT requires far fewer office visits as most of the doses can be taken by the patient at home. Typically patients will only need to come in for an office visit for just the first dose in each phase of a regimen. The frequency can range from one office visit per month to one office visit every three months. Allergy testing is necessary to accurately identify and confirm specific allergic triggers before SLIT can be initiated.

IS IT SAFE?

The safety of SLIT is well documented in medical research literature and has been in use throughout the world for more than 60 years. Although uncommon, side-effects associated with SLIT may include mild oral itching that usually self-resolves.

IS SUBLINGUAL IMMUNOTHERAPY AN FDA APPROVED THERAPY?

Sublingual immunotherapy is not an FDA approved therapy. The use of sublingual immunotherapy in United States is considered to be an off-label use of an FDA-approved antigen product.

BENEFITS OF IMMUNOTHERAPY:

- Lasting relief from nasal allergy and asthma symptoms
- Reduces dependence and use of pharmaceutical drugs
- No sedation or drowsiness

HEAD TO HEAD: SLIT VS. ALLERGY SHOTS

	SLIT	ALLERGY SHOTS
Dose Delivery	Spray Under tongue	Syringe/Injections
Safety	Safer than Shots	Very Safe
Insurance Coverage	n/a	Co-pays, Co-insurance, Deductibles May Apply
Flexible Spending Accounts	Eligible Expense	Eligible Expense
Overall Patient Cost	\$65/Month	Upwards of \$100/Month in Co-pays
Convenience	Self Administered by Patient at Home	Office Visit Required for every shot/dose

SLIT is not advised for patients with unstable coronary artery disease; autoimmune disease, unstable asthma, asthma having a peak flow or FEV1 below 80% of predicted value, patients under five years of age, patients using beta-blockers, severe psychological disorders, and pregnant women.