



allergist

Find an allergist. Find *relief*.

www.AllergyAndAsthmaRelief.org



Advice From Your Allergist on Allergy Shots (Allergy Immunotherapy)

You can have a life without allergies!

Allergy treatments include prevention, medicine, and allergy shots (immunotherapy). Allergy shots may be recommended if avoiding the causes of your allergies or taking medicine does not control your symptoms.

Your allergist will help you identify the causes of your allergies. When combined with a detailed medical history, allergy testing can help find the specific cause of your allergic reactions. Skin tests or blood allergy tests are convenient and accurate. However, skin tests are usually more comprehensive.

Allergy tests should be performed by allergists, who are specialists trained in the best methods for allergy testing and treating allergic conditions.

What if prevention and medicine don't work?

You may be able to avoid the causes or "triggers" of your symptoms once they are identified. Some triggers, such as pollens, molds and dust mites, are difficult to avoid. Your allergist can recommend specific ways to reduce your exposure at home.

Medicines may also be used to reduce allergy symptoms and improve the way you feel. New medicines for allergic diseases, including asthma, have fewer side effects than the old medicines.

If allergy avoidance and medicines don't control your symptoms, your allergist may recommend allergy shots.

Are allergy shots right for me?

Allergy shots help your body build its natural resistance to the effects of pollens, dust mites, mold spores, animal dander and insect venom.

It is the only treatment currently available that changes the immune system and prevents new allergies and asthma. Research shows allergy shots reduce health care use and costs from prescription medicine use, office visits, and hospitalization.

You may benefit from allergy shots if you:

- Have side effects from allergy medicines
- Have allergy triggers that you cannot avoid
- Want a better solution to your allergy problem

Allergy shots are also effective in the treatment of allergic asthma. They can help relieve allergic reactions that trigger asthma symptoms. Over time, they can help your breathing and decrease the need for asthma medicines. Allergy shots might benefit some patients with eczema or atopic dermatitis, when the condition is associated with other allergies.

Used since 1911, allergy shots stimulate your immune system to fight allergies safely, effectively and naturally. Most children and adults can be candidates for allergy shots. Pregnant patients can continue treatment started before pregnancy.

After starting your allergy shots, fewer medicines may be needed over time. Work or school days are

Continued next page

no longer missed. The burden of allergies will be lifted. Allergies will become something you don't think about any more.

How are allergy shots given?

Allergy shots are prescribed by an allergist. They are always given under medical supervision where doctors, physician assistants and nurses are available to handle any possible reactions.

Treatment involves injections of small amounts of purified allergy "extracts" into the skin. The extracts are made from the substances causing your reactions, such as pollens, mold spores, animal dander, dust mites or insect venom. The U.S. Food and Drug Administration (FDA) approved allergy shots for use as injections only.

Allergy shots begin with small doses and increase gradually. Therapy continues until a maintenance level is achieved. Shot intervals vary from once or twice a week to as long as once every six weeks.

Immunity does not occur immediately. Some patients begin to feel better quickly. Most patients continue to receive monthly injections for three to five years once they reach their maintenance dose.

In some patients, immunity is maintained and treatment can be stopped after several years. For others, treatment may be needed for longer periods of time. Generally, the benefits of allergy shots can last for many years, or even a lifetime.

What are the risks of immunotherapy?

Although rare, serious reactions can occur because treatment involves shots that contain substances to which you are allergic.

The most common problem is a red, itchy bump at the injection site. Sometimes a similar reaction can occur six to twenty-four hours later.

Sometimes there are more severe reactions that include itching all over the body, chest tightness or wheezing. Allergy shots must be given under supervision where medical staff and medicines are available to handle serious reactions.

Allergists believe the benefits of allergy shots far outweigh the extremely small risk of a serious reaction for most people.

What are "cluster," "rush" and "rapid" immunotherapy treatments?

Allergists may use faster schedules known as "cluster," "rush" or "rapid" immunotherapy. These treatments offer patients more flexibility and faster results. The faster schedules may appeal to patients who cannot commit to weekly allergy shots for five or six months. These are safe and effective options, and the schedule of the injections may vary. Rush and rapid immunotherapy usually involves getting multiple injections two or three days in a row. Cluster immunotherapy is used to help reach a point where you no longer react to the allergens in a few weeks. Patients are given two to four injections every 30 minutes, one day each week, for three weeks in a row.

Get tested! Get treated! Get better!



For more information, visit
AllergyAndAsthmaRelief.org

Insert Dr. Name Here

Insert Practice Name Here

Insert Practice Contact Information Here

Insert Additional Information Here

Board-certified allergists are specialists in diagnosing and treating allergies and asthma.

**allergist**

Find an allergist. Find *relief*.



FAQ for Patients on Allergists, Allergies and Asthma

Why do I need to see an allergist?

Allergies and asthma are serious diseases. Misdiagnosis and mistreatment can be dangerous, even deadly, so it's important to see an allergist who is the best trained specialist.

What can an allergist do that another health care professional cannot?

Board-certified allergists are the most qualified health care professional to perform allergy tests and treat allergic disease effectively. Allergists are specialists and:

- Treat more than just symptoms
- Can identify the source of your suffering and develop a treatment plan to eliminate symptoms
- Provide you with the most cost-effective care and best outcomes

I have seen at-home allergy testing and tests available at other doctor's offices. Why can't I just do that to find out if I have allergies?

Allergists have the training to know exactly what tests should be performed to determine the source of your suffering. Patients who do not see an

allergist may risk having test results misinterpreted which can lead to over-diagnosis and inappropriate management that can be harmful. It also may lead to over-prescription of medication and treatments, and costly and unnecessary allergen avoidance measures, including exclusion diets that may cause nutritional deficiency. For patients with asthma, misdiagnosis and mismanagement may lead to under-treatment which can be fatal.

I already know I have allergies. Why can't I just buy over-the-counter medications that will treat my condition?

There are many effective over-the-counter medications to treat different allergic diseases but an allergist can help you determine which is right for you. An allergist also can help you learn how to manage your condition and avoid exposure to allergy triggers.

My allergies and asthma really aren't that bad and I only miss a few days a work a year for them. Isn't that normal?

If properly diagnosed and treated, you should not miss any work because of allergies or asthma. You should be able to feel good, be active all day and sleep well at night. No one should accept less.

I've heard a lot of allergists recommend allergy shots. Don't those hurt and require a big time commitment?

Allergists are specialists in administering allergy shots, or immunotherapy. While the shots do require a time commitment, they don't hurt and are very safe. Allergy shots can actually alter the progression of allergies, eliminate symptoms, and prevent asthma and the development of other allergies.

It's more expensive to see a specialist. Is it really worth the cost?

Since an allergist is an expert in determining the appropriate tests and most effective treatment for your condition, you may not only feel better, but also may end up saving money. In fact, research shows that asthma patients under the care of an allergist have better outcomes at less cost because of fewer emergency care visits, fewer hospitalizations, reduced lengths of hospital stays, fewer days missed from work or school, increased productivity in their work and personal lives, greater satisfaction with their care and an improved quality of life.

How can I find more information on asthma and allergies?

Visit the American College of Allergy, Asthma and Immunology's website, AllergyAndAsthmaPatient.org for valuable information, tools to use and resources on asthma and allergies.



ACAAI American College
of Allergy, Asthma
& Immunology

Insert Dr. Name Here

Insert Practice Name Here

Practice Contact Information

Insert Additional Information Here

Board certified allergists are specialists in diagnosing and treating allergies and asthma




allergist

Find an allergist. Find *relief*.

www.AllergyAndAsthmaRelief.org



Advice From Your Allergist on New Allergy Tablets

Allergists can now offer more relief options to some allergy patients. Allergy tablets may be prescribed to treat people who are allergic to ragweed and some grass pollen.

What are allergy tablets?

Allergy tablets are a form of sublingual immunotherapy (SLIT). They offer a way to treat some allergies without shots. The tablets are placed under the tongue for one to two minutes and then swallowed as they dissolve. The process is repeated from three days a week to as often as daily. The tablets will increase your tolerance to the pollen and reduce your symptoms over time. For continued effectiveness, treatment may be needed for three years or longer. Allergy tablets are currently available for ragweed and grass pollen only.

Will SLIT tablets work for me?

Treatment with allergy tablets may begin after it is determined you are allergic to the grass or ragweed pollen. Different tablets are approved for specific ages. Your allergist will help you determine the best treatment for your allergic condition.

Allergists are specialists trained in the best methods for allergy testing and treatment. Your allergist will help you identify the cause

of your allergy symptoms. When combined with a detailed medical history, allergy testing can help find the specific cause of your allergic reactions.

Are the new allergy tablets safe?

Side effects for adults and children are usually local and mild, occurring most often early in treatment. They include itching of the mouth or stomach problems. These can usually be managed by dose adjustments after discussion with your allergist.

The risks of SLIT mostly relate to the nature of the treatment. The tablets are taken at home without direct medical supervision. You should receive clear guidance from your allergist on what to do if you experience a rare, but severe, allergic reaction (anaphylaxis) or miss a scheduled treatment. You need to know when to consult your allergist. An epinephrine auto-injector will be prescribed to treat a severe reaction at home.

Before taking this medication, read and understand the Medication Guide that is approved by the Federal Drug Administration (FDA) for each product and follow the instructions and precautions that are in these guides. You must also read and understand warnings in the package insert.

Continued next page

Are allergy tablets better than allergy shots?

Both types of immunotherapy help the body build resistance to the effects of an allergen. They reduce the symptoms caused by allergens. Immunotherapy can sometimes make skin test reactions disappear.

The new allergy tablets treat only one type of allergen. Allergy sufferers are typically allergic to more than one allergen. Allergy shots, also known as subcutaneous immunotherapy (SCIT), can provide relief to several allergens. More allergens are available for allergy shots than allergy tablets. Allergy shots are effective in treating allergies to many allergens including allergy to tree, grass, weed, mold, house dust, dander, mold, and stinging insects.

Allergy shots are a proven treatment for more than 100 years. It is the only treatment that changes the immune system and prevents new allergies and asthma from developing. Research shows allergy shots reduce health care use and costs from prescription medicines, office visits and hospitalization.

Allergy shots are effective in treating allergy to ragweed relatives like avocado, melons and some fruits. It is unknown whether the new ragweed allergy tablets will offer this protection.

There are pros and cons of these different forms of treatment. Board-certified allergists can help you make good short-term and long-term choices.

Will SLIT be available for other allergies?

Research has shown SLIT is relatively safe and effective for the treatment of rhinitis (hay fever) and asthma caused by allergies to dust mites, cat dander and tree pollens. In addition, it may be an effective therapy for children with mild atopic dermatitis (eczema). It is currently being studied as a potential treatment for food allergies.

There are many ways to treat allergies. Each person's treatment is based on how often they have symptoms, how bad they are and how long they last. If you have more questions, you should speak to your allergist.

Get tested! Get treated! Get better!



For more information about allergy treatment, and to locate a board-certified allergist in your area, visit AllergyAndAsthmaRelief.org.

Insert Dr. Name Here

Insert Practice Name Here

Insert Practice Contact Information Here

Insert Additional Information Here

Board-certified allergists are specialists in diagnosing and treating allergies and asthma.



allergist

Find an Allergist, Find Relief. Don't Suffer, See the Allergy and Asthma Expert

If you are one of the 40 million to 50 million Americans who suffer from some allergies or asthma, you should be able to feel good, be active all day and sleep well. No one should accept anything less.

Allergies and asthma are serious diseases. Misdiagnosis and mistreatment can be dangerous, even deadly. Don't take the risk. Here's why a board-certified allergist is the best expert for you.

Allergists are allergy and asthma specialists, medical doctors with additional qualifications that include:

- Three-year residency training in internal medicine or pediatrics
- Additional two or three years in asthma, allergy, and immunology.

This specialized training allows allergists to expertly:

- Perform allergy testing
- Identify the source of your suffering

- Accurately diagnose your condition
- Treat more than just your symptoms
- Develop a personalized plan that eliminates your symptoms
- Provide you with the most cost-effective care that produces the best results

Allergists also are specialists in administering allergy shots, or immunotherapy, which can actually stop the progression of your allergies, cure you of your symptoms and prevent asthma and the development of other allergies.

Potential risks of non-specialist care includes:

- Misinterpretation of test results
- Over-diagnosis
- Mismanagement
- Over-prescription of medications and treatments
- Costly and unnecessary allergen avoidance



Studies also show that patients with allergies who receive allergy shots can significantly reduce their health care costs.

National government guidelines recognize the importance of specialist care for asthma and recommend patients see an allergist.

Patient surveys find that most allergy sufferers say allergists are more effective at relieving their symptoms. Of the sufferers, 54 percent thought their allergist recommended a treatment plan that was more effective than any other non-allergist or over-the-counter medication.

Find an allergist, Find relief. Use the Find an Allergist locator and other tools at www.AllergyAndAsthmaRelief.org

The estimated economic cost of asthma is \$20.7 billion annually with:

- Direct medical costs of \$15.6 billion for physician visits, hospitalization, emergency services and medications
- Indirect costs of \$5.1 billion for decreased worker productivity and days lost from work

Research shows that asthma patients under the care of an allergist have better outcomes at less cost because of the following:

- Fewer emergency care visits
- Fewer hospitalizations
- Reduced lengths of hospital stays
- Fewer days missed from work or school
- Increased productivity in their work and personal lives
- Greater satisfaction with their care and an improved quality of life



ACAAI American College of Allergy, Asthma & Immunology

Insert Dr. Name Here

Insert Practice Name Here

Practice Contact Information

Insert Additional Information Here

Board certified allergists are specialists in diagnosing and treating allergies and asthma

Running Into Breathing Problems . . . When You Exercise?

Running into breathing problems when you exercise? If your chest feels tight, you have trouble catching your breath or you cough during or after exercise, you might have exercise-induced bronchoconstriction or exercise-induced bronchospasm. That's EIB for short, and it simply means breathing problems brought on by exercise. Most people with asthma have EIB. But, it's also possible to have EIB and not have asthma.

If you think you might have EIB, with asthma or not, there are two important things for you to know:

- An allergist can diagnose and treat your EIB
- Under your allergist's care, you can and should keep exercising

What happens if I have EIB?

When you exercise hard and do things such as running, skiing, biking or an aerobics class, you breathe more rapidly. This fast breathing can make the airways inside your lungs dry and irritated. As a result, the airways actually get smaller, and it's hard to get air in and out of your lungs. This is more likely to happen when you exercise in cold, dry air, or when there is a sudden change in temperature or humidity.

What are the symptoms of EIB?

- Shortness of breath
- Wheezing or noisy breathing
- Coughing
- Trouble getting a breath
- Chest tightness
- Unusual fatigue while exercising

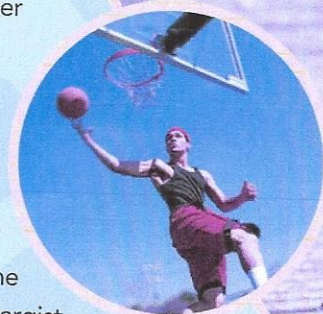
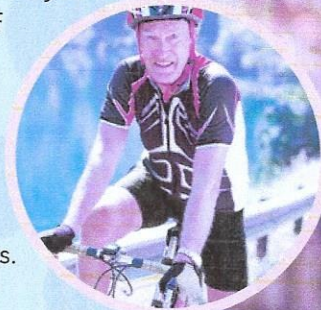
These symptoms can seem very mild, but they can be potentially deadly for people who have EIB with asthma.

Even if your symptoms are mild, you need to get treatment to prevent damage to your lungs. And if you have asthma, symptoms of EIB are a sign that your condition is not under control. Sometimes people — especially children — don't exercise because of these symptoms. If your child doesn't like to exercise and you don't know why, you should talk to your child to see if breathing problems or EIB could be the reason.

How do I find out if I have EIB?

Diagnosing EIB can be hard because coughing and shortness of breath have many causes. To be sure, see an allergist, a doctor with special training and expertise in treating allergies, asthma, EIB and other breathing problems.

The allergist will ask questions about your health and your symptoms, and do a physical exam. You probably will have a test called spirometry that measures how much air you can breathe out after taking a deep breath. The allergist may also order a chest X-ray, blood tests or allergy tests. Sometimes the allergist may do tests that measure how well your lungs are working before and after you exercise.

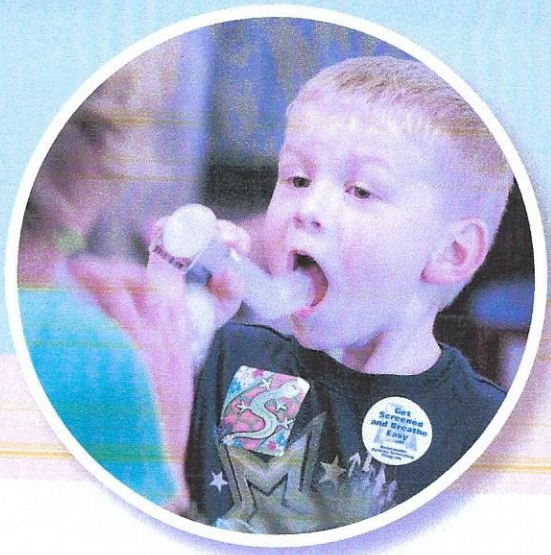




allergist

Find an allergist. Find *relief*.

www.AllergyAndAsthmaRelief.org



Advice From Your Allergist on Asthma Diagnosis and Treatment

How is asthma diagnosed?

Allergists are doctors who have specialized training and experience to help you understand and control your asthma. When you visit an allergist, the doctor will:

- Ask you about your medical history, including your general health, your symptoms, and whether other members of your family have asthma or allergies such as hay fever, hives or skin rashes like eczema.
- Ask you about your asthma symptoms. The allergist will want to know when symptoms occur, how often they happen and what seems to bring them on.
- Do a physical exam.
- Test your breathing. The allergist will measure how your lungs are working with a quick and painless test called spirometry. The test measures how much air you can blow out of your lungs after taking a deep breath.

The allergist may also order other tests such as blood tests or allergy tests. Allergy tests can be done at any age and can be helpful in finding out if your asthma is triggered by allergies.

Effective asthma treatment includes monitoring control with a peak flow meter, identifying and avoiding allergen triggers, using drug

therapies such as bronchodilators and anti-inflammatory agents, and developing an emergency plan for severe attacks.

Trigger Avoidance

Once your allergist has identified factors that trigger your asthma, you can learn how to avoid them. This is the most important first step to controlling your asthma. In some cases, avoidance can be just as effective as taking medicine.

Medicines

There are two types of medicines to treat asthma: “quick-relief” medicines and “controller” medicines.

- Quick-relief medicines. Everyone with asthma should carry a quick-relief medicine at all times to treat asthma symptoms that can occur anytime. These medicines help open the airways quickly. They also treat the noisy part of the disease—cough, wheezing and gasping for breath that can happen during an asthma attack. Your allergist may also recommend using this medicine before exercise. Examples of quick-relief medicines are albuterol and levalbuterol. For most people with well-controlled asthma, a single canister should last a full year.

Continued next page

Quick-relief medicines can stop asthma symptoms now. However, they do not prevent future symptoms nor do they control the underlying problem that causes the symptoms in the first place. If you need your quick-relief medicine more than twice a week or more than two nights a month, then your asthma is NOT well controlled. Be sure to tell your allergist.

- Controller medicines are taken daily for long-term control. Some people need this type of medicine to treat the quiet part of asthma – the underlying inflammation that causes the airways in the lungs to become inflamed and swollen. If your allergist prescribes this type of medicine, it should be taken every day, even when you feel well, to prevent symptoms.

Allergy Shots

If your asthma is triggered by an allergy, you should consider allergy shots. Allergy shots, which are also known as immunotherapy, are very effective in relieving allergy symptoms and, in some cases, can actually cure your allergy.

The treatment builds up immunity to your offending allergens, usually over several years. It works by injecting small amounts of the allergen in gradually increasing amounts over time. As the shots help your immune system build up tolerance to the effects of the allergen, they eventually reduce and can even eliminate your allergy symptoms. Allergy shots should only be administered by staff that has

training and experience in handling a reaction you could have after receiving an allergy shot.

Anti-IgE

Anti-IgE is a treatment that stops an allergic reaction before it begins, helping prevent asthma attacks by blocking the antibody that causes the reaction. The treatment is approved for patients age 12 and older who have moderate-to-severe allergic asthma. Anti-IgE is different from immunotherapy but it is also given by injection. Anti-IgE should only be administered by staff that has training and experience in handling a reaction you could have after receiving an injection of anti-IgE.

Anyone with allergies and asthma should be able to feel good, be active all day and sleep well at night. No one should accept less. Your allergist can:

- Identify the source of your suffering and develop a treatment plan to eliminate symptoms.
- Provide you with the most cost-effective care and best outcomes.

Get tested! Get treated! Get better!



For more information about allergy treatment, and to locate a board-certified allergist in your area, visit AllergyAndAsthmaRelief.org.

Insert Dr. Name Here

Insert Practice Name Here

Insert Practice Contact Information Here

Insert Additional Information Here

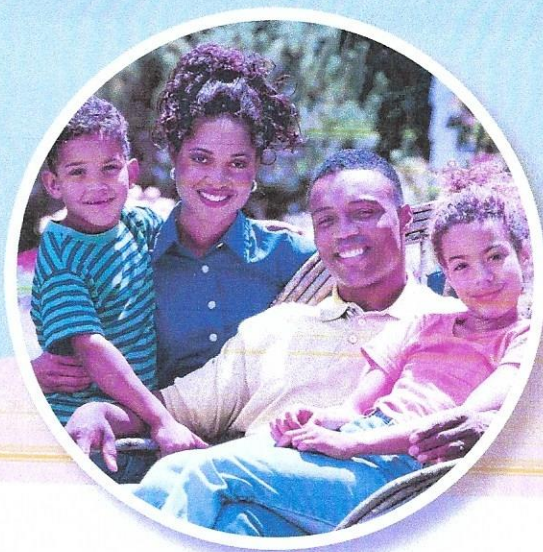
Board-certified allergists are specialists in diagnosing and treating allergies and asthma.



allergist

Find an allergist. Find *relief*.

www.AllergyAndAsthmaRelief.org



Advice From Your Allergist About Asthma Symptoms and Triggers

Many people think of asthma as an "attack:" one minute you feel okay and the next you have to gasp for air. But asthma can actually cause a range of symptoms, from mild to very serious.

Perhaps you wheeze, making a squeaky or whistling sound when you breathe. You might have frequent chest colds or bronchitis a few times a year. Or maybe your only symptom is cough that wakes you up at night or happens when you exercise or laugh.

Medicine can be prescribed to control lung inflammation and reduce most asthma symptoms. However, poorly controlled asthma can be dangerous. Rarely, the progression of inflammation and airway constriction may even result in death. Fortunately, this is extremely uncommon with currently available treatment.

Allergists are doctors who have specialized training and experience to help you understand your asthma and your asthma triggers. This information can help you better control your asthma symptoms.

If your asthma is in control, you can expect to:

- Be active, even play sports, without having asthma symptoms
- Sleep through the night
- Prevent almost all asthma attacks
- Avoid emergency room visits or hospital stays

- Reduce your need for quick-relief medicines
- Have lungs that work well
- Avoid side effects from medicines
- Not miss work or school because of asthma
- Continue normal activities

What is asthma?

Asthma is a condition that causes episodes of decreased airflow within the lungs. This may result in a variety of symptoms, including difficulty breathing, wheezing, chest tightness or cough.

Decreased airflow in asthma is caused by inflammation, which is mucus build-up, redness, irritation and dead cells in the lungs. Such inflammation can lead to constriction, or tightening, of the air passages. This constriction is not constant, but instead comes and goes. Therefore, asthma symptoms also tend to come and go. When the tightening is severe and prolonged it can lead to very severe symptoms. This situation is referred to as an "asthma attack."

Who has asthma and why?

Asthma is very common, affecting more than 25 million people in the United States, including almost 7 million children. No one

Continued next page

knows for sure why some people have asthma and others don't. People who have family members with allergies or asthma are more likely to have asthma.

Many people who have asthma also have allergies. In many cases, allergies can trigger asthma symptoms or an asthma attack. This is called "allergic asthma" and is the most common form of asthma. It is often triggered by allergens like dust mites, animal dander, mold and pollen.

What are asthma symptoms?

Many people do not know they have asthma, especially if their symptoms are not severe. But any asthma symptom may indicate poor asthma control.

The most common asthma symptoms are:

- Cough, especially at night, with exercise, or when laughing
- Trouble breathing
- A tight feeling in the chest
- Wheezing – a squeaky or whistling sound

Sometimes a cough that won't go away is the only symptom. Asthma symptoms often happen at night and in the morning, but they can happen any time. They get worse when you are around your asthma triggers.

What triggers asthma?

Triggers can cause asthma symptoms. Not everyone has the same triggers.

Asthma triggers include:

- Allergens such as pollen, dust mites, mold, as well as cats, dogs and other animals
- Irritants such as tobacco smoke, air pollution, some chemicals, gases and strong odors like perfume and cleaning supplies
- Exercise
- Medicines such as aspirin
- Cold air or sudden weather changes
- Health conditions such as obesity, sleep apnea, acid reflux, common colds, sinus infections, stress and depression

Anyone with allergies and asthma should be able to feel good, be active all day and sleep well at night. No one should accept less. Your allergist can:

- Identify the source of your suffering and develop a treatment plan to reduce symptoms
- Provide you with the most cost-effective care and best outcomes.

Get tested! Get treated! Get better!



For more information about allergy treatment, and to locate a board-certified allergist in your area, visit AllergyAndAsthmaRelief.org.

Insert Dr. Name Here

Insert Practice Name Here

Insert Practice Contact Information Here

Insert Additional Information Here

Board-certified allergists are specialists in diagnosing and treating allergies and asthma.