

PLEASE DISCUSS THE FOLLOWING WITH YOUR DOCTOR BEFORE YOU START THE TREATMENT:

- Do you take any medication? If yes, which?
- Do you suffer from a chronic disease?
- Are you pregnant or planning to get pregnant?



Patient Information

klarify

HELPFUL INFORMATION AND APPS

With Klarify, you receive your personalized app for pollen and air quality forecasting. Klarify helps you simplify your daily routine with your allergy.

Download now

- For your personal allergy values, you will receive up-to-date, location-based pollen and air quality data.
- Plan your outdoor activities based on a personalized forecast.
- Receive daily tips and information that make your life with allergy easier.



For further information about allergies and allergy immunotherapy, visit www.allergiecheck.de:

Short educational videos by experts are available for viewing here: Just scan the QR code and start!

allergiecheck.de



To the videos



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GENERAL INFORMATION ABOUT ALLERGY IMMUNOTHERAPY



WHAT ELSE SHOULD I PAY ATTENTION TO?

The improvement of your symptoms following the start of your allergy immunotherapy may tempt you to discontinue the therapy prematurely. Should you discontinue your allergy immunotherapy before the end, the desired long-term result will not be achieved. For this reason, we recommend you not to terminate your therapy prematurely, but to stay on track. It's worth it!

As with any therapy, side effects can occur. Talk to your doctor about these and together you can manage them well.



allergiecheck.de
von ALK - The Allergy Company

Dear Reader,

You have been recommended an allergen-specific immunotherapy, also referred to as desensitization in the treatment of your allergy. The goal of this immunotherapy is to treat your symptoms with a long-term effect. For this purpose, this brochure is designed to enable you gain an initial insight into allergy immunotherapy as well as to provide answers to some of your questions.

WHAT IS ALLERGY AND WHAT ARE THE SYMPTOMS?

The term allergy is used to describe the exaggerated response of the body's immune system to something "foreign". These foreign substances (called "allergens") can be something as harmless as **grass pollen, tree pollen** or **house dust mites** in most people but may trigger an allergic reaction in others.

Allergic reactions may include allergic conjunctivitis, rhinitis or itchy eyes and nose. An allergy can manifest itself in a variety of ways affecting the skin and/or gastro-intestinal tract among others. In individual cases, allergic diseases can result in a **reduced quality of life**, causing symptoms such as fatigue, lack of concentration or allergy-induced sleep deprivation. **If allergies are left untreated** and the person is continually exposed to the relevant allergen over time, **symptoms can worsen** over the years. Consequently, an allergic rhinitis may spread to the bronchi and become allergic asthma, a progression termed "**allergic march**". Often, many allergy sufferers develop **further allergies** over time. Thus, in order to reduce such outcomes of allergy, the early treatment of one's allergy is of crucial importance.



HOW DO I FIGHT ALLERGIES?

To fight and relieve allergy symptoms, **avoidance of allergens** is one of several strategies. Although this sounds simple, it is nearly impossible to put into practice since pollen, mites or animal hair as well as other allergens spread through air. In this regard, complete avoidance of airborne allergens is practically impossible.

Think of your allergy as an iceberg: The tip corresponds your allergy symptoms. For the short-term treatment of allergy-related symptoms, there is a wide range of medications available in pharmacies. Such medications, however, do not target the cause of the allergy, but only treat the symptoms.

Allergy immunotherapy, on the other hand, specifically treats the cause of your allergy and the underlying chronic disease. In other words, this treatment specifically tackles the larger part of the iceberg that hides beneath the surface of the water. For this reason, allergen immunotherapy offers you the chance to improve your allergy for a long period of time or even eliminate it permanently, thereby preventing subsequent allergic disease-associated complications.

COMPARISON: ALLERGEN IMMUNOTHERAPY VERSUS SYMPTOM-RELIEVING MEDICATIONS

	Allergy immunotherapy	Symptom-relieving medications*
Establishes natural tolerance	✓	-
Prevents development of asthma	✓	-
Prevents development of new allergies	✓	-
Sustained effect after the end of treatment	✓	-
Alleviates symptoms	✓	✓
Reduces need for symptom-relieving medication*	✓	-

✓ Applies - Does not apply *Antihistamines and corticosteroids

WHAT EFFECT HAS ALLERGY IMMUNOTHERAPY ON MY IMMUNE SYSTEM?

The primary goal of allergen immunotherapy is the long-term improvement of your symptoms, achieved by **stabilizing your body's hypersensitivity to the allergens**. With the daily administration of the allergen to which you are allergic, the immune system gradually learns to tolerate the allergen and categorizes it as harmless. By so doing, the immune system adapts to the supposedly harmful substances and adjusts its defense mechanism.

Allergy immunotherapy usually takes 3 years. It is important to stay on track for the duration of the therapy and not to discontinue the therapy prematurely. In this way, the immune system learns to tolerate the allergen in a long run.

THERE ARE DIFFERENT APPLICATION OPTIONS AVAILABLE FOR IMPLEMENTING ALLERGEN-SPECIFIC IMMUNOTHERAPY.

1. SUBLINGUAL IMMUNOTHERAPY

The sublingual immunotherapy (SLIT) is available in two forms.

1.1. TABLET-BASED IMMUNOTHERAPY

Tablet-based allergy immunotherapy is a modern and effective way to treat the cause of allergies by administration of oral tablets. This method of administration is simple and convenient at the same time.

Following the administration of the first tablet taken under medical supervision, the second and subsequent tablets are taken once a day at home. As the name implies, sublingual means 'under the tongue'. Thus, the tablet is placed under the tongue, where it quickly dissolves and is absorbed by the oral mucosa. Do not swallow during the first minute. After taking the tablet, do not drink or eat anything for at least 5 minutes. You can take the tablet at any time of the day- as it fits best into your daily routine. You can also store it at room temperature without any problems. This is especially convenient when you travel and want to take the tablets on the road.

It is possible to be on two tablet-based allergy immunotherapies at the same time. Talk to your doctor about a suitable therapy regimen. Your doctor will explain the different treatment options to you.

ALLERGEN TABLETS ARE AVAILABLE FOR THE FOLLOWING ALLERGIES:



1.2. LIQUID IMMUNOTHERAPY (ALLERGY DROPS)

Liquid allergen immunotherapy is the treatment of the cause of allergies, however, administered in drops under the tongue. The drops are administered under the tongue and should remain under the tongue for 2 minutes before swallowing. This form of therapy can also be carried out daily at home. Do not drink or eat anything for at least 5 minutes after administration. The drops should ideally be stored in a refrigerator.

2. ALLERGEN INJECTION IMMUNOTHERAPY (ALLERGY SHOTS)

Allergen injection immunotherapy, widely known as subcutaneous immunotherapy (SCIT) is based on subcutaneous injection of allergen formulations by a doctor. This treatment regimen is traditionally conducted in two phases: an initial **up-dosing phase** and a subsequent **maintenance phase**. In the **initial up-dosing phase, injections are administered weekly with increasing allergen concentrations** for the purpose of slowly building tolerance and carefully assessing the sensitivity of the patient. Once the therapeutic maintenance dose is reached, **phase 2 - the maintenance phase** - begins, in which injections are only administered once a month or every six weeks. All injections are given in the doctor's surgery. Allergen injection immunotherapy is suitable for almost all types of respiratory allergies. If you are considering such subcutaneous immunotherapy, please talk to your doctor.