



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 tablet-based allergy immunotherapy, visit www.allergiecheck.de

Short educational videos by experts are available for viewing here:

allergiecheck.de



Just scan the QR code and start!

To the videos



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Patient Information

TABLET-BASED ALLERGY IMMUNOTHERAPY



Dear Patient,

You have been recommended a tablet-based allergy immunotherapy, also referred to as desensitization in the treatment of your allergy. This type of allergy immunotherapy prescribed to you is termed sublingual immunotherapy. 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 the treatment of allergies, allergy immunotherapy by oral tablets as well as to provide answers to some of your questions.

Almost every third person in Germany is affected by allergy

WHAT IS ALLERGY?

The word **allergy** is derived from ancient Greek and literally means a **foreign reaction**. In this context, the term allergy is thereby 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 such as **grass pollen, tree pollen or house dust mites** in most people but may trigger an allergic reaction in others.

WHAT ARE THE SYMPTOMS OF ALLERGIC REACTIONS?

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 treatment of one's allergy is of crucial importance.

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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 as well as other allergens spread through air. In this regard, complete avoidance of airborne pollen 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. A tablet-based allergy 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 IS A SUBLINGUAL IMMUNOTHERAPY AND HOW IS IT PERFORMED?

Sublingual immunotherapy (applied under the tongue) is a modern and effective way to treat allergies by administration of oral tablets. **The first tablet is 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 five 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.

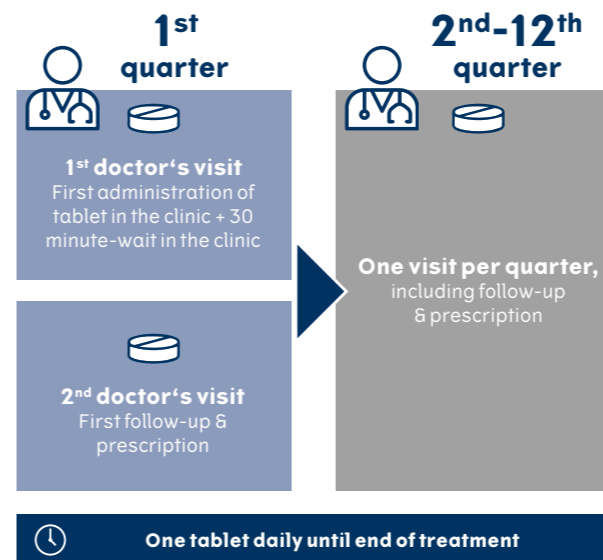
Allergy immunotherapy should be carried out over a **period of 3 years.** During this time, the immune system develops the ability to tolerate the allergen in a controlled manner for the long term.

WHAT EFFECT HAS A SUBLINGUAL 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 (e.g. in form of oral tablets) to which you are allergic, the immune system gradually learns to tolerate the allergen and categorizes it as harmless.



REGIMEN OF A TABLET-BASED ALLERGY IMMUNOTHERAPY



ALLERGEN TABLETS ARE AVAILABLE FOR THE FOLLOWING ALLERGIES:



IS IT POSSIBLE TO BE ON TWO DIFFERENT ALLERGY IMMUNOTHERAPIES?

Yes, you can have 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.

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.

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

GOOD TO KNOW

Side effects typically occur at the start of treatment and tend to disappear within 1–2 weeks in many cases. Give your body the chance to get used to the treatment.

THE FOLLOWING TIPS CAN BE USED TO CONTROL SIDE EFFECTS:

- It is helpful to drink some water before taking the tablet or to take an antihistamine 30 minutes prior to taking the tablet.
- It may help to put a piece of ice under the tongue, eat or drink something 5 minutes after taking the tablet.
- It is not recommended to take the tablet immediately after brushing your teeth.

