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IMMUNOTHERAPY (Allergy Injection Therapy)

The best treatment for allergies is to eliminate the allergens. Since we are unable to eliminate all of the allergens from the air you breathe, the next best effective form of treatment is allergy injections containing the substances that you are allergic to. This type of treatment is to begin after determining the allergens that you react to by clinical history and skin testing.

MECHANISM: Subcutaneous injections of allergy extracts stimulate resistance or immunity to these specific allergens which cause your symptoms. The amount of allergens in these injections increases in each succeeding dose so that a maximum or maintenance dose is reached. This maximum tolerated dose could be different for each person depending on their own allergic sensitivity.

DURATION: Injection therapy is usually continued for approximately four to five years. Usually, it is discontinued after the patient has experienced two consecutive allergy seasons with minimal symptoms.

FREQUENCY: In the beginning, injections are given weekly until maintenance dose is reached. Injections are then spaced at increasing intervals until finally, after two years, they are given only once in four weeks.

REGULARITY: "THE ALLERGY INJECTION TREATMENTS MUST BE GIVEN REGULARLY!" If the interval between injections is longer than a week, the planned increase in dosage often cannot be given or it may have to be even reduced. Irregularity may make it impossible to reach the desired dosage before the allergy season starts. The protection that might have been attained is lessened accordingly. **DO NOT MISS TREATMENT!**

REACTIONS:

1. The dosage in allergy injections occasionally exceeds the limits of tolerance. This may cause minimal discomfort in the form of slight swelling, itching and redness at the injection site. This is to be expected and tells us that things are proceeding normally.
2. If, however, a large local area of redness like a half dollar size is noted, or if there is swelling or a welt the size of a dime, it should be called to the nurse's attention at the time of the next visit --- BEFORE the next set of injections is administered.

