

# Immunotherapy

## **What is immunotherapy?**

Immunotherapy is a preventative treatment for allergic reactions to food and environmental allergens. It can also be used to treat bee venom allergies.

Immunotherapy involves giving small, incrementally increased doses of the allergen over a long period of time, to decrease the sensitivity of that allergen on the immune system. The goal is to reduce the allergy symptoms associated with a particular allergen.

Immunotherapy can be beneficial to patients who are still experiencing allergy symptoms despite maximum medical management with antihistamines, nasal sprays, eye drops, etc.

## **Immunotherapy is offered in three different forms:**

- **Oral-** Ingesting small amounts of the allergen
- **Sublingual-** Daily pills that dissolve under your tongue
- **Subcutaneous-** A series of injections under the skin, into the fatty tissue in the back of your arm

## **What to expect:**

Your allergist will determine which type of immunotherapy is appropriate for you based on the allergy that requires treatment.

## **Questions regarding immunotherapy?**

Please contact the clinic at 519 646-6100 ext. 61353.