



PRESCOTT VISION & EYE SURGERY CENTER

SLIT information

WHAT IS SLIT

Sublingual immunotherapy treats the underlying cause of environmental and seasonal allergies by giving small doses of the allergen to the patient. Exposure to these small doses over time (at least 3-5 years) desensitizes the immune system and increases tolerance to the allergens which subsequently reduces the allergenic symptoms.

HOW DOES SLIT WORK

An initial scratch test is done to determine which allergens you are reactive to. A formula is custom made for the patient with only what they are allergic to. The first dose of the indicated allergen/s is given in the office. Subsequent daily doses of the drops are taken at home. Retesting after 3 years will determine whether the drops are still needed.

SLIT is given as drops under the tongue. Research shows that when an allergen is presented this way, the immune system learns to tolerate the allergen. The results is: less allergy symptoms when the body is exposed to the allergy source such as airborne pollen or pet dander.

SLIT or Allergy shots

Like injection therapy (allergy shots), SLIT directly changes the body's ability to react with allergens. Allergy shots are effective, but need to be given in a physician's office every time. This inconvenience results in high drop off rates for many patients. SLIT offers a great alternative treatment option for people reluctant or unable to undergo allergy shots.

ADVANTAGES OF SLIT

1. More convenient than shots
 - a. Few clinic visits and less time away from work. First dose always at the office.
2. Lasting results
 - a. Reduce your dependency on antihistamines and other rescue medications that only address the symptoms of allergy
 - b. SLIT re-trains your body not to be allergic in the first place
3. Better quality of life
 - a. Patients regularly report fewer sick days away from school and work, better sleep and a reduction in symptoms

HOW LONG WILL IT TAKE TO SEE RESULTS WITH SLIT

The vast majority of patients experience marked symptom relief within the first few months of starting treatment. Long-term lasting results require 3-5 years of treatment. Research shows that committing to the full therapy can result in permanent symptom relief.....

NO MORE ALLERGIES

ARE THERE ANY SIDE EFFECTS OF SLIT

Rarely, however, the most common side effect of allergy drops is mild, local irritation in the mouth and under the tongue.

WHO IS SLIT FOR

SLIT is safe for children over 5 years of age and people with underlying well controlled medical conditions (asthma, COPD, Hyper tension...)

WHO SHOULD NOT USE SLIT

Patients on beta-blockers, un-controlled asthma or people who are pregnant or nursing

DISADVANTAGES OF SLIT

SLIT is NOT covered by insurance

- a. The same product is used for allergy shots, however the use of the liquid under the tongue (the route for SLIT) is NOT approved by the FDA
- b. Cost of SLIT is \$95.00 per month
- c. Required to purchase 3 months supply at a time

Cost of SLIT may be offset when you calculate the cost of shots as an alternative because of the time taken to visit the doctors office every week for shots, office visit/copay for these weekly visits, gas to drive to these visits, missed work or school for the visits