

## Sublingual immunotherapy

Immunotherapy is a form of long-term treatment that decreases symptoms for many people with allergic rhinitis, allergic asthma, conjunctivitis (eye allergy). Sublingual immunotherapy are dissolvable tablets that are placed under the tongue. The tablets contain a specific allergen that cause allergy symptoms such as dust mite or grass pollen. Sublingual immunotherapy decreases sensitivity to the allergens and often leads to lasting relief of allergy symptoms even after treatment is stopped, making it a beneficial treatment approach for many people. The immunotherapy works like a vaccine. Your body responds to exposure of the particular allergen by developing immunity or tolerance to the allergen.

Sublingual immunotherapy tablets are taken on a daily basis. Pollen tablets are usually taken several months prior to start of the pollen season and during the pollen season (total usually 6 - 8 months). Dust mite tablets need to be taken daily year round. Immunotherapy is usually taken for a total of 3 years to develop a lasting benefit.

Grass pollen -	Grastek DIN: 02418304	Start between Jan - Mar
Grass pollen -	Oralair DIN: 02381893	Start between Jan - Mar
Tree pollen -	Itulatek DIN: 02498073	Start between Sept - Oct
Dust mite -	Acarizax DIN: 02463644	Start anytime