

Enjoy Long-Term Allergy Relief

ALLER^{AV}VISION®



Wouldn't you rather eliminate your allergies than spend a lifetime on temporary fixes?

Allergy Causes and Symptoms

Allergies occur when your body's immune system mistakenly perceives environmental particles (antigens) as threats, and rallies its defenses against them — similar to the way it would with viruses or bacteria. This over-reaction to the perceived enemies causes your body to produce symptoms such as sneezing, runny or congested nose, watery eyes, skin rashes, frequent sinus infections, headaches, wheezing, recurrent bronchitis and more. Allergies can also trigger asthma attacks in people of all ages — and the results can be critical.

The list of allergy's misery-inducing effects doesn't stop there. It can also cause endless colds, chronic coughs, depression, muscle and/or joint pain, confusion, low energy, nasal polyps, conjunctivitis, lack of attention and regular ear infections. In short, allergies can cause major problems.



The sources of allergy symptoms include microscopic elements like pollen from trees, grasses and weeds; dander or saliva from dogs, cats and other pets; proteins from insects, like dust mites and cockroaches; and mold spores.

Allergies can develop at any time from childhood through old age.

Treatment Options

Theoretically, avoiding your allergy triggers would be a reasonable solution to solving your allergic symptoms. However, this is often undesirable — in the case of your pets — or impossible — in the case of pollen that can travel for miles on a windy day.

Another option most people consider is medication. Allergy meds may temporarily relieve symptoms but they do nothing to change your immune system, which is why your symptoms always return. Additionally, medications often cause unfortunate side effects. But there is an alternative ...

Immunotherapy Benefits

- It's the only treatment that actually modifies the immune system to fix the problem
- Results are long-term: years, decades ... potentially your entire life*
- May reduce the risk of developing asthma
- It's entirely natural — the immunotherapy serum is simply extracts from trees, grasses, etc.
- Immunotherapy is often less expensive than medication in the short term and is certainly more cost-effective in the long term

*Efficacy and length of relief vary by person.

Immunotherapy is the only true solution. For over 100 years, it has been trusted by physicians worldwide to desensitize immune systems to antigens. It works by introducing those antigens in tiny amounts via injections or drops under your tongue. As treatment progresses, the antigen concentration increases gradually until you reach a maintenance level where your immune system learns to accept them — and you feel a whole lot better.* The process starts working fairly quickly but the treatment continues for three to five years to keep your immune system happy.



Your path to freedom from allergies starts with a simple, quick test.

To determine the cause of your allergies, your provider will review your medical history, check your lungs, and apply a short, pain-free skin test that will reveal the source of your allergies in just 15 minutes. This test, the gold-standard in allergy diagnosis, will help determine the best treatment plan for you. If that involves immunotherapy, you can begin to get relief from your allergies almost immediately!*

*Immunotherapy is not appropriate for all allergy sufferers.

*People with certain medical conditions may require a blood test instead of a skin test.



Who Should Get an Allergy Test?

Anyone suffering from headaches, skin rashes, frequent sinus/ear infections, wheezing, recurring bronchitis or colds — essentially, anyone who feels bad regularly — might benefit from an allergy test. Even if you already know you have allergies, the test can determine your exact triggers — they may not be what you think.

If you are a persistent **asthmatic**, the National Institutes of Health (NIH) recommends that you get an allergy test and consider immunotherapy treatment, if appropriate.

In addition, the World Allergy Organization recommends that “allergy diagnosis should be part of the routine medical exam in **all professional and amateur athletes**” in order to avoid potential symptoms during exercise.

The wind can blow pollen miles away from its source, pets can leave behind dander even when they're not around, and mold and insects can hide but still cause symptoms, so it's tough to know what you're really allergic to without a test.

Frequently Asked Questions

Who should receive immunotherapy treatment?

Anyone regularly exposed to allergens that they can't — or won't — avoid is a candidate for immunotherapy.

What kinds of immunotherapy are available? There are three: shots, sublingual drops and sublingual tablets. Both shots and drops are customized to relieve multiple sensitivities simultaneously (e.g. if you're allergic to dogs, trees and mold), whereas the limited number of tablets available each address only one specific allergy trigger.

Which form of immunotherapy is best for me? Each one has its advantages and disadvantages. Your provider will discuss these with you after reviewing your history and determining exactly what allergens are causing your symptoms.

Does immunotherapy help with food allergies?

Unfortunately, the only treatment for food allergies is avoidance. However, clinical trials for nut allergy oral immunotherapy look promising for the future.

Does the allergy test hurt? No. You'll feel minor pressure from the skin test device for just a few seconds. You may also experience slight discomfort or itchiness from positive results, but any symptoms disappear quickly.

How can I learn more? Visit www.allervision.com, call (888) 796-6763 or ask your healthcare provider.

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