

## Sublingual Immunotherapy (SLIT)

There are two alternatives to allergy shots, either allergy drops or sublingual therapy, commonly known as SLIT therapy. Both are considered “immunotherapy” which is another method of desensitizing allergens. To be considered for SLIT therapy, patients must undergo diagnostic allergy testing. This testing is performed in the clinic, either skin testing or RAST (blood test).

SLIT is often preferred by patients that want an alternative to medications which treat the symptoms only. SLIT also allows the patient the convenience of at home treatment and avoidance of weekly shots requiring frequent trips to the doctor’s office. SLIT provides the same results as shots for most patients.

In addition, the risk of a serious adverse reaction (anaphylaxis) is much lower with SLIT therapy. Although SLIT is considered “off label” and not approved by the FDA, it is the treatment of choice for desensitization in most developed countries.

Recent studies by renowned Universities in the U.S. support the medical efficacy of SLIT Therapy. Most insurance companies will not pay for SLIT Therapy since it is not approved by the FDA. As such, patients will be required to pay cash at time of treatment. Patients typically justify the cost benefit of SLIT as it eliminates the need for allergy medication, requires fewer physical office visits, offers the convenience of self-administration, and improves quality of life.