



The spring pollen has already arrived. The Roto-rod (pollen collector) is up and running at the IAA Draper location. The count taken on 2/26/2014 and 2/27/2014 already shows Elm tree pollen to be high. The first pollen count of the season will be posted on Monday, March 3rd. The pollen count is updated www.IntermountainAllergy.com/pollen.html Monday through Friday during the pollen season.

SUBLINGUAL IMMUNOTHERAPY

Subcutaneous allergy immunotherapy was the only form of immunotherapy approved by the FDA for desensitization to pollen and dander until now. Sometime later this year, a single antigen (grass - Grastek and Oralair) will be available for under-the-tongue immunotherapy (sublingual or SLIT). This will be available by prescription only. SLIT therapy has been used successfully in Europe for a number of years and shown to decrease symptoms and the need for medications during the grass pollen season (May – July). The patient will begin therapy 3-4 months before the start of the grass season and will continue throughout the grass season. The first doses must be given in-office to monitor for reactions, but the remainder of the therapy can be taken at home. A limitation of this therapy is that it will treat only grass allergies while the traditional subcutaneous allergy immunotherapy treats multiple allergies at the same time. Common side effects of SLIT therapy include mouth irritation. A small number of anaphylactic reactions have been reported, so the patient should be trained and supplied with an auto-injectable epinephrine. We will use this therapy on select patients after a detailed history, physical examination, and allergy testing are completed. Visit our YouTube Channel for a descriptive video http://youtu.be/s_09OXUeQsc

ALLERGY NASAL SPRAY TRIAMCINOLONE – Now Over-The-Counter

The U.S. Food and Drug Administration recently approved triamcinolone nasal spray (Nasacort Allergy 24HR) for over the-the-counter use. Patients will be able to go to their local drugstore and purchase the nasal-inhaled steroid spray. Although these medications are safe under the care of a medical provider, they do have some potential risks. Other ailments that mimic allergies can be mistaken for allergic rhinitis and not get the proper treatment. Nasal steroids have the potential of increasing nose bleeds. An examination of the nasal mucosa is important before starting a nasal-inhaled steroid. Uncommon side effects potentially include growth restrictions, cataracts, and IOP. As with any medication, benefits and risks should be weighed before a treatment plan is started. The proper use of this therapy is ultimately left to the patient, but with education, we can direct patients to the proper testing, use, and contraindications of nasal steroid use.



For questions regarding the newsletter please call.