

100 years of Allergy Immunotherapy this year

One hundred years ago allergy immunotherapy (allergy shots) were introduced for the treatment of allergies by Drs. Noon and Freeman. What have we learned in the past 100 years about allergy shots?

1. Allergy shots are effective treatment for allergic rhinitis (hay fever), allergic asthma, and stinging insect allergy,
2. Allergy shots are effective in both adults and children
3. Allergy shots are effective for allergies caused by pollens, mold, animal dander, deodorants, and cockroaches
4. Allergy shots lead to the following outcomes:
 - a. Improves symptoms over the treatment course and beyond
 - b. Reduces need for medications
 - c. Reduces immune reactivity to allergens
 - d. Improves quality of life
 - e. Reduces cost of medical care for allergies
 - f. Improves symptoms from 60-90%
 - g. Symptom improvement persists for years after desensitization in the majority of patients
 - h. Reduces the risk for future development of asthma in patients with hay fever
 - i. Prevents development of new allergies in patients on allergy shots
 - j. Reduces doses of inhaled corticosteroids in asthmatic children