

## WHAT IS ALLERGY IMMUNOTHERAPY (AIT)?

The basic approach to controlling an allergy sounds easy—just avoid the allergens that cause your allergic symptoms. However, avoiding these things is not always possible.

This is when AIT can help by working with the body's natural defense system. AIT slowly trains the immune system to be less sensitive to allergens, so that it doesn't respond too strongly to them. This is done by introducing tiny amounts of the allergen to the body over time, slowly getting the immune system used to the allergen.

Then, when the body is exposed to the allergen during normal day-to-day activity, the immune system doesn't try to attack it. This can mean you or your family member may have fewer allergy symptoms.

### **AIT HAS BEEN USED FOR OVER 100 YEARS.**

**In 1911, 2 scientists, recognizing that pollen was the cause of hay fever, thought that they could help reduce or eliminate symptoms by injecting hay fever patients with the pollen to which they were allergic.**

**THEIR EXPERIMENT WORKED.**



**IF YOU THINK YOU MAY HAVE ALLERGIES AND WANT TO LEARN MORE ABOUT ALLERGY TREATMENT OPTIONS, ASK YOUR DOCTOR.**