

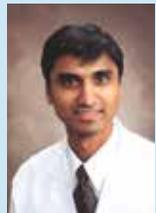
Allergy Drops: Convenient and Effective

Patients experience faster relief, a lower risk profile, and fewer office visits with allergy drops.

Since childhood, Charina Cross has suffered with seasonal allergies related to molds and dust. But like many children, she feared shots. “Allergy drops weren’t available back then, so growing up I sneezed for half the year,” says Charina.

“I would start sneezing as springtime approached, usually as early as February and lasting through June. Then again in the fall, typically September through November.”

As an adult, Charina looked for solutions as her symptoms worsened. “The allergies definitely were draining me, making it impossible to enjoy doing anything outdoors. I was also getting a lot of stuffiness



Devang M. Shah, MD, is board certified in otolaryngology. After receiving his medical degree with honors from Robert Wood Johnson Medical School, New Brunswick, NJ, he completed his surgical internship and residency at Johns Hopkins Hospital, Baltimore, in 1997. Dr. Shah is a member of the American Academy of Otolaryngology — Head & Neck Surgery and has served as the chair of the Department of Surgery at Florida Hospital Fish Memorial, Orange City. He is also the coauthor of several journal articles investigating the relationship between microscopic inner-ear structures and hearing function and has presented his work at various research conferences.

along with sinus pressure and headaches.”

Her family physician suggested it may be sinus related and recommended she see Devang M. Shah, MD, a board-certified otolaryngologist in practice at Atlantic Ear, Nose & Throat, P.A.



DEVANG M. SHAH, MD

www.myENTdoctor.com

Sublingual immunotherapy

Dr. Shah offers this assessment: “At times, patients will choose to treat symptoms with medications such as nasal sprays or antihistamines. However, recently, many of our patients are opting to address the underlying *causes* of allergy and achieve long-lasting relief with sublingual drop therapy.”

Allergy drops have distinct advantages over allergy drugs or injections, explains the doctor. “Drops are administered by the allergy sufferer under the tongue at home in gradually increasing dosages. Consequently, patients don’t have to come to the office on a weekly basis for treatment. Also, allergy drops have a substantially lower risk of severe adverse



PHOTO FROM IStockPHOTO.COM

reactions, such as anaphylaxis, compared to injections,” confirms Dr. Shah

“We can ramp up to a therapeutic dose more quickly. Whereas it might take a year to get to an effective dose with injections, patients can be up to an effective dose in ten days with drops.”

And a major advantage for children: the allergy drops taste sweet because of the way they’re prepared, so it’s much easier to get a child to take them than to undergo a weekly injection.

“It’s an enormous difference, so we consider drops to be a much more compelling type of treatment,” says the doctor. “The risk of side effects is less, especially because you can get to an effective dose so much faster. Because of that, more patients will get to a maintenance dose, experience the benefits, and hopefully continue with treatment. With allergy shots, many patients drop out, frustrated by getting an injection every week for a year and not reaching a dose that’s effective.”

Although some other practices offer allergy drops, only Atlantic Ear, Nose &

Throat offers the ten-day escalation as recommended by the American Academy of Otolaryngic Allergy.

“This is an exciting new option in the treatment of allergy that previously hasn’t been available,” affirms Dr. Shah “It’s a great alternative, particularly for patients who don’t like getting injections or who have not benefited from them.”

Charina is happy with the results of her sublingual immunotherapy. “I noticed relief within the first month of taking the drops. After a year of the sublingual therapy, I find I can now jog and go for walks outside with my dog without sneezing. And I have so much more energy now.

“Dr. Shah and the staff at Atlantic were very helpful and good to work with; I’d recommend them to anyone who has allergies,” concludes Charina.

FHCN—Elizabeth A. Leib

For Audiological & ENT Expertise

The skilled physicians at Atlantic Ear, Nose & Throat welcome your call. They are located in Lake Mary, DeLand, and Orange City. Call **(407) 444-5225** or **(386) 774-9880** for an initial consultation at any location.

Visit Atlantic Ear, Nose & Throat on the web at www.myENTdoctor.com.