



Drops Over SHOTS

Sublingual immunotherapy: another option in allergy treatments

When James Raynor moved from the Arizona desert to a place at the foot of Colorado's Rocky Mountains 18 years ago, he had no reason to believe his general health would take a turn for the worse.

I was taking everything I could find to try and control these allergies, which were especially bad in the spring. I did that for years, and after a while I wasn't getting the infections anymore. But it was a constant expense and annoyance that I really wanted to get rid of if I could."

ATLANTIC
Ear, Nose & Throat
DEVANG M. SHAH, MD
DANIEL L. ROTHBAUM, MD

James found the fix he was seeking after his mother, an allergy sufferer herself, recommended he visit Devang M. Shah, MD, at Atlantic Ear, Nose & Throat and ask about an allergy treatment called *sublingual immunotherapy*, or *SLIT*.

But shortly after adopting two cats from the humane society, James found that living among Colorado's Ponderosa pines and blue columbine flowers wasn't as idyllic as he hoped.

SLIT is quickly becoming the preferred method of treatment for allergies because, unlike shots, it can be taken at home, where it's administered through the use of a small pump that distributes liquid drops of allergen beneath the tongue.

"I noticed after being there for a little while that I was always getting bronchitis and sinus infections," James remembers. "When I finally asked my primary care doctor about it, he told me I probably had allergies.

Over time, the proper use of these drops results in the patient developing a greater allergen tolerance. That leads to a dramatic decrease in the symptoms James wrestled with prior to visiting the practice last spring.

"Even after hearing that, I never really did anything about it, at least not for a while. Then after about two years, my wife and I moved to Florida. I noticed the problem was worse every year.

At Atlantic Ear, Nose & Throat, the SLIT process begins with an allergy skin test to determine how the patient reacts to any of 38 allergens specific to Central Florida.

"I eventually started buying over-the-counter allergy pills and nasal inhalers.

James' test revealed that he was allergic to everything from cockroaches to cats and most every tree that grows naturally across



"I'm no longer experiencing any of the symptoms I used to get."
— James

the state. He began sublingual immunotherapy immediately thereafter. Since then, his symptoms have disappeared.

"I'm breathing free and clear and have not taken an allergy pill in more than nine months," James exudes. "I'm no longer experiencing any of the symptoms I used to get — no stuffy nose, no sneezing, nothing.

"These drops are not like other allergy treatments that just treat your symptoms. These drops treat the underlying cause of your allergies, and they really work. I highly recommend them to anyone suffering from allergies, and I recommend Atlantic Ear, Nose & Throat."

FHCN article by Roy Cummings. Photo by Jordan Pysz. mkb

Breathe Easier



Once it is placed in the nasal wall (above), the **LATERA Absorbable Nasal Implant** (below) allows for easier breathing by supporting the nose's upper and lower lateral cartilage.



The dedicated team of physicians and specialists at Atlantic Ear, Nose & Throat provide comprehensive, state-of-the-art care for a wide range of disorders and conditions, including a *nasal valve collapse* and a *deviated septum*.

A nasal valve collapse comes as a result of the nostrils collapsing when someone takes a deep breath. When the nostrils collapse in such a manner, breathing is made more difficult and the sinuses can become blocked.

A deviated septum is a condition where breathing naturally through the nose is compromised by irregularities in the bone and cartilage that divide the two sides of the nasal cavity, or nasal septum.

As Dr. Shah explains, both conditions can be corrected through an effective outpatient procedure that

calls for the insertion of a cartilage alternative known as the *LATERA® Absorbable Nasal Implant*.

"The technology has evolved to the point where this procedure is more widely available and easier for patients to tolerate than traditional surgery, where you have to harvest the cartilage and make a wider opening to get that cartilage in there," Dr. Shah reports.

During the implant procedure, which can be done in a doctor's office under *IV sedation* or in a surgery center in association with another procedure under *general anesthesia*, the LATERA nasal implant is inserted into the nasal wall or cartilage through an insertion tube.

Similar to dissolvable sutures, the LATERA nasal implant is made of special materials that are naturally absorbed into the body over the course of about 18 months. Its impact is immediate, and following completion of the absorption

period, its effects continue to be felt for approximately six more months.

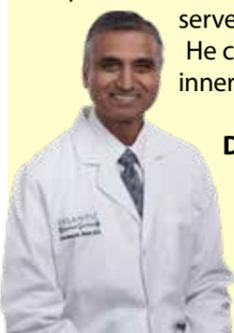
Because the implant is placed inside the nasal wall, it cannot be seen and does not alter the patient's appearance. Some patients sense the awareness of the implant during the healing stage but generally do not notice it after a few days or a couple of weeks.

"This procedure is often done in conjunction with other nasal surgeries because it only takes a few minutes to complete," Dr. Shah adds. "It effectively pushes the nostril outward and keeps it open when you breathe, which makes it easier to breathe.

"Patients who have this procedure done typically come back for their first post-op visit saying they are breathing much easier than before, which is what we love to hear, because our goal with this procedure is simply to make people breathe easier."

FHCN article by Roy Cummings. mkb

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



Daniel L. Rothbaum, MD, is board-certified in otolaryngology and specializes in facial plastic surgery and otolaryngology. He's a leader in balloon sinus dilation surgery in Central Florida. Dr. Rothbaum graduated magna cum laude from Harvard College in Cambridge, MA, with a degree in social studies. He received his medical doctorate from Yale School of Medicine in New Haven, CT. Dr. Rothbaum completed his internship and residency training at Johns Hopkins Hospital in Baltimore.



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