



**CANYON VIEW  
MEDICAL**

## **IMMUNOTHERAPY** Allergy Shots/Allergy Drops

### **What Is Immunotherapy?**

Immunotherapy is the process of giving your body what you are allergic to in small amounts, gradually increasing the amount over time. This trains your body to become immune/tolerant to an item that previously you were allergic to. In other words, **you are cured of your allergies.**

### **What Does Immunotherapy Treat?**

Immunotherapy works well for **Hay fever** (itchy eyes, congested/runny/sneezing nose) and for **Allergy-induced Asthma**. Children with asthma who go through Immunotherapy treatments are 50% more likely to outgrow their asthma. Immunotherapy is for individuals as young as age 5, up to any age.

### **What Are the Options?**

1. 1-2 shots (depending on level of your allergy) in the arm(s), given in the clinic, once a week for the first 12 months, then every 2 weeks for 2 more years. Total of 3 years.

Or

2. Liquid drops placed under the tongue daily for 3 years. The drops can be administered by yourself at home.

### **How Effective Is Immunotherapy?**

Immunotherapy is about 85-90% effective at curing allergies. In other words, about 9 out of 10 people will have life-long relief from their allergies, if they complete the 3 years of treatment. It takes about 3-6 months of being on treatment before you will see improvement in your allergies.

### **What Is the Cost?**

Allergy shots are covered by Medicaid, Medicare, and most commercial insurance plans, although you may have to meet your deductible. Most insurances don't require a co-pay when you come in for an allergy shot. The allergy drops are not covered by most insurances. For the allergy drops we charge \$110-\$160 (depending on how many treatment vials you need), every 3 months for 3 years of treatment. Depending on your insurance coverage and deductible requirements, the actual out of pocket expense between shots and drops may be very similar. The difference is that the costs of the drops may not be applied towards your deductible. Check with your insurance.

### **How Do I Get Started?**

Start by getting skin tests for the local pollens, molds, dust mite, trees, grass, weeds, pets, etc. Once we have the results, we can make allergy shot/drop vials containing exactly what you need to treat your allergies.

Steven Weatherspoon, DO and his staff perform allergy skin tests and allergy shots at our Spanish Fork location. Call **801-798-7301**, and ask to schedule an appointment with one of Dr. Weatherspoon's staff.

Steven Weatherspoon, DO • 801-798-7301 • 336 W 100 S Spanish Fork, UT 84660