

What Are Allergy Injections?

- Commonly known as “allergy shots,” they are a series of injections designed to control your allergies.
- Allergy shots are not a medication. Medicines treat the symptoms of allergies, while allergy shots treat the cause.

Who Should Consider Receiving Allergy Injections?

- If you have moderate to severe allergies
- If you have sinus problems or asthma due to allergies
- If you have severe cat or dog allergies and can't always avoid them
- If you don't respond to allergy medications or would like to avoid longterm use of those medicines
- If you are able to commit to a regularly scheduled treatment plan
- If you have allergies to stinging insects (bees, wasp, etc.)

What Are the Benefits?

- Patients treated with allergy shots are expected to have a marked decrease in allergy symptoms as well as a marked decrease in the use of allergy medications.
- Symptoms like fatigue, poor concentration, headaches, ear and sinus infections can also be improved.
- Children treated with allergy shots are less likely to develop new allergies and are less likely to develop asthma.
- Asthma and sinusitis episodes will usually be decreased.
- Over 87% of Colorado Allergy and Asthma Centers, P.C. (CAAC) patients surveyed who receive Allergy Injections noted that their allergy symptoms have improved.

When Will I See the Benefit?

You may begin to see the benefits of allergy shots during the build-up phase, but it may take several months on the maintenance dose to start seeing significant results. On average, maintenance treatment is continued for three to five years. After you stop the shots, sustained benefit for several years is expected.

How Do Allergy Injections Work?

- Allergy shots work like a vaccine. We are gradually “immunizing” you to the specific allergens (pollens, animal danders, molds, and/or stinging insects) to which you are allergic.
- Your immune system develops a stronger tolerance to those allergens.

Allergy shots occur in two phases:

1. **Build-up phase:** The frequency of injections generally ranges from 1 to 2 times per week for about 3 to 4 months. If you elect “cluster” allergy shots, you can reach a maintenance dose in 7 weeks.
2. **Maintenance phase:** This begins when the highest dose that can be tolerated is achieved. Once this happens, a regular schedule of weekly to every 2 weeks the first one to two years is continued. Thereafter every 3 to 4 weeks for 3 to 5 years.

What Is My Commitment?

- **Attend** – to a regular shot schedule of weekly to every 2 weeks the first one to two years; thereafter every 3 to 4 weeks for 3 to 5 years.
- **Remain** – in the office 20 minutes after receiving the injection to monitor for any adverse reactions, or 30 minutes after Venom Therapy for stinging insects.
- **Meet** – with your CAAC physician at least once a year so that your progress can be monitored.

Will I Experience Any Negative Reactions?

Allergy shots are, in general, extremely safe. However, we are immunizing you to allergens you are allergic to, so reactions to the shots can occur.

Two types of reactions can occur:

1. **Local reactions:** Redness or swelling can appear at the injection sight and are fairly common. Sometimes, local swelling can occur several hours after your injection.
2. **Generalized (“systemic”) reactions:** These reactions may involve itching, hives, or worsening of your nose and eye symptoms. Rarely, a more serious systemic reaction called “anaphylaxis” can develop. Symptoms can include swelling in the throat, wheezing and shortness of breath, stomach cramping, or dizziness. They require **immediate** treatment and respond quickly to medications.

Most of these reactions develop within 20 minutes after the injection, which is why it is important for you to remain in the office for that period of time.

What Is My Financial Responsibility?

- A majority of health insurance companies provide Immunotherapy as a covered benefit and will cover the majority of costs.
- Two fees are associated with allergy shots: The cost of the extract and the injection.
- Copays, co-insurance and/or deductibles may apply.
- CAAC will assist you with Insurance Verification by giving you an estimate of benefits and "out of pocket" costs.

How Do I Get Started?

- Talk with your CAAC physician to see if allergy shots are right for you.
- Contact your insurance company so you understand your financial responsibility, then call us to prepare your allergy vaccine (extract).
- Our Antigen Lab will prepare your extract. This will take 1 to 2 weeks.
- Once your extract is ready, we'll contact you and you can start right away.
- Injection hours are specific to each office. No appointment is necessary.

What Is Sublingual Immunotherapy?

- An alternative allergy treatment in which allergens are placed under the tongue ("sublingual") rather than by injection.
- Europe has been using sublingual immunotherapy for many years; these patients have not responded as well as those treated with injection therapy.
- Sublingual immunotherapy is not an FDA-approved treatment and is being evaluated in clinical trials in the US. Therefore, CAAC physicians will continue to monitor the progress of this treatment.

Hours

Our 9 Clinics are open from 8:00 am - 5:30 pm and are closed for lunch 11:30 am - 1:00 pm. Most are open Monday - Friday and three of our offices are also open Saturday morning. However, each clinic has varying allergy injection hours so please speak to the specific clinic staff for exact allergy injection office hours or visit our website at: www.coloradoallergy.com

Locations

Brighton Office: 303-654-1234
1929 E. Egbert, Ste. C, Brighton, CO 80601

Broomfield Office: 303-428-6089
340 E. 1st Ave., Ste. 307, Broomfield, CO 80020

Centennial Office: 303-632-3694
14000 E. Arapahoe Rd., Ste. 240, Centennial, CO 80112

Denver Office / Lowry Campus: 720-858-7600
125 Rampart Way, Ste. 100, Denver, CO 80230

Fort Collins Office: 970-221-1681
1136 E. Stuart St., Bldg 3, Ste. 3200, Ft. Collins, CO 80525

Greeley Office: 970-356-3907
7251 W. 20th St., Bldg. N, Ste. 1, Greeley, CO 80634

Highlands Ranch Office: 303-795-8177
9331 S. Colorado Blvd., Ste. 100
Highlands Ranch, CO 80126

Lakewood Office: 303-420-3131
1667 Cole Blvd., Bldg. 19, Ste. 200, Lakewood, CO 80401

Southwest Office: 303-971-0311
6169 S. Balsam Way, Ste. 360, Littleton, CO 80123

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Allergy Injections

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To Know*



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