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– get answers to important questions
about hypersensitivity and allergies from
respected doctors.

ALLERGIES GOT YOU DOWN?

SIT: help for your immune system



This guide was created
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LETI Pharma – experts for allergies and skin.
More freedom and quality of life for patients.
That is our mission.

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ALLERGIES GOT YOU DOWN?

Allergen-specific immunotherapy

When people have allergies, their immune systems react too strongly to otherwise harmless substances known as allergens.

Allergen-specific immunotherapy, or SIT for short, is the only method of treatment that is capable of addressing the root cause of an allergy and providing long-term relief. SIT is sometimes also referred to as hyposensitisation or desensitisation.

The idea behind SIT is to slowly get the immune system used to a substance by training it to see an allergen as something normal rather than as something it needs to fight. To this end, patients are regularly exposed to small amounts of an allergen. Over time, the doctor increases the amount until the highest dosage has been reached.



4 out of 5

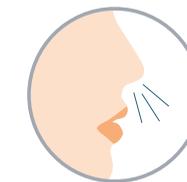
patients are able to significantly reduce their
allergy symptoms through SIT.

For SIT to be successful, patients have to
actively commit to three to five years of
treatments.

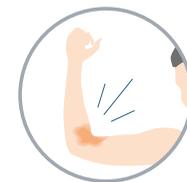
The more the immune system gets used to an allergen, the less severe the symptoms. In the end, a patient's body should ideally react to the substance the same way a person without allergies does: not at all. At least three years of treatment are usually required for SIT to be successful.

People with allergies often have more than one allergy-related condition, such as asthma or allergic dermatitis. Starting SIT as soon as possible helps to relieve hay fever symptoms and reduce the risk of developing allergic asthma as part of a process known as atopic march. SIT can also help to clear up allergic dermatitis.

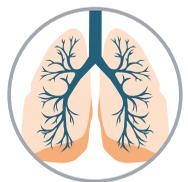
Allergic rhinitis



Allergic dermatitis



Asthma



GOOD TO KNOW

Forms of SIT: injections or pills

There are two forms of allergen-specific immunotherapy:

- Subcutaneous immunotherapy (SCIT) involves getting injections of an allergen from a doctor. Patients get injections every four to six weeks.
- In sublingual immunotherapy (SLIT), a patient allows a solution or pill containing an allergen to dissolve under the tongue for several minutes every day. The patient is responsible for sticking to the course of treatment.

SIT takes at least three years. According to all clinical studies, treatment is most successful if sustained for this period of time. Regular injections every four to six weeks, without interruption, or the daily administration of a pill provide the best protection from allergens.

Children aged five and up can also use SIT. Treating the root cause of an allergy at an early age is advisable to reduce the risk of allergic sniffles and sneezing progressing into allergic asthma. SIT also reduces the likelihood of developing additional allergies.

SIT has no age limit! Even senior citizens can benefit from the treatment.

Health insurance pays for the cost of SIT.

GUIDE TO HYPOSENSITISATION

Who can benefit from SIT?

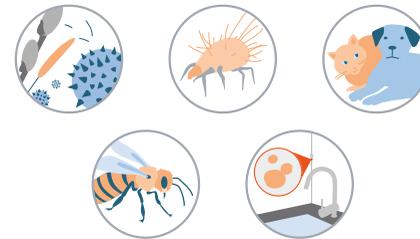
It is important to talk to an allergist first and define a particular allergen before starting allergen-specific immunotherapy.

SIT can be used to treat allergic reactions to the following triggers:

- Tree, grass and weed pollen
- Dust and storage mites
- Animals
- Insect venom
- Mould

Patients with multiple allergies can also take advantage of this treatment option. It may even be possible to treat two or three allergens at the same time using SIT. Talk to your doctor about whether SIT is right for you and about the kind of treatment that will work best.

For more helpful tips, visit www.leti.de



What you need to know about SIT:

- Do not stop SIT, even if your symptoms improve!
- On days when you get SCIT, take it easy on your body, and avoid saunas and sporting activities.
- Side effects may include itching and irritation in the mouth or throat (SLIT) or swelling, redness and itching at the site of injection (SCIT). Rare side effects include fatigue, headache, trouble breathing or circulation problems.
- SIT may be used during pregnancy if well tolerated. Doctors advise continuing SIT during pregnancy in the case of life-threatening allergies. However, patients should avoid *starting* SIT during pregnancy.
- SIT should not be used, or should only be used with extreme caution, in patients with autoimmune diseases, cardiovascular diseases, a weakened immune system, kidney conditions, severe asthma, restricted lung function and acute tumours.

Skincare for people with allergies

LETIAT4 is a medical skincare line specially formulated for the skin of people with allergies* and allergic dermatitis. All products help to relieve the four typical symptoms: dryness, itchiness, irritation and infection.

People with allergies should apply LETI AT4 twice a day to maintain an optimum skin barrier function.



GET YOUR FREE SAMPLE**

Order your free sample of LETIAT4 today and start pampering yourself: www.leti.de/gratisprobe

*Type I allergies such as hay fever or allergic asthma
** While stocks last

www.leti.de The new LETI guide online – with even more tips and knowledge for people with allergies