



Treating Allergies

More than fifty million people suffer from allergies and for years a local clinic has provided allergy relief for people across the country.

At Allergy Associates in La Crosse around fifteen thousand patients are treated each year and many patients receive a skin test. Something's that are treated are mite, ragweed, grass, birch, and tree mix. Based on the skins reactions to the antigens they decide how to treat a patient.

Allergy shots are a common way to treat allergies but they require repeated visits. Through a different procedure, Allergy Associates helps identify and treat the cause of allergies... not just the symptoms. A process called sublingual immunotherapy allows patients to put allergy drops under their tongue.

Dr. Mary Morris says, "This is what the bottle looks like. You just place it under your tongue and squirt... hold it for about a half a minute and that's it."

The drops are a small dose of what the patient is allergic too and it allows the body to build a tolerance to a specific allergen.

"We reach a point where even if a person is outside in August and September they should no longer have allergy symptoms," explains Morris.

The treatment is especially beneficial for children or people with severe allergies. Paige Escher suffers from allergies to peanut butter, milk, dust mites and mold to name a few. She has been a patient since 2005 and comes all the way from Mason City twice a year to get prescription refills and skin tests to make sure the treatment is working.

"I'm getting a lot better," says Escher.

A recent study completed by the University of La Crosse has had similar results. Ninety percent of patients using the drops had partial or complete relief of allergy symptoms.

Paige's mother Kristin says, "The other alternative was to just keep increasing the medications she was taking. She was getting quite a regimen she had to go through every morning and evening to take all this stuff and battle it. I'd rather cure it."

The long drive to the clinic is something many are getting used to. Allergy Associates treats patients across the country... and for Paige Escher it's worth it.

“You can see the improvements in the measurements on her arm, and that’s an indication that the drops are working,” says Kristin Escher.

For more information on the clinic visit www.lacrosseallergy.com.



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