

Mountain Cedar Allergy?

Find out how you could end your symptoms

Cedar fever sweeps through the area during the winter months, causing misery to many people. Mountain cedar trees create an immense amount of pollen that can travel up to 100 miles with a gust of wind. They are visibly taunting, showing huge clouds of pollen being released into the air when a strong wind, or a shake of the tree, ensues. Consider an allergy treatment that could end cedar fever symptoms — preseasonal allergy drops!

What is preseasonal allergy drop treatment?

- Taking accelerated sublingual immunotherapy (allergy drops) with higher doses of mountain cedar antigens prior to the cedar fever season, helps you better tolerate the pollen once the season hits.
- Treatment, which uses a more rapid dose escalation, begins eight weeks before peak allergy season. Patients already on allergy drops continue their regular dosing treatment into the season.
- A “booster” to year-round allergy drop therapy and can provide additional seasonal symptom relief.
- A simple solution to help you feel better seasonally while you continue your existing allergy drop treatment.



Who are the best candidates for preseasonal allergy drop treatment?

- Those who suffer from strong cedar fever symptoms:
 - Sneezing fits
 - Runny nose
 - Itchy, burning or watery eyes
 - Headache
 - Itchy or sore throat
 - Exhaustion
- Those who have been on inhalant drops, including seasonal allergens, for at least six months.

What are the benefits to preseasonal therapy?

- Additional seasonal symptom relief.
- May shorten the overall course of your immunotherapy.
- While the long-term goal of multi-antigen allergy drops is to build your tolerance to all of your allergies, preseasonal therapy helps provide short-term relief and dampen the allergic response to an especially strong seasonal allergy.

What other allergens can be treated with preseasonal therapy?

Preseasonal treatment can be used for a number of environmental allergens that have a strong regional presence such as trees, grasses, weeds, dust mite, and alternaria mold.

When should I start preseasonal sublingual immunotherapy?

Eight weeks before the offending allergy season starts.

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What is the dosing/frequency for preseasonal allergy drop treatment?

You get a two-vial set of the seasonal treatment and start with one dose under the tongue the first day (one dose is equal to one full pump depression with the dispenser). Doses are increased by one dose per day until you have reached a total of 10 doses per day. Continue 10 doses per day until both vials are gone. We recommend you split your doses — 5 doses in the morning and 5 doses in the evening.

Can you benefit from taking only preseasonal allergy drops?

People can benefit from preseasonal therapy by itself, but year-round therapy is better. Year-round therapy helps build long-term tolerance, whereas preseasonal therapy is designed to provide short-term symptom relief.

What are common side effects from preseasonal treatment?

Side effects are typically minor and temporary. They may include oral itching/itchy mouth, mild onset of allergic rhinitis, stomach aches or sinus headaches and congestion.

How do I manage symptoms/side effects?

You can pace/slow down the escalation of drops, and back down to the dose where you did not experience side effects. Consider adding an antihistamine. Call us for more details or if side effects become bothersome.

What's the next step?

If you're interested in more information about our preseasonal allergy drop treatment and whether it might be right for you or to make an appointment, please **contact us at** (###) ###-####.

Sincerely,

Provider's Name

Practice Name

