

## **FREQUENTLY ASKED QUESTIONS**

### **AIRBORNE ALLERGY TESTING**

#### **How does Hotze treat airborne allergies?**

We treat allergy by using the old adage: "Fight fire with fire." By giving a dose, either sublingually (under the tongue) or by injection, of the very substances to which a person reacts when he inhales these substances, we can build up a good blocking antibody, IgG, which blocks the allergy reaction. The allergy treatment is an immunization, which desensitizes the individual to the allergens to which he is reacting.

#### **What does airborne allergy testing mean?**

Many doctors test patients to "see what they are allergic to." However, we take a different approach. Our testing tells us how to tailor your set of airborne allergy immunotherapy drops especially for you. Test results predict our treatment dose of each antigen. This will "train" your immune system so it no longer overreacts to normal substances in your environment.

#### **What items are tested with airborne allergy testing?**

In total, we test for approximately 40 allergens. These include various kinds of pollens, molds, animal dander, dust & dust mites commonly found in the environment.

#### **How is the test performed?**

It is a blood test.

#### **Will the testing show what I'm allergic to?**

No. The test results do not show what you are allergic to; they serve only to establish the correct dose of antigens to use in creating your custom-mixed allergy drops. Essentially, testing provides a recipe for mixing your drops according to the level of antibodies you have to the various allergy offenders. The antibody level has no relationship to the severity of symptoms caused by that item. The proper dose will, however, retrain your immune system so it does not overreact.

#### **How do I schedule airborne allergy testing?**

Call the front office at (281) 579-3600 or (877) 577-1900 and request this testing be ordered.

#### **Why did I not receive the results of my airborne allergy test?**

You did not receive your results because the results can be confusing and are only utilized by your provider to create your custom-mixed allergy drops.

If you would like a copy of your results, they can be mailed or faxed to you, upon request. Please remember though, that these are only meaningful in that they correlate to the treatment dose of each item.

## **ALLERGY DROPS**

### **How do the allergy drops work?**

The treatment of inhalant allergens, using injections or sublingual drops, builds up blocking antibodies (IgG) which block the allergy reaction.

### **Do allergy drops cure allergic symptoms?**

No, they alleviate symptoms but do not change your genetic makeup.

### **When will I receive my first vial of allergy drops?**

Typically, you should receive your first vial of drops 6-8 weeks after the initial blood sample was collected.

### **How do I use my allergy drops?**

- For the first week, dissolve 1 drop under the tongue once per day.
- Starting the second week, dissolve 1 drop under the tongue twice daily.
- Starting the third week, dissolve 1 drop under the tongue three times per day.

The drops are most effective when taken three times per day instead of all at one time. Overall, the more they are split, the better they work. If 3 drops are done together, they will still help. However, the more they are split, the better they work long-term.

### **How should I take my allergy drops if I don't want to take them to school or work?**

Use your first drop upon waking, the second drop when you return home from school or work and your third drop just prior to bed.

### **How do I ensure that I'm not placing more than a drop under my tongue at a time?**

Look in the mirror while placing the drops in your mouth. This is very important because you might take too little or too much which could affect your treatment and cause you to run out of drops sooner. However, an occasional error will not be harmful.

### **My allergy drops are not lasting 10 weeks. What should I do?**

Contact our allergy lab and the amount of drops will be adjusted accordingly. Because you generally can't feel the drops, you need to look in the mirror when administering them in order to tell if you are using the correct amount of drops. Keeping them by your toothbrush is a good idea, because you can administer them after brushing your teeth!

### **Do I need to start over if I skip a week of allergy drops?**

If you skip a week, simply restart the drops as directed in your allergy drop letter.

### **What happens if I forget to take my allergy drops one day?**

It is okay! If you forget to take your allergy drops one day, do not double up the next day. Take them as soon as you remember. Treatment is safe enough to be restarted over a week or even a month after forgetting!

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### **Should I stop taking my allergy drops if I become sick at any point?**

No, it is not necessary to stop taking your drops if you become ill UNLESS you feel it is the drops causing you to feel that way. If this is the case, please stop the drops and contact our office.

### **How should I store my allergy drops?**

Your allergy drops DO NOT need to be refrigerated. You can store them in a medicine cabinet or somewhere convenient at room temperature, assuming an air-conditioned house. Make sure your vial sits upright at all times as it could leak out if it lies on its side. Please also make sure that you screw the dropper tip back tightly to ensure the drops do not evaporate.

### **How should I travel with my allergy drops?**

You can travel with your allergy drops just as you would any other medication; however, we do have convenient travel cases that we provide at no charge if you would prefer. This will prevent your vial from leaking and/or getting crushed in transit. To request your "travel case," please contact the allergy lab at (281) 579-3600.

### **Can I ship my allergy drops with my prescriptions or supplements?**

Due to privacy regulations we are not allowed to combine items from any of the three businesses. However, the allergy drops are mailed through the Postal Service (USPS), so you will NOT be billed for shipping. We ship two weeks before your next start date to allow for shipping time. Your drops will be billed at that time.

### **How long will it take to experience relief or improvement of my symptoms?**

It usually takes about 6 months before you will notice an improvement in symptoms. If at the 6-month mark you have not noticed an improvement in symptoms you should contact a phone nurse to assess whether an adjustment to your dose needs to be made.

### **How long will I need to take the allergy drops?**

You will likely need to take the allergy drops the rest of your life. However, if you are symptom-free for 2-3 years (3-5 years on drops total), you may stop the drops or decrease the dose and reassess how you feel. We recommend you coordinate this with the allergy lab.

Once you have complete resolution of symptoms you may decrease the use of your drops by using 1 drop per day or using every other day.

## **FOOD ALLERGIES & SENSITIVITIES**

### **What is Alletess Food Allergy Testing?**

Alletess Food Allergy Testing measures different antibodies to many common foods.

The 7 most common food allergens are: yeast, wheat, soy, milk, corn, eggs and coconut. These foods in particular may cause hidden symptoms that are delayed and easily missed. Shell fish, nuts and pineapple are also pretty common, but their reactions are more often immediate and obvious.

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These results are not definitive. The results of any type of food testing must be verified by diet manipulation. This can be very tricky so it is best to coordinate with your provider.

### **How do I order food allergy testing?**

Call the front office at (281) 579-3600 or (877) 577-1900 and request this testing be ordered.

### **When will I receive my Alletess results?**

It will typically take 6-8 weeks to receive your results. These results will be mailed to you.

### **Can you explain Alletess scoring?**

- The foods to which you form antibodies appear in red. This means they are suspected food allergies, but not definite food allergies.
- The classes range from 0 to "X". The class reflects the antibody count, but not a definite likelihood of having symptoms. This must be investigated by strict diet manipulation.

### **What is the meaning of IgG and IgE?**

These are two different antibodies that may be formed in response to allergens. Their presence is an indication that our immune system is reacting to these foods. The next step is to verify whether any symptoms occur. This is done by way of total elimination for 4-6 weeks. Again, this can be difficult and is best coordinated with your provider.

### **What is the difference between food sensitivity and allergy?**

These terms are often used interchangeably, as we are hoping to find and eliminate any foods that cause symptoms. We do not recommend getting "tied down" to these details. Others may disagree, but this how we recommend you approach the problem.

What is more important is to realize that your reaction to a given food may be severe like hives, swelling and/or wheezing. Such reactions may be life-threatening. This is called anaphylaxis. Such reactions represent a "fixed" food allergy. This is a permanent reaction. Lifelong avoidance is the only answer.

Other reactions may be immediate or delayed. Due to the fact that delayed food reaction symptoms can appear up to three days after the food is eaten, some people remain unaware of the foods to which they are truly sensitive. Symptoms may include bloating, headache, and GI discomfort along with other ailments. This is called a "cyclic" food allergy. Once eliminated for a period of time, infrequent exposure may be tolerated.

### **Does Hotze offer pediatric food allergy testing?**

Yes. For children, we offer the Pediatric Food Panel which measures antibodies to 96 common food sensitivities and the 12 most common food allergies.

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### What items are tested in the Pediatric Food Panel?

#### Pediatric Food Testing Panels: Basic 12 IgE Panel & Comprehensive 96 IgG Panel

Almond	<b>Egg White*</b>	Salmon
<b>Apple*</b>	Egg Yolk	Scallop
Asparagus	Garlic	Sesame
Avocado	Ginger	Shrimp
Banana	Gluten	Sole
Barley	Grape	<b>Soybean*</b>
Basil	Grapefruit	Spinach
Bay Leaf	Haddock	Squash
Bean-Green	Honey	Strawberry
Bean-Lima	Lamb	Sugar, Cane
Bean- Pinto	Lemon	Sunflower
Beef	Lettuce	Swordfish
Blueberry	Lobster	Tea, Black
Bran	Malt	Tomato
Broccoli	<b>Milk, Cow's*</b>	Tuna
Cabbage	Mushrooms	Turkey
Cantaloupe	Mustard	Walnut, Black
Carrot	Nutrasweet	Watermelon
Cashew	<b>Oats*</b>	<b>Wheat*</b>
Cauliflower	Olive, Green	Yeast, Baker's
Celery	Onion, White	Yeast, Brewer's
Cheese-Cheddar	<b>Orange*</b>	Yogurt
Cheese-Cottage	Oregano	
Cheese-Swiss	Pea, Green	*12 IgE
<b>Chicken*</b>	Peach	
Cinnamon	<b>Peanut*</b>	
Clam	<b>Pear*</b>	
Cocoa	Pepper, Black	
Coconut	Pepper, Chili	
Codfish	Pepper, Green	
Cola	Pineapple	
Coffee	Pork	
<b>Corn*</b>	Potato, Sweet	
Crab	Potato, White	
Cucumber	<b>Rice, Brown*</b>	
Dill	Rye	
Eggplant	Safflower	

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