

Allergy? What is it?

It is when the human immune system attacks otherwise **harmless substances** from the environment and nature, even though they do not pose any risk whatsoever to health. This leads to inflammatory processes within the body's tissues or organs.

Typical symptoms include:

- Itchy, watery eyes
- Runny or blocked nose
- Asthmatic symptoms
- Itchy skin and/or a rash (e.g. hives or neurodermitis)
- Abdominal pain and/or diarrhoea

Altogether, about **20% of the German population** are affected by allergies. In addition, breathing problems and asthma also develop over the years in about 30 % of patients with hay fever. This further development of the allergy is also referred to as allergic march, allergy disease progression or "allergy career".

Common allergy triggers include:

- pollen (from trees, grasses or herbs)
- house-dust mites
- mildew
- animal hair
- insect venom
- certain foods



Can an allergy be cured?

Specific immunotherapy, also known as **hypo-sensitisation**, is the only treatment method that addresses the cause and can lead to a long-lasting improvement of an allergy, even to the extent of a complete relief of symptoms.

Hyposensitisation - your treatment for allergy!

During hyposensitisation, small, progressively increasing quantities of exactly those substances (allergens) that cause an allergic reaction are introduced into the body. This results in a **"familiarisation"/"tolerance"** of the immune system to the allergens. The treatment usually takes three to five years.



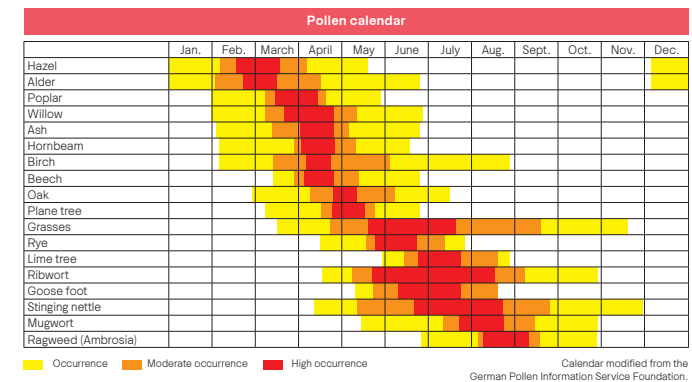
Consult a doctor specialising in treating allergies before the next pollen season!



When is the ideal time for your allergy treatment?

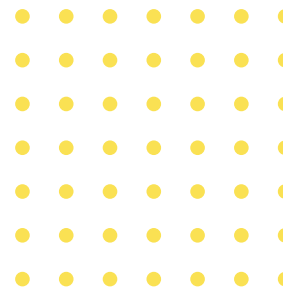
This can be at any time throughout the year or, when treating pollen allergies, also for only a limited period before or after the pollen flight. Sufferers from hay fever should preferably start their treatment during the pollen-free period, e.g. in the **autumn**.

Your allergy specialist will accompany and support you during your treatment.



You will find more information on the subject of allergy and hyposensitisation, pollen alerts and other tips on allergies by visiting: **meineallergietherapie.de**

Comprehensive information and tips on allergy, airway and skin issues can be found on the internet pages of the **German Allergy and Asthma Association (DAAB): daab.de**



Allergies & hyposensitisation -

An explanatory film for patients

- Why does my body have an allergic reaction?
- How does allergen-specific immunotherapy actually work?
- What needs to be considered?

The film provides answers to these and other questions. With the best wishes for your health!

The film is currently available in German and English.



meinallergiefilm.de



Suspected allergy?

Test yourself now!

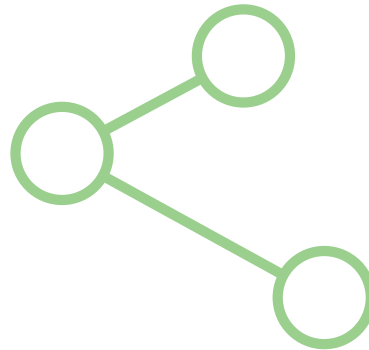
Itchy eyes? Do you sneeze often?
Test here whether your symptoms are a sign of an allergy. Test yourself at: **meinallergietest.de**

If a suspected allergy is confirmed, please consult an allergy specialist!

Looking for an allergologist?

You can find an allergologist near you by visiting: **meinallergologe.de**

Please note: All websites are currently only available in German.



Itchy nose? Watery eyes?



Finally able to breathe freely again! Start your allergy treatment now!

Information on allergy & hyposensitisation issues.