

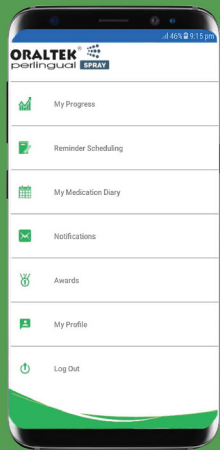
## Oraltek Mobile Application

Adherence to the therapy is a very important contributing factor to the success of your treatment. This mobile application can help you to adhere to your Oraltek prescription.

This is specially designed with the patients in mind and it is also a way for your doctor to monitor your progress.

For more information, visit us at:  
[www.allerimmune.com/patient-mobile-app](http://www.allerimmune.com/patient-mobile-app)

## Download the Allerimmune App



1. Search for Allerimmune on your App store/Google Play
2. Download the free app
3. Sign up for an account
4. Ask your clinic for the clinic code
5. Fill up the information including the type of treatment stated on your Oraltek box

## Application Features

1. Customised alarms to help you stay on track
2. Daily monitoring of symptoms

## Download Allerimmune now!



# Did you know your Allergy can be treated?



**Allergen immunotherapy**  
*“is the Only treatment capable of modifying the natural history of allergic disease”*

(World Health Organisation, 1998)

Distributed by:



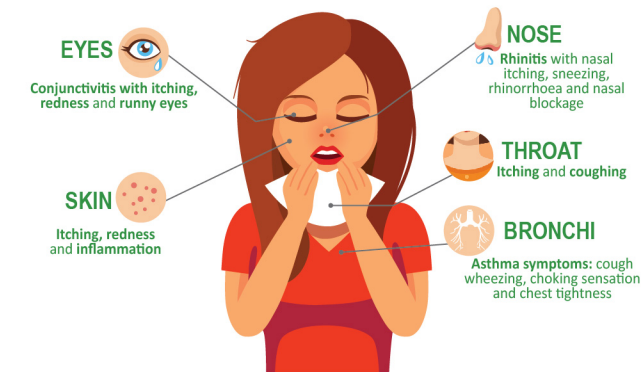
**Tembusu Healthcare Pte Ltd**  
1 Scotts Road #24-10 Shaw Centre Singapore 228208  
Email: [info@tembusuhealthcare.com](mailto:info@tembusuhealthcare.com)

## What is Allergy?

An allergy is an excessive response of the body immune system to a normally harmless substance, an allergen. The most frequent allergens are mites, pollen, animal dander and fungi.

When your body reacts to an allergen, the immune system will release histamine which causes inflammation & discomfort, and may even lead to severe life-threatening reactions.

## Symptoms of Allergy



## Diagnosis

For your doctor to detect the allergen(s) responsible for triggering symptoms, your doctor will ask about your allergy history, medical history and lifestyle.

A skin prick test or IgE blood test could then be done to identify what patients are allergic to.

- Skin prick tests are usually painless and performed by putting a drop of suspected allergen extract with a micro-needle on the forearm.
- IgE blood test requires a blood sample and can be taken to test for allergen-specific IgEs.

## How Allergies Affect You?

- Lack of sleep and constant fatigue
- Restriction of extra-curricular or sports activities
- Reduce school & work productivity
- Deterioration of taste and smell
- Anxiety and depression
- Social embarrassment
- May hamper proper growth with the development of **Allergy March**

**Allergy March:** is a series of allergic diseases that follow a defined path as the allergic patient ages.

- Eczema typically occurs between birth and 3 months of age.
- Gastrointestinal issues related to food allergens are typically seen in the second year.
- Allergic rhinitis and other upper respiratory conditions due to inhaled allergens generally occur between the ages of 3 and 7.
- Recurrent otitis media or middle ear infections occur between ages 3 and 7.
- Asthma is usually diagnosed between the ages of 7 and 15.



## Co-relation of Allergy Rhinitis & Asthma

Asthma is the major complication of allergic rhinitis

- 70% of asthmatic patients started with allergic rhinitis
- 50% of patients suffering from allergic rhinitis present symptoms of asthma

## What causes Asthma attacks?

Asthma is usually triggered by allergens. Your doctor will be able to help with diagnosis.

## What can you do about allergies?

- **Avoidance** but it can be a challenge if the allergen is caused by dust mites
- **Medication** such as nasal spray and anti-histamine are commonly used to treat allergies and can help in the relieve of the symptoms of allergy rhinitis
- **Sublingual Immunotherapy** is the only treatment for allergic rhinitis as it targets the root cause of allergy.

## What is Sublingual Immunotherapy (SLIT)?

Sublingual Immunotherapy is a form of therapy aimed at desensitizing the body towards a specific allergen that causes the allergic reaction and modifies the body's allergic responses gradually over time. It is administered via under the tongue.

The recommended duration is 3 to 5 years. It has been documented to have persistent effects of up to 10 years.

SLIT is also a common treatment for patient with asthma and allergic rhinitis and proven to be very safe.

**“SLIT is now accepted as a viable alternative to the traditional injection route based on more than 40 clinical trials and several meta-analysis on efficacy. In addition, the safety profile is very favourable, also in younger children”**  
World Allergy Journal, Apr 2008.

## What can SLIT do for you?

- It is the only solution that treats the origin of the disease
- Reduces the risk of developing asthma
- Reduces and eliminates the allergic symptoms
- Reduces the consumption of medication
- Reduced risk of developing new allergies in the future
- Improves quality of life

## How successful is SLIT?

SLIT has been in use since 1980. Studies have shown that SLIT has a success rate of 80% and is very good for inhaled allergens (pollen, house dust mites, and animal fur) that are mostly responsible for allergic rhinitis.

The effectiveness of immunotherapy is related to the length of treatment program. Adherence to immunotherapy treatment has shown to offer long-lasting results and has preventive effect of developing new allergies.

WAO position statement, 2008

# ORALTEK PERLINGUAL SPRAY

## What is Oraltek Perlingual Spray?



Oraltek is a Sublingual Immunotherapy indicated for the treatment of allergic respiratory diseases (e.g. rhinitis) in children (over 2 years old) and adults. Each vial (9mL) is a pineapple flavoured solution containing allergen extracts. It is sprayed under the tongue to desensitize the body towards the specific offending allergen.

The dispensing mechanism with a dosing pump allows for wider oral mucosa exposure which is more effective treatment than when administered in drops.

## How do I administer Oraltek?

When using a new vial, make sure to prime the dosing pump by pushing down on the spray button firmly 2-3 times.

1. Gently remove plastic seal from one of the bottles
2. Gently shake the bottle

3. Rotate the nozzle sideways
4. Lift your tongue and direct nozzle under your tongue and **spray TWICE under the tongue daily.**
5. **Hold the solution in the mouth for ~ 1 minute then swallow.**
6. Rotate nozzle back into its original downward position and store accordingly.

Oraltek must be administered before meals, preferably on an empty stomach and always at the same time of day. It is also recommended to not brush your teeth for at least 15 minutes after administration, so as to not disturb the oral mucosal area.

## Do I stop taking other medications when you are on Oraltek?

Patients are advised to continue with their standard medications when they start on sublingual immunotherapy treatment, but will see that there is a reduced need for such medications after a few months of treatment and some may not need any medication after 1 to 2 years of treatment.

Most medications are compatible with Oraltek. Please consult your local physician for advice.

## How effective is Oraltek?

The efficacy of SLIT is determined by:

- Reduction of allergic symptoms
- Reduction in amount of medication taken to control the symptoms.
- Improve Quality of Life

As a general rule, some improvement on both of these counts can be expected within the first year of treatment. If no improvement is observed within 9 to 12 months, the doctor might repeat the diagnostic procedure and review whether it is worth continuing with the desensitization protocol.

**The key success in immunotherapy is that the patient follows the treatment in all respects throughout the duration of treatment.**

## How safe is Oraltek? What are the Common Side Effects?

Administering via spraying will cover a greater oral mucosal surface area than drops, thus there is a lower risk of local adverse reactions such as itching, burning and swelling which are usually transient if it occurs.

In our clinical study<sup>^</sup>, only 1.7% of patients reported transient mild adverse reactions. The presence of local reactions does not imply that treatment should be interrupted or postponed.

## How long is the treatment?

3 - 5 years

## What if I sprayed too many times?

Take the next dose as scheduled. You may experience some common side effects (e.g. mild heat and/or discomfort in your mouth). If you experience any of such side effects, inform your doctor.

## What if I forgot to spray?

Spray as soon as possible. However, if it's almost time for your next dose, skip the missed one and go back to your regular dosing schedule.

## Can I stop the treatment before 3 years?

It is recommended to persist treatment for 3 years to improve tolerance. If stopped prematurely, the symptom improvement may not last for long.

## Can I take Oraltek with other medication?

Most medicine is compatible with the administration of Oraltek. Please consult your local physician for advice.

## How do I store Oraltek?

Oraltek is stable for up to 1 year in temperature of up to 30°C. This means that cooler bags are not necessary whilst on-the-go (e.g. during overseas trips or school camps). But for prudence sake, we still request you to store your Oraltek in the refrigerator (2-8°C) while at home. **Do not FREEZE** and do not use **PAST EXPIRY DATE**.

## What happens when I travel?

A treatment break of more than 1 week is not recommended. For a short holiday (about 1 week) treatment can be interrupted.

<sup>^</sup> KÖhlmoos et al. Allergo J 2009; 18, S53:S61

