

Asthma and hay fever allergies are nothing to be sneezed at!

The community is set to benefit from new hay fever and allergy treatments available at Springs Medical Daylesford.

The new medically proven treatment builds hay fever and allergic rhinitis resistance and even immunity and may mean that desensitising injections are not needed.

Australia has the world's highest asthma rates and 30 percent of Australians suffer from allergic rhinitis, or hay fever as it is more commonly known.

Worryingly, there were 419 asthma deaths in Australia in 2014 and thunderstorm asthma contributed to nine deaths in one day during the severe 2016 Melbourne thunderstorm event.

People suffering from allergies typically feel under attack as their system responds to things such as grass, pollen or house dust mite with sneezing, runny eyes, runny noses and itchiness. These allergic symptoms can also simultaneously trigger asthma, wheezing, shortness of breath and latent asthma.

However, it is possible to build up your immune system gradually to diminish or even switch off allergic responses through a process known as desensitisation.

Desensitisation has been proven to reduce the severity of hay fever symptoms – and saves money on hay fever medications. It also reduces the number and severity of allergic asthmatic attacks.

Traditional treatment processes involve weekly injections for up to three years and sitting in a clinic for an average of 15 minutes after each injection.

Now, an oral desensitisation process can allow patients to continue their treatment at home after the first three doses.

Springs Medical desensitisation lead GP Dr Albert Ip is working alongside leading Australian asthma and allergy specialists to bring oral desensitisation to the Hepburn area.

A number of Springs Medical nurses assist in new easy allergy skin prick testing to identify the grasses and dust mites causing the allergy.

Follow up discussion with Dr Ip will help to plan the best treatment and whether the patient is best suited to oral or the traditional injection treatment.

Dr Ip said "Oral desensitisation makes it easier for patients to have better control over their condition. After the first 3 doses, you can do the rest at home.

People want to avoid the cost and side effects of taking too many medications, which are often not effective anyway".

Patients tell him that there are less time off school or work sick days, there is better ability to exercise and there is less need to avoid the great outdoors after they build their immunity through desensitisation.

The therapy does come at a cost of up to \$150 a month, but only for a fixed period of time compared to a lifetime of taking antihistamines and other allergy medications. This may be a small price to pay for investing in good health and improving your wellbeing and reducing chronic symptoms. Some private health insurance policies with pharmacy extras may cover part of these costs.

This service is currently available for patients aged sixteen years and over. Please discuss with your own GP or make an appointment with Dr Albert Ip.

Advertorial - Photo: Kyle Barnes. Words: Dr Albert Ip



ORAL ALLERGY DESENSITISATION

now available at Springs Medical Daylesford

Did you know that you can desensitise against some pollen and dust mites using a tablet now?

No more weekly injections! Instead you can now take a tablet from the convenience of your home!

Ask your doctor whether you should have Allergy Testing at Springs Medical Daylesford.

Springs Medical at Daylesford and Trentham will be **CLOSED** on **ANZAC DAY**

WEDNESDAY 25 APRIL 2018

In an emergency always call 000

Daylesford | 10 Hospital Street | tel: (03) 5348 2227

www.springsmedical.com.au