



Advanced
ENT & Allergy

C E N T E R

How to Get Treatment for Allergies Without Leaving Your Home

Virtual Appointments, At-Home Allergy Tests
& Allergy Drops Sent to Your Door

advancedentdenver.com

introduction

Allergy symptoms can range from a small inconvenience to chronic debilitation. With our typically dry weather in Colorado, pollen from trees, grasses, and weeds is the main culprit of your sneezing and congestion. But other triggers are common, too. Mold, dust, animal dander, certain foods, medications, and insect stings can also cause a range of allergic reactions like:

- Nasal congestion
- Facial pressure
- Headaches
- Post-nasal drainage
- Sneezing
- Itchy eyes or nose
- Cough
- Sore throat
- Upset stomach
- Fatigue
- Hives
- Itchy skin
- Anaphylaxis



While diagnosing and treating your allergies may seem like a daunting process, it can actually be incredibly easy. We recognize that there are many reasons why people want to avoid coming into a medical office, especially in recent times! Whether it's convenience, safety, comfort, or something else—we want you to know that you have the option to treat your allergies entirely from home, with the same support, care, and success that you would receive in an office. **You can meet with a doctor, take an allergy test, discover your specific allergies, and treat your symptoms from the comfort of your own couch!**

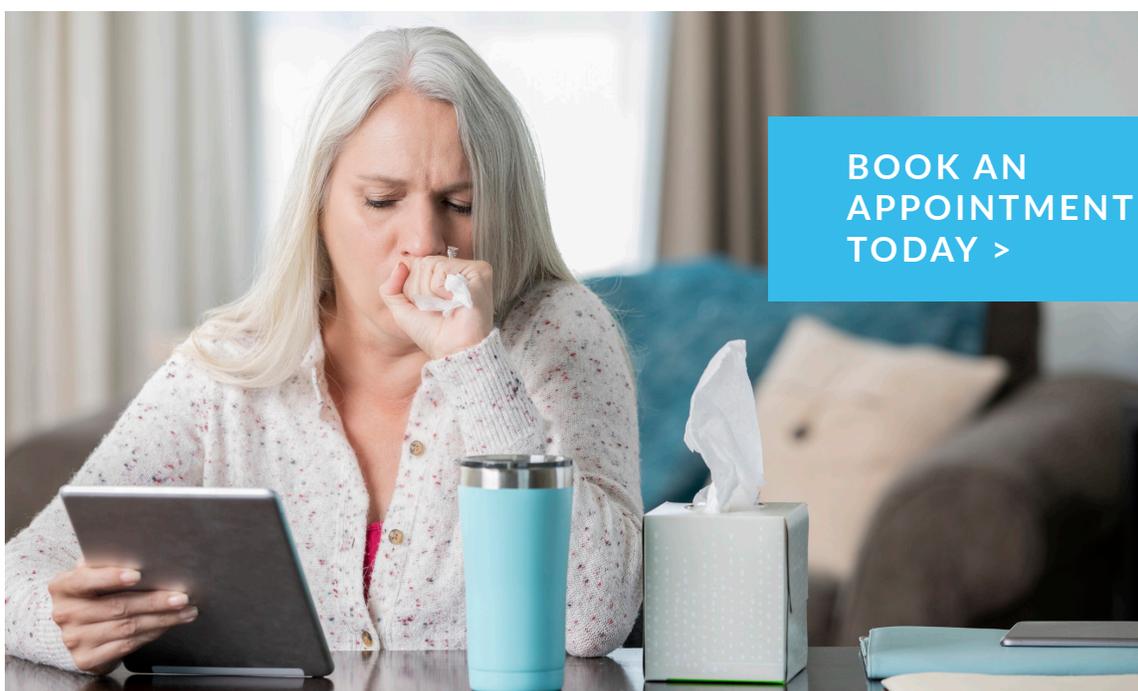
We offer you a complete guide to at-home allergy treatment, including:

- Telemedicine
- At-Home Allergy Testing
- Environmental Controls
- Allergy Drops

telemedicine

What is Telemedicine?

Telemedicine, or e-visits, is the modern version of a house call. You can connect with your doctor virtually through a face-to-face call, where you'll meet one-on-one. During your initial telehealth call, you'll have the same amount of time as an in-person visit to discuss your concerns, share your symptoms, and get an individualized treatment plan.



There are many benefits to telemedicine, including:

- Consulting with your doctor without having to leave home
- Convenience
- No time wasted waiting in an office or waiting room
- Decreased exposure to other people, germs, and environments
- Easy to review visual test results
- Option to include other family members or caretakers during calls
- Doctors can see and understand your living environment better, to offer more informed treatment plans
- Covered by most insurance plans

telemedicine

Follow-Up

During your initial virtual consultation, your doctor will determine if you need to take an at-home allergy test or prescription medications. The allergy test can be sent to you in the mail and prescriptions can be sent to you digitally. Just like an in-office visit, after your appointment, your doctor will schedule a follow-up (either virtually or in-office) to discuss testing results and next steps.



Telemedicine With Advanced ENT & Allergy

Telemedicine offers convenient, comfortable, and safe experiences for our patients. We provide the same level of care, intentionality, and professionalism in our virtual telehealth appointments as our in-office visits. We've successfully treated hundreds of patients for allergies virtually! If you're suffering from allergies that you want to treat from home, the first step is to schedule an online medical e-visit.

The telemedicine process is simple:

- 1 Call our office or use our online scheduler to set up an appointment.
- 2 You'll receive an email with the appointment link.
- 3 At your scheduled time, you'll click the link and be connected with your doctor online.

at home allergy test

In order to accurately treat your allergies long-term, you first need to know what you're allergic to. An at-home allergy test can reveal your specific allergies and the severity of each allergy through a quick one-prick finger stick test. The test is then processed in a lab, and you'll receive the same accurate results as an in-office allergy test.

The process is easy:

- 1 Schedule a virtual consultation with a doctor to determine if the at-home allergy test is right for you.
- 2 Your doctor will mail you a test kit. The kit is ready to go, with everything you need to complete the test.
- 3 Follow the instructions to collect your blood sample with a small, automated finger prick (similar to a diabetic blood sugar test).
- 4 Place the blood sample on the designated piece of paper, seal it in the pre-paid envelope, and mail it to a lab.
- 5 An allergy expert will contact you to schedule a time to connect with you virtually or in-person to review the findings of your test and next steps.
- 6 You and your doctor will create an individualized treatment plan based on your results and lifestyle.

at home allergy test



The at-home allergy kit tests for environmental allergies, including:

- Trees, grasses, and weeds
- Molds
- Pet dander (including dogs, cats, and horses)
- Dust mites
- Cockroaches

At-Home Allergy Testing with Advanced ENT & Allergy

After you complete your at-home allergy test, our office will contact you when your results are in. We'll schedule an appointment (either at-home or in-office, based on your preference) to discuss your results. During this appointment, we'll explain the findings in-detail and review options for treatments based on these results. Together, we'll establish a treatment plan that fits your unique needs. This could include environmental controls, over-the-counter medications, prescription medications, or allergy drops or shots. We can even send prescriptions and other treatments directly to your home, with no charge for shipping. When billed through insurance, the maximum out of pocket cost to the patient is \$250.

allergy drops

For many years, allergy shots were the most effective way to treat allergy symptoms long-term. However, allergy shots require frequent in-office visits over many years, and this simply isn't sustainable for most patients. Now, allergy drops, or sublingual immunotherapy, have become an easy and convenient way to treat allergy symptoms because you can take them at home with no need to visit a doctor's office.



When To Consider Allergy Drops

If you've tried allergy medications and still haven't experienced the relief you long for, allergy drops could be the right path for you. Allergy medications treat symptoms, not the root cause of allergies. However, allergy drops address your underlying issues, providing short-term symptom relief and long term relief from allergies.

How Allergy Drops Work

When your body is exposed to large amounts of an allergen, your immune system tries to eliminate it, resulting in symptoms like congestion, itchy eyes, and sneezing. Allergen immunotherapy (allergy drops and allergy shots) works by regularly exposing you to small doses of your allergen to help your body gradually stop recognizing this allergen as a threat. When you slowly introduce your body to a small amount of the allergen, your body becomes more and more tolerant, reducing its response and eventually eliminating symptoms. Most patients take allergy drops for three to five years, reporting that symptoms subside as soon as three months.

allergy drops

Benefits of Treating Your Allergies with Allergy Drops

Allergy drops have become more and more popular for many reasons, including:

- Providing long-term relief from allergies
- Convenient and easy to use
- Treatment works with your schedule
- Cost-effective (lower expenses from reducing medications and office visits)
- Saving time not driving to appointments

Allergy Drops with Advanced ENT & Allergy

Advanced ENT & Allergy was one of the first providers of sublingual immunotherapy in Colorado. We've been treating patients with allergy drops since 2004, and have seen thousands of patients experience freedom from their allergies. The reason for this success is because it's easy, convenient, and done from home. Here's how it works:

- 1 Based on your specific allergies, we can customize your allergy drops. By mixing several antigens in one bottle of allergy drops, we can treat all of your allergies at the same time.
- 2 You take your treatments at home — typically two doses in the morning and one dose at night. You'll simply put the allergy drops under your tongue.
- 3 When you run out, our office will send you the next bottle in your treatment program.
- 4 Over time, this gentle and gradual exposure to your allergens will help decrease symptoms. And your need for allergy medication will decrease, as well.

environmental controls



The best natural treatment for allergies is to avoid the allergen, if possible. If your allergy is linked to a specific food or medication, you can simply stop consuming the allergen. But oftentimes avoiding an allergen is a bit more complicated. Experimenting with some simple home remedies and making small lifestyle changes can help to alleviate your allergy symptoms.

Here are a few lifestyle changes that can help reduce allergy symptoms:

1 Avoid the allergen. This is easier when your allergy is linked to specific food, medication, or animal. But if you know you're allergic to a particular type of tree during a certain season, try to steer clear (and avoid planting any in your own yard!).

2 Close your windows. While fresh air is usually considered a good thing, during high pollen count seasons, it's helpful to keep those allergens outside of your home.

3 Purchase an air filter. High-efficiency particulate air (HEPA) filters can trap airborne irritants like pollen, dust, and pet dander, helping to reduce allergens inside your home.

4 Use nasal irrigation. Nasal sprays or a Neti pot can flush your nasal passages and clean out any pollen particles caught in your nose hairs.

environmental controls

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Eat local honey. Locally sourced honey contains the same flowers and pollen your body is allergic to. By ingesting a spoonful a day, you can reduce allergy symptoms because it gradually helps your body stop seeing these allergens as a threat.

Take herbal supplements. Certain supplements like butterbur, bromelain, allium, euphrasia, spirulina, eyebright, and goldenseal are natural supplements that help reduce allergic responses in the body.

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Change your clothes. When you spend time outside, dirt and pollen can cling to your clothes and shoes, causing allergy symptoms to continue after outdoor exposure. By changing your clothes and leaving your shoes outside, you can prevent tracking excess pollen and dust into your home.

Take a shower. A steaming hot shower not only soothes sinuses and clears nasal passages, it also helps remove allergens from your skin and hair. This prevents spreading allergens to your clothes, furniture, bedding, and other surfaces.

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Wash your bedding. During allergy season, try to wash your bedding once a week to prevent pollen buildup where you sleep.

Try a vaporizer. Inhaling steam can flush out mucus and moisten your dry nasal passages to provide immediate relief to your sinuses. You can buy a vaporizer at a store, or create your own at home with a bowl, towel, and hot water.

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While allergies are an inconvenience, treating them doesn't have to be. From start to finish, we can help you alleviate allergy symptoms and find lasting relief at home. Whether it's convenience, safety, or comfort fueling your desire to avoid a doctor's office, your experience and care will be just as effective, cost-efficient, and enjoyable as an in-person visit.

Benefits of treating your allergies at home:

- Save time by not driving to and from a doctor's office
- Avoid unnecessary exposure to germs
- Avoid waiting in an office or waiting room
- Save money with no weekly office visit copay
- Comfort meeting with a doctor in your own home
- Sustainable, successful treatment plans that you can do yourself

Advanced ENT & Allergy has been taking care of allergy patients in Denver for over 20 years. When you meet with us (virtually or in-person), we'll work to understand the root of your issues and provide specialized treatment plans that suit your needs and lifestyle. If you're ready to experience freedom from your allergies, contact us today!

“Dr. Menachof and his team walked me through a very thorough allergy test and ENT exam. Everyone was extremely nice and clearly had a great understanding of allergies and what might be causing my issues. They only advised treatment when they thought it was truly necessary. Overall great experience.”

-Eric

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