## Comparison of Allergy Treatments

### Shots (SCIT)
- **Total length of treatment**: 4–5 years
- **Route of administration**: Injection under the skin
- **Frequency of treatment**: Once per week for the first year, once every two weeks for the second year and once every 3–4 weeks for the remainder of the treatment.
- **Location of treatment**: Office
- **Risks / side effects**: Swelling and redness common, severe reactions very uncommon.
- **Covered by insurance?**: Yes
- **Out of pocket costs**: Co-pays and deductibles depending on the insurance company.
- **Office follow-up visits**: Every 3–4 months
- **Available for children?**: Yes

### Drops (SLIT)
- **Total length of treatment**: 4–5 years
- **Route of administration**: Drops under the tongue
- **Frequency of treatment**: Daily
- **Location of treatment**: Home
- **Risks / side effects**: Mild tingling and swelling in the mouth common, severe reactions rare.
- **Covered by insurance?**: No
- **Out of pocket costs**: $200 per vial, which lasts about 6 weeks
- **Office follow-up visits**: Every 3–4 months
- **Available for children?**: Yes

### Toothpaste (OMIT)
- **Total length of treatment**: 4–5 years
- **Route of administration**: Regular tooth brushing
- **Frequency of treatment**: Once or twice daily
- **Location of treatment**: Home
- **Risks / side effects**: Mild tingling and swelling in the mouth common, severe reactions rare.
- **Covered by insurance?**: No
- **Out of pocket costs**: $400 for a 3 month supply
- **Office follow-up visits**: Every 3–4 months
- **Available for children?**: Yes