Allergy Shots to Improve Day to Day Life

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Introduction

According to the Centres of Disease Control and Prevention more than 50 million Americans suffer from allergies annually. That is about 3 in every 20 people whose immune system goes into a state of alert or attack for common everyday elements. Nearly anything from the natural world can trigger it, all with a large range of effects onto people ranging from sneezing to losing consciousness (CDC). These ailments can be lessened via a few methods such as antihistamines, decongestants, along with others, however these are all temporary fixes to the issue. A more permanent fix to allergies would be down the immunotherapy route.

The purpose of immunotherapy, or allergy shots, is to expose the immune system to controlled levels of allergens injected into the muscle tissue, typically in the arm and needing to be