

LDA FAQ

LDA Frequently Asked Questions

Q. I only have allergy symptoms in the spring. Will LDA work for me?

A. Yes, since you can get LDA shots intermittently, LDA should work well for you. You would only need one treatment per year, just before your season. The only reason to get more than one LDA treatment a year is to move up the treatment progression, since each treatment generally works better than the last until you've had 10 LDA treatments. Typically, it takes 10 LDA injections to reach the maximum effectiveness.

Q. How soon will I get relief?

A. That varies with your age and health. It isn't unusual for younger patients to get some relief from their allergy symptoms within 24 hours of getting an LDA injection. However, the primary effect of the treatment occurs about three weeks after the LDA injection. Most patients report relief from their allergy complaints by the time they've had three treatments. Each LDA treatment usually works a little better and longer than the previous treatment.

In general, LDA will get most inhalant allergies under good control after 3 injections, food allergies can take a year, and severe autoimmune disorders may take two years.

Q. If I start with treating the inhalants, can I add foods later?

A. Yes, we can modify the LDA formula as needed.

Q. Are there any adverse effects LDA treatment causes?

A. We have rarely seen a migraine headache caused by LDA. This occurs in patients with a tendency toward migraines who get an inhalants-only treatment and have untreated food allergies, too. When this occurs, we purposely stop the LDA treatment,

give Tylenol, put them on the LDA diet, and then we give both the inhalant and food LDA treatment. This usually resolves the problem.

Q. Are there any local effects from the LDA treatment?

A. The site of the LDA treatment often forms a wheal as a skin test would. This is generally a good sign that the LDA treatment is working.

Q. I had previous allergy testing a few years ago, and it was positive for trees and weeds. Will I require additional allergy testing?

A. No, if you have already had a positive allergy test, then we know you're allergic. Allergy testing isn't required to determine what antigens to put in the treatment vial. The LDA inhalant treatment contains all the major antigens in North America.

Q. I was skin-tested and told I don't have allergies, will LDA help me?

A. It may. Recent studies have identified patients with "local allergy." These patients do have allergies but have negative skin tests and blood tests. See Curr Opin Allergy Clin Immunol. 2010;10(1):1-7. In my experience, this is actually quite common, and LDA works for these patients. However, you may also have a condition known as vasomotor rhinitis, which is a non-allergic form of rhinitis, and LDA will not work for vasomotor rhinitis.

Q. I have severe asthma. Can LDA help?

A. Yes, LDA works very well for asthma patients. In some cases, LDA permanently resolves asthma. Treating the asthma patient with LDA does pose some challenges because most of the long-acting asthma medications aren't compatible with LDA. In those cases, we change the medication regime temporarily for LDA to work. After several treatments with LDA, the patient may no longer need many of the asthma medications.

Q. Is going on the LDA diet necessary if my treatment is not for foods?

A. No, the LDA diet is only necessary when using the LDA food treatment.

Q. I have chronic pain. Is there any pain medication that I can take safely with LDA treatment?

A. No, all pain medications seem to adversely affect the LDA treatment. Although some people who take NSAIDs can receive LDA treatment without going off their medications, we don't recommend it.

Q. Does hormone replacement therapy interfere with the LDA treatment?

A. Natural hormones don't seem to bother LDA, but artificial or high dose hormones can have a negative impact on LDA.

Q. How long before LDA treatments work?

A. LDA treatments usually start working almost immediately. Many patients report their hay fever symptoms improve within a day of receiving their first LDA treatment for inhalants. However, patients, who are older or with severe allergies, may require several treatments before LDA is effective. LDA generally works faster in younger patients.

Q. Does insurance cover LDA treatments?

A. No, there's no special CPT billing code for LDA, so insurance doesn't cover LDA at this time.

Q. How long does the treatment last?

A. That depends on how many treatments you receive. We space LDA treatments two to three months apart for patients who have year-round allergies. After six treatments, most patients can go four to five months between treatments. We have some patients who have had multiple treatments find their treatments last close to a year. In general, the effect's duration gets longer with each treatment.

Q. Does LDA work for autoimmune diseases?

A. The most common use of LDA is for the treatment of autoimmune diseases such as ankylosing spondylosis, rheumatoid arthritis, Crohn's Disease, Hashimoto's thyroiditis, and ulcerative colitis.

Q. Does LDA help hives, psoriasis, or other skin diseases?

A. Yes, LDA is very effective in treating these autoimmune disorders.