

What Is LDA and How Does It Work?

The very low dose in LDA (low dose antigen) in combination with an enzyme (beta glucuronidase) tells the immune system to ignore the allergens (things you're allergic to) in the LDA serum. The more the immune system hears this message, the more effective it becomes, and the longer the effect lasts. Unlike traditional immunotherapy, there's no build-up. The LDA dose doesn't change, but the duration and effectiveness of the LDA treatment improves with each treatment.

The great thing about LDA is that it doesn't matter how far apart the treatments are from one another. If you only have allergies in the spring, then you only need to get one LDA treatment in the spring, but each treatment even though a full year apart will continue to work better than the last one until you reach 10 treatments, then it levels off. Most people do very well after just a couple of treatments.

Initial shots usually produce a short-term decrease in allergies, but because each treatment builds on the one before it, LDA restores or reinforces the natural immunity. It essentially corrects nature's mistake; it restores normal immune tolerance.

One of the great advantages of LDA is its ability to reduce chemical sensitivities. At one time, I was so sensitive to chemicals I couldn't walk down the detergent aisle in the grocery store without getting a headache and my chest tightening up. LDA cleared all that up.

LDA was developed in 2003 and offers success rates approaching 90 percent for patients with inhalant allergies. If you have failed to get relief with standard immunotherapy, LDA may be the solution you're desperately seeking. LDA is so effective

because it contains all of the major allergens found in the United States and Canada and treats the major allergens and many subclinical allergens, as well. LDA has worked well for many people whom standard immunotherapy has failed.

LDA's primary use is the treatment of autoimmune disorders.

LDA is quite effective in getting most autoimmune disorders under control.

Anaphylactic food allergies are a major risk to many people.

LDA is the only form of immunotherapy that is safe and effective for the treatment of anaphylactic food allergies.

LDA injections are given in the forearm just underneath the skin. The needles are very fine and small and don't cause pain. There's one serum for each type of allergy or sensitivity, inhalants, foods, or chemicals. The different types of LDA treatments can be mixed and matched. For example, you may only need an inhalant treatment, or you may need an inhalant and food treatment or all three.

UNDERSTANDING HOW LDA WORKS

Low Dose Allergy Treatment (LDA) as Opposed to Traditional Immunotherapy

Single seasonal allergies aren't generally treated with the traditional allergy shots/immunotherapy. The reason is that you must receive the traditional injection treatments year round, and they require several months of uninterrupted therapy to be effective. The traditional, progressive immunotherapy treatments start with a low dose, and the patient gets a larger dose, as tolerated until he or she reaches a maintenance level. If you interrupt treatment for more than a couple of months, the patient must start the

progression over. Unfortunately, some patients can never get relief with traditional immunotherapy.

The concentration of LDA injection dosages do not change throughout the treatment, and each subsequent treatment is generally more effective than the last, regardless of the period between injections. Therefore, LDA treatments make it possible to achieve allergy relief with seasonal injections since the traditional buildup period isn't necessary. LDA is an effective treatment for patients with seasonal or perennial (year-round) allergies. Typically, after 15 LDA treatments, many patients find they can discontinue therapy because they're free of symptoms.

A primary advantage of LDA is the rapid onset and the wide spectrum of coverage. LDA contains all of the major allergens found in the United States and Canada so patients can travel allergy-free. Since traditional immunotherapy is generally limited to a few allergens in one particular region, traditional therapy may not provide protection if you're exposed to allergens outside your treatment region.

Traditional immunotherapy is limited to inhalant allergies only – pollens, mites, dander, molds, dust, and dust mites. In addition to LDA inhalant treatments, LDA can also treat chemical sensitivity and food allergies.

Allergy Testing

Allergy testing helps to establish what known allergens to avoid but isn't a requirement to determine the LDA injection formula. The LDA serum contains more than 300 allergens that are effective for allergens found in Canada and the entire United States. If testing is required for diagnosing inhalant allergies, our clinic uses the Immunocap system. We find the Immunocap system 95 percent accurate and both sensitive and highly specific. For food allergies, we recommend the IgG food

allergy test. Both tests use a simple blood sample.

Many people have high levels of common chemicals in their body. A high body burden of toxins can also aggravate allergies. A simple affordable urine test is now available to test for commonly occurring environmental toxins. More than 50 percent of patients we've tested have toxic levels of many common chemicals. A simple detoxification program, consisting of specially designed supplements and homeopathic medicines designed to clear chemicals from the body, can remove these chemicals.

LDA and Children

Allergy is a lifetime disease and frequently starts out in early childhood as eczema and food allergies. It then develops into inhalant allergies and may progress to asthma. LDA is a safe treatment, even for young children, to stop this progression.

LDA Isn't for Everyone

LDA will not work for patients who cannot avoid taking certain medications, which interfere with LDA during the three-day period after the LDA injection. LDA may not be suitable for patients who can't avoid a high chemical or high-antigen environment during the critical three days. For those patients who take medications that would interfere with LDA, we offer Allergy Easy system of immunotherapy. Antihistamines are generally not compatible with LDA, but Tofranil will work as a replacement anti-histamine and is compatible with LDA.

LDA Requirements

During treatment, and for 48 hours or more afterward, patients should avoid primary allergens as much as possible. LDA may not be suitable for someone who cannot avoid high exposure during the 48-hour induction period.

Certain medications are not compatible with LDA and patients must avoid them for three weeks following treatment. Some of these medications include:

- Tylenol
- NSAIDs such as Motrin, Advil, aspirin
- Singulair
- Decongestants
- Zyrtec
- Immune-modulating medications
- Low-acting asthma medications
- Ritalin, Adderall, or other ADD medications

In some cases, patients may substitute another medication that does not interfere with LDA during the three-week period after an LDA treatment so the patient may receive LDA.

Patients receiving LDA treatment for food sensitivities must follow a special diet for 24 hours before and after the treatment.

Cost

We include your first LDA treatment cost with your first office visit. The office visit costs \$207, which is billable to your insurance. Future LDA treatments are \$180 per treatment.

Pay as you go: Each LDA treatment costs \$180. Whether you

choose inhalants only or all the treatments available, the total cost is \$180 per treatment.

Seasonal allergies: Most people in the Tri-Cities only have allergies in the spring or fall. If you only have allergies one season a year, you will need only one LDA treatment per year. If you're bothered in the spring and the fall, then two LDA treatments are generally effective.

Perennial (year-round): Typically, a patient needs three to four LDA treatments a year after the first year.

A treatment consists of any combination of treatment options, including inhalants, chemicals, and food.

Patient Results With LDA

I have had allergies since I was 15, and this year I turn 59. For years, I would take shots, and then I would get lazy and quit. Then, I would have to go in twice a year for cortisone shots, which couldn't have been good for me, but I needed something in order to breathe to get rest at night.

Ever since I started with Dr. Smith's LDA program, I'm a new person. I would recommend this program for anyone who suffers from any kind of grass allergies.

Dave Retter

Windermere Real Estate/Tri-Cities

I moved to the Tri-Cities with my family a few years ago from South Carolina. When I lived in South Carolina, I very seldom experienced the effects of allergies. My first year in Washington, I was always sick. I hated living here. Itchy, watery eyes, stuffy nose, post-nasal drip, chronic upper respiratory infections, and bronchitis. I was miserable.

After one of many visits to Dr. Smith's office, it was suggested that I have an allergy test. After the test, it showed I was positive for allergies to grasses. I didn't realize allergies could make you so sick. I was given the (LDA) Low Dose Antigen injection.

After a few days, my symptoms disappeared. I couldn't believe it! I felt great! My daughter also had allergy symptoms and was using an antihistamine every morning for as long as I could remember, so I had her also tested. She was allergic to practically everything, and now she is also allergy symptom free. You know, I think I like living here now.

Lucille O.

Getting Started

If you would like a more effective allergy treatment system, just call our office to get started. You need to fill out a short allergy history form. You can get started by calling **943-2101** to make an appointment and then click on the link below to complete a simple one-page history form.

[Allergy History Form](#)

Additional LDA Resources

These sites have more detailed information on LDA therapy.

[LDA FAQ](#)

Dr.David Buscher LDA information

[Dr. W.A. Shrader LDA information](#)

[Dayton Ear Nose and Throat Surgeons](#)