

Bibliography of Sublingual Immunotherapy Publications v.02/05

Introduction

The current understanding of clinical efficacy, safety and indications for the use of sublingual-swallow immunotherapy (SLIT) in the treatment of allergies is embodied in the studies, papers and publications referenced in this document. Over 130 citations are contained in this bibliography, including over 70 peer-reviewed studies published since 1995. Internationally, SLIT is used widely (50% in some European countries), with full regulatory and government backing. U.S. Allergy leaders are writing in support of SLIT. (See section 1) The World Health Organization indicated its use in its 1998 position paper. In November 2001, an international workgroup, including U.S. allergists, published the ARIA (Allergy Rhinitis and its affect on Asthma) guidelines indicating SLIT as well. Since that time dozens of well-designed studies (randomized, double-blind, placebo-controlled) have been peer reviewed and published. Cochrane Review has performed a meta-analysis and determined SLIT both safe and effective (see section 1). Two additional pivotal studies to note are the "10 year study..." showing the long lasting effect of SLIT (see section 1), and the 2004 head-to-head study of SLIT to injection in a double-blind, double-dummy approach (see section 2). Few studies (two) could be found showing that SLIT was not effective, and those results are equivocal and dated. Additional research efforts are underway in the U.S. and internationally; this document will be updated periodically to include further publications.

Scientific research and related publications

The following pages are a comprehensive bibliography of studies divided into six categories, with citations presented in chronological order;

1. **Recent Major Guidelines, Reviews and Papers**; includes over 30 significant position papers
2. **Studies/Abstracts**; includes over 50 studies
3. **Comparison Studies of Sublingual and Subcutaneous Antigen Administration**
4. **Mechanisms of Sublingual Immunotherapy**; current understanding of mucosal immunity.
5. **Safety and Quality-of-Life Related Studies**; growing body of evidence
6. **Other Indications for Treatment**; other sensitizations where SLIT has worked

The scrutiny of SLIT has been intense, particularly in the past five to 10 years. The volume of research and its consistency in showing safety and efficacy is evidence of the value of SLIT to patients. We thank you for your interest in this topic and invite you to provide us feedback and let us know if you would like to receive updates a new research and publications are added.

1) Recent Major Texts, Guidelines, Reviews, Papers and Editorials

1. Bousquet, J "Sublingual immunotherapy: from proven prevention to putative rapid relief of allergic symptoms", Editorial, Allergy, Vol. 60, Issue pgs. 1-3, January 2005
2. Nelson, Harold "Advances in upper airway diseases and allergen immunotherapy", Journal of Allergy and Clinical Immunology, Vol. 113, No. 4, Pages 635-42, April 2004
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17. Li, J et al, "Allergen immunotherapy: a practice parameter", *Journal of Allergy and Clinical Immunology*, Vol. 90, January 2003 (see Summary Statement 57, Page 27)
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2) Studies/Abstracts

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3) Comparison Studies of Sublingual and Subcutaneous Antigen Administration

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4) Mechanisms of Sublingual Immunotherapy

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5) Safety and Quality-of-Life Related Studies

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