

Sublingual birch pollen preparation improves allergy

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(HealthDay)—For adults with birch pollen-induced allergic rhinitis, a sublingual birch pollen preparation (SB) is associated with improvement in symptom scores versus placebo, according to a study published online Sept. 3 in *Allergy*.

Oliver Pfaar, M.D., from the Center for Rhinology and Allergology Wiesbaden in Germany, and colleagues conducted a combined tolerability and dose-finding study with SB involving 269 adults with birch pollen-induced allergic rhinitis. Participants were randomly allocated to [placebo](#) or to SB at concentrations of 3,333, 10,000, 20,000, or 40,000 AUN/mL. At baseline and after five months of [treatment](#), the authors determined the differences in symptom scores following a titrated nasal provocation test.

The researchers found that symptom scores improved in all treatment

groups after treatment versus baseline, with an additional stepwise improvement in the active groups versus placebo that was significant in high-dose groups ($P = 0.008$ and $P < 0.001$). "All active treatment groups showed better responses than placebo for both primary and secondary parameters," the authors write.

Several authors disclosed financial ties to the pharmaceutical industry; Pharm-Olam International provided assistance in conducting the study. HAL Allergy B.V., sponsored the trial.

More information: [Abstract](#)
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