

## What is Allerdent®?

Allerdent® is a fully-functional, commercial-grade toothpaste which delivers the allergy proteins needed for desensitization. With Allerdent® you can experience allergy immunotherapy while simply brushing your teeth every day. This is known as oral mucosal immunotherapy, or OMIT.

## Using Allerdent®

One Allerdent® toothpaste pump lasts for 3 months and can be sent directly to your home. The recommended dose of Allerdent® is 2 pumps daily, either all at once or 1 pump twice daily. Your regular toothpaste may be used if additional brushing is desired. It is important to brush for 2 minutes, which is also recommended by the American Dental Association (ADA). It is OK to rinse out your mouth after brushing. Allerdent® is available with or without fluoride, and comes in different flavors. This is a great option for younger children and for people who travel often.



**William Reisacher,  
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Otolaryngology  
Director of Allergy Services  
Weill Cornell Medical College  
Associate Attending  
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**Board Certified:**  
Otolaryngology

## Areas of Expertise: Pediatric and Adult Patients

Allergy Immunotherapy  
Airborne and Food Allergies  
Ear Infections  
Hearing Loss  
Nose and Sinus Problems  
Sleep and Snoring Problems  
Thyroid Problems  
Tonsil and Adenoid Problems

## Insurance Plans Accepted

The following represents most of the managed care plan accepted by Dr. Reisacher's practice. If an insurance carrier is not listed, please feel free to contact our practice as there may be an individual contract not included here.

AETNA [HMO,PPO, Medicare]  
CIGNA  
Emblem Select Care  
Empire Ble Cross/ Blue Shield [PPO,EPO,HMO]  
Health Insurance Plan of NY (HIP)  
Medicare  
Oxford Health Plans [Liberty, Freedom]  
Rockefeller University-CoreSource  
United Empire (NYSHIP)  
United Health Care [Medicare]  
United Health Care  
VNSNY CHOICE Medicare [HMO]



## Weill Cornell Medicine Otolaryngology Head & Neck Surgery

## Imagine a Life Without Allergies



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 **NewYork-Presbyterian**

## What is Allergy?

Allergy is an overreaction of your immune system when you breathe in common particles, such as pollen, dust, pet dander and mold, or if you eat certain foods. This can cause stuffy nose, runny nose, sneezing, itchiness, eye problems, stomach problems or even skin problems. About 1 in every 4 individuals has allergies, and the symptoms can occur just at certain times of the year or all year long. Allergies generally start during childhood, but the symptoms can get better or worse at certain times throughout your life.

## Allergy Testing and Treatment at Weill Cornell Medicine

Our allergy staff provides state-of-the-art diagnosis and treatment for airborne and food allergies, under the direction of Dr. William Reisacher, a board-certified, fellowship-trained otolaryngologist (ear, nose and throat specialist) and otolaryngic allergist.

We offer non-invasive, needle-free allergy skin testing as well as more advanced testing services and blood testing for both children and adults. Testing takes about 15 minutes, and usually the results are known right away. In addition to allergy injections, we offer some at-home methods of desensitization, including sublingual drops (SLIT) and allergy toothpaste (OMIT).

## What is Allergy Immunotherapy?

Allergy immunotherapy, or desensitization, teaches your immune system to ignore the allergic particles by exposing them directly to the immune system on a regular basis. This is accomplished using concentrated allergy proteins which can be injected weekly under the skin or placed daily against the lining of the mouth using drops or toothpaste. Although the treatment period is 4 years, improvements usually begin during the first 6 months. Allergy immunotherapy can improve your symptoms, decrease the need for you to use medications and help you enjoy life for many years after the treatment is over.



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## Controlling Your Environment

**Pollen** comes from trees, grasses and weeds. Try to stay indoors in the early morning, when pollen counts are highest, and keep windows and doors closed- even in the car. When returning home, change your clothes and shower to rinse off the pollen. Air conditioners and HEPA filters are very effective to decrease indoor pollen levels.

**Mold** spores reach their peak levels in the early evening, so try and avoid outdoor activities during this time. Indoor mold grows in warm, dark, moist places such as basements and bathrooms. Visible mold and mildew should be cleaned with a dilute bleach solution, and a dehumidifier may be used in damp areas of the home.

**Dust mites** live in carpets, mattresses, bedding, pillows and stuffed toys. Avoid clutter and keep floors bare or use washable throw rugs instead of area rugs and carpets. Vacuum carpets twice weekly with special filters and purchase allergy barriers to cover pillows and mattresses. Wash sheets in hot water or place in the dryer for 15 minutes on the "HIGH" setting.

**Animal dander** is found on any surface a cat or dogs touches. If you have pets in the house, try to keep them out of the bedroom. Bathing pets a few times per week can be helpful, and wear a mask when you do so. Wash your hands after playing with your pet and don't rub your eyes or nose until your hands have been washed.