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Evaluation of the efficacy of immunotherapy with the standardised and non-standardised allergen extracts

B Samolinski¹, A Grzanka², M Arcimowicz³,
M Rzepkowska³, T Gotlib³

¹Banacha 1a, St, Poland; ²University of Technology,
Warsaw, Poland; ³Warsaw, Poland

Aims of study: To determine which of the allergen extracts, standardised or non-standardised is more effective in suppressing response to specific nasal provocation challenge and produces better clinical improvement. **Material and methods:** 25 patients hypersensitive to house dust mite (HDM) were treated with non-standardised allergen extract (Alavac S HDM – 12 subjects) and standardised allergen extract (NovoHelisen Depot – 13 subjects) during the 2 to 3-year randomized, single-blind trial. Each patient had visit every 6 month during immunotherapy (IT), with estimated by acoustic rhinometry Der p I/Der f I nasal challenge (NC), self assessment and clinical examination. **Results:** There was no statistical difference between those groups before study. The severity of the NC decreased during subsequent visits and showed a more marked improvement in the NHD-treated group (visits 2, 3 and 4), it means that although the differences were not

statistically significant, the severity of reaction to nasal provocation challenge was less marked in the NHD group. The daily self-assessment recorded in the patients' diaries demonstrates improvement of the symptoms (sneezing, runny nose, a sensation of blocked, conjunctivitis and bronchial manifestations) and was more evident in NHD in comparison to Alavac-group in some symptoms ($p < 0.05$).

The consumption of anti-allergic drugs (antihistamines, intranasal and inhalation steroids) clearly declined, the tendency although not statistically significant, was more evident in the NHD-treated group ($p = 0.060$). **Conclusions:** The comparison of NC measured by AR, patients and physicians assessment confirms better therapeutic effects in the standardised extracts-treated group (NHD) and suggests improved efficacy from 6 months of IT.