Introduction
The current understanding of clinical efficacy, safety, mechanisms 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 300 citations are contained in this bibliography, including over 80 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 2007, for the second time (originally in 2001), an international workgroup, including U.S. allergists, published the ARIA (Allergy Rhinitis and its Impact on Asthma) guidelines indicating SLIT as a viable treatment approach. The ARIA paper indicates that not only is there more modern research on SLIT compared to SCIT, but it is also of higher quality in terms of the WHO guidelines for research studies. A Cochrane Review, the most trusted independent, evidence based, meta-analysis organization in the world, released their analysis in 2003 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 have shown that SLIT was not effective, and those results are equivocal or dated.

Additional research efforts are underway in the U.S. and internationally; this document is updated periodically to include further publications.

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Scientific research and related publications

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

- Recent Major Guidelines, Reviews and Papers; includes over 80 major position papers
- Studies/Abstracts; includes over 80 studies
- Comparison Studies of Sublingual and Subcutaneous Antigen Administration
- Mechanisms of Sublingual Immunotherapy; current understanding of mucosal immunity.
- Safety and Quality-of-Life Related Studies; growing body of evidence
- 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 as new research and publications are added.
Recent Major Texts, Guidelines, Reviews, Papers and Editorials


15. Theodoropoulos, D., Morris, M., Morris, D. Emerging concepts of sublingual immunotherapy for allergy. Drugs of Today 2009 45(10); 737-750.


28. Durham, S. Sublingual immunotherapy: what have we learnt from the ‘big trials’? Current Opinion in Allergy and Clinical Immunology. 2008; 8: 577-584.
44. Pham-Thi, N, et al. Assessment of sublingual immunotherapy efficacy in children with house dust mite-induced allergic asthma optimally controlled by pharmacologic treatment and mite-avoidance measures. Pediatric Allergy and Immunology. 2007; 18: 47-57.
89. Lambrecht, B.N. Dendritic cells in the pathogenesis of asthma. Clinical and Experimental Allergy. 2004; 4: 123-128
124. Donato, R.M. Patients with allergic rhinitis from Argentine treated with SLIT (sublingual immunotherapy) a non-injective route. Abstract presented October 2000 IACAI Conf

**Studies/Abstracts**

1. Panzner, P., Petras, M., Sykora, T., Lesna, JK, Liska, M. Both sublingual and supralingual routes of administration are effective in long-term allergen-specific immunotherapy. *Allergy Asthma Proc.*


Pharmacoeconomic assessment of specific immunotherapy versus current symptomatic treatment for allergic rhinitis and asthma in France. European Annals of Allergy and Clinical Immunology. 2007; 39(5): 148-156.


34. Kinaciyan, T., et al. Successful sublingual immunotherapy with birch pollen has limited effects on concomitant food allergy to apple and the immune response to the Bet v 1 homolog Mal d 1. Journal of Allergy and Clinical Immunology. 2007; 119(4): 937-943.


60. Pajno, G., et al. Comparisons between injection and sublingual immunotherapy for rhinitis and asthma in allergic children to house dust mite or parietaria pollen. A case controlled study. Journal of Allergy and Clinical Immunology. 2004; 113(2): (abs.).
63. Melranci, C., Matteoli M., Efficacy of allergoid sublingual immunotherapy in children with asthma and/or allergic rhinoconjunctivitis: Comparison study with drugs. Journal of Allergy and Clinical Immunology. 2004; 113(2): (abs.).
84. Khinchi, M., Poulsen, L., Malling, D., Dieierlaurent, Berjout, A. Course of Birch, Bat V1 and Bat V2, IgE Levels following Sublingual-Swallow and Parenteral Birch Immunotherapy. 2000
91. Purello-D'Ambrosio, F., et al. Sublingual immunotherapy: A double blind placebo controlled trial with Parietaria judaica extract standardized in mass units in patients with rhinoconjunctivitis,


100. Luwema, R., et al. Sublingual immunotherapy with a standardized grass pollen extract (Oralgen); A placebo controlled study. The Journal of Allergy and Clinical Immunology. 1997; 99(1): Part 2 (abs 282).


Comparison Studies of Sublingual and Subcutaneous Antigen Administration

1. Cochard, M., Eigenmann, P. Sublingual immunotherapy is not always a safe alternative to subcutaneous immunotherapy. June 2009 retrieved from jacionline.


Mechanisms of Sublingual Immunotherapy


Safety and Quality-of-Life Related Studies


6. 2009 American Academy of Allergy Asthma & Immunology Annual Meeting. “Three Shots and They’re Out” Study conducted by Allergy Partners & Greer March 17, 2009, Yahoo finance


16. Tripodi, S., et al. Safety and tolerability of ultra-rush induction, less than one hour, of sublingual immunotherapy in children. International Archives of Allergy and Immunology. 2006; 139: 149-152.

18. Scolozzi, R. Tolerability of the allergoid sublingual immunotherapy with a monomeric allergoid in patients with allergic rhinitis and/or asthma. Journal of Allergy and Clinical Immunology. 2004; 113(2): (abs).
19. Silvestris, A. Tolerability of sublingual immunotherapy with monomeric allergoid in allergic sensitizations to house dust mite, Parietaria and grass. Journal of Allergy and Clinical Immunology. 2004; 114(2): (abs).

Other Indications for Treatment (Foods and Chemicals)


20. Kinaciyan, T. et al. Successful sublingual immunotherapy with birch pollen has limited effects on concomitant food allergy to apple and the immune response to the Bet v 1 homolog Mal d 1. Journal of Allergy and Clinical Immunology, 2007.


27. Bahima, A. Cistero “Tolerance and effects on skin reactivity to latex of sublingual rush immunotherapy with a latex extract. Journal of Investigational Allergology and Clinical
28. Severe anaphylaxis to kiwi fruit: Immunologic changes related to successful sublingual allergen immunotherapy. Journal of Allergy and Clinical Immunology; 2003: 1406-09.