

House dust mite immunotherapy effective for allergic rhinitis

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(HealthDay)—For patients with allergic rhinitis (AR), house dust mite

(HDM) sublingual immunotherapy is effective and seems safe, according to a study published online July 29 in *Allergy*.

Yoshitaka Okamoto, M.D., Ph.D., from Chiba University in Japan, and colleagues examined the safety and efficacy of HDM tablets in adolescents and adults (aged 12 to 64 years) with HDM-induced AR with or without intermittent asthma. A total of 968 subjects were randomized to 300 index of reactivity (IR), 500 IR, or placebo groups in a double-blind trial. The Average Adjusted Symptom Score (AASS) in the last eight weeks of the 52-week [treatment](#) was assessed as the primary outcome.

The researchers found that, compared to the placebo group, there was significant improvement in the AASS in the last eight weeks of treatment with 300 IR and 500 IR (P

"One-year treatment with 300 IR and 500 IR HDM tablets was effective without major safety concerns," the authors write. "The recommended therapeutic dose for AR is 300 IR."

Several authors disclosed financial ties to Shionogi, which funded the study.

More information: [Abstract](#)
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