

Grass peptide immunotherapy cuts seasonal allergy symptoms

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(HealthDay)—Immunotherapy with peptide hydrolysates from *Lolium*

perenne (LPP) reduces seasonal allergy symptoms and is generally well tolerated, according to a study published online March 7 in *Allergy*.

Ralph Mösges, M.D., from the Institute of Medical Statistics, Informatics and Epidemiology in Cologne, Germany, and colleagues assessed the clinical efficacy and safety of a cumulative dose of 170 µg LPP administered subcutaneously over three weeks among 554 adults with grass pollen rhinoconjunctivitis. The participants were randomized in a 1:2 ratio to receive subcutaneous injections or placebo.

The researchers found that in the LPP group the mean reduction in combined symptom and medication score was significantly lower than the [placebo](#) group during the peak period ($P = 0.041$) and over the entire pollen season ($P = 0.029$). Compared to the [placebo group](#), the LPP group had reduced reactivity to a conjunctival provocation test (P pollen season, a lower rhinoconjunctivitis quality of life global score ($P = 0.005$). In 10.5 percent of LPP-treated patients, mostly mild early systemic reactions (ESRs) were observed within 30 minutes. However, three patients with a medical history of asthma (

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