

The full report is titled: "High adherence to subcutaneous immunotherapy in a real-life study from a large tertiary medical center." It is in the November-December 2017 issue of *Allergy Asthma Proceedings* (volume 38, pages e78 to e84). The authors are Aslı Gelincik, M.D., Semra Demir, M.D., Müge Olgaç, M.D., Halim İşsever, M.D., Bayerma Khishigsuren, M.D., Ferhan Özşeker, M.D., Bahauddin Çolakoğlu, M.D., and Suna Büyüköztürk, M.D.

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Adherence to subcutaneous immunotherapy

Subcutaneous immunotherapy (SCIT) is a safe and well-tolerated procedure for treatment of allergic rhinoconjunctivitis (the combination of eye and nasal allergies). Patient adherence to receiving regularly scheduled injections, however, is essential for patient-related outcome measures and treatment satisfaction. Although several studies on SCIT identified adherence rates that are between 13% and 89%, there are relatively few studies that have focused on real-life adherence to this therapy. In a recent report, Gelincik *et al.* from the Division of Allergy and Clinical Immunology, Istanbul University, Istanbul Faculty of Medicine, Istanbul, Turkey, evaluated adherence in a cohort of 204 patients who received SCIT for allergic rhinitis and/or asthma in 2009–2011 by inquiring whether they had completed the treatment for at least 3 years and/or whether they had suspended the procedure for at least 2 months.

Who or What Was Proposed to Be Studied?

A collection of diagnostic measurements was obtained, including the total symptom score; visual analog scale, asthma control test, medication scores; quality-of-life scores; and immunotherapy satisfaction scores before the initiation of SCIT, in the first year and at the end of treatment.

How Was the Study Done?

Of the 204 patients, 73% (149/204) were both compliant and persistent, 29 (14%) were only persistent, and, overall, 87.3% (178/204) were considered as adherent. Adherence was more frequent in female patients; and the medication, symptom, asthma control test, and quality-of-life scores in the first year and at the end of the treatment were significantly lower than the initial scores.

What Are the Limitations of the Proposed Study?

The study should be viewed in light of its limitations, which include the retrospective design and its performance at a single institution.

What Are the Implications of the Study?

The relatively high adherence rate to SCIT in the study in contrast to previous reports not only indicates the importance of a close relationship between the treating allergists and their patients during SCIT but also of careful follow-ups. □