

BIOLOGICS IN ALLERGIC & INFLAMMATORY DISEASES

Understanding Biologic Treatments for Allergic & Inflammatory Diseases

Many chronic conditions such as asthma, eczema (atopic dermatitis), chronic hives, nasal polyps, and certain inflammatory lung diseases are **driven by the same type of immune system inflammation**.



When this inflammation is not well controlled, symptoms can continue despite standard medications.

What Is Allergic (Type 2) Inflammation?

Your immune system protects you from infection. However, in some people it becomes **overactive** and **produces inflammation even when there is no real threat**.

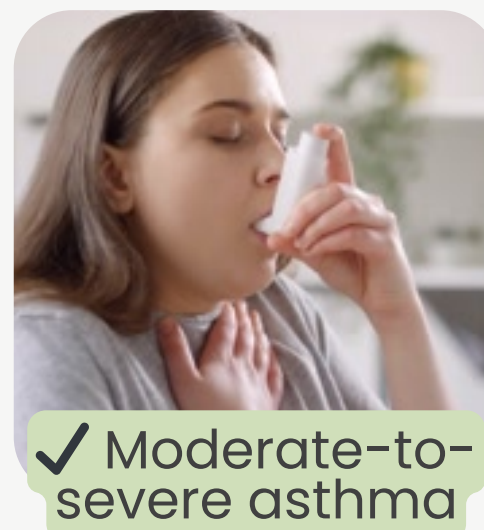
This is often called **Type 2 inflammation**, involving immune signals such as:

- * IgE antibodies
- * Interleukins (IL-4, IL-5, IL-13)
- * Eosinophils (inflammatory white blood cells)

This inflammation can affect different parts of the body.



Conditions linked to this pathway include:



What Are Biologic Medications?



Biologic medications are **advanced, targeted therapies** designed to block the specific immune signals causing inflammation.

Instead of suppressing the whole immune system, they **focus on the exact pathway** driving symptoms.

- They are typically given as:**
- * **an injection under the skin**
 - * **weekly to as long as every 6 months, depending on the medication and reason for treatment, according to the FDA's approved indication.**

How Do Biologics Work?

Different biologics target different parts of the inflammatory pathway:

- * Block IgE antibodies that trigger allergic reactions
- * Reduce eosinophils that cause airway and tissue inflammation
- * Block interleukins (IL-4, IL-5, IL-13) responsible for chronic inflammation

This targeted approach can lead to better disease control with fewer systemic effects.

Traditional Treatments vs. Biologic Therapy

Traditional treatments

Common medications include:

- * Inhaled or oral steroids
- * Antihistamines
- * Bronchodilators
- * Topical creams
- * Immunosuppressive medications

While effective, some treatments:

- * suppress the entire immune system
- * may cause side effects with long-term use
- * may not fully control symptoms

Who Might Benefit from Biologic Therapy?



You may be a candidate if you:

- ✓ require frequent oral steroid use
- ✓ still have symptoms despite daily medications
- ✓ experience frequent flare-ups
- ✓ wake at night due to breathing or itching symptoms
- ✓ need urgent care or emergency visits
- ✓ have persistent nasal polyps or chronic sinus disease
- ✓ have moderate to severe eczema or chronic hives not controlled with standard treatment

A specialist evaluation is required to determine eligibility.

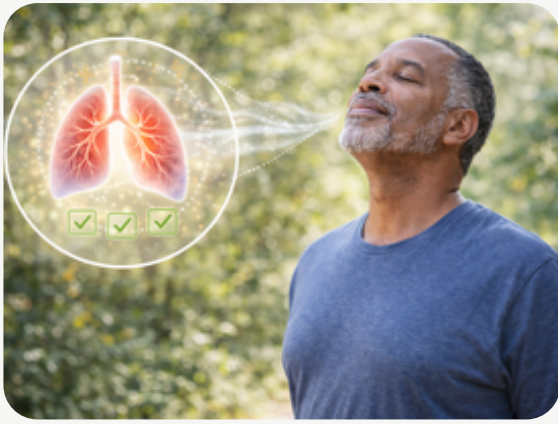
Benefits Patients May Experience



fewer flare-ups and exacerbations



reduced need for oral steroids



improved breathing and lung function



clearer skin and less itching



fewer hives and swelling episodes



improved sleep and daily functioning



better quality of life

Results vary by individual and condition.

Are Biologics Safe?

Biologic medications have been extensively studied and are **FDA-approved** for specific conditions.

Most patients tolerate them well. Possible side effects may include:

- * injection site reactions
- * mild headache or fatigue
- * rare allergic reactions

Your specialist will monitor your response and safety.

What to Expect During Evaluation

Your provider may:

- * review symptom history
- * assess medication use and flare frequency
- * perform breathing tests (for asthma)
- * order blood tests to measure inflammatory markers
- * discuss treatment goals and expectations

Precision Treatment Is Here

Biologic therapies represent a **precision** medicine approach, **targeting the root cause** of inflammation rather than only treating symptoms.

For many patients, this approach can be life-changing.

To schedule an appointment, call our office at 309 452-0995 (Bloomington-Normal Office and Peoria) or 217-717-4404 (Springfield and surrounding areas).