

Tired of Allergies? We can help you find relief!



Sublingual Immunotherapy (SLIT) for Grass Allergy: Grastek

If you suffer from seasonal grass pollen allergies, **Sublingual Immunotherapy (SLIT)** may be a convenient and effective treatment option. At Oregon Allergy Associates, we offer SLIT using **Grastek®**, an FDA-approved tablet that treats grass pollen allergy by helping retrain your immune system.

What is SLIT?

SLIT is a form of allergy immunotherapy taken once daily at home by placing a tablet under the tongue. Over time, it can reduce allergy symptoms and decrease the need for other allergy medications.

What is Grastek?

Grastek® treats allergies caused by Timothy grass pollen, which cross-reacts with many common grasses in Oregon. It is approved for ages 5-65 with grass allergy symptoms.



2026 Treatment Window

Grastek is seasonal therapy and **must be started BEFORE grass pollen season.**

For the 2026 grass season in Oregon:

Start window: January 1 - 3rd Week of February, 2026

- Must begin **at least 12 weeks before** grass season, which typically starts in **early May**
- Taken **daily throughout grass season** (approximately May-July)
- **Prior authorization and medication delivery** must be completed before starting

Because of this limited window, starting early is essential. **Appointments should be scheduled now into February.** Patients who miss this timeframe may need to wait until the following year.

Why Choose SLIT?

- ✓ No weekly allergy shots
- ✓ Taken at home after the first supervised dose
- ✓ Proven to reduce symptoms and medication use
- ✓ Provides long-term immune benefit with continued seasonal use

Get Started Today!

- 1 Schedule a consultation with one of our providers
- 2 Our team submits the prior authorization
- 3 Once approved, medication is delivered and treatment begins under provider guidance

Bracing for Allergy Season?

Why the PNW Makes Allergies Worse

The Pacific Northwest offers some of the country's most beautiful springs. Cherry blossoms, hiking trails coming alive, farmers markets reopening, and outdoor festivals returning. Yet for millions of residents, spring means retreating indoors, closing windows, and missing out on the season everyone else celebrates.

What Seamless Allergy Management Looks Like:

- ✓ Waking up without immediately reaching for medication
- ✓ Making plans without checking pollen counts first
- ✓ Enjoying your yard, not avoiding it
- ✓ Focusing on your day, not your symptoms



Before peak allergy season arrives, let's work together to ensure you have a comprehensive plan in place. Schedule an Annual Wellness Visit today!

Source: <https://doh.wa.gov/community-and-environment/climate-and-health/pollen>

WE HAVE ACCESS FOR NEW PATIENTS!



Meet Our Wonderful Providers!



Katheryn Birch, DO

 1488 Oak Street

Quick Facts

- Completed Allergy & Immunology fellowship at Case Western Reserve/University Hospitals in Cleveland
- Passionate about treating atopic diseases in patients of all ages with personal understanding and expertise
- Enjoys spending time with family, trying new restaurants, and traveling



Maxwell Li, MD

 1488 Oak Street

Quick Facts

- Completed Allergy & Immunology fellowship at National Jewish Health in Denver
- Passionate about evidence-based, holistic care for allergic and immunologic conditions in patients of all ages
- Enjoys skiing, playing piano, and creating oil paintings



Call Us Today!

(541) 683-1577



Schedule Online

Scan QR Code





Looking for a Primary Care Provider?

Your Care Doesn't Have to Stop at Allergies.

Are you an Oregon Allergy patient and don't have a primary care provider?

We have a trusted family of local clinics ready to serve you!

We have convenient locations in Eugene and Springfield and plenty of availability for new patients. Whether you need preventive care, chronic disease management, or routine checkups, our teams are here to make connecting to primary care simple and seamless.

Choose One of Our Praxis Health Locations for Primary Care



Oak Street Medical
PRAXIS HEALTH



1426 Oak St.
Eugene, OR 97401



(541) 431-0000



OakStreetMedical.com

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Pearl Street Medical
PRAXIS HEALTH



1835 Pearl St.
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(541) 762-6050



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Thurston Medical Clinic
PRAXIS HEALTH



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