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Title: House dust mites' sublingual immunotherapy for respiratory allergies in clinical practice (ACTIVE)

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Body: Background: House dust mites allergy is the leading cause of respiratory allergies whose prevalence and severity can affect the quality of life of patients and lead to treatment by sublingual immunotherapy (SLIT). Method: ACTIVE is an observational, prospective, French study aimed to describe patients course, clinical profile of patients requiring SLIT with house dust mites extracts (HDM), treatment regimen, and the benefits on allergic symptoms during the first year of treatment. Results: 815 patients, consulting an allergy specialist, 30.5% children (12yrs), 15% adolescents and 55% adults were recruited. Allergy due to HDM alone represents 71% of them, 16% were associated with grass pollen allergy, 13% with animal dander and 9.2% with trees. All patients suffered from allergic rhinitis (AR), most frequently (70%) rated as persistent moderate to severe, 54% associated with asthma most often partially or totally controlled (81%) and 40.5% with conjunctivitis. Severity and impact on daily activities of rhinitis and conjunctivitis was significantly higher in adults whereas asthma prevalence was higher among children (<12 yrs). 98% of patients were treated with HDM SLIT; the initiation dose was 10 IR (88%), followed by a maintenance phase at 300 IR (99.0%). The planned duration of AIT was 3 years. Conclusion: In French real-life practice, HDM SLIT is mainly prescribed to patients suffering from persistent, moderate to severe AR and associated with asthma most frequently in children than in adults.