

Allergy drops

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Sarasota doctor is choosing drops over shots for allergy patients

Sarasota - Arthur Lopes is back for his regular check up at the office of Dr. Leonard Rubenstein.

It's hard to tell now, but this chef was once plagued with a skin allergy that often affected his ability to run his restaurant.

Arthur Lopes said, "And given the fact that half of my day is spent greeting the public, I was very, very self-conscious of the irritation of my skin. It was on my face and my neck, and it was very uncomfortable."

He spent 17 years, going from one dermatologist to another, until Dr. Rubenstein suggested a blood test to check for allergies.

Turns out, this pasty chef was allergic to flour, chocolate, and strawberries.

And he didn't need the scratch test to find out.

Dr. Leonard Rubenstein said, "A lot of patients have stayed away from traditional allergy testing, 'cause they really don't want to do the scratch test up and down the back with all the problems and discomfort."

Dr. Rubenstein only uses a blood test to check for allergies, and he doesn't use shots to treat them.

Arthur and patients like him now use drops under the tongue.

It eliminates the need for decades of shots that Dr. Rubenstein doesn't believe are necessary.

"That to me doesn't make scientific sense, and it doesn't make clinical sense. The beauty of the drops is that within a year and a half to two years, the patients are clinically desensitized in 90 percent of the time."

After 6 months on allergy drops, Arthur is nearly allergy free.

"I'm probably 98 percent better than what I was, and that is a great load off of my shoulders. When you have to greet the public, and you have an open wound on your face in a restaurant setting, it was very, very stressful."

For more information on allergy drops, [click here](#).

Jennifer Howe, Tampa Bays 10 News

