

# Allergies

Just like for humans, there is no cure for allergies. Allergies are frequently a life-long concern that require repeat examinations and continuous treatment to maintain your pet's comfort.

Allergies are common in pets and can be managed with proper treatment. Pets with allergies will often exhibit skin or stomach issues instead of sneezing or hives like in humans. Allergies happen when the body reacts to something, making pets itchy and swollen. While antihistamines help people, pets need other treatments.

The most common types of allergies in animals are usually related to:

1. Fleas/Ticks
2. Food
3. Environmental factors like pollen or dust



**Flea saliva** is the top cause of insect allergies in dogs, leading to flea allergy dermatitis (FAD). While most dogs just have minor irritation from flea bites, those with FAD react severely even to one bite, *itching intensely, scratching, and sometimes losing hair, especially around the tail*. This can lead to **bacterial infections**.

**Food allergies** usually stem from the *protein* source in the food, like chicken or beef. If suspected, a diet with limited ingredients or hydrolyzed protein may be recommended. Food allergies are most often seen in dogs under 1 year or over 6 years.

Allergies can show up at any age but environmental allergies often begin in a pet's early years. Some sensitivities to airborne allergens, like molds or pollen (called atopic dermatitis), are inherited and can run in certain breeds such as Bullies, Bulldogs, Golden Retrievers, "Doodles," and terriers.

## Clinical Signs



- Itching, either in one spot or all over
- Hair loss
- Hives
- Swelling in the face, ears, or around the eyes and lips
- Red, irritated skin
- Excessive licking & chewing, especially of the paws.
- Frequent ear infections
- Coughing, sneezing, or wheezing
- Clear discharge from eyes or nose
- Vomiting and diarrhea, especially with food allergies





## Diagnostic & Treatment

### How is it diagnosed?

Often, it's diagnosed based on your pet's history, symptoms, and how they respond to treatment. If the allergies persist or don't improve with treatment, your vet may suggest allergy testing.

### Treatment?

Treatment involves managing allergies since they *can't be cured*. It's **crucial** to have a treatment plan and follow it. Animals with untreated allergies often get skin and ear infections. Keeping allergies under control helps prevent these infections.

# TREATMENT OPTIONS

- Fleas and ticks are persistent pests. Protect your pet with top-quality prevention like Simparica or Bravecto.
- Your veterinarian will recommend a special diet to alleviate food allergies .
- Use medicated baths to prevent skin infections and ease itching.
- Cytopoint, a targeted treatment for itching caused by allergies. *\*1 injection last 6-8 weeks\**
- Apoquel, a once a day medication made for dog allergies.
- Steroids can help but are best for short-term use.
- Give your dog essential omegas fatty acids to maintain healthy skin.
- Chinese or Westerns Herbal Medications 



## contact us

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