



## Kalihi Pet Clinic

### DERMATOLOGY | ALLERGIES

#### History of allergies

Allergies can be inherited or developed. A dog will typically show signs of allergies after reaching 1 year of age. Allergies can also develop after several years or moving to a new area. Certain breeds are more prone to developing allergies such as French bulldogs, pit bulls, English bulldogs, etc. Your dog can be allergic to types of food, plants, fleas, etc. Treating allergies is challenging and takes a lot of effort from pet owners, but it can be managed and your pet can live a healthy comfortable life!

#### Food Allergies

Just like people, dogs can have food allergies. Your dog may have food allergies if you are noticing scabs, hives, patches of hair loss, vomiting, and diarrhea.

#### Diet Trial

The first step to determine food allergies is to start your pet on a limited ingredient diet trial. This would entail a diet change to an approved formula. It is important to restrict the ingredients that your dog is getting so that we can identify the source of your dog's allergies. Allergy to chicken is common in dogs. The first step would be to switch to a diet your dog has not been introduced to before (such as switching to a limited ingredient salmon diet).

- A) **Canine Prescription Diet:** The prescription diet is called *Ultamino*, which is specifically for dogs with allergies supporting the skin and digestive health. After strictly feeding your the Ultamino for two months, the dog should be given its previous normal diet and observe for any allergy reactions. If an allergic reaction does appear, then the dog is sensitive to one or more ingredients in the diet. If there is no reaction to the food given, allergy is environmentally related.
- B) **Home-cooked Diet:** The dog will need to be on pinto beans and pumpkins diet for two months. After feeding the two ingredients for two months, you can introduce one new single ingredient to the diet every two weeks and observe for allergic reactions. If there is no reaction to the food given, allergy is environmentally related.

*No table food or treats during diet trial.*

#### Environmental Allergies

Allergies to the environment will typically appear on the hairless areas on your pet. This would be the feet, face, ears, and abdomen.

#### VARL Allergy Test

Environmental allergies can be treated with a blood test. The test is called *VARL Liquid Gold serum Allergy Test*, a method of serum testing that accurately identifies the culprit allergens that are the causes of atopic dermatitis in dogs and cats. VARL testing will help you identify and desensitize your dogs and cats to the different allergens that are causing discomfort. *Immunotherapy* will be administered enterally (oral) or parenterally (injecting directly into the skin) for 8-12 months to desensitize the allergies.

WEBSITE: <http://www.varlallergy.com/Home.html>

#### Flea Allergies

Treated with flea prevention medication (topical or oral). Oral prevention is highly recommended for better results. This will rule out flea allergies.

#### Bath

For dogs with environmental allergies, it is recommended to ask a Veterinarian for specific medicated shampoo that could help with skin allergies. Furthermore, it is suggested to bathe your dog at least twice a week to prevent yeast infection and chronic inflamed skin disease associated with allergies.

#### Medical Management

*You will need to see a Veterinarian for the following medication.*

- A) **Prednisone:** (oral steroid treatment)

WEBSITE: <https://vcahospitals.com/know-your-pet/steroid-treatment-long-term-effects-in-dogs>

- B) **Apoquel:** (oral treatment)

WEBSITE: <https://www.zoetisus.com/products/dogs/apoquel/index.aspx>

WEBSITE: <https://www.apoqueldogs.com>

- C) **CADI:** (injectable treatment)

WEBSITE: <https://www.zoetisus.com/products/dogs/cytopoint/>