

## Allergies

Signs that are consistent with allergies: licking feet, itching skin, ear infection, skin fold infections, skin infection, "wet dog smell".

Causes of these allergies could be many things including:

The food you are feeding, treats, dog bones, human food, indoor plants, your carpet, trees and plants outside, tick, mites, fleas, yeast infections, medications, smoking around your pets, ants, bees, etc. It is difficult to fix your pet's allergies unless you notice patterns that will clue us into the underlying cause of the allergy. Sometimes they are allergic to multiple things.

Initial plan is to treat skin infection, allergy therapy, and mite treatment. Wait and see if problem returns. This will not cure your pet unless the underlying cause of the allergies is identified and removed!!!!

1. Pulse therapy with injectable steroids (cortisone). These are typically given every 1-2 months. Alternatives would be oral cortisone.
2. Antihistamines - we may need to try 2-5 different antihistamines as many times the first one is ineffective.
3. Frequent rinses (bathing) may help rinse off the allergen. Make sure to use a medicated shampoo so that the skin is not dried out and is treated appropriately.
4. Antibiotics are recommended for bacterial skin infection. Sometimes pulse therapy antibiotics are necessary.
5. Antifungals are recommended for yeast and fungal skin infection.
6. Topical cortisone may be recommended.
7. Mite treatment is recommended to rule out scabies. We recommend a trial of Simparica and Revolution to treat for mites.
8. Shaving may help prevent skin infections.
9. Anxiety medications may help with the anxiety associated with allergies "itching"
10. A t-shirt may help reduce the desire and ability to lick, chew, and scratch at the skin. This can help prevent further damage to the skin.
11. Atopica may be recommended to reduce allergies in addition to other medications. This medication requires blood work after one month, then annually.
12. Apoquel may be an option for allergies in the future. For patients that are on Apoquel twice daily, it is recommended to check a CBC every 6 months to check for immunosuppression.
13. Cytopoint is available as an injectable allergy therapy that could be repeated up to every 4 weeks as needed to assist in reduction of clinical signs related to atopic dermatitis in dogs.

-Allergies can be difficult to resolve, let us know if one medication (pills, injection, liquid, topical, shampoo) works better for you and your pet's situation, so that we can best serve this medical condition. Recommend recheck exam 2-4 weeks after the initial therapy as medications may need to be adjusted/extended based on response to treatment.

-If still not resolved the next step to consider will be food trial 10-12 weeks vs Atopica trial for 30 days.

-If still not resolved we will recommend serum allergy testing or a consultation with a dermatologist for long term maintenance.