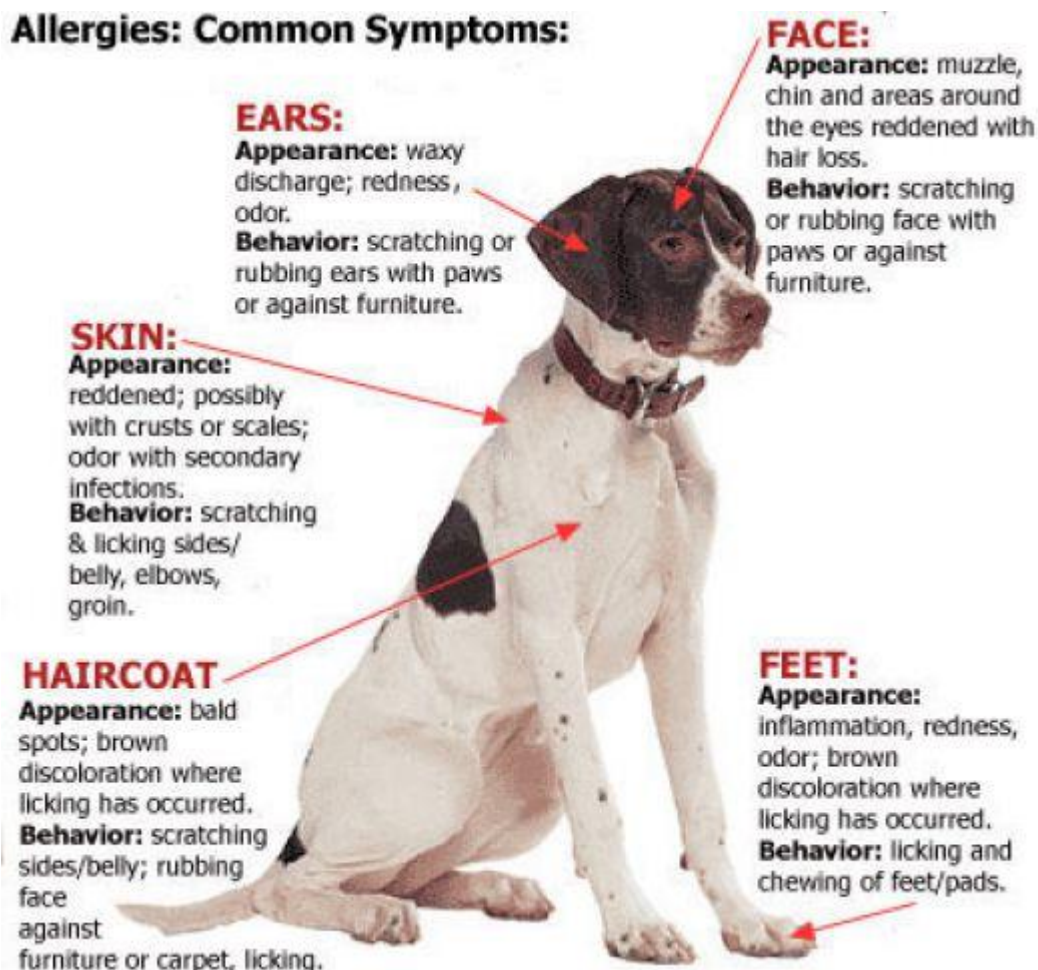


# A few tips on relieving allergic skin reactions.

Like us people, our dogs/ animals can suffer from allergies as well...

Allergies in pets are a harsh reality and at a distinct increase. While humans may suffer from allergies by means of sneezing, wheezing or even having serious respiratory difficulties, allergic reactions in pets are characterized by skin problems, exacerbated by their primary symptom—shaking of ears, itching and scratching. Dog allergies fall into three main categories: flea allergy dermatitis, food allergy and atopy. Other causes: internal parasite hypersensitivity, drug reactions, contact dermatitis. Many pets can be affected by one or more allergy.

## Allergies: Common Symptoms:



## Shampoos



Shampoos are great ideas to help keep skin clean and oil free they will also help sooth itchy skin and moisturise dry skin as well. It is suitable to wash your pet frequently up to once a day in severe cases as long as you use the proper shampoo.

Allermyl is my first choice shampoo for itchy dogs and this shampoo can be used often without any complications. Other good shampoos include Pyostat, Virbac physiological shampoo and F10 shampoo.

## Foods



There is a large amount of allergic dogs that have allergies to specific ingredients in dog foods, we often give prescription diets to dogs with food allergies in an attempt to introduce a new novel protein to the dog, these foods often contain other sources of protein which are less allergenic.

Specific foods include Hills z/d as the best and also Eukanuba dermatosis, please speak to our nutritional advisors who can assist you with recommendations, pricing and amounts to feed per day as well.

## Medication

Medications we use include things like prednisolone and allergex tablets, prednisolone is used initially at high doses and tapered down over time to make it safe for the dog. Allergex is safe to use as well with minimal side effects and does not need to be tapered down. It is ok to use prednisolone occasionally but long term effects can set in and these side effects can be pretty bad.

## Essential fatty acids

There are many products available that contain omega 3 and 6 fatty acids that one can place on the pet's food. These fatty acids are natural anti-inflammatory that do not have any side effects and can be used long term. Unfortunately they do not work immediately and need about 1 month to start working. Products available are respectively:



Effazol and Mirra-coat, both which are very good, but perhaps the best product at the moment is Omega-derma sachets, which I highly recommend to help control allergies.

## Others

Please note that other environmental agents could also cause allergies and these include virtually anything that the dog comes into contact with like blankets, carpets, floor cleaners, plants or even food bowls. One can try to eliminate these agents one by one which is difficult. Also try things like hypo-allergenic baby blankets or try to soften the hard skin on the body by applying hypo-allergenic moisture risers, dermavet or Vaseline petroleum jelly.

**If you have any questions with regards to the above mentioned things please do not hesitate to contact us.**

**Friendly Paw Greetings Vetland Animal Hospital**