

ALLERGIES




TYPES OF ALLERGIES

Allergies can manifest themselves with a number of secondary symptoms, but the main primary causes of allergies seen in veterinary practice are:

1. Atopy (environmental allergy)
2. Food allergy
3. Flea allergy/insect bite allergy
4. Contact allergy*



	ATOPY	FOOD ALLERGY	FLEA ALLERGY
Cause	-Environmental allergens trigger immune reaction. -Defects in skin barrier function. Common allergens include: -pollens/grasses -mites (incl dust mites and storage mites)	-Proteins in food cause immune reaction. -Common allergens: Dogs: <ul style="list-style-type: none"> • Chicken, beef • Dairy • Wheat Cats: <ul style="list-style-type: none"> • Fish • Beef 	Flea saliva causes immune reaction through bites. 
Symptoms	-Itchiness, mainly affecting <ul style="list-style-type: none"> • Feet (in-between pads) • Belly and armpits -Redness of skin -Papules (small bumps) -Hair loss (due to itching) -Staining of fur (due to licking)	-Scooting/licking bottom -anal gland issues -Diarrhoea/changes in stool consistency (+/- vomiting) -Chronic bilateral ear infections	-itchiness of rump around tail +/- hair loss and scaly skin. -history of fleas or visible flea dirt/fleas
Treatment	-rule out other kinds of allergies (food, fleas) -Oral corticosteroids - Apoquel -Cytopoint Injections -Cyclosporine (Atopica) (long term) -Topical treatments (Malaseb, Cortavance, neocort) -ASIT -Conjunctive therapy (omega 3, diet, antihistamines, soothing shampoos, essential 6)	-Elimination diet <ul style="list-style-type: none"> • novel protein and carbohydrate diet (e.g. RC Anallergenic or home cooked diet) min 8 weeks SOLELY • rechallenge with individual food proteins to determine allergen source • serum allergen testing 	-Flea allergy trial NexGard/Capstar -Environmental decontamination

*Contact allergies are rare in animals and easily treated. It should also be noted that one animal can have a combination of allergies concurrently.

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