



# Got Allergies?

Deducing “Whodunit” Is Key to Offering Relief



If your pet has allergies, you’re not alone. It’s a very common (and frustrating) health conditions that we see at Aloha Animal Hospital Associates. This free handout is a guide to help you solve the mystery of “whodunit” and how to get your pet some relief. For more information, contact us at 734-2242, [info@alohaanimal.com](mailto:info@alohaanimal.com), or go to our website at [www.AlohaAnimal.com](http://www.AlohaAnimal.com).

When people’s allergies act up, you can’t help but notice the symptoms: they’re sneezing or they break into a rash, and they usually look miserable. With pets, however, the symptoms may not be as apparent. Different types of pets may also have different reactions to the same allergens.

Typically, allergies develop in the first three years of life and get progressively worse with time. A good rule of thumb in searching for symptoms in your pet is to check the “F-Places.”

The three most common allergies for dogs and cats are: **1) flea bite allergies 2) inhalant allergies 3) food allergies**

Flea bite allergies are the most common and show up as hair loss, itchiness, and crusts over the center of the back, the rump, and the back of the thighs.

Inhalant and food allergies look similar and show up in the F-places.

## Search For Clues In The “F-Places”

### FACE

(eyes, ears, and mouth)

#### APPEARANCE

Muzzle, chin, and areas around eyes reddened with hair loss; redness, and/or waxy discharge/odor from ears

#### BEHAVIOR

Scratching or rubbing face with paws or against furniture; running nose along carpet

### FOLDS

(in the neck, elbows, or armpits)

#### APPEARANCE

Reddened; crusted and scaled; odor from secondary infections

#### BEHAVIOR

Scratching and licking affected areas

### FLANKS

(the abdomen)

#### APPEARANCE

Bald spots; brown discoloration where licking has occurred

#### BEHAVIOR

Scratching and licking sides and/or belly; rubbing against furniture or carpet

### FEET

#### APPEARANCE

Inflammation, redness, odor; brown discoloration where licking has occurred



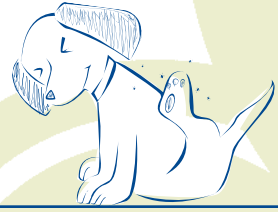
#### BEHAVIOR

Licking and chewing feet and/or pads

Overall, the most common allergies are caused by fleas. This is especially true here in Hawaii where the tropical weather nurtures their growth. The second most common grouping is airborne, and the third is food allergies.

As you search the F-Places, review your “Sleuther’s Notebook” on the three, most common pet allergies and their remedies:

## Sleuther’s Notebook: The 3 Most Common Pet Allergies

ALLERGY	SYMPTOMS	KEY AREAS	IRRITANTS	REMEDIES
<b>FLEAS</b> • Most common • Pervasive – each flea lays 40-50 eggs per day • Fleas constantly feed; each feeding is a new bite	 <b>Cats</b> • Not as recognizable, as bleeding is minimal • Hair loss • Extra grooming  <b>Dogs</b> • Excessive biting, chewing and scratching	<ul style="list-style-type: none"> <li>Center of the back</li> <li>Rump</li> <li>Inner and/or back of thighs</li> </ul>	<ul style="list-style-type: none"> <li>Saliva from flea bites</li> </ul> 	<ul style="list-style-type: none"> <li>Bathing in cool water – heat stimulates itching</li> <li>Applying an anti-inflammatory/anti-itch agent to infected areas</li> <li>“Breaking the cycle” with monthly flea control products and an insect growth regulator</li> </ul>
<b>AIRBORNE ATOPY</b> • Also common • Often seasonal: Fall and April/May	<ul style="list-style-type: none"> <li>Chewing at the feet</li> <li>Constant licking of the flank (side) and groin area</li> <li>Rubbing of the face</li> <li>Inflamed ears or recurrent ear infections</li> <li>Recurrent hot spots in dogs; pin-point facial scrubbing in cats</li> <li>Asthma-like wheezing and respiratory problems (more likely in cats)</li> </ul>	<ul style="list-style-type: none"> <li>Feet</li> <li>Flank</li> <li>Groin area</li> <li>Ears</li> <li>Throat (wheezing)</li> </ul>	<ul style="list-style-type: none"> <li>Dust and dust mites</li> <li>Cockroach dander</li> <li>Pollen</li> <li>Mold</li> <li>Cotton</li> <li>Human skin</li> </ul>	<ul style="list-style-type: none"> <li>Use supplements, shampoos, and medicated sprays as prescribed.</li> <li>Aloha Animal Hospital may also recommend allergy shots and immune system drugs.</li> </ul>

(Continued on page 2)

## Sleuther's Notebook: The 3 Most Common Pet Allergies

ALLERGY	SYMPTOMS	KEY AREAS	IRRITANTS	REMEDIES
<p><b>FOOD-RELATED</b></p> <ul style="list-style-type: none"> <li>Accounts for 10-15% of all allergies in dogs and cats</li> <li>Should not be confused with food intolerances, which generally cause diarrhea and vomiting.</li> </ul>	<ul style="list-style-type: none"> <li>Itching, especially face, feet, trunk, limbs, anal area</li> <li>Ear problems; often yeast-related</li> <li>Recurring skin infections</li> <li>Occasionally, dogs with food allergies may have increased bowel movements and soft stool</li> </ul>	<ul style="list-style-type: none"> <li>Face</li> <li>Feet</li> <li>Trunk</li> <li>Limbs</li> <li>Anal area</li> <li>Ear</li> <li>Skin</li> </ul>	<p>The most common allergies result from ingredients found in many pet foods and treats!</p> <ul style="list-style-type: none"> <li>Beef</li> <li>Dairy</li> <li>Chicken</li> <li>Wheat</li> <li>Corn</li> </ul>	<ul style="list-style-type: none"> <li>Start an "Elimination Diet" to remove the allergen over a two-month (6-8 weeks) period.</li> <li>Withhold treats and try foods such as salmon &amp; potato (with Omega 3 mixed-in for healthy skin), and pinto beans &amp; yams; or, "altered foods" that chemically isolate the offending molecules.</li> </ul> <p><i>Want a recipe for homemade, non allergenic dog food? Go to <a href="http://www.AlohaAnimal.com">www.AlohaAnimal.com</a></i></p>

### Dr. Chang's Recommended Elimination Diet

Search for over-the-counter foods that contain the following ingredients:

1. Salmon and Potato. The salmon's omega-3 oils help the skin. Duck and potato, kangaroo and oats, and venison and potato are other options.
2. Pinto Beans & Yams for a home cooked temporary trial.
3. Altered Foods. These chemically isolate the offending molecules so your pet doesn't react.



Some of the OTC foods have more ingredients than what it says on the label and therefore are not as restricted as we would like for this test. Ask us for the best choices. Some of the OTC foods have more ingredients than what it says on the label and therefore are not as restricted as we would like to do this test. Ask us for the best choices.

\*Always remember: Whenever you introduce a new food, mix the new food with your pet's existing food for the first week. Otherwise, your pet may get diarrhea.

### Use The Process Of Elimination To Solve The Case

1. Analyze the affected areas. Cross-check symptoms with the guide, above. Speak with Aloha Animal Hospital.
2. Rule out flea allergies with a full flea treatment for your home and pet. This takes persistence and patience. (For more information about stopping the flea cycle, go to our website to learn how one local family fought fleas and won).
3. Still flaring up? Move to the "Airborne" section.
4. Have a skin test done to determine the type of allergy.
5. Have the pet treated with medication.
6. Still flaring up? Move to the "Food-related" section.
7. Start an elimination diet. This will result in three, possible outcomes:
  - a. Condition same/worse, you've got the wrong food or allergy type.
  - b. Slight improvement: you're on the right track. Your pet may have two or more allergies, and you've successfully identified one of them.
  - c. Significant improvement: Bingo!

## ALLERGY Q&A WITH THE CHIEF INSPECTOR, DR. CHANG

**Q:** Can there be two or more allergies?

**A:** Yes. Be diligent and persistent in determining the cause(s) and eliminating them. There's no shame if your pet has fleas. Hawaii's fleas are very aggressive and resistant to treatments. You may not know that your pet – or your home – have them, so be very thorough in your investigation.

**Q:** What if I can't control my pet's eating? (e.g. others feed my pet, my pet roams outside and eats in the wild, etc.)

**A:** It's okay if you can't totally remove your pet from the allergen. Just reduce it as much as possible.

**Q:** Which cat/dog breeds are most susceptible?

**A:** Dogs – Dogs – Any breed, including mixed-breed dogs may be affected. Because of the probable genetic susceptibility, allergies may be recognized more frequently in certain breeds or families of dogs, which can vary geographically.

In the United States, commonly affected dog breeds include the Boston terrier, Cairn terrier, Dalmatian, English bulldog, English setter, Irish setter, Lhasa apso, Miniature schnauzer, Pug, Sealyham terrier, Scottish terrier, West highland white terrier, Wire fox terrier, and Golden retriever.

Cats – No breed appears to be more likely to develop allergic skin disease (atopic dermatitis).

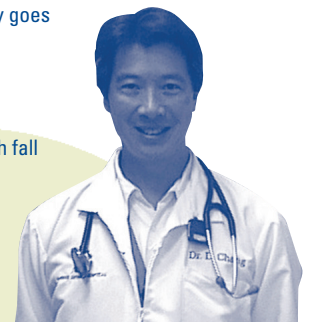
**Q:** Flea bite allergies appear so similar to mange. How can I tell if my dog has mange or a flea allergy?

**A:** We can tell by doing a simple test in the laboratory to find the mites. Mite treatment is usually simple but is quite different from allergy treatment.

**Q:** My pet is an indoor pet, and only occasionally goes out. Should I still be worried about fleas?

**A:** Yes. Fleas can attach to your clothing and be introduced to your home.

Female fleas will lay 40-50 eggs per day which fall off the fur as they are laid onto any area your pet roams. They will eventually become adults in 1-6 months.



We hope this information has been helpful. If you would like more information about allergies and their treatment, call us at 734-2242. We're located at 4224 Waiialae Avenue, directly mauka of Kahala Mall, under the freeway overpass.

**Hours:** Mon, Tues, Thurs, Fri: 7 am - 6 pm | Wed: 9 am - 6 pm  
Sat: 8 am - 5 pm | Sun: 9 am - 4 pm

