

SENSITEST

THE COMPLETE
ALLERGY SERVICE

THE ALLERGY THRESHOLD



WHAT THINGS
CONTRIBUTE TO
MAKING YOUR
PET ITCH?

THE ALLERGY THRESHOLD: WHAT THINGS CONTRIBUTE TO MAKING YOUR PET ITCH?

One way to explain this idea is by imagining your pet as an empty glass and all the things they are allergic to (known as allergens) as different liquids.



Every time your pet comes in contact with an allergen, the glass starts to fill up.



This doesn't cause any problems until you reach the brim of the glass, the 'threshold', at which point the liquid spills everywhere.



In the same way, if your pet is exposed to lots of allergens, or too much of any one in particular, they 'spill over' the threshold and you see symptoms associated with allergy such as itching, tummy upsets or wheezing.

INTRODUCING FRED

In Fred's case, he reacts to three different allergens (beef, house dust mites and dandelions), but it only takes a combination of two of these to breach his threshold and for symptoms to occur.

KEY

BEEF



DUST MITES



DANDELIONS



1.

In this situation Fred has not been exposed to any of the allergens that make him react, so 'the glass' is empty.



2.

Now Fred has been exposed to dandelions, but he hasn't reached his allergy threshold, so symptoms associated with allergy have not occurred.



3.

In this scenario, Fred has now been exposed to dandelions and dust mites. The combination of these two allergens together means Fred has reached his allergy threshold and symptoms associated with allergy will start to occur i.e. the glass has overflowed.



4.

Poor Fred has now been exposed to dandelions, dust mites and beef. Even if one aspect of his allergies is completely controlled, e.g. you stop him eating beef, he would still show symptoms.



THE TREATMENT

The best way to help Fred long-term would be thinking about all three of his allergens.

This would mean changing his diet and also reducing exposure to, and/or increasing his tolerance of, both dandelions and dust mites. This approach will 'stop the glass getting as full' so help prevent symptoms occurring. For many animals, additional treatments will be needed to control the symptoms. This might be required all the time or just to cope with flare-ups when they happen.

SOME THINGS YOUR PET MAYBE ALLERGIC TO:

FOOD ALLERGENS

Red meat
Poultry
Game
Fish
Cereals
Cow's milk
Eggs

INDOOR ALLERGENS

Storage mites
House dust mites
Dander
Mould
Fleas

OUTDOOR ALLERGENS

Grasses
Weeds
Trees
Shrubs
Insects

"I SUSPECT MY PET IS ALLERGIC TO SOMETHING. WHAT DO I DO NOW?"

If you suspect that your pet has an allergy, the next step is to try and work out what might be causing it. Your vet will advise on whether the following process, which can aid in both the diagnosis and management of your pet's condition, is appropriate. Any costs involved may even be covered by your pet insurance.

Please note: Any other potential causes of symptoms should be ruled out by your vet before doing environmental allergy testing, including a dietary trial to rule out food allergy. A food allergy blood test can help to select the best diet for this.

1 TAKE BLOOD

Your vet will take a small sample of blood for testing. This should ideally be when your pet's symptoms are at their worst and before any treatments are administered which may alter the test results.

2 THE LAB

The sample is submitted to Avacta Animal Health. We will run a selection of tests to identify what may be contributing to your pet's allergies. This takes between 7 and 10 days to complete.

3 AIDING DIAGNOSIS

We then provide a comprehensive report demonstrating which allergens your pet is particularly sensitive to in terms of food, the indoor & outdoor environment and certain contributing secondary infections. Your vet will then interpret these result alongside your pet's history.

4 THE TREATMENT

A treatment plan will be devised by your vet based on the results.

This may include:

- avoidance of environmental allergens
- immunotherapy
- oral or injectable medications to help stop the itch
- dietary changes and/or tablets
- antibacterial shampoos
- other topical therapies

5 THE OUTCOME

Managing your pet's condition correctly will help provide them with the best long-term solution for a happier life.

