



Canine Itching Tracker

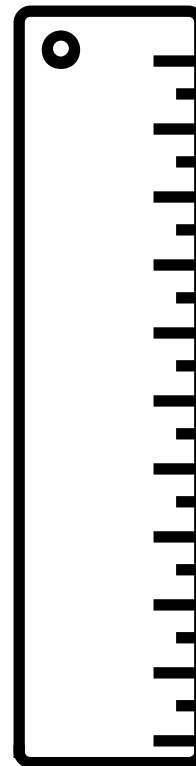
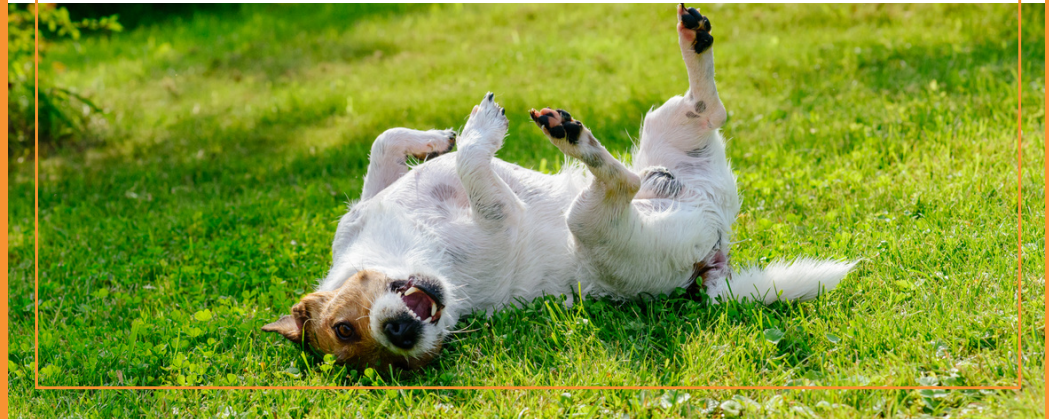
GUIDE TO TRACKING HOW ITCHY YOUR DOG IS
FEELING & HOW TREATMENT IS PROGRESSING

Rouse Hill
Family Vets



The Canine Itch Scale

HOW TO RATE THE ITCH



10
9
8
7
6
5
4
3
2
1
0

Itching does not stop whatever is happening, even in the consulting room (needs to be physically restrained from itching)

Extremely severe itching / almost continuous Itching might occur at night (if observed) and also when eating, playing, exercising or being distracted

Severe itching / prolonged episodes Itching might occur at night (if observed), but not when eating, playing, exercising or being distracted

Moderate itching / regular episodes Does not itch when sleeping, eating, playing, exercising or being distracted
Mild itching / a bit more frequent The dog/cat is slightly itchier than it was before the skin problem started

Very mild itching / only occasional episodes

Normal dog/cat - I don't think itching is a problem

Canine Itch Tracker

Rate how itchy your dog is from 0 - 10

| | | | | | | | | | | | | | | | | | | | | |
|----|-------|-------|-------|-------|-------|-------|-------|-------|-------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|
| 10 | | | | | | | | | | | | | | | | | | | | |
| 9 | | | | | | | | | | | | | | | | | | | | |
| 8 | | | | | | | | | | | | | | | | | | | | |
| 7 | | | | | | | | | | | | | | | | | | | | |
| 6 | | | | | | | | | | | | | | | | | | | | |
| 5 | | | | | | | | | | | | | | | | | | | | |
| 4 | | | | | | | | | | | | | | | | | | | | |
| 3 | | | | | | | | | | | | | | | | | | | | |
| 2 | | | | | | | | | | | | | | | | | | | | |
| 1 | | | | | | | | | | | | | | | | | | | | |
| 0 | | | | | | | | | | | | | | | | | | | | |
| | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 | Day 8 | Day 9 | Day 10 | Day 11 | Day 12 | Day 13 | Day 14 | Week 3 | Week 4 | Week 5 | Week 6 | Week 7 | Week 8 |

Food Challenge Itch Tracker

| | | | | | | | | | | | | | | |
|--------------|-------|-------|-------|-------|-------|-------|-------|-------|-------|--------|--------|--------|--------|--------|
| 10 | | | | | | | | | | | | | | |
| 9 | | | | | | | | | | | | | | |
| 8 | | | | | | | | | | | | | | |
| 7 | | | | | | | | | | | | | | |
| 6 | | | | | | | | | | | | | | |
| 5 | | | | | | | | | | | | | | |
| 4 | | | | | | | | | | | | | | |
| 3 | | | | | | | | | | | | | | |
| 2 | | | | | | | | | | | | | | |
| 1 | | | | | | | | | | | | | | |
| 0 | | | | | | | | | | | | | | |
| Food Offered | | | | | | | | | | | | | | |
| | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 | Day 8 | Day 9 | Day 10 | Day 11 | Day 12 | Day 13 | Day 14 |

How to perform a food allergy trial

When perform a food allergy trial we are offering your pet a food that their body should not react to. As most food allergies are caused by a reaction to the protein in the diet we recommend feeding either a novel protein source (something your pet has not been exposed to before like crocodile) or a hydrolysed protein source (where the protein source has been smashed up so small that the body will not recognise the protein as an allergen).

Food allergy trial needs to continue for 8 weeks as it can take 4 - 6 weeks for the body to stop reacting after being exposed to a protein that it has reacted to. At the end of the food allergy trial we need to perform a rechallenge to complete the trial. If your pet goes from being not itchy, to being itchy again we have diagnosed a food allergy.



The RULES for the food allergy trial

- Feed ONLY Royal Canin Anallergenic / Prime 100 Crocodile / Prime 100 Kangaroo with NO treats for at least 8 weeks.
- For patients with a history of pancreatitis we recommend feeding Purina Pro Plan HA Hydrolysed Canine Formula.
- At the end of the food allergy trial we will perform a smorgasboard rechallenge over a 2 week period

What happens if my dog accidentally is fed treats or food that is not a part of the food allergy trial?

- Unfortunately you are back to day 1 of the food allergy trial
- It can take 6 weeks for the body to stop reacting to a protein after it has been exposed.



So, my dog is itchy... what could they be allergic to?



TYPE OF ALLERGIES

Allergies in dogs can be divided into the following main groups. Some dogs can be unlucky enough to have more than one allergy present at one time.

Flea allergy dermatitis

Most commonly seen affecting the area around the tail base. Flea allergy dermatitis does not mean that your dog is riddled with fleas, it means that your dog is allergic to flea saliva, so it only takes one or two flea bites to cause your dog to have a severe allergic reaction resulting in chewing and pulling hair out around their tail base.

Food allergy

When dogs are allergic to food it can often display as itchy skin. Food allergy most commonly affects the ears, feet and anal glands. When dogs are allergic to food, they tend to be allergic to the proteins in the diet rather than the carbohydrate source. The only method of diagnosing a food allergy is by placing your dog on a carefully selected prescription or homemade hypoallergenic diet for several weeks, which is called a food trial. The diet only contains ingredients your dog has never eaten before. If the allergy signs resolve, a food challenge is performed by feeding the former diet and watching for a return of the itching. If this occurs, a diagnosis of food allergy is confirmed

Atopic Dermatitis

Skin or ear inflammation occurs in response to a variety of normally harmless substances, such as plant pollens, house dust mites, and other environmental allergens. Allergy tests of the skin or blood help us compile a list of allergens for a "vaccine" (allergen specific immunotherapy) to decrease the pet's sensitivity.

Secondary infection

Allergies are often the underlying cause of recurring skin and/or ear infections. Bacterial and yeast infections, though secondary to the allergy, can increase your pet's level of itching. Long-term treatment with antibiotics and anti-yeast medications is commonly required, along with medicated bathing programs.