

# ASK OUR VETERINARIANS



**Allergies.** The mere thought if it is often worse than the most despicable four letter word you can think of. Most of our clients can set their calendars by when their dog or cat will start itching. Some of them feel their pets never get relief. And when they say itching, they mean **ITCHING!** In fact, Dr. Douglas Schmidt has called allergies a curse, and for those pets and humans who have allergies they would agree with him. It is no surprise that one of the most common questions we get is, "What are some home remedies for our pet's allergies?" Seasonal allergies (atopy) are more contact related in dogs and cats, which is why we see more skin and ear infections rather than runny eyes and stuffy noses as with people. So, what does this mean? Wipe down your dog's paws and underside with a damp towel (paper towel or hand towel) when they come in from outside and this will help to remove some of the allergens. You can give your dog or cat more frequent baths with oatmeal shampoo or other itch relief shampoo. The risk of drying your pet's skin out from bathing frequently is often overstated. If you have a medicated shampoo, such as Malaseb, Sebahex, Ketochlor, etc, from last year's allergy outbreak, restart this at the start of your pet's allergy season one to two times per week. This will help keep the yeast and bacteria numbers down.

Anti-histamines, such as Benadryl (Diphenhydramine), can provide relief for some dogs and cats. These medications are generally very safe and can be given twice a day. You should contact one of our veterinarians to discuss a dose or other anti-histamine options for your pet. Another great option for your pet is omega-3 fatty acids, which are found in fish oil. Many of you may have already heard Dr. Kevin Schmidt mention this as one of his favorite overall supplements, and for good reason. Omega-3 fatty acids act as anti-inflammatories to help relieve swelling and itchiness. Allergies basically turn the skin into a broken down brick wall. The fish oil will help to repair the skin so there are no more holes in the wall and therefore prevent the allergens from getting through the skin.

Unfortunately, these home remedies may not be enough to completely relieve your pet of their itchiness or prevent the development of a skin infection. The skin infection alone can account for up to 50% of your pet's itchiness. If you are unable to keep your pet comfortable at home, please schedule an appointment with one of our veterinarians at Patton Veterinary Hospital. We will be able to relieve your pet of their itchiness, treat their skin infection and discuss options for a more long term allergy treatment plan.

**Submitted by: Dr. Kevin Schmidt**



**Dr. Douglas Schmidt**  
246-3611  
[www.pattonvethospital.com](http://www.pattonvethospital.com)



PATTON  
VETERINARY  
HOSPITAL



**\$500 OFF** New Patient Exam