

Transforming Lives

DON'T LET ALLERGIES GET THE BEST OF YOU

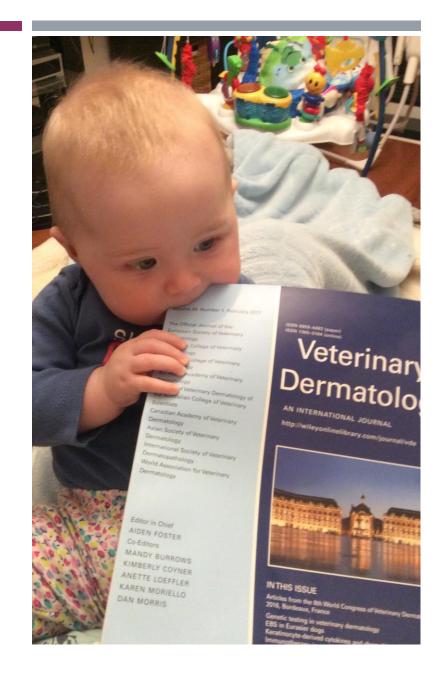
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ASSISTANT PROFESSOR DERMATOLOGY, ATLANTIC VETERINARY COLLEGE

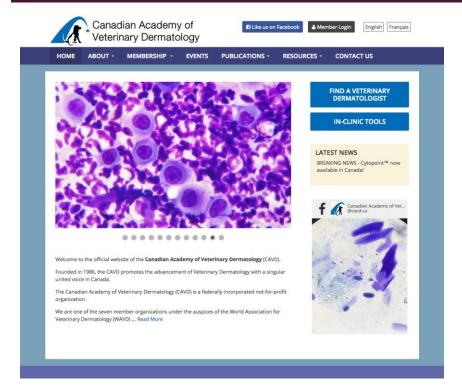


OVERVIEW

- Allergies
- Cutaneous adverse food reaction
- Atopic Dermatitis
- Tips for practice



CANADIAN ACADEMY OF VETERINARY DERMATOLOGY





- Dedicated to advancing and disseminating knowledge and information about veterinary dermatology
- Keep up to date with developments in this field
 - Bulletin
 - E-newsletter
 - Dermatology CE
- In-clinic tools topical products, resistance, allergies
- Join us at www.cavd.ca
- Membership \$50/year, free for students
- Follow us on

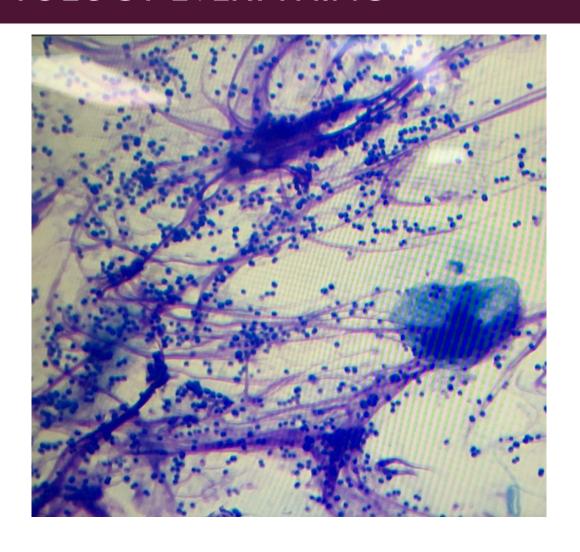
AND MAX IS BACK.....

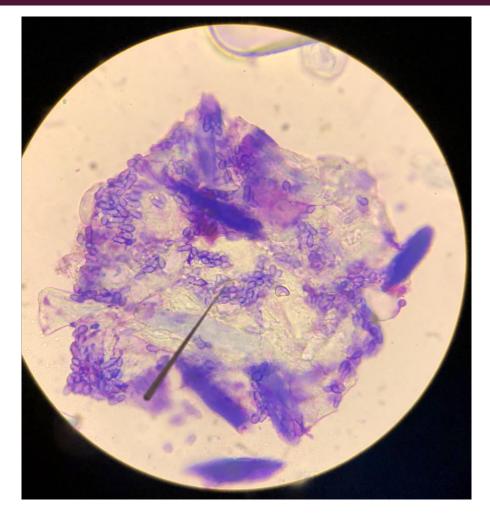






CYTOLOGY EVERYTHING





YEAR ROUND PRURITIC PATIENT

ALLERGIC?
RULE OUT CAFR FIRST



VETERINARY PRACTICE GUIDELINES

2023 AAHA Management of Allergic Skin Diseases in Dogs and Cats Guidelines

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Paul Bloom, DVM, DACVD, DABVP (Canine and Feline), Alison Diesel, DVM, DACVD,
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Chih-Ming Yu, DVM, MPH, ECFVG

Research article | Open Access | Published: 09 May 2019

Critically appraised topic on adverse food reactions of companion animals (7): signalment and cutaneous manifestations of dogs and cats with adverse food reactions

Thierry Olivry ≥ & Ralf S. Mueller

BMC Veterinary Research 15, Article number: 140 (2019) | Cite this article

2772 Accesses | 2 Citations | 4 Altmetric | Metrics

Research article Open Access | Published: 30 August 2017

Critically appraised topic on adverse food reactions of companion animals (4): can we diagnose adverse food reactions in dogs and cats with in vivo or in vitro tests?

Ralf S. Mueller 2 & Thierry Olivry

BMC Veterinary Research 13, Article number: 275 (2017) Cite this article

4249 Accesses | 15 Citations | 11 Altmetric | Metrics

Research article | Open Access | Published: 12 January 2016

Critically appraised topic on adverse food reactions of companion animals (2): common food allergen sources in dogs and cats

Ralf S. Mueller, Thierry Olivry & Pascal Prélaud

BMC Veterinary Research 12, Article number: 9 (2016) | Cite this article

15k Accesses | 24 Citations | 81 Altmetric | Metrics

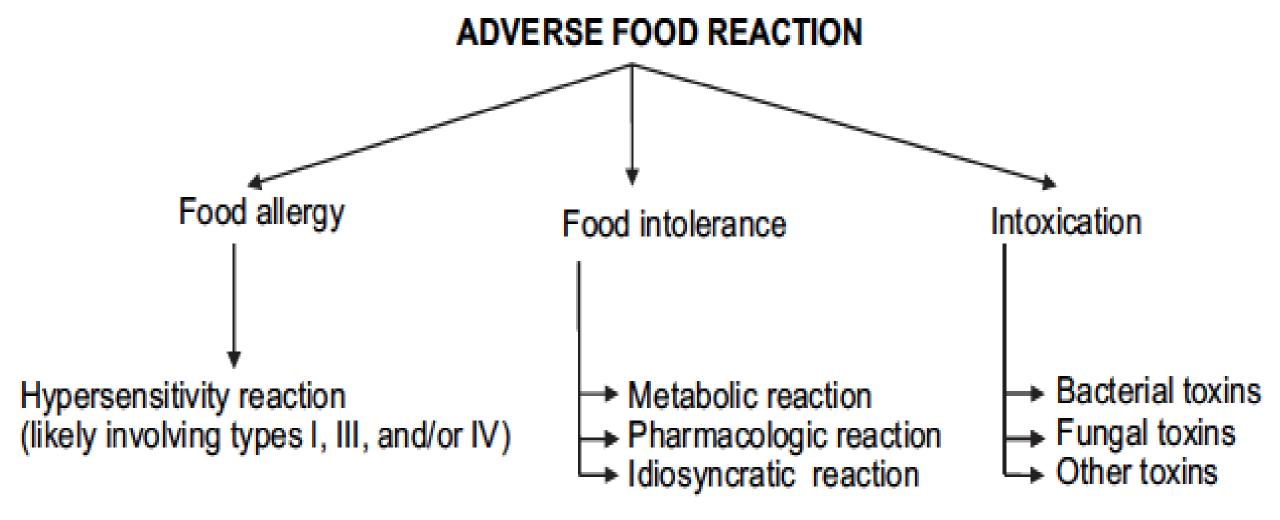
Research Article | Open Access | Published: 28 August 2015

Critically appraised topic on adverse food reactions of companion animals (1): duration of elimination diets

Thierry Olivry , Ralf S. Mueller & Pascal Prélaud

BMC Veterinary Research 11, Article number: 225 (2015) | Cite this article

7120 Accesses | 23 Citations | 4 Altmetric | Metrics



FOOD ALLERGY

- Trophallergen = heat-stable, water-soluble glycoprotein
- Major allergens = MW10-60 kda
 - 3 to 5 kd
- 5-20% pruritic dogs & cats
- IgE-mediated sensitization
 - T cells + antigen = TH2 resp., upreg of IL-4, IL-5, IL-13 & class switching to IgE
- Effector phase
 - Mast cells, basophils, eosinophils (Fc-e receptors)
 - Bind food specific IgE -> histamine

TOP ALLERGENS



- Dogs
 - Beef (34%)
 - Dairy (17%)
 - Chicken (15%)
 - Wheat (13%)
 - Lamb (5%)
 - Soy, corn, egg, pork, fish, rice











SIGNALMENT

- Any age and sex
- Cats
 - 9% before 6 months
 - 23% before I2 months
- Dogs
 - 22% before 6 months
 - 38% before I2 months

CLINICAL SIGNS

- Pruritus
- Indistinguishable from AD
- Face/head: 53% cats
- Reaction patterns (cat)
- Urticaria









NON CUTANEOUS SIGNS

- Gastrointestinal
 - Vomiting and diarrhea
 - Increased frequency of defecation
 - Anal gland
- Anaphylaxis
- Symmetric lupoid onychodystrophy
- Sneezing
- Conjunctivitis

- Hyperactivity
- Respiratory signs



DIAGNOSING CAFR - HISTORY CLUES

Consider AFR if < 6-12 months

On offending food years before reaction (70%)

Pruritus less
responsive to
glucocorticoids,
Year round
pruritus

DIAGNOSING CAFR

- Saliva testing
 - Normal, food allergic, atopic, tap water
 - All showed positives
- Hair testing
 - All showed positives





THE GOOD OLD "FOOD TRIAL"!



- Elimination diet
 - Novel protein or hydrolyzed diet
 - Don't use term hypoallergenic
- Avoid prior ingredients
 - Avoid top allergens/cross rxn
- FEED DIET SOLELY no treats, scraps, flavoured medications, rawhides, flavoured toothpaste or PILL POCKETS



Updated December 2023

Veterinary Diets for Food trials (Canine)

Manufacturer	Diet name	Main protein	Carbohydrate source	Formulated for growth	Calories per cup	Other indications for use/Added benefits	Kibble/canned	Treats
Hill's	Prescription Diet d/d Potato and Salmon	Salmon	Potato	No	360 kcal 369 kcal/can		Both	No
	Prescription Diet d/d Potato and Duck	Duck	Potato	No	371 kcal 356 kcal/can		Both	No
	Prescription Diet d/d Potato and Venison **Canned food currently unavailable	Venison	Potato	No	371 kcal 1091 kcal/can		Both	No
	Prescription Diet Derm Complete	Egg product	Brown rice, Brewer's rice	No	388 kcal 448 kcal/can	Atopic dermatitis	Both	No
	Prescription Diet z/d	Hydrolyzed chicken liver	Corn starch	No	317 kcal 349 kcal/can		Both	Hill's Prescription Diet Hypo-treats
Purina	Propian Veterinary Diets HA Hydrolyzed (Vegetarian) Canine Formula	Hydrolyzed soy	Starch	No	311 kcal		Kibble	Yes (Purina Gentle Snackers)
	Proplan Veterinary Diets HA Hydrolyzed Chicken Flavour canine formula	Hydrolyzed soy and hydrolyzed chicken liver and chicken	Corn starch (kibble), pea starch (canned)		322 kcal 346 kcal/can	Pancreatitis, lymphangiectasia, protein-losing enteropathy, Exocrine pancreatic insufficiency, hyperlipidemia	Both	Yes (Purina Gentle Snackers)

WAIT A MINUTE DR
PYE...YOU'RE SAYING
FLUFFY CAN'T HAVE HER
STEAK FOR HER
BIRTHDAY??????



MAKE SURE TREATS ARE IDENTICAL INGREDIENTS.....





- Toothpaste, flavoured medications, flavoured chews
- Monthly parasite preventatives topical
- · Not even Hypoallergenic pill pockets
- No fruits/vegetables oral allergy syndrome



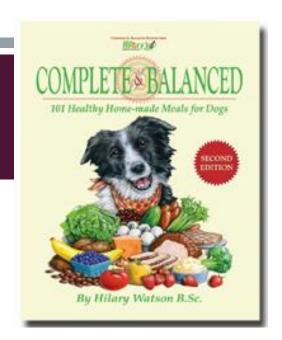


DURATION

- 50% dec. pruritus 3 wk
- **85%** after 5 wk
- 95% after 8 wk
- Cats: 90% after 8 wk

HOME COOKING

- Gold standard
- Time consuming
- Novel protein and carbohydrate E.g. pork and potato, rabbit, goat
- Balanced?
 - Hilary's Blend
 - Balance It
 - Veterinary Nutritionist





NOVEL PROTEIN DIETS

- 64% food allergic dogs sensitive to > 2 food allergens
- Mean # food allergens in dogs = 2.4
- Potential cross reactions in humans:
 - Chicken/turkey X flight fowl alpha-livetin
 - Venison has 20% homology with beef
 - Wheat, barley, rye Gluten/gliadins
 - Wheat, rice, corn, barley α -amylase inhibitors
 - Fish -β-parvalbumin
- In my opinion the most novel is best!

VETERINARY PARTIALLY "HYDROLYZED" DIETS

- Hill's Z/D
 - Hydrolyzed chicken
 - Low fat: Hydrolyzed soy
- Purina HA
 - Hydrolyzed soy (vegetarian)
 - Hydrolyzed soy and chicken
 - Hydrolyzed soy and salmon
- Royal Canin Hypoallergenic HP
 - Hydrolyzed soy

- Allergenic proteins > 10 kDa; Reducing protein size to < 6 kDa
- Peptides as small as 3 to 5 kd can be allergenic

HYDROLYZED DIETS

- 20% 50% ingesting partial hydrolysates = worsening
 - Peptides 3–5 kDa
 - Peptides 0.5 kDa could activate lymphocytes in non-lgE-mediated CAFR
- Conclusions
 - Use in dogs not hypersensitive to components
 - Use in pets with cutaneous AND GI signs or unknown diet history

EXTENSIVELY HYDROLYZED DIETS

- Purina Elemental
- An-allergenic: >95% peptides below I kDa
 - 88% single aa
- Poultry feathers
- I0 dogs
 - Randomized, double blinded, crossover trial
 - No pruritus with chicken induced CAFR
 - Chicken liver hydrolyzed diet caused moderate flare in 40%

HILL'S DERM COMPLETE

- CAFR & atopic dermatitis
- Egg protein
- Food allergy study (21 days)
 - 57 dogs
 - 21 day baseline, 21 day test food
 - Continued control
 - No sig diff in scratching, shaking and sleep quality



ARE OTC LIMITED INGREDIENT DIETS OK?

- 4 OTC 'made with no soy' + 8 VET RX
- 3/4 OTC 'no soy' diets all positive (2 diets >25 ppm)
- Vet diets
 - 4/8 VET diets <2.5ppm
 - 2/8 hydrolyzed soy diets were positive (>2.5 ppm)
 - I/8 VET diet contained >25 ppm soy but soybean oil listed
 - I/8 VET diets contained 4.6 ppm with no soy

Veterinary Professionals - Atopic Dermatitis and Adverse Food Reactions

Resources

Critically Appraised Topics on Adverse Food Reactions

Veterinary Elimination Diets Available in Canada - Dogs A

Veterinary Elimination Diets Available in Canada - Cats 🖴

Treatment of canine atopic dermatitis: 2015 updated guidelines (ICADA)

Handouts

Dog and Cat Itch Scale

Allergy Assessment Calendar + Printable Blank Calendar Pages

CAVD Allergy Handout: a resource for dog and cat owners 🖴

Canine Ear Anatomy Illustration

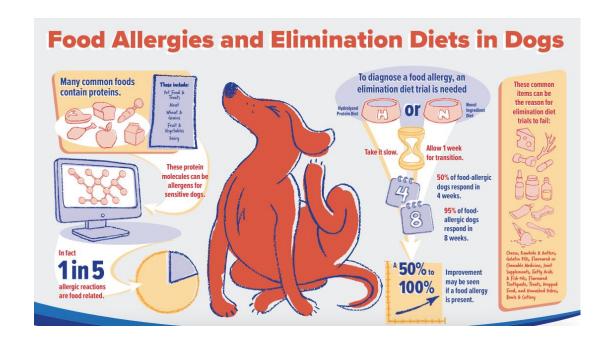
CAVD Illustrated Diet Trial Handout for Dogs

CAVD Illustrated Diet Trial Handout for Cats A

Elimination Diet Trial Handout for Dogs - Original

Elimination Diet Trial Handout for Cats - Original

How can we help your pet, Canine atopic dermatitis a



DURING DIET TRIAL....



- Things should get better NOT worse!!
- Tell your owners to watch for:
 - Increased pruritus
 - Increased flatulence
 - Soft stools
 - Vomiting
- Maybe reacting to component of food



MEDICATION USE DURING A DIETTRIAL

- Taper off weeks 4-6
 - Example: Oral glucocorticoids daily for 2 weeks,
 EOD for 2 weeks, ETD for 2 weeks
- Treat concurrent infection

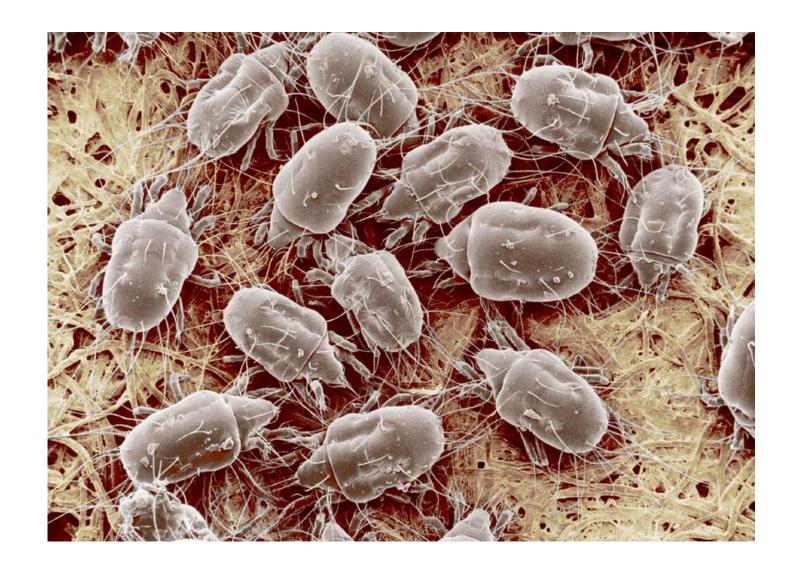
DIETARY RESTRICTION-PROVOCATION TRIAL



- Reintroduce previous food
 - Pruritus within 14 days
 - Does not identify exact allergen
- Consider dietary challenges
 - I ingredient for 14 days
 - New diet, specific treat, vegetable etc
 - Return of pruritus cannot feed
 - No return of pruritus continue to feed

STORAGE MITES

- Stored food (low amounts)
- Flare with new diet
- Keep food indoors in low humidity
- Store food in airtight container



TIPS FOR A SUCCESSFUL FOOD TRIAL!

- Trial as diagnostic test
 - Not for ever
 - Ability to change longer term
- Be COMPLETELY RESTRICTED
 - Ingredient list
 - Bake canned food
 - Vegan marshmallows
 - Vanilla mint toothpaste

TIPS FOR A SUCCESSFUL FOOD TRIAL!

- Challenges: family members, toddlers, multi animal households
- New bowl, clean bowl, scoop for food, clean food storage bin
- Always rule out prior to allergy testing/therapy for AD

WHEN TO REFER

- Anytime!!!!!!
- Young patient yrs of therapy
- ACVD survey
 - 82% referred earlier
 - 73% reached "tipping point"
 - **3** visits OR \$925
 - 15% stopped seeing rDVM
 - Derm addressed issue 3.8 visits at overall lower cost

WHEN THE DIET TRIAL FAILS

- Consider atopic dermatitis (diagnosis of exclusion)
- Genetics
- Environment
- 4 routes Percutaneous, inhalation, ingestion, conjuctival
- Most 6 months-3 yrs of age (dog)
 - 78% during this time
 - 53.3% Frenchies, 66.7% Shar-Peis during 1st year
 - Cats 4-5 yrs
- Management vs cure = Lifelong



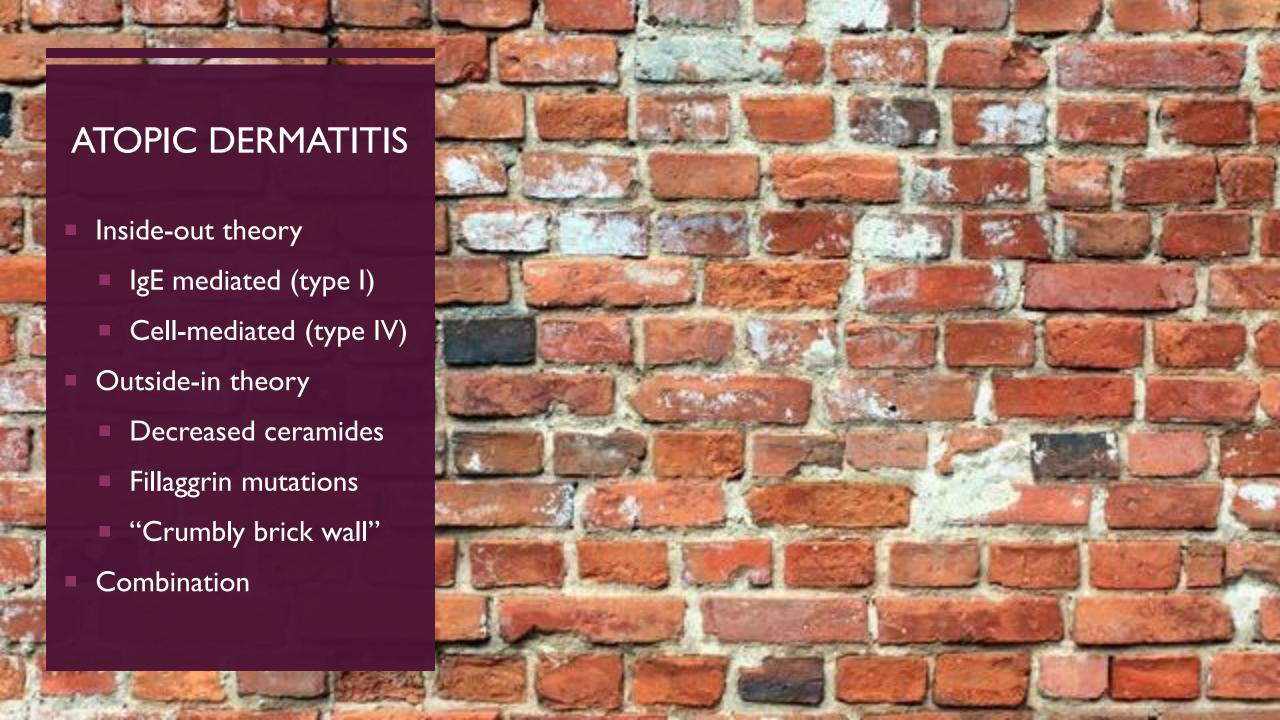
DIAGNOSIS OF AD

- Diagnosis of exclusion
- Favrot's criteria
 - Combination of any 5/8 criteria:
 - I. Onset of clinical signs under 3 years of age
 - 2. Dog living mostly indoors
 - 3. Glucocorticoid-responsive pruritus
 - 4. Alesional pruritus at onset
 - 5. Affected front feet
 - 6. Affected ear pinnae
 - 7. Non-affected ear margins
 - 8. Non-affected dorso-lumbar area

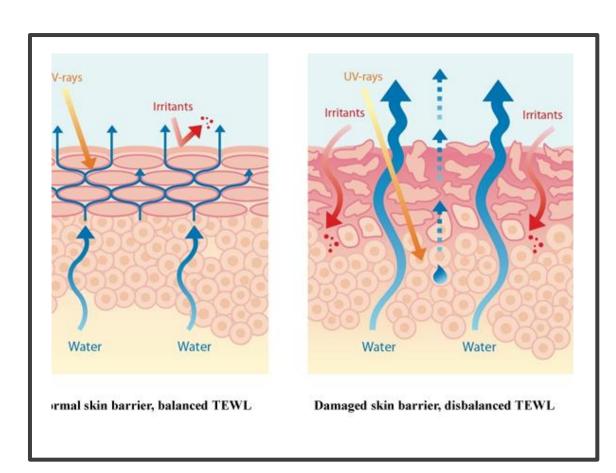
If only used these criteria would miss 1/5 atopic dogs

5/8





RESTORATION OF BARRIER FXN



- Disrupted in AD
 - Thinner stratum corneum
 - Decreased ceramides
- Easier than bathing
- Wide safety margins
- Time!

Brand	Allerderp	Douxo Seborrhea	Essential 6
Active ingredient	Skin Lipid Complex (SLC) (ceramides, free fatty acids and cholesterol)	Ophytrium	Essential fatty acids Essential oils
Manufacturer	Virbac	CEVA	Ldca (Aventix)
Loading phase	Once I week for 4 weeks 2-3 //week if severe	Once a week for 3-4 weeks	Once a week for 8 weeks
Maintenance phase	monthly application	I application q 2 weeks	I application q 2 weeks

TOPICAL LIPID FORMULATIONS

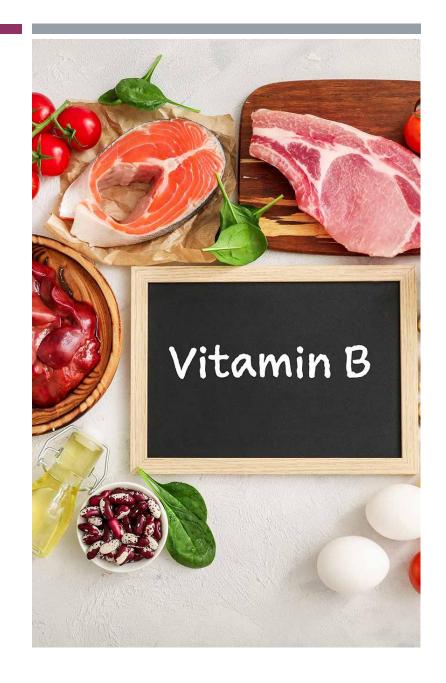
NUTRITIONAL MANAGEMENT

- Hill's Derm Complete®
 - Polyphenols
 - Inhibit lymphocytes
 - Inhibit mast cell release
 - Omega fatty acids
 - Egg
 - Egg vs. prednisone
 - Exposed to allergen via intradermal skin testing
 - Similar reduction in acute & delayed cell-mediated immune response



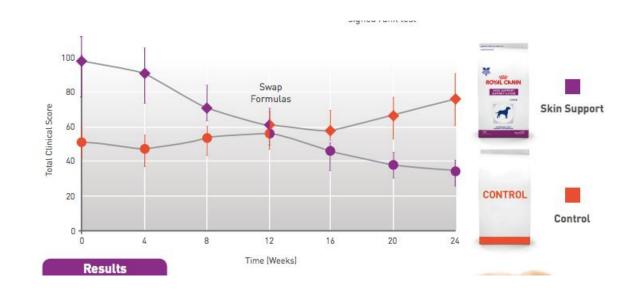
DERM COMPLETE ®

- Minerals for skin health (e.g. zinc)
 - Vitamin A wound healing, hair regrowth, keratinization
 - Vitamins E and C antioxidants
 - B vitamins cell renewal, collagen maintenance
 - Vitamin E
 - Decreased CADESI scores

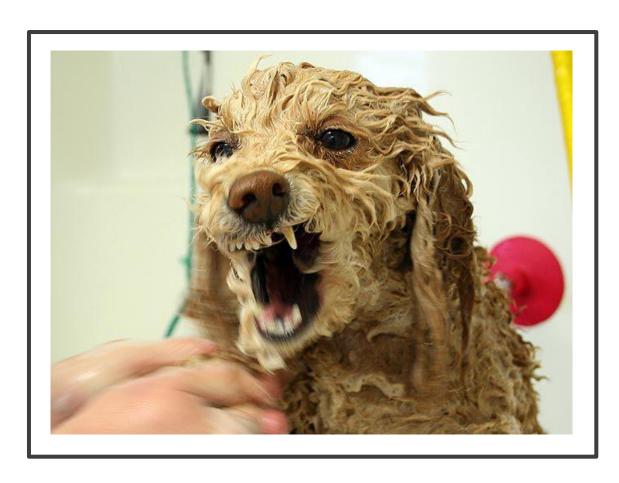


ROYAL CANIN SKIN SUPPORT®

- EPA/DHA healthy skin and coat
 - Reduce inflammation
- Antioxidants
- B vitamins and amino acids
 - Reduce TEWL
- Curcumin, aloe vera, vitamin C and taurine
 - Help wound healing
 - Decrease secondary infections
 - Decrease pruritus



TOPICAL THERAPY



- Weekly bathing
 - Maintenance
- Infection control
- Lukewarm water
- Contact time
- No dryer





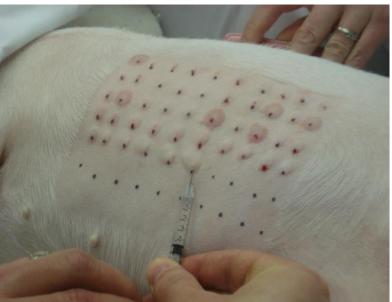
ENVIRONMENTAL ALLERGY TESTS

- NOT to diagnose
 - False positives
- Negative test results do not rule out
- To identify allergies for ASIT
 - Interpret history, seasonality and exposure

ALLERGY TESTING

- Intradermal test (skin test, IDT)
 - Best after peak season
 - Drug withdrawal
- Serum test
 - Prior to allergy season
 - Laboratory limitations
- Cross reaction between mites
 - Rule out parasites prior to testing





SERUM ALLERGY TESTING

- RAST or ELISA
 - VARL, Idexx, Greer, Spectrum
- Frequency of positive result
 - I. Heat-inactivated fetal bovine serum
 - 2. Purified canine albumin in saline
 - 3. Pooled serum from specific pathogen free dogs
 - Triplicate to four laboratories
 - 11.1%, 1.4%, 29.1%, 3.3% false positives
- IMPORTANT to review WITH history of patient
- Take a part in serum formulation

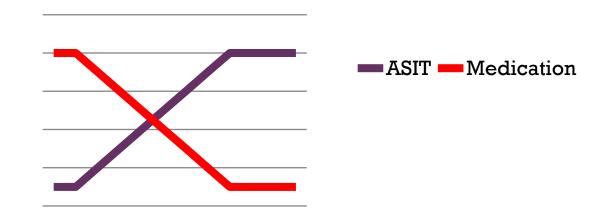


ALLERGEN SPECIFIC IMMUNOTHERAPY

- SQ vs oral
- Gradually increasing quantities of allergen extract
 - Increase in IgG
 - Increase Treg cells and IL-10 and decrease in IgE
- Minimal adverse effects
- Efficacy 50-100%
- Adverse reactions rare
 - Pruritus/swelling after injection
 - Systemic reactions (< 1%)</p>
 - Diarrhea, vomiting, urticaria, anaphylaxis

ALLERGEN SPECIFIC IMMUNOTHERAPY

- Subcutaneous injection
- Induction phase q 2 days to q 7 days
 - Gradually increasing conc.
- Maintenance phase q 7-28 days
- Oral immunotherapy daily
- 6-12 months to effect
- No loss of efficacy when receiving EOD pred during induction
- Synergistic effect between ASIT and cyclosporine



ANTI-PRURITIC MEDICATIONS

	Oclacitinib	Lokivetmab
Onset	Within hour(s)	Hours to days
Action	Jak-I inhibitor	Monoclonal antibody
Dosing	Daily	Q 4-8 weeks
Contraindications	Neoplasia, systemic infections, immunosuppression, demodicosis, interdigital cysts?	None listed
Age	I+ years	Any
Species	Labelled for dogs	DOGS ONLY
Side effects	Vomiting, diarrhea, lethargy, skin/ear infections, cutaneous masses, demodicosis	

ANTI-INFLAMMATORY MEDICATIONS

	Glucocorticoids	Cyclosporine
Onset	Within hour(s)	4-8 weeks
Action	Many actions	Calcineurin inhibitor
Dosing	Daily -> tapered	Daily -> q48-72 hrs
Contraindications	Cardiac disease, hepatic disease, renal disease, diabetes, hyperadrenocorticism, systemic infection	Neoplasia, diabetes
Age	Any?	6+ months
Species	Dogs/cats	Dogs/cats
Side effects	PU/PD, polyphagia, thin skin, calcinosis cutis, renal disease, hepatic disease, development of diabetes, iatrogenic cushings	Vomiting, diarrhea, anorexia, gingival hyperplasia, hirsuitism

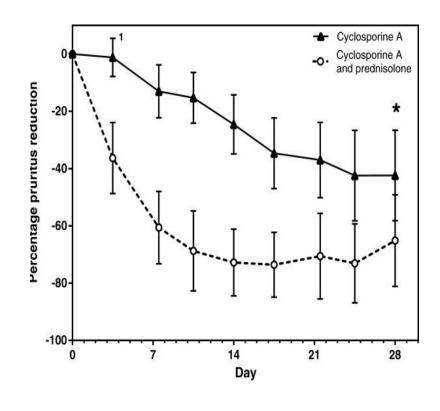


GLUCOCORTICOIDS

- Can use in bursts of 3-7 days
 - No tapering required
- How much steroid is too much?
 - Candace Sousa, Dip ACVD
 - Body weight in Kg x 30 = amount of steroid per year
 - Prednisone/prednisolone
 - E.g. $10 \text{ kg dog} = 10 \times 30 = 300 \text{ mg}$
 - If receiving 5mg per day = 60 days = 2 months over a year

ATOPICA™ AND PRED – CONCURRENT USE STUDY

- Cyclosporine 5 mg/kg +/- prednisolone
 - I mg/kg q24 hrs x 7d then EOD x I4 d
- Day 28: Both groups significant improvement
- Both: reduced pruritus by day 3—4, 72.8%
- Cyclosporine: reduced pruritus by day 7–8, 24.7%

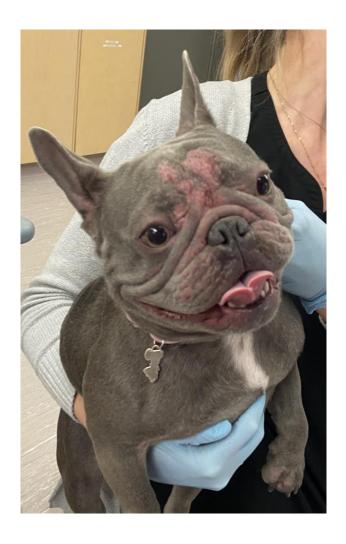


DEGREE OF INFLAMMATION













PRURITIC

- Itchy
- No major ear disease
- No chronic skin changes
- No chronic infections
- Doesn't help = change approach

CORTAVANCE™ TOPICAL THERAPY

- 0.0584mg/ml Hydrocortisone aceponate
- Atopic dogs, 84 days
 - > 50% reduction in pruritus
- I spray covers area 10 x 10 cm
- At labelled dose, no systemic side effects (7 days)
 - No adrenal suppression
- Twice labelled duration → no bloodwork changes
- Skin thinning? 5 x dose x 14 days, not noted

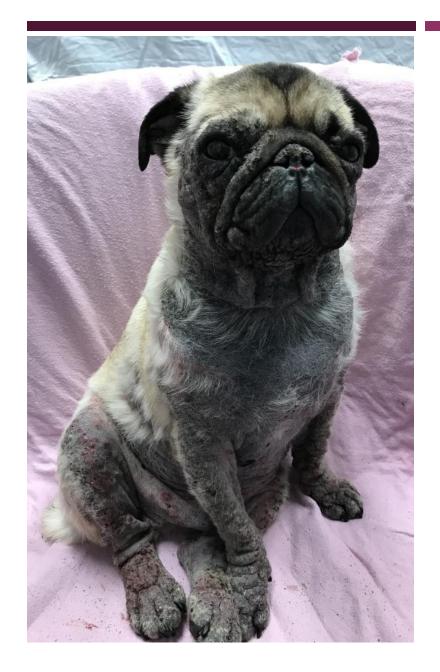


WHAT APPROACH DO I USE?

- Short "season": oclacitinib, lokivetmab, glucocorticoids, cyclosporine, nutritional management, topical
- Year round pruritus: ASIT, oclacitinib, lokivetmab, cyclosporine, nutritional management, topical therapy
- Acute flare ups of pruritus: oclacitinib, lokivetmab, glucocorticoids, topical therapy
- Preventative therapy -> Treat atopy BEFORE it becomes a forest fire
 - Start medications at MAINTENANCE dose, longer term nutritional modifications
 - Start I month PRIOR to start of season
 - Barrier repair

THANK YOU



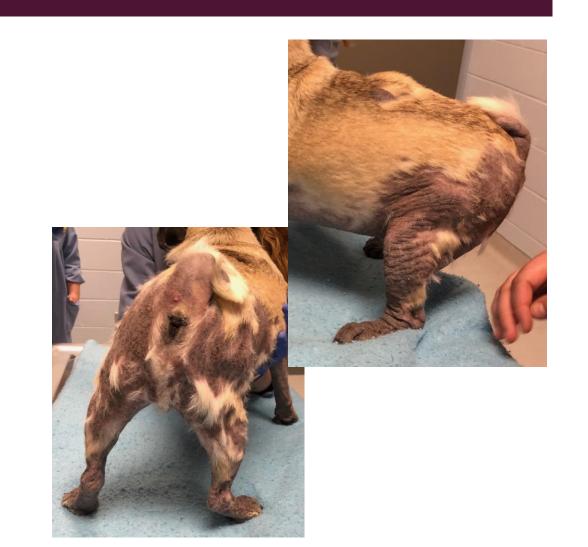


WINSTON, 3 YR OLD, MN, PUG

- AVC Derm I.5 yrs prior
 - Diagnosed with AD
- Apoquel for 9 months
 - More pruritic
 - More lesions
 - Non-responsive to antibiotics
 - Non-responsive to food change

WINSTON, 3 YR OLD, MN, PUG

- Lethargy
- No GI
- Other dog in house unaffected
- Fish based grain inclusive diet + treats
- Receives selamectin monthly
- No PU/PD
- No known health issues

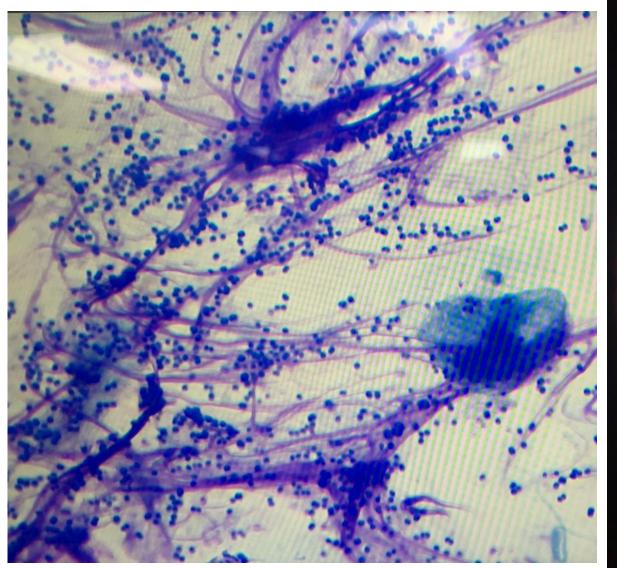


DIFFERENTIALS

- What could this be?
- Allergy flare
- Cutaneous adverse food reaction
- Infection
- Parasite
- Cutaneous T Cell lymphoma
- Endocrine disease
- Dermatophytosis
- Immune mediated disease

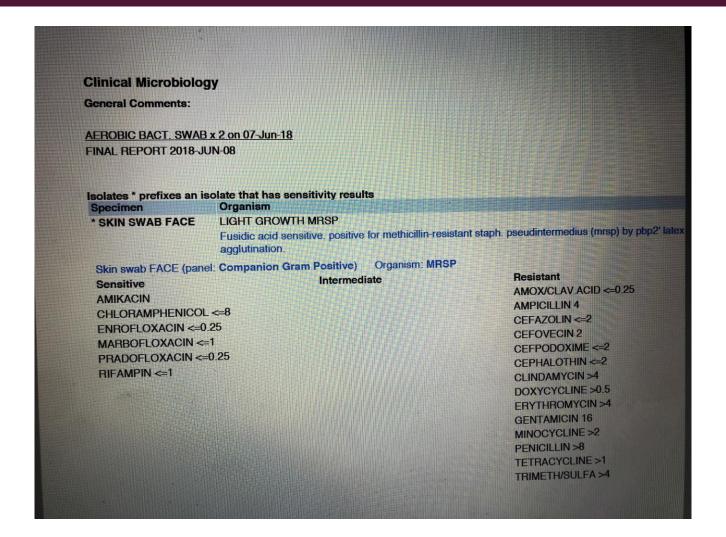
WHAT NOW?

- Minimum database
- Cytology + Skin scraping + Wood's lamp





HOW TO TREAT



WHY DEMODICOSIS??

- No immunosuppressive medication
- Endocrine?
- Neoplasia?
- Allergic skin disease?

Bloodwork unremarkable

+

History of allergic skin disease

TREATMENT PLAN

- Isoxazoline
 - Until 2 negative scrapings 4 weeks apart
- Topical antimicrobial treatment
 - 4 weeks then REPEAT cytology
- Start cyclosporine

LIVING HIS BEST LIFE

