



The Itch Clinic

Allergy, Dermatology, and Otolaryngology

Dr. Keith A Hnilica DVM, MS, DACVD

ALLERGY PREVENTION

1. REMOVE POLLEN

Bathe every 3-7 days with a **disinfecting shampoo** to wash off pollens and kill bacteria and yeast.

Apply the disinfecting **Torb-D lotion** to red itchy spots in-between the baths to prevent infection.

WIPE the feet, chin, and face folds with **baby wipes** at bedtime.

Always wipe in the direction of hair growth to remove any ingrown hairs.

2. AVOID FOOD ALLERGENS

REMOVE **ALL BEEF, DAIRY, CHICKEN** in the food and treats forever. **(READ THE INGREDIENT LIST!!)**

Select Lamb, Rabbit, Duck, or FISH/SALMON diet.

OTC diets like Wellness Simple, Canidae, Natural Balance, Blue Basics, Natural Planet, Merrick, and Zignature work well.

3. PREVENT INSECTS: PLEASE make sure **ALL** pets are treated with a NEW generation parasite control.

MILBEMYCIN BASED (nonBeef/nonChicken) - ALL-in-ONE heart-worm + intestinal parasite control.

SIMPARICA / BRAVECTO every 30 days to prevent mites, chiggers, mosquitoes, fleas, and ticks.

4. BLOCK HISTAMINE: Antihistamines help reduce the skin irritation and have few side effects.

In the **MORNING** (and up to every 12 hours) give _____ **Zyrtec**, Allegra, or Claritin

At **BEDTIME** (and up to 3 times each day for severe itching) give _____ generic Benadryl (25mg).

5. PROMOTE SKIN AND GLAND HEALTH

Give **1000mg of EPA** (Essential Fatty Acids) (fish, flax, **SALMON**, krill oil) every day for allergies,

Skin health, joint health, and general improved aging.

Give **Vitamin A and B** daily to prevent "Old Dog Warts" skin tumors and improve gland health.

Give a **human probiotic** daily to prevent **tear staining** or for puppies to prevent allergies.

The Itch Clinic

3 locations in East Tennessee

(800) 621-1370

www.TheItchClinic.com



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TREATING ATOPY (ENVIRONMENTAL ALLERGIES) **CAN BE VERY SUCCESSFUL** BUT DOES INVOLVE WORK AND LONG TERM TREATMENT.

1. ALLERGY PREVENTION THERAPY

REMOVE POLLEN WITH FREQUENT BATHS AND WIPES

AVOID FOOD ALLERGENS WITH A RESTRICTED DIET – NO BEEF, DAIRY, CHICKEN

PREVENT INSECTS WITH MONTHLY SIMPARICA OR BRAVECTO

BLOCK HISTAMINE WITH DAILY ANTIHISTAMINES

PROMOTE SKIN/ GLAND HEALTH WITH OMEGA 3 FATTY ACID, VITAMIN A+B

2. AGGRESSIVE TREATMENT OPTIONS

A. **STEROIDS** – 80% EFFECTIVE IN 5 DAYS

NO CURE

MOST SIDE EFFECTS ON THE LIVER AND OTHER ORGANS

MRSTAPH RISK AND URINARY INFECTIONS

B. **APOQUEL** – 80% EFFCETIVE IN 3 DAYS

NO CURE

10% RISK OF TUMORS, PNEUMONIA, DEMODEX MITES

PLEASE READ THE COMPLETE LABEL

40 lb DOG

C. **ATOPICA** – 85% EFFECTIVE IN 6 WEEKS

NO ADVERSE EFFECTS EXCEPT RARE GI UPSET

\$80-160/MO

D. **ALLERGY SKIN TESTING AND VACCINE**

85% EFFECTIVE IN 4-6 WEEKS

60% CURE AFTER 2 YEARS

\$300 ALLERGY TEST

NO SIDE EFFECTS

\$36/MO

E. **MONOCLONAL ANTIBODY THERAPY INJECTIONS (A-MAT)**

NOW BRANDED AS CYTOPOINT

98% EFFECTIVE IN 48 HOURS

REPEATED EVERY 1-3 MONTHS

Injection stings but otherwise NO SIDE EFFECTS

\$120/INJ

MOST SIDE EFFECTS

SAFE

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