



including:
Spectrum Labs
Spectrum Health Care
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Allergy Testing Results Booklet



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PETS CAN HAVE ALLERGIES TOO...

Dogs and cats, just like humans, can have allergies. More than 30% of all skin irritations in these animals can be attributed to allergies.

Allergens can be found in foods, inhaled allergens like weed, tree and grass pollens, moulds, insects, carpet fibres and even other pets. The age of onset for initial allergy symptoms is usually between 6 months and 3 years of age.

Just like we inherit allergies from our parents, so can pets. If one of both parents have allergies that will increase the likelihood that his/her offspring will also have allergies. It is for this reason that some breeds are more predisposed to allergies than others. That is not to say however, that allergies are limited to only these breeds.

Proper management through hyposensitisation or avoidance can eliminate, or significantly reduce symptoms and restore your pet's comfort as well as your peace of mind. The key is to accurately identify the specific allergens that are causing your pet to suffer.

EARS:
APPEARANCE: waxy discharge; redness, odour.

BEHAVIOUR: scratching or rubbing ears with paws or against furniture.

HAIR/COAT:
APPEARANCE: bald spots; brown discolouration where licking has occurred.

BEHAVIOUR: scratching sides/ belly; rubbing face against furniture or carpet.

FEET:
APPEARANCE: inflammation, redness, odour; brown discolouration where licking has occurred.

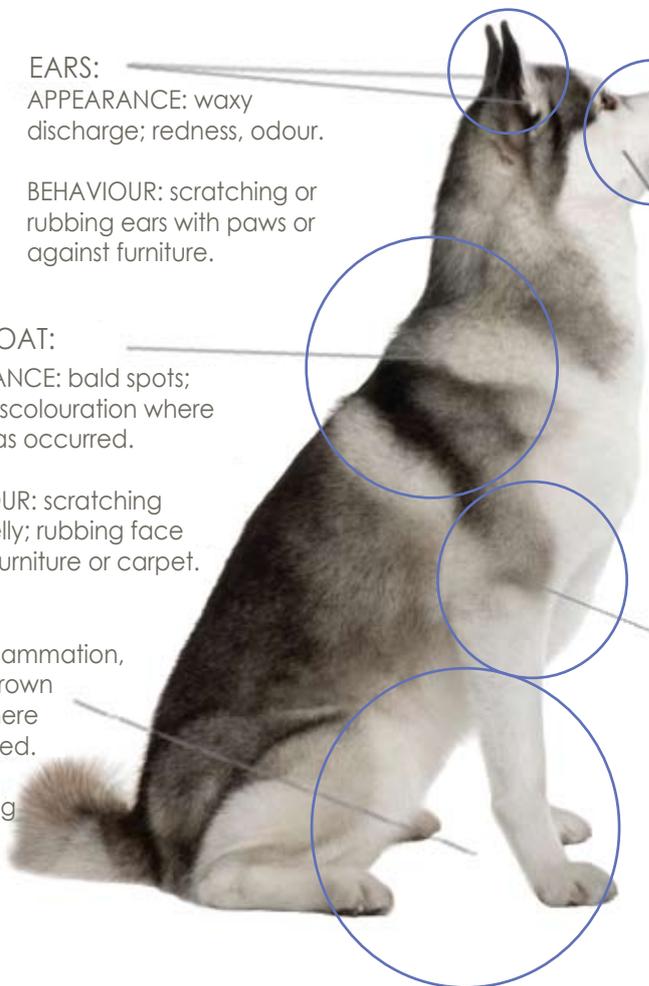
BEHAVIOUR: licking and chewing of feet/pads.

FACE:
APPEARANCE: muzzle, chin and areas around the eyes reddened with hair loss.

BEHAVIOUR: scratching or rubbing face with paws or against furniture.

SKIN:
APPEARANCE: reddened; possibly crusty or scales; odour with secondary infections.

BEHAVIOUR: scratching & licking sides/belly, elbows, groin.



TYPES OF ALLERGENS

INHALANT ALLERGENS: Your pet can be allergic to the same inhalant allergens that may cause you to suffer. These include pollens, moulds and house dust mites.

Pollen allergens often occur seasonally, such as ragweed, cedar and grass pollens. However, other allergens are present year round, such as moulds, dander and dust mites.

CONTACT ALLERGENS: It is thought that up to 70% of pet allergy exposure is by contact with the skin, thus making it the leading source of irritation and allergy to a substance.

Animals with an allergic disease may have small cracks, invisible to the naked eye, on the surface of their skin. When an affected pet comes into contact with pollens in the environment, allergens gain entry through these small openings. Because our pets aren't bathed daily, offending allergens can remain on the skin for days or weeks at a time, causing continued irritation, itching and other symptoms.

FLEA ALLERGENS: One of the most common type of allergens in both dogs and cats is flea allergy. This allergic reaction is caused by the saliva of the flea, and can often lead to severe hair loss, itching and secondary skin infections.

One flea bite on an allergic pet can cause intense reactions. A flea allergy can often be managed through avoidance with flea deterrent products, whilst flea hyposensitisation can also be extremely effective in reducing the pet's reaction when an occasional flea bite occurs.

A word of caution when choosing an insecticide: Pyrethrum is a common ingredient in many insecticides. PLEASE CHECK YOUR PET'S ALLERGY REPORT TO SEE IF PYRETHRUM IS AN ALLERGEN YOUR PET REACTED TO. If so, you will need to avoid Pyrethrum based products altogether.

FOOD ALLERGENS: Food allergy is the most likely cause of allergy symptoms in animals less than 1 year of age. Food allergies also manifest themselves with ear inflammation/infection (which can lead to head shaking), feet licking and chewing, face rubbing and itchy skin.

In some cases, dietary change alone may not be enough to bring your pet below symptom level. Some suggest that this lack of improvement may indicate the test results are not accurate as they should be. Keeping in mind that allergies are cumulative, dietary changes alone may not be enough to bring your pet below symptom level because there are still more allergens reacting outside of the foods, that dietary change alone cannot address.

INDOOR ALLERGENS (that can affect your pet)

KAPOK

Kapok is typically found in furniture upholstery, pillows and in stuffed animals. In these cases, isolation of the patient from such areas or removal of those items from the home are indicated.

ORRIS ROOT

(apparently a corruption of "iris" root) - Orris root are the rhizomes of three species of Iris. They are often used as a fixative in potpourri to enhance colour and fragrance as well as certain cosmetics, and can be recognised by their violet scented fragrance.

PYRETHRUM

The Pyrethrin class of insecticides was originally formulated from plants of the composite family, which includes Daisies and Chrysanthemums. Pyrethrum refers to both the crude plant extract and the marketed formulation of insecticide.

JUTE

Jute is a type of plant fibre used to make common items such as rope, twine, chair coverings, curtains, sacks, hessian cloth, carpets and even the backing used on linoleum.

HOUSE DUST

The allergies within dust mite are distributed through the waste products of the dust mite. The common areas in which dust mites can be found are carpets, bare floors, furniture upholstery, pillows, mattresses, box springs, stuffed animals, books and in high humidity and damp areas. Many of these are difficult to isolate from and therefore maximum amount of cleaning is advocated where they occur in carpets, vacuuming regularly with special hepa filter bags is indicated. Bare floors should be mopped and dusted at least 3 times a week.

COCKROACH

The allergen includes secretions and faeces from the Cockroach. The allergen is widely distributed in house dust and concentrations are highest in kitchen areas. However, it is detectable throughout the house. They generally live in moist and shady areas. They prefer temperatures around 84⁰F and do not tolerate cold. Commonly, they are found in landscape areas and are abundant in yards, in palm trees and hollow trees. Cockroaches are also common in basements, sewers, crawl spaces, cracks and crevices in porches and foundations. Typically, Cockroaches will move indoors in rainy or cold climates and populations will increase visibly during those times. They may enter the house via sewer connections, under doors, around utility pipes and through air ducts.

MOULD ALLERGENS (that can affect your pet)

Moulds can be found almost anywhere, and all moulds produce airborne spores. Typically, their growth is stimulated by warmth and increases in humidity. They tend, therefore, to be most prevalent during hot humid months. Basements, compost piles, cut grass, barns and wooded areas are very typical spots for finding large populations of moulds. In an older bathroom, a hot shower will also temporarily increase the mould allergy population. Typically, moulds will and can be found in almost any and every home and office environment, both indoor and outdoor. The important point about a mould allergy is that it is often related to an overgrowth of Candida; this yeast causes reactivity to many other yeasts and mould fungi. Once a Candida allergy is triggered, the patient may experience allergies to more common moulds.

The following is a list of ways in which the mould population can be decreased or diminished to a large extent:

- Keep humidity lower than 35% if possible and not more than 50%.
- Use air conditioning or dehumidifiers in the summer and spray the air filter with mould killing spray.
- Ventilate the house - a tightly closed house encourages mould growth.
- Keep refrigerators clean.
- Empty water pans below self defrosting freezers
- Clean rubbish bins frequently.
- Make sure tiles, shower stalls, tubs, toilet tanks and ceiling are cleaned regularly with a mould killing solution.
- Dark closets tend to be high breeding spots for moulds and placing a low wattage light bulb in location permanently can dramatically reduce this.
- A good solution for killing mould is equal parts of household bleach and water.

While moulds in general can be found in all areas listed above, the following are more specific habitats for some individual moulds.

MOULD ALLERGENS (that can affect your pet)

CLADOSPORIUM	Grows on plants, leather, rubber, cloth, paper and wood. One of the most common causes of mould allergy.
ASPERGILLUS	Found in soil, damp hay, on grain and on fruit.
PHOMA	Grows on magazines, books and other paper products.
PENNICILLIUM	Grows on fruits, breads and cheese. A mutant form of the penicillium mould is used in the manufacture of penicillin. Allergy to penicillium spores however, should not be confused with allergy to penicillin as a medication.
ALTERNARIA	Often found growing on carpets, textiles and horizontal surfaces such as window frames. Also found in soil, seeds and plants, as well as in water damaged buildings.
HELMINTHOSPORIUM	Best known as parasites of cereals and grasses. Frequently they are isolated from grains, grasses, sugar cane, soil and textiles.
RHIZOPUS	Typically found in children's sand boxes, in clusters of pine needles and leaves, sweet potato, strawberries, stewed fruit and amongst the nest, feathers and droppings of wild birds.
CURVULARIA	May cause leaf spots and seedling blight. Also seen on castor beans, cotton, rice, barley, wheat and corn.
CANDIDA ALBICANS	Very seldomly found as an airborne mould spore. They are common in soil, organic debris and in humans as a saprophyte in the nasal pharynx and feces.
FUSARIUM	Widely distributed on numerous grasses and other plants and is a common soil fungus. Major parasites of rice, sugar cane, sorghum and maize grains. Also occurs regularly on fruit and vegetables.
PULLALARIA	This is the dominant fungus found on leaves. It also grows in the surface layers of many types of soils and is most prevalent following treatment of the soil with nitrogen. It has also been isolated from grasses, seeds, honey comb, nests and feathers of living birds, frozen fruit cake, leather, cotton fabrics and concrete surfaces.
NIGROSPORA	Most commonly found as a plant parasite.
SMUTS	Most often found on corn, grasses, weeds, flowering plants and other fungi. Usually the spores are disseminated by wind.
STEMPHYLIUM	Isolated from dead plants and cellulose material.

ALLERGY QUESTIONNAIRE

Residence:

Location:	<input type="checkbox"/> City	<input type="checkbox"/> Suburb	<input type="checkbox"/> Rural	<input type="checkbox"/> Farm
Residence type:	<input type="checkbox"/> Single dwelling	<input type="checkbox"/> Multi-dwelling		
Age of dwelling:	_____			
Home located near:	<input type="checkbox"/> Residential	<input type="checkbox"/> Open fields	<input type="checkbox"/> Factory	<input type="checkbox"/> Water

Air Handling:

Heating System:	<input type="checkbox"/> Central	<input type="checkbox"/> Radiator	<input type="checkbox"/> Fireplace	
Furnace filters:	<input type="checkbox"/> No	<input type="checkbox"/> Yes	Type: _____	
Air Conditioning:	<input type="checkbox"/> Central	<input type="checkbox"/> Window		
A/C filters:	<input type="checkbox"/> No	<input type="checkbox"/> Yes	Type: _____	

Pet Areas:

Bedding:	<input type="checkbox"/> Pet bed	<input type="checkbox"/> Floor	<input type="checkbox"/> Other: _____	
Area Flooring:	<input type="checkbox"/> Carpet	<input type="checkbox"/> Tile/linoleum		

Miscellaneous:

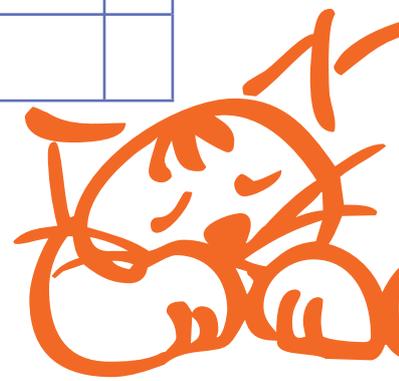
Do you have other pets in the home? ____ List them:

Are there smokers in the home? ____

The answers to these questions should help you concentrate your allergy clean-up efforts.

Use this sheet to record your pet's allergy triggers:

Parks/Fields		Cold Days		Tension/Excitement	
Mown Grass		Air Conditioning		Milk/Dairy Products	
House Dust		Forced Air/Heat		Certain Foods	
Weather Changes		Tobacco Smoke		Specify Others: _____	
Windy Days		Fumes/Aerosols/Sprays		_____	
Humid Days		Cosmetics/Perfumes		_____	
Hot Days		Other Pets			



GUIDE TO ALLERGY PROOFING YOUR HOME

ANNUAL

Date	Item	Detail
	Smoking	Make your home a non-smoking environment.
	Home Foundation	Check for gaps, cracks and leaks. Seal with a waterproofer.
	Carpet	Replace with wood, tile or linoleum. Have carpets professionally cleaned to sanitise and remove allergens.
	Extermination	Have your home serviced by professional exterminators.
	Air Ducts	Have air ducts professionally cleaned at least once a year.
	Mould Inspection	Inspect the interior and exterior of your home for visible mould growth. If necessary, consult with professional mould removal service.

SEMI ANNUAL

Date	Item	Detail
	Windows & Doors	Check for and seal all gaps and leaks. Ensure screens are properly installed. Keep windows closed on windy or humid days.
	Insulation	Check for wear, replace if necessary.
	Plumbing	Maintain all faucets, pipes and bathtubs in proper working condition. Inspect for any leaks and seal them immediately.
	Home Exterior	Treat foundation with fungicidal spray.
	Bedding	Clean mattress thoroughly. If possible, encase with allergy cover.
	Laundry Room	Inspect washer and dryer connections for leaks and to ensure that dryer is venting to the outside.

MONTHLY

Date	Item	Detail
	Air Filters	Inspect air conditioning and heating filters for cleanliness and to ensure proper installation. Also, check filters on air purifier units.
	Landscape	Prune tree and shrub branches away from the home to prevent mould growth.

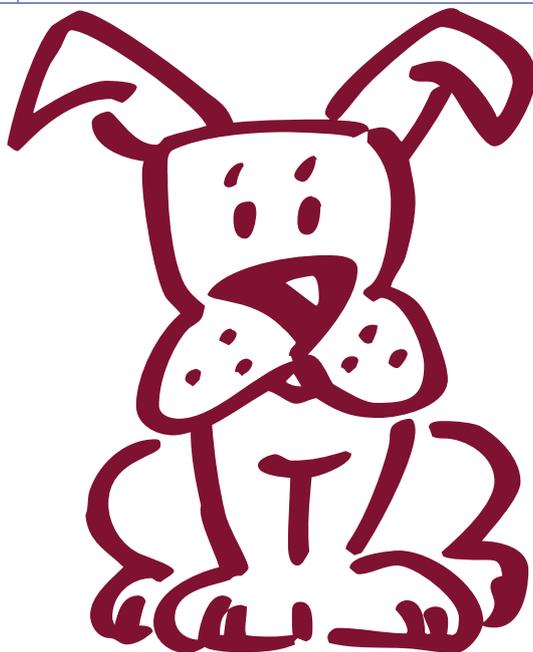
GUIDE TO ALLERGY PROOFING YOUR HOME

WEEKLY

Date	Item	Detail
	Dust Control	Dust thoroughly using a static cloth or dust spray. Allow dust to settle for 20 minutes before vacuuming. Try to store items that gather dust in sealed boxes or display items in glass cases to minimise surface area on which dust accumulates.
	Vacuum	Thoroughly vacuum. Make sure you are using a vacuum with a filter size of 5 microns or smaller to trap dust mites, mould spores and pollen. Change filter frequently and never re-use filters.
	Dehumidifier Maintenance	Clean out filter and collection chamber with 10% bleach solution.
	Laundry	Wash all bedding and stuffed toys in hot water. If available, run exhaust fan while laundering. Place washed items in hot dryer to dry, never line-dry outside. Store washed materials immediately to avoid dust contamination.
	Landscape	Avoid mowing lawns during the peak pollen production times of the early morning and evening.
	Rubbish/Waste	Have rubbish/waste removed weekly. Wash out all bin collection containers and spray with insecticide.
	Bathroom & Kitchen	Clean any visible mould with 10% bleach solution.
	Pet	Bathe your pet to remove dust and pollens.

DAILY

Date	Item	Detail
	Bathroom & Kitchen	Run exhaust fans while showering and cooking to reduce humidity. Remove all rubbish/waste daily.
	Dehumidifier Maintenance	Remove water from collection chamber.
	Pet	Wash your pet's paws when returning from outside to remove dust and pollens.



ABOUT HYPOSENSITISATION



next steps



Since there is no known “cure” for allergies and the prospect of avoiding all things your pet reacts to is unrealistic, we turn to hyposensitisation, or allergy injections, to help us most effectively manage your pet’s allergies.

While we can certainly appreciate that most people don’t enjoy giving injections, in most cases all your pet is going to feel is the pinch that comes from tenting the skin. The relief your pet is likely to experience far outweighs the minimal discomfort.

Increasing a pet’s tolerance to the allergens they react to through hyposensitisation has proven to be, other than avoidance, the best way to successfully manage allergies and provide long lasting relief. It is also safe for long-term use and can provide your pet with much longer-term relief than suppression therapy. Done correctly we garner success rates as high as 90%*.

Here are additional tools that Spectrum provides to ensure your success:

- Customised Treatment Calendars via our website (Treatment diary will be supplied by CVC)
- Text/Email reminders on the day injection(s) is due (available upon request via Spectrum)
- Allergy Treatment Guide with DVD (available upon request)
- Treating up to 24 allergens in a single treatment set (keeps costs down)
- Pet Parent website designed to:
 - Answer general allergy questions
 - Share your pet’s story
 - Upload photos of your pet
 - Download the latest tools
- Reminder postcards will be sent to the vet practice after 8 months post-treatment.

Contact your Vet today to get started...

*based on a national poll of current Spectrum Labs Veterinary Clinic Partners



including:
Spectrum Labs
Spectrum Health Care
Spectrum Worldwide

in association with



Complete Veterinary Care

