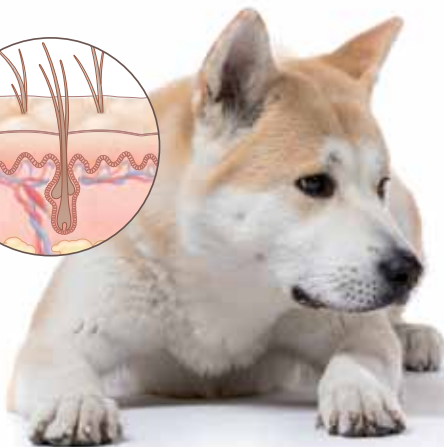
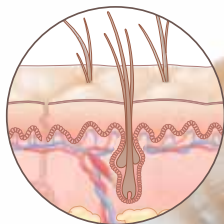


Dietary food for the targeted tackling of canine atopy



*My dog is suffering from atopy...  
what do I do now?*



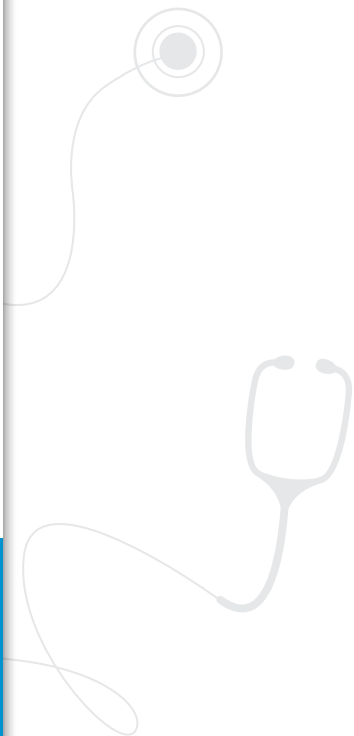
Veterinary exclusive

# TROVET

*reliable and affordable dietary food*



**Veterinary exclusive**



The veterinarian has identified skin problems in your dog. An allergy to certain substances in the environment may be the cause. This is known as atopy. Skin diseases in domestic animals lead to constant scratching, licking and biting. This leads to a lot of stress, including you as a pet owner. The condition itself can not be cured, but with proper treatment, the symptoms can be kept well under control.

There are several conditions that can cause similar skin complaints. However, treatment of this is usually different. This brochure contains information about atopy, the symptoms, the best way to treat your dog and how TROVET food helps with reducing the symptoms.

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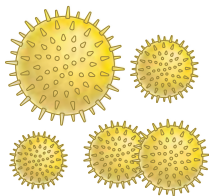
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*Skin conditions are a common problem in dogs and are an important factor of a decreased resistance against diseases. Skin conditions can also be responsible for a lot of discomfort. The skin and coat are the reflection of the general health of the dog. Together, they account for about one tenth of the weight body to complete. The skin regenerates continuously and protects against dehydration, pathogens and damage from outside. The skin plays a major role in regulating the body temperature.*

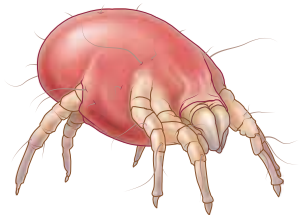
## What is atopy?

Atopy is an allergy to certain substances in the environment. These substances cause symptoms through inhalation. Examples include grasses, tree pollen and dust mites. It is similar to hay fever in humans. The symptoms are itching and skin changes. It is sometimes difficult to keep these symptoms under control. The therapy of the veterinarian consists of the suppression of the itch and the restoration of the skin.

Atopy may be seasonal, such as pollen, which are only present in the air during certain months of the year. But even with seasonal allergies, symptoms can occur throughout the year. Other causes of atopy (e.g. dust mites) are permanently present.



*Tree pollen*



*Dust mites*

### Atopy sensitive breeds:

Atopy may be inherited. Atopy usually develops between the first and third year of life, but sometimes manifests itself at a later age. Certain breeds are more susceptible to the occurrence of atopy:

- > Boston terrier
- > Boxer
- > Bull terrier
- > Cairn terrier
- > German Shephard
- > Shar Pei
- > Dalmatian
- > English setter
- > Golden retriever
- > Irish setter
- > Labrador retriever
- > Lhasa Apso
- > Miniature poodle
- > Miniature schnauzer
- > Pug
- > Scottish terrier
- > West Highland white terrier
- > Wire fox terrier

## Atopy symptoms

Atopy usually results in itching. This manifests itself particularly on the head, armpits, groin and legs. Redness and hair loss around the eyes and snout can also occur. Brown discolouration of the skin can be caused by licking and biting. As a result of chronic irritation by scratching and biting black discoloration and thickening of the skin may occur.

Sometimes the only symptom seen in atopy is having recurrent ear infections, which temporarily respond to treatment with ointments. These ointments include itch reducing medication, to address the symptoms temporarily. The underlying problem, the atopy, is not resolved and symptoms will return once

you stop applying the ointments. It is thought that around 90% of dogs with recurrent ear problems have a food allergy or atopy as the underlying cause.

*Potential atopy symptoms:*

- > Licking, biting and scratching due to itching
- > Red, bald spots especially on legs, head, armpits and groin
- > Secondary bacterial and/or yeast infection of the skin
- > Thickening and dark discoloration of the skin
- > Blackish brown discoloration of the fur due to licking
- > Ear infection (otitis externa)
- > Conjunctivitis



## Making the diagnosis

Skin conditions are complex and can have multiple causes. A correct diagnosis begins by taking the medical history and thorough physical examination by a veterinarian. The veterinarian usually carries out multiple tests in order to determine the underlying causes. The veterinarian first excludes that parasites such as fleas are the cause of skin problems. In many cases also a mould test is carried out, in order to exclude the presence of fungal skin infections.

When the problems above are excluded, it must be determined whether your pet may have an allergic reaction to something in the diet. This can be done by feeding your dog or cat with a so-called elimination diet, for a minimum of six weeks. This is a diet that consists of one protein source and one carbohydrate source that are not present in the normal diet. This diet keeps the risk of an allergic reaction to a minimum. When the elimination diet does not result in an improvement, it is likely that the cause of the symptoms is atopy. To find out what substance caused the atopic response, also called an allergen, a more specialised investigation is needed.

## Treatment and the role of nutrition

The most effective treatment is trying to avoid contact with the allergens, by using a dietary food. However, in many cases this is not possible and a medical treatment is needed.

### *Medication*

There are several medicinal treatments available. These treatments do not cure the disease, but help to suppress the symptoms of the allergy. One substance that is being used is cyclosporine. Cyclosporine suppresses the allergic reaction in the skin. The immune cells are disrupted in case of atopy. Reducing their activity, reduces the symptoms of itching and inflammation in the skin.

Generally good results are obtained with this medication. The substance is safe with only a few mild side effects. The disadvantage is that the therapy is quite expensive and has to be continued for life.

A less costly option is the use of corticosteroids in order to control the itching and inflammation. This treatment is generally very effective because corticosteroids reduce the activity of the immune system in its entirety. Corticosteroids may give side effects with prolonged use, such as increased water intake and urination, increased appetite, thinner skin and diabetes. Unfortunately, corticosteroids sometimes offer the only solution. The veterinarian tries to prescribe the lowest effective dose, with minimal side effects.

Because skin allergies affect the resistance of the skin, so-called “secondary infections” have often been observed. These are caused by bacteria or yeasts which are normally also found on the skin, but rarely cause problems. Because of the decreased skin defence, these bacteria and yeasts have an opportunity to cause infections of the skin. These infections may aggravate the inflammation and itching caused by allergies. In many cases your veterinarian will write antibiotics and medicated shampoo to treat these infections.

### ***Nutrition***

Patients with atopy have a higher requirement of nutrients, because the recovery of the skin requires a lot of energy and “building materials”. Special dietary food helps to reduce the symptoms, supports recovery of the skin and plays an important role in the treatment of skin diseases.



What can you, as the pet owner, do to help your dog?

- > Always ask your veterinarian for help.
- > Strictly follow specific instructions from your veterinarian regarding dietary food, medical treatments and medications.
- > Wash your dog solely with a shampoo prescribed by your veterinarian and follow the instructions.
- > Do not feed your dog any other food than the prescribed diet. Inform your family and other people around you know that your pet should not be fed other food or snacks.
- > Make follow-up appointments with the veterinarian to regularly discuss the effect and course of the treatment.

*The investigation into and treatment of atopy requires time, effort and patience, but is certainly worth the effort. A dog that is free of symptoms will feel much better! Itching may be worse than pain!*

## TROVET Regulator | ΩHD

Atopy can develop as result of a food allergy. Regulator has been specially developed to support dogs with allergic skin conditions. It contains a high content of EPA and DHA from fish oil and GLA from borage oil. These fatty acids are known for their anti-inflammatory properties, which help to promote the recovery of the skin and may reduce the itching in allergic dogs. In many cases, it is seen that in dogs treated with corticosteroids, the dosage can be reduced, which reduces the occurrence of adverse side effects.



Additionally, Regulator contains so-called hydrolysed protein. This means that the proteins in this diet are made so small that they are not easily detected as foreign by the immune system. As a result, the occurrence of an allergic reaction is significantly lower when feeding Regulator. The combination of hydrolysed proteins and a high content of EPA, DHA and GLA make it a suitable diet for dogs that are allergic to both components in food as well as substances in the environment. When switching to Regulator, the positive effects are usually visible after three to eight weeks.

## TROVET Treats

TROVET has an extensive range of responsible rewards, also known as treats. Most treats are suitable for both healthy dogs and cats, as well as dogs and cats with a special dietary requirement or prescription diet. The TROVET treats are cookies in different shapes and are an ideal reward that can be used during training, after a walk or just as a snack.

The special thing about TROVET treats is that, besides the taste, they are formulated in such a way that they fit well with various diets. Giving 'regular' treats to dogs or cats that get dietary food, can negatively affect the efficacy of these foods. Therefore, carefully choose a treat that fits the situation of your dog or cat. Always ask your veterinarian for more information and advice. TROVET treats are available exclusively via your veterinarian.

For pet owners, there is a more detailed treat brochure 'I want to give my dog or cat something extra besides dietary food... what do I do now?'. You can find these at your veterinary practice or at [www.trovvet.com](http://www.trovvet.com).



Treats suited in case of atopy:

- > Hypoallergenic Treat (Duck) | HDT - neck
- > Hypoallergenic Treat (Horse) | HHT
- > Hypoallergenic Treat (Horse) | HHT - mini
- > Hypoallergenic Treat (Horse) | HHT - tendon
- > Hypoallergenic Treat (Lamb) | HLT
- > Hypoallergenic Treat (Ostrich) | HOT
- > Hypoallergenic Treat (Rabbit) | HRT
- > Hypoallergenic Treat (Rabbit) | HRT - ear
- > Hypoallergenic Treat (Venison) | HVT
- > Hypoallergenic Treat (Venison) | HVT - tendon
- > Low Calorie Treat | LCT
- > Multi Purpose Treat (Hydrolysed Protein) | MHT
- > Multi Purpose Treat (Lamb) | MLT
- > Multi Purpose Treat (Rabbit) | MRT
- > Unique Protein Treat (Chicken) | UCT
- > Unique Protein Treat (Duck) | UDT / UDT mini
- > Unique Protein Treat (Rabbit) | URT

*In the provision of a treat to a dog or cat with food hypersensitivity, it is important that the animal is not hypersensitive for one or more of the ingredients in the treat. When these ingredients are avoided, all remaining treats may be provided.*







**Veterinary exclusive**

*reliable and affordable dietary pet food*



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