

Allergies in dogs

Allergies are quite common in dogs of all breeds and backgrounds and need to be addressed. Ignoring such condition is discomforting and sometimes painful to our four-legged friends. For a dog the most common symptom associated with allergies is itching of the skin, either localized (in one area) or generalized (all over the body).

In some cases, the symptoms involve the respiratory system, with coughing, sneezing, and/or wheezing. Sometimes, there may be runny discharge from eyes or nose, hair loss, ear and skin infections. In other cases, the allergic symptoms affect the digestive system resulting in vomiting and diarrhea.

You should not wait to see a vet til your dog is miserable because it him back to comfort will cost you more money and take longer for resolution.

Tips to helping with **environmental allergies**

- Allergens stick on a dog's coat til they are wiped off. You should wipe your dog's coat down with a cool wash cloth once a day otherwise the allergens are caking on top of each other til their next bath
- Over the counter drugs to try is Benedryl (25mg twice a day for a dog around 18-35lbs) OR Zyrtec 5mg once a day. There may come a time when these drugs will no longer work and that is when you need to work with your vet on other options.
- For severe cases we have found a depo shot (steroid) once a month or prednisone daily is needed to keep our dog comfortable and pain free

Tips for helping with **food allergies**

- This comes down to the daily diet. Natural Balance has a great line of grain free and allergy dog food.
- You need to look for food that are grain free but also with a protein not common to most dog foods such as rabbit, duck, venison or bison. Stay away from common protein such as beef, chicken, fish, and lamb

[CLICK HERE](#) to learn of the three types of allergies (your dog can have one of the following or a combination)