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ATOPIC DERMATITIS, HOW TO SUPPORT OUR PATIENTS?

Atopic Dermatitis (AD) is a common disease in dogs and cats with an unknown prevalence. The diagnosis is often a diagnosis of exclusion, where flea allergy, contact allergy, parasites, and adverse reaction to food (ARF) have been ruled out. Intradermal tests and blood tests are used to determine the responsible allergens, however, interpretation of the results is challenging⁽¹⁾. Often in AD cases, avoidance of the allergen is unsuccessful, so symptomatic treatment is needed. Secondary infections are common and should be recognized and treated accordingly. As ARF and AD can also occur together in 1 patient, dietary management (e.g. with an elimination diet or novel protein diet) can also result in clinical improvement⁽¹⁾. Supplementation with different types of fatty acids has been studied with a huge variation in results. The type of fatty acid does not seem to be very important, and supplementation has better effects in early diagnosis cases compared to late diagnosis cases^(2,3). Other supplements improve skin barrier function and have antioxidant effects^(4,5,6).

References

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