Stay Alert for Flare-Ups

Allergic dermatitis can require lifelong management. But even when well controlled, occasional flare-ups can happen.¹

What is a Flare-up?

A flare-up is when the symptoms of your dog's skin condition worsen, becoming more frequent and/ or severe, typically after a period of being relatively well controlled.

Why Do Flare-ups Occur?

The skin is a living organ that is exposed to external conditions that change constantly. This can lead to your dog's skin reacting to flare factors, including:



PARASITES

Itch-causing parasites including fleas and mites



SKIN & EAR INFECTIONS

Caused by bacteria and yeast



ENVIRONMENTAL ALLERGENS

Increased exposure to allergens like house dust mites, pollen, mould



FOOD **ALLERGENS**

Up to 20% of dogs with alleraic skin disease can be allergic to a specific food ingredient(s), such as beef, dairy, or chicken2

How to Monitor a Flare-up?

Tracking your dog's Itch Score is a practical way to monitor for signs of a flare-up. An increase in your dog's itch score can indicate a flare-up is occurring. Use the Itch Score Tracker on the next page to help you monitor your dog's Itch Score every day.

What to Do if You Notice a Flare-up?

Your dog's skin can worsen rapidly, so if you notice any signs of a flare-up, schedule an appointment to see us, your veterinary team. We can diagnose the cause of the flare-up and modify your dog's management plan to return them to the comfort of healthy skin.

^{1.} Olivry T. DeBoer D. Favrot C. et al. Treatment of canine atopic dermatitis; 2015 updated guidelines from the International Committee on Allergic Diseases of Animals (ICADA). BMC Vet Res. 2015;11:210. doi:10.1186/s12917-015-0514-6. 2. Mueller RS, Olivry T, Prelaud P. Critically appraised topic on adverse food reactions of companion animals (2): common food allergen sources in dogs and cats. BMC Vet Res 2016; 12: 9. 3. Hill PB, Lau P, Rybnicek J. Development of an owner-assessed scale to measure the severity of pruritus in dogs. Veterinary Dermatology, 18(5):301-308, 2007

Tracking Your Dog's Comfort

Date:	Dog's Name:	og's Name:	
Breed:		Age:	Gender:

The Itch Score is designed to help you measure the severity of your dog's itch. Itching can include scratching, biting, licking, chewing or rubbing.

- Each day at the same time, make a note of how severe your dog's itching has been in the past 24 hours.
- Rate the severity based on the scale shown on the right.³
- Place a dot in the appropriate spot in the table below.
- Connect the dots to see how your dog's itching has changed over time.

Monitoring your dog's Itch Score each day is a simple and practical way to monitor your dog's progress over time and identify flare-ups early.

Itch Score Tracker

Each time you visit your vet, you can share this Itch Score Tracker to help them monitor your dog's progress and adjust your dog's management plan if needed.

SEVERITY	DESCRIPTION OF THE ITCH
10	Extremely Severe Itching: Dog is scratching, chewing or licking almost continuously. Itching practically never stops, regardless of what else is happening around the dog.
8	Severe Itching: Prolonged episodes of itching when the dog is awake. Itching occurs at night and also when eating, playing, exercising, or when being distracted.
6	Moderate Itching: Regular episodes of itching when the dog is awake. Itching may occur at night and wake the dog. No itching when eating, playing, exercising or being distracted.
4	Mild Itching: Moderately frequent episodes of itching. There may be occasional episodes of itching at night. No itching when sleeping, eating, playing, exercising or being distracted.
2	Very Mild Itching: Occasional episodes of itching. The dog is slightly itchier than before the problem began.
0	Normal Dog: Itching is not a problem.

