

# Stay Alert for Flare-Ups





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

## 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:

			
<b>PARASITES</b>	<b>SKIN &amp; EAR INFECTIONS</b>	<b>ENVIRONMENTAL ALLERGENS</b>	<b>FOOD ALLERGENS</b>
Itch-causing parasites including fleas and mites	Caused by bacteria and yeast	Increased exposure to allergens like house dust mites, pollen, mould	Up to 20% of dogs with allergic skin disease can be allergic to a specific food ingredient(s), such as beef, dairy, or chicken <sup>2</sup>

## 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.

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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, Rybníček J. Development of an owner-assessed scale to measure the severity of pruritus in dogs. Veterinary Dermatology, 18(5):301-308, 2007

