



05/01/2019

Dear Helke family,

Thank you for bringing Lady McGruff to see the Friendship Dermatology team for evaluation. We truly appreciate the opportunity to take care of your pet. Below you will find information pertaining to Lady McGruff's problem, diagnosis, and treatment plan. We have also sent a detailed letter to Lady McGruff's primary care doctor. If you have any questions or concerns regarding this information, please do not hesitate to contact us.

Lady McGruff did very well for her allergy testing today. The results were rewarding and I am hopeful that we can formulate a serum that will help her moving forward. She was sedated and recovered uneventfully but may be groggy this evening. She can have dinner as normal unless he/she is very sedate or has any symptoms of vomiting or diarrhea. Lady should be back to normal behavior by tomorrow morning. If you have ANY concerns or questions please call Friendship hospital at anytime - there are doctors here 24/7.

After testing, we found a number of positive results on Lady's skin testing. The following were the positive results: fleas, dust and storage mites (*D. farinae*, *D. pteronyssinus*, *Lepidoglyphus*, *Acarus*, *Tyrophagus*), molds (*Cladosporium*, *Acremonium*, *Malassezia*, *Mucor*, *Stemphylium*, *Rhizopus*), other environmental (sheep/wool, cat)

Based on these results we can formulate allergy immunotherapy for Lady. This therapy is given as a shot or a drop. Both therapies take time to work so we ask that you commit to the therapy for a minimum of 12-18 months. Because this therapy aims to "retrain" the immune system we need time to introduce it in a precise way to the immune system and create an environment of tolerance instead of over-reaction to environmental allergens. Both therapies are very safe but we do take any possible reactions very seriously. If you notice any of the following, please discontinue the therapy and reach out to us - watch for symptoms like increase in itch, itch around the injection site (shots), itch around the face or mouth (drops), vomiting, diarrhea, changes to the skin (such as redness, hives, scale, or hairloss), change in behavior, or change in breathing rate or effort. Both therapies start with a lower concentration of allergen and increase to make sure the patient is tolerating the therapy well.

Allergy injections or shots are given every other day for a 3 week induction period. After that time period the shots are given as a small volume (0.4mls) once per week. We teach you how to give these injections at home and they are very well tolerated by most dogs and cats.

Allergy drops are given in a small pump bottle. They are meant to go under the tongue or in the cheek pouch (between the teeth and cheek). They have a slightly sweet taste so most animals tolerate them well. They cannot be given in or with food since we want to oral mucosa to absorb them; if they are swallowed they are inactivated in the acids of the stomach. The drops are given as 2 pumps (2 small drops) AM and PM - they are given at this frequency (twice per day) for the entire duration of treatment. It does take only 10-15 seconds to give them and then you have to prevent eating and drinking for a 5-10 minute window following administration.

Allergy drops are not like medications that require very precise timing - if you forget to give them in the morning you can give them when you remember. However, we always try to give 2 independent doses per day - DO NOT give all four drops at once. This is technically safe but we know the therapy works better when two doses are given at least a few hours apart.

As you can see, she responded to a significant amount of regional molds. Unfortunately, molds do have the ability to breakdown and negatively interact with other allergens when its formulated in an allergy shot. This would require "dual therapy" which means that Lady would need two vials formulated. This isn't really a problem but it does add cost to the therapy (though it also makes the serum last longer). The sublingual formulation would not require two separate products -- all of her allergens can be combined into one vial. The most significant downside to the sublingual therapy is that she will need these drops every day, twice daily and it does not become less frequent over time like the allergy shots do.

**Plan for Lady McGruff:**

1. Lady may be a bit groggy this evening - we offered her food around 1pm and she ate well. She can have dinner as normal and should be back to her behavior by tomorrow (Thursday) morning.
2. You can let us know if you prefer allergy shots or allergy drops - we can help with a shot demo depending on your comfort level giving an under the skin injection.
3. You can continue with Apoquel - 3.6mg tablets - Give 1/2 tab once per day. This can be our itch control plan as we get started with her immunotherapy.

Wonderful working with Lady McGruff today! Please let us know if you have any questions at all.

Handouts:  
Allergy drops

Please contact me if you have any additional questions or concerns regarding Lady McGruff's care. Dr. Kunder is available Tuesday-Friday during normal business hours. In the event of an emergency, Friendship is a 24-hour facility, so you can contact the hospital at any time at 202-363-7300.

Regards,



Darcie Kunder, VMD, DACVD