

Cambria Veterinary Clinic

Spring Newsletter



The groundhog has spoken and spring is finally here! With spring comes warmer weather, and while most of us will be running to our favorite outdoor activities, it can send our pets into an itching or licking frenzy. Warm weather brings pollinating plants, leaving not only ours, but our pets' allergies on high alert. Unlike your typical hay fever symptoms, pets with allergies often present with itchy skin, watery eyes and sneezing. Not only that, but warmer weather is the perfect environment for fleas and ticks to flourish. Camping, hiking, and beach trips amass a resurgence of these nasty hitchhikers which further exacerbates an itchy pet. In this newsletter, we'll highlight common pet allergies as well as what we at CVC do to help.

What kind of allergies do pets have?

- **Flea Saliva Allergies** - While fleas crawling on and biting the skin are aggravating, some pets are truly allergic to flea saliva, so even a couple of flea bites can set off a full blown flare! Your pet may have eaten or licked the flea up before you can find them!
- **Environmental Allergies** - dusts, pollens, molds, and various trees and grasses.

- **Food Allergies** - Proteins, particularly beef and chicken, are the main culprits. This takes time to develop and can turn a great food into an allergy offender!

What tests can be run to see if my pet has allergies?

- **Flea/Tick preventative trial** - A cost effective choice to rule out flea allergies
- **Food Trial** - OTC and prescription options of a novel or hydrolyzed protein
- **Allergy medication trial** - various options
- **Serum testing** *Limitations and a good substitute if referral is not an option*
- **Dermatology referral** with skin tests

What can I do to help at home?

- **Omega 3 supplements** - These essential fatty acids help keep the skin barrier healthy and decrease inflammation
- **Redonyl** - PEA is a molecule which helps histamine imbalances and inflammation
- **Antihistamines** i.e. Benadryl *Mild effects for itching eyes and sneezing*
- **Regular, soothing baths** to remove allergens
- **Religious flea control** - allergies are additive! Fleas + pollen= itchy
- **Veterinary prescribed treatments**

If your pet is struggling with these symptoms, please schedule an appointment today!

Dr. Elizabeth Hoose



Employee Highlight

Brooke is one of our Registered Veterinary Technicians. She is a crucial member of the CVC team. Brooke received her licensing in 2020 after taking thorough coursework and examinations for her certification. If she's not helping a client, she can be found aiding the doctors with a multitude of tasks including: placing tricky catheters, snapping some x-rays, or administering essential medical treatments with supervision.



What is your favorite part about working in the vet industry?

I love the variety of my day and each case brings its own fun challenges.

What is one of the best hikes on the Central Coast?

The Coon creek trail in Montana De Oro is my favorite!

What is your favorite hot beverage?

A Mocha with Oat milk 😊

Product Highlight



To further prepare for the allergy season, Atopivet, now carried at CVC, has a range of upcoming products that could help the itchy or allergy stricken pet! Atopivet can be used for short term or long term care to aid the skin barrier. This product contains a multitude of licensed benefits including Biosfeen, a fat that helps the skin barrier and reduce inflammation, and Dermial, a hyaluronic acid which helps hydrate and replenish skin. The products available include skin care collars (imbued with Biosfeen), spot-ons (applied similarly to flea treatments and helping the whole body), and a mousse (which can target specific areas and can be used for flare ups). This can be particularly helpful for patients who have food reactivities or are picky with some of our oral products. Please ask our staff about this new treatment and if it could be an option for your pet!

