

WHY test

Testing for allergies has historically been expensive and challenging for most pets. With affordable and accessible testing now available, there are numerous reasons you may wish to test your pet, but below are two of the most common reasons we'd suggest:

Chronic/Recurring Conditions

Many conditions are connected to abnormal immune responses. Diseases such as atopic dermatitis, contact allergic dermatitis, GI distress, and others could all be attributed to an unidentified allergy that is triggering a serious immune response in your pet. Allergy testing can be done by itself or as part of integrated diagnostic workups through VDI.

Establishing Diet

Health starts with diet. When creating your pet's diet to ensure a long healthy life, avoid food allergens that may cause negative reactions. Periodic rechecks can ensure they are not developing an allergy later in life.



What are we actually testing?

True Allergies (IgE)

Although the word "Allergy" is commonly used to describe any reaction to a foreign substance, it's not wholly accurate. A true allergy describes a reaction produced when the body meets a normally harmless substance, which has been "remembered" from a previous exposure and subsequently produces the "IgE" antibody.

In order for an allergy to develop, a pet must be exposed to the substance at least once before the allergy will manifest. The immune system learns to target this particular substance for an unknown reason, at which point the immune response will go into hyperdrive to attack it – resulting in elevated IgE levels.

Food & Environment

VDI's allergy testing uses a special technology that allows for testing up to 125 allergens with very little blood. From just a tiny amount of sample we are able to detect IgE antibodies to specific allergens including:

FOODS:

- 8 meats
- 13 seafoods
- 14 fruits
- 15 vegetables/nut
- 7 dairy
- 2 eggs
- 2 yeasts
- 11 grains

ENVIRONMENTAL:

- 6 insects
- 6 mites
- 11 trees
- 8 grasses
- 10 weeds
- 4 animal
- 6 molds
- 3 miscellaneous



Food &
Environmental

ALLERGIES



Options for positive responses

If one or more of responses are present there are a few routes to explore. Some of the common options that may be suitable are:

- **Avoidance of the allergen**
A change of diet, or avoidance from possible sources of environmental allergens.
- **Medications to manage symptoms**
Steroids, antihistamines, etc are used for short term relief.
- **Desensitization / Immunotherapy**
Most involved therapy to help your pet to stop responding to the allergen.



NEXT steps

So you've decided to test, great! The next steps are simple. Once the lab results come back, we'll evaluate what potential allergens your pet has or if there are groups of allergens that cause responses.

Based on these results, we'll determine what the next steps should be, whether it's a simple diet change, food challenge, immunotherapy, or other options.

Interpreting Results

VDI allergy panels are broken down into groups of similar allergens, and have response classification from 0-3.

Class 3: High Response

Take action to avoid/remove this allergen.

Class 2: Medium Response

Consider avoidance especially if there are two or more allergen responses in the same group.

Class 1: Low Response

No action needed unless multiple allergens of the same group have a response.

Class 0: No Response

Pet was not responsive to this allergen. No action needed.

Food Allergy Food Finder

Finding a food that avoids ingredients your pet is allergic to can be simple. A free online tool is available and can help you select a qualified food:

www.pawdiet.com

STEP 1: Click on *Food Finder*

STEP 2: Set your pet's information

STEP 3: Click *Advanced Settings*

STEP 4: Scroll down to select ingredients you DON'T want

STEP 5: Click *Search For Products*

