



# Allergy Test My Pet

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# Allergy Test My Pet

This report is based on an analysis of 126 common allergens. Each is ranked in one of three ways:



AFB Jazmyn Rose had a strong intolerance to these allergens.



AFB Jazmyn Rose had a mild intolerance to these allergens.



AFB Jazmyn Rose had no reaction to these allergens.

## Detailed Analysis



**There are 4 items showing a strong intolerance**

### 1. Green Peas

Green peas are found in a number of dog foods and also supplemented by owners. It is important to note the difference between fresh and canned peas if your dog is reacting. Green peas are part of the legume family and if your dog is reacting to one member of this family it may be sensitive to other peas in this family.

If your dog is suffering from a green pea intolerance, symptoms include bald patches, chronic gas, chronic ear infections, diarrhea, head shaking, hives, paw biting, coughing, obsessive licking, vomiting and wheezing. Some dogs can also suffer from skin infections or skin rashes as well.

For treatment, corticosteroids are recommended to help reduce swelling and antihistamines to help with itching. Elimination diets are also recommended as they are one of the best treatment options. Elimination diets are when you completely remove the suspected intolerance (green peas) from the dog's diet for several months. When followed correctly, the dog's symptoms can diminish within four to six weeks. A reintroduction of the food can either cause the symptoms to return or may be ok if offered infrequently or in small doses.

Secondary skin infections can be a side effect of a green pea intolerance so some veterinarians may also prescribe antibiotics. Other supplements - like probiotics and Omega-3 oils - may also be recommended to help support their immune system and protect their skin.



## 2. House Fly

Many different insects in the Diptera family can cause reactions in dogs and house flies are one of them. Allergies to one insect in this family can spread across various members of this order.

Dogs may be reacting to the flies or the fly bites. Flies can also transmit bacteria and other parasites which a dog may react to. Flies in early stages of their life cycle are maggots and dogs can react to maggots as well. Reactions may result in red bumps, itchy spots and hair loss. The main symptoms of a fly allergy may include severe skin itchiness and irritation. Other symptoms include sneezing, bumps, lethargy, red, weeping eyes, and rashes and redness - typically under the neck and chin as well as between the toes and the front legs. Dogs will show signs of frequent and obsessive scratching, licking or chewing the area, and rolling on the floor or ground. Ear irritations and gastrointestinal irritation are also common symptoms.

Topical antihistamines are a possible treatment option for dogs suffering from itching or swelling due to a fly reaction. However, some dogs begin to develop a tolerance to antihistamines. Hydrocortisone shampoos and balms can help relieve skin discomfort - just make sure they do not ingest the medications.

If symptoms aren't alleviated, corticosteroid injections or oral pills can be recommended. Corticosteroids are a short-term treatment options and can cause side effects, ranging from mild to more serious.

Immunotherapy is another treatment option. Once a test confirms there is a fly allergy, an injection is prepared with antigens and is given to the dog weekly or monthly. It can be time-consuming and expensive, but it has a very high success rate, especially in younger dogs.



## 3. Mold (Plant)

Plant Mold or *Chaetomium Globosum* is a common cause of dog sensitivities. The mold spores can become airborne and cause adverse reactions.

This mold can be found both indoors and out, from humid areas like basements to areas with decaying or wet leaves.

Canines who inhale mold spores typically suffer from itchy skin. Often pets who are sensitive to Mold are susceptible to other airborne allergens such as pollen.

Symptoms of Mold sensitivity in dogs include excessive itching and scratching, hair loss, chronic ear infections, paw chewing, hot spots and skin infections.

If you are not able to distance your dog from the Mold, frequent bathing in therapeutic shampoos may help. Medications such as corticosteroids may help with the inflammation.

Topical creams can also provide relief. Omega 3 supplements have been shown to help boost the body's immune system to help fight these reactions.

A visit to the vet is warranted if these symptoms appear to be severe or ongoing.

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## 4. Tobacco

A common allergy among dogs is both cigarette and cigar smoke. A tobacco allergy is known as an inhalant allergy and are one of the most frequent allergens found in dogs. With an inhalant allergy like tobacco, the dog's immune system believes it is a and creates an immune response to fight the 'enemy.' The immune system attempts to fight the attacker and tries to defend itself by releasing a histamine, leading an allergic reaction.

The main symptoms of a tobacco allergy are severe skin itching and irritation. Other symptoms include sneezing, bumps, lethargy and general weakness, restlessness, and red, weeping eyes, and rashes and redness - typically under the neck and chin as well as between the toes and the front legs. Dogs will show signs of frequent and obsessive scratching, licking or chewing the area, and rolling on the floor or ground. Ear irritations and gastrointestinal irritation are also common symptoms.

The most effective treatment for a tobacco allergy is to remove the substance from the house completely. Antihistamines are a typical treatment option for dogs suffering from itching or swelling. However, some dogs begin to develop a tolerance to antihistamines. Hydrocortisone shampoos and balms can help relieve skin discomfort - just make sure they do not ingest the medications.

If symptoms aren't alleviated, corticosteroid injections or oral pills can be recommended. Corticosteroids are a short-term treatment options and can cause side effects, ranging from mild to more serious.

Immunotherapy is another treatment option. Once a test confirms the allergen is tobacco, an injection is prepared with antigens and is given to the dog weekly or monthly. It can be time consuming and expensive, but it has a very high success rate, especially in younger dogs.



## There are 11 items showing a mild intolerance

## 1. Beef

Beef is a common ingredient in numerous dog food and treats, It can cause a reaction in dogs and is one of the more common foods dogs react to.

A beef sensitivity can be caused by either a food allergy or a food intolerance.

Reactions to beef can cause painful skin disorders in addition to chronic conditions like indigestion, ear infections, and respiratory problems. It can also cause excessive coughing, chronic gas, diarrhea, and hives. Food intolerance symptoms may also include changes in the color or consistency of the dog's stool, abdominal pain, and gurgling sounds from their digestive system.

If your dog tests positive for a beef allergy, there are several treatment options. For topical treatments, some veterinarians will recommend corticosteroids and antihistamines to help reduce the swelling and manage itching.

Another way to treat a beef sensitivity is through an elimination diet. With this treatment, you will change your dog's diet and feed them food without beef products. It may take several weeks before you see any results, though. Probiotics and supplements like Omega-3 oils may be recommended to help with your dog's immune system and protect their skin.

Since there are numerous other proteins available in commercial dog foods it is worth considering eliminating beef from your dog's diet completely. Be mindful as many snacks and dog treats

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contain beef.

Antibiotics may also be prescribed to help with secondary skin infections often found with food allergies.



## 2. Chick Pea

Some dogs are sensitive to chick peas. Chick peas can be found in some grain-free dog foods and premium dog foods. Chick peas can also aid in digestion. Chick peas are part of the legume family and if your dog is reacting to one type of pea it may be sensitive to other foods in this family.

A chick pea intolerance can cause symptoms like diarrhea, chronic skin infections, hot spots, hives, chronic ear infections, obsessive licking and chewing, vomiting and nausea. Secondary skin infections can also occur such as rashes. Food intolerances affect the digestive system and cause symptoms like gurgling in the stomach, constipation, and abdominal pain. This can be true of chick peas due to their high fiber content which can cause gas.

Depending on the severity of the chick pea intolerance, topical treatments such as corticosteroids or antihistamines (like Benadryl) may be prescribed to help with itching and swelling. Elimination diets are also recommended as they are one of the best treatment options. Elimination diets are when you completely remove the suspected intolerance (chick peas) from the dog's diet for several months. When followed correctly, the dog's symptoms can diminish within four to six weeks. A reintroduction of the food can either cause the symptoms to return or may be ok if offered infrequently or in small doses.

Omega-3's and probiotics may also be recommended to help support the dog's immune system and protect their skin with a chick pea intolerance. Antibiotics may be prescribed by your veterinarian if the dog is suffering from secondary skin infections.



## 3. Fleas

Dogs may frequently be allergic to fleas and flea bites. With an flea allergy, the dog's immune system believes it is a threat and creates an immune response to fight the 'enemy.' The immune system attempts to fight the attacker and tries to defend itself by releasing a histamine, leading an allergic reaction.

Dogs may be reacting to the fleas or the flea bites and either may result in red bumps, itchy spots and hair loss. The main symptoms of a flea allergy include severe skin itchiness and irritation. Other symptoms include sneezing, bumps, lethargy, red, weeping eyes, and rashes and redness - typically under the neck and chin as well as between the toes and the front legs. Dogs will show signs of frequent and obsessive scratching, licking or chewing the area, and rolling on the floor or ground. Ear irritations and gastrointestinal irritation are also common symptoms.

Topical antihistamines are a possible treatment option for dogs suffering from itching or swelling due to a flea reaction. However, some dogs begin to develop a tolerance to antihistamines. Hydrocortisone shampoos and balms can help relieve skin discomfort - just make sure they do not ingest the medications.

If symptoms aren't alleviated, corticosteroid injections or oral pills can be recommended. Corticosteroids are a short-term treatment options and can cause side effects, ranging from mild

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to more serious.

Immunotherapy is another treatment option. Once a test confirms there is a flea allergy, an injection is prepared with antigens and is given to the dog weekly or monthly. It can be time-consuming and expensive, but it has a very high success rate, especially in younger dogs.



## 4. Fungus (Household)

This type of fungus is *Epicoccum nigrum*. It has a large global spread and can be found on fabric, carpet, mattresses and other surfaces.

This type of fungus, or mold can cause severe reactions in both people and dogs. If it is present on your home it should be removed.

Symptoms of Mold sensitivity in dogs include excessive itching and scratching, hair loss, chronic ear infections, paw chewing, hot spots and skin infections.

If you are not able to distance your dog from the Mold, frequent bathing in therapeutic shampoos may help. Medications such as corticosteroids may help with the inflammation.

Topical creams can also provide relief. Omega 3 supplements have been shown to help boost the body's immune system to help fight these reactions.

A visit to the vet is warranted if these symptoms appear to be severe or ongoing.



## 5. Fungus (Plant)

This type of fungus, scientifically known as *Alternaria Alternata* - *Alternaria Tenuis* is found as a disease on over 300 varieties of leaves and plants.

It is a mold that can trigger reactions in many dogs. It can be found both indoors and outdoors.

Reactions to this mold typically show up on the skin. It can be found on vegetation and rotting plants.

The first time a dog contacts this his system will produce a defense. If this defense does not occur an allergy will result.

Reactions to *Alternaria Alternata* - *Alternaria Tenuis* are extremely common and can result in atopic dermatitis. Excessive scratching is one of the symptoms.

If the reaction is excessive a visit to the vet is warranted. Regular house cleaning is recommended to make sure the exposure is not coming from indoors.

Outdoor exposure may be unavoidable and your veterinarian may have to intervene with medication.



## 6. Grass

Grass allergies are caused by a powdery yellow pollen, not the grass itself. The powder is what flowers and grasses put out to be transferred from plant to plant by bees, birds, and the wind. Grass pollen can be absorbed through the skin, breathed into the lungs, brought into the house by humans, or by the dog licking their fur with grass pollen on it. The grass tested in this test are the most popular varieties consisting of: Meadow Fescue, Kentucky Blue/June, Orchard, Redtop, Perennial Rye, Sweet Vernal, and Timothy

Symptoms of a grass pollen allergy include diarrhea, bald spots from scratching, hives, excessive licking, red and watery eyes, moist or crusty-like skin, runny nose, scratching, and sneezing.

Although any dog can develop a grass pollen allergy, it is more prevalent in Bulldogs, German Shepherds, Miniature Schnauzers, Retrievers, Setters, Pugs, Terriers, and dogs over three months.

Treatment for a grass pollen allergy include antihistamines, corticosteroids, and topical ointments like cortisone gel or cream. Special shampoos - like hypoallergenic ones - may also be prescribed.

Immunotherapy is another treatment option. Once a test confirms the allergen is grass, an injection is prepared with antigens and is given to the dog weekly or monthly. It can be time consuming and expensive, but it has a very high success rate, especially in younger dogs.



## 7. Halibut

Halibut, along with other types of fish, has a number of health benefits and may be found in a number of dog foods and mixers. Some dogs may not react well to halibut and they may also be intolerant of various fish meals and supplements since halibut is sometimes used.

Halibut intolerance may also be a symptom of an overall fish intolerance. Symptoms may include itching, paw biting, chronic ear inflammation, skin rashes, nausea, vomiting, and hives. Food intolerances affect the digestive system and cause gurgling sounds in their digestive system, changes in their stool and stomach pain.

To treat a halibut intolerance, antihistamines or corticosteroids are given to help with itching and swelling. An elimination diet is also recommended and is the removal of halibut and halibut based foods from their diet completely for a few weeks. Symptoms will usually subside after that period. Omega-3's and probiotics are also recommended to help with immune support and skin protection. If your dog has a secondary skin infection, antibiotics might be prescribed. Changing to another type of fish or protein would also be advised if your dog does not do well with halibut.



## 8. Mosquito

Mosquitos share a family with flies and a reaction to one member of this family may mean a reaction to others. Mosquitos are in the Culicidae family and a reaction to mosquitos may be from a bite or from the dander of the insect. Since mosquitos are external parasites that feed on the blood of their hosts they can also transmit disease.

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Reactions to mosquito bites may result in red bumps, itchy spots and hair loss. Other symptoms include sneezing, bumps, lethargy, red, weeping eyes, and rashes and redness - typically under the neck and chin as well as between the toes and the front legs. Dogs will show signs of frequent and obsessive scratching, licking or chewing the area, and rolling on the floor or ground. Ear irritations and gastrointestinal irritation are also common symptoms.

Topical antihistamines are a possible treatment option for dogs suffering from itching or swelling due to a mosquito bite. Hydrocortisone shampoos and balms can help relieve skin discomfort - just make sure they do not ingest the medications.

If symptoms aren't alleviated, corticosteroid injections or oral pills can be recommended. Corticosteroids are a short-term treatment options and can cause side effects, ranging from mild to more serious.

Immunotherapy is another treatment option. Once a test confirms there is an ant allergy, an injection is prepared with antigens and is given to the dog weekly or monthly. It can be time-consuming and expensive, but it has a very high success rate, especially in younger dogs.



### 9. Moths

Many different insects in the Psychodidae family can cause reactions in dogs and Moths are one of them. Moths are in the order of Lepidotra which also includes butterflies. Allergies to one insect in this family can mean sensitivities to other members of this order.

Dogs may be reacting to the dander on the moths or the moths themselves.. Moths can also transmit a number of diseases which a dog may react to. It is also important to note that mothballs are extremely toxic to dogs. Reactions may result in red bumps, itchy spots and hair loss. Other symptoms include sneezing, bumps, lethargy, red, weeping eyes, and rashes and redness - typically under the neck and chin as well as between the toes and the front legs. Dogs will show signs of frequent and obsessive scratching, licking or chewing the area, and rolling on the floor or ground. Ear irritations and gastrointestinal irritation are also common symptoms.

Topical antihistamines are a possible treatment option for dogs suffering from itching or swelling due to a moth reaction. If your dog is reacting to mothballs is may be necessary to seek immediate medical attention.. Hydrocortisone shampoos and balms can help relieve skin discomfort - just make sure they do not ingest the medications.

If symptoms aren't alleviated, corticosteroid injections or oral pills can be recommended. Corticosteroids are a short-term treatment options and can cause side effects, ranging from mild to more serious.

Immunotherapy is another treatment option. Once a test confirms there is an ant allergy, an injection is prepared with antigens and is given to the dog weekly or monthly. It can be time-consuming and expensive, but it has a very high success rate, especially in younger dogs.





## 10. Turkey

Although turkey is less allergenic than chicken, it is sometimes used as an inexpensive alternative to chicken. If a dog is allergic to turkey, it means there is an over-reaction to this protein in their immune system. When their immune system comes into contact with turkey, the body considers it intrusive and has a high defensive response, causing an allergic reaction.

A turkey allergy is categorized as either a food allergy or a food intolerance. If it is a food allergy, the body will defend itself against what it perceives to be a threat. If it is a food intolerance, the reaction is not caused by a histamine and has no direct immune involvement like with a food allergy.

An allergy to turkey causes symptoms like obsessive licking, hives, diarrhea, coughing, chronic gas, chronic ear infections, vomiting and bald patches. It can also result in painful skin conditions like rashes and infections. A food intolerance to turkey will result in a disruption to the digestive system like a change in consistency or color of their stool, gurgling sounds from their digestive system, and abdominal pain.

Treatment is available for a dog that tests positive for a turkey allergy. Veterinarians may recommend a topical treatment such as corticosteroids or antihistamines to help with the itching and swelling.

Turkey allergies can also be treated by an elimination diet. In an elimination diet, you change the dog's diet completely by removing any product that contains turkey. This treatment could take up to several weeks to show results, though. Veterinarians may also prescribe Omega-3's or probiotics to help protect the dog's immune system and skin.

Antibiotics may also be prescribed to help any secondary skin infections often associated with food allergies.



## 11. Yellow Peas

Yellow peas are increasingly found in several dog foods and sometimes supplemented by owners. It is important to note the difference between fresh and canned peas if your dog is reacting. Yellow peas are part of the legume family and if your dog is reacting to one member of this family it may be sensitive to other peas in this family. Many pea ingredients in dog food are combined in to a pea-meal consisting of different pea varieties, so it may be hard to determine the type. Peas are also a common substitute in many grain-free dog foods.

If your dog is suffering from a yellow pea intolerance, symptoms may include bald patches, chronic gas, chronic ear infections, diarrhea, head shaking, hives, paw biting, coughing, obsessive licking, vomiting, and wheezing. Some dogs can also suffer from skin infections or skin rashes as well.

For treatment, corticosteroids are recommended to help reduce swelling and antihistamines to help with itching. Elimination diets are also recommended as they are one of the best treatment options. Elimination diets are when you completely remove the suspected intolerance (yellow peas) from the dog's diet for several months. When followed correctly, the dog's symptoms can diminish within four to six weeks. A reintroduction of the food can either cause the symptoms to return or may be ok if offered infrequently or in small doses.

Secondary skin infections can be a side effect of a yellow pea intolerance so some veterinarians may also prescribe antibiotics. Other supplements - like probiotics and Omega-3 oils - may also

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be recommended to help support their immune system and protect their skin.



### There are 111 items your dog did not react to

Almond Oil	Ants	Apple
Banana	Barley	Bean Curd
Beet	Beetroot	Blackberry
Blueberry	Bok Choy	Brewer's Rice
Broccoli	Brown Rice	Brussels Sprout
Buckwheat	Buffalo/Bison	Cabbage
Canola Oil	Carrot	Cauliflower
Celery	Cheese	Chicken
Chicken Egg	Cockroach	Coconut
Cod	Cod Liver Oil	Collard Greens
Corn	Corn Syrup	Cottonseed Oil
Cranberry	Cucumber	Dairy
Duck	Duck Egg	Dust Mites or House Dust
Feathers	Fish Meal	Fish Stock
Flatspine Bur Ragweed	Flaxseed Oil	Gelatin
Glucosamine	Goat's Milk	Grains (Bread)
Green Beans	Green Lipped Mussel	Honey
Kale	Kelp	Kidney Beans
Lamb	Lecithin	Lemon
Lima Beans	Limonene	Mackerel
Mango	Millet	Molasses
Navy Beans	Oat	Oatmeal
Olive Oil	Orange	Peach
Peanut	Pear	Pineapple
Pinto Beans	Pollen	Pork
Potato	Propylene Glycol n-Butyl Ether	Pumpkin
Quinoa	Rabbit	Raspberry
Rice Bran	Rosemary	Sage
Salmon	Sardines	Shellfish
Sorghum	Soy	Spinach
Squash	Strawberry	Sunflower Oil
Sweet Potato	Tapioca	Tempeh
Tomato	Trout	Tuna
Turnip	Vegetable Oil	Venison
Watermelon	Western Ragweed	Wheat
Whey	White Rice	Yam
Yogurt	Yucca	Zucchini

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*Allergy Test My Pet is designed to test for sensitivities in your pet, not true allergies which are immediate and can have severe consequences. Sensitivity testing indicates a delayed response by your pet to the allergen being tested.*

*This test is designed to help you learn the sensitivities your pet may be experiencing so you can have a better understanding of what your pet may not be able to tolerate. There are a number of options available to deal with these sensitivities. We recommend discussing them with your veterinarian to find the solution that is best for you. This can include introducing a new diet to your pet, eliminating certain foods and medications.*

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*This test is not intended to offer medical advice, it is not diagnostic and is for informational purposes only. If your pet is experiencing symptoms we recommend seeking the advice of a professional. We hope this test will put your pet on the right path to wellness.*