

## STUDY 2.

# ATOPIC DOGS FED ADVANCE VETERINARY DIETS ATOPIC CARE: A CLINICAL STUDY

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### INTRODUCTION

Canine atopic dermatitis (CAD) is defined as an **allergic, genetically programmed, inflammatory skin disease with defined clinical characteristics**<sup>5</sup>. CAD affects around 10–15% of dogs to some extent<sup>6</sup>, which means that it is a problem commonly encountered in small animal clinics.

The clinical study was carried out in seven veterinary clinics and included dogs of different breeds, sexes and ages, all diagnosed with atopic dermatitis.

### AIMS

The aim of the study was to **demonstrate that Advance Veterinary Diets Atopic Care helps control canine atopic dermatitis**, as a nutritional support measure, and leads to the use of a lower dose of cortisone (corticosteroid sparing effect).

### MATERIALS AND METHODS

#### Animals

25 dogs diagnosed with atopic dermatitis according to the Favrot criteria, with clinical symptoms and an absence of other pruritic diseases (parasitic, infectious and food allergy or intolerance).

#### Protocol

Animals were randomised to the ATOPIC group (fed with Advance Veterinary Diets Atopic Care) or the CONTROL group (fed with a commercial maintenance diet). Both groups received an initial cortisone dose of 0.5 mg/kg/day, which was subsequently reduced depending on the degree of pruritus and as per the established protocol. Dogs were controlled for ectoparasites and all received baths with special shampoos. The study lasted for 56 days.

### Evaluation of the efficacy of the Atopic Care diet

1. Evolution of the CADESI-03 score (evaluation of the severity of the lesions from 0 to 5 at 62 anatomical locations) assessed on days 0, 28 and 56.
2. Evolution of the pruritus intensity, as measured using the Pruritus Visual Analog Scale (PVAS), for 10 cm and scored from 0 to 10. Owners scored the degree of pruritus in their dog according to their perception. This was evaluated on days 0, 14, 28, 35, 42, 49, and 56.
3. Total dose of cortisone/kg administered during the study.

### RESULTS

The CADESI-03 and pruritus scores on day 0 did not differ significantly between the two groups. However, on days 28 and 56, the CADESI-03 score was significantly lower for dogs in the ATOPIC group (Figure 2) than for their counterparts in the CONTROL group (Graph 2). ( $p=0.014$ ;  $p=0.020$ ). Similarly, the degree of pruritus evaluated by the owners on days 28, 35, 42, 49 and 56 was always significantly lower for dogs in the ATOPIC group than for those in the CONTROL group (Graph 3). ( $p=0.017$ ;  $p=0.001$ ). Finally, the total cortisone dose administered to dogs in the ATOPIC group was significantly lower (13.63 mg/kg;  $p=0.004$ ) than the dose administered to dogs in the CONTROL group (22.61 mg/kg) (Graph 4). **At the end of the study, all of the dogs in the ATOPIC group had discontinued cortisone**, whereas 8 of the 11 dogs in the CONTROL group were still receiving it.

Advance Atopic Care is an effective support measure in dogs with atopic dermatitis

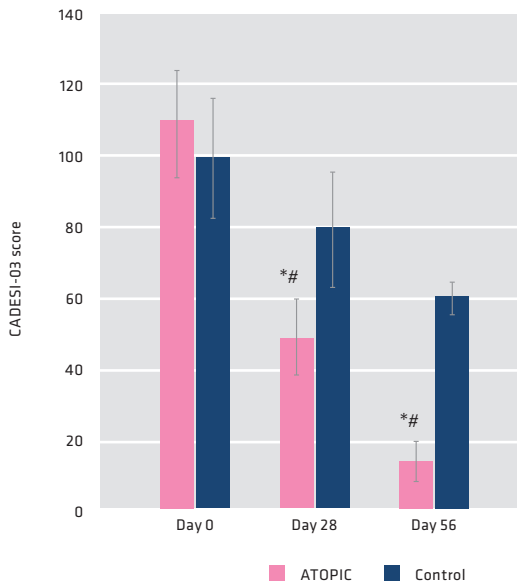
## » CONCLUSIONS

The results of this study show that giving Advance Veterinary Diets Atopic Care to dogs with canine atopic dermatitis is an **effective measure for controlling the disease as the cortisone dose could be reduced** and there was a **significant reduction in pruritus** and the severity of the lesions.

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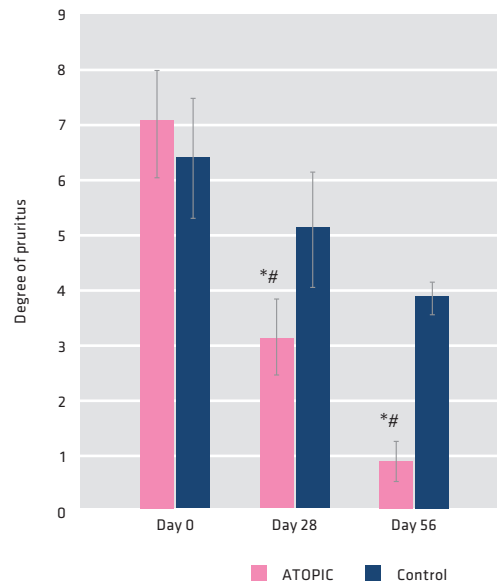
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**Graph 2.** Evaluation of the CADESI-03 score on days 0, 28 and 56.



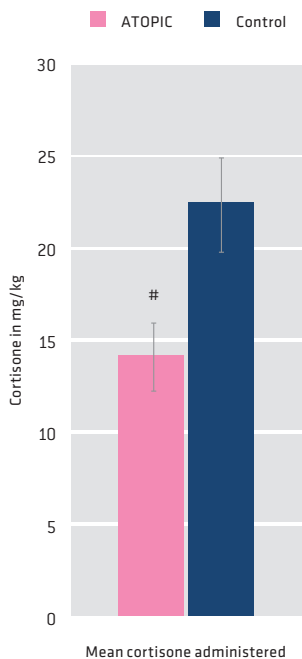
\* Significant difference with respect to day 0 ( $p < 0.05$ )  
# Significant difference with respect to control diet ( $p < 0.05$ )

**Graph 3.** Total cortisone dose administered between days 0 and 56.



\* Significant difference with respect to day 0 ( $p < 0.05$ )  
# Significant difference with respect to control diet ( $p < 0.05$ )

**Graph 4.** Total cortisone dose administered between days 0 and 56.



**Figure 2.** Evolution of lesions in an animal from the ATOPIC group.



**Day 0** Periocular lesions in a 2-year-old Maltese included in the ATOPIC group.



**Day 56** There was a significant improvement in the lesions at the end of the study.

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