

## 2 Planning



### *Allergy, Dermatology, and Otolaryngology*

**TREATING ATOPY (ENVIRONMENTAL ALLERGIES) CAN BE VERY SUCCESSFUL  
BUT DOES INVOLVE WORK AND LONG-TERM TREATMENT.**

#### 1. ALLERGY PREVENTION THERAPY

**REMOVE POLLEN** WITH FREQUENT BATHS AND WIPES AND GENESIS SPRAY

**PREVENT INSECTS** WITH MONTHLY SIMPARICA, CREDELIO

**BLOCK HISTAMINE** WITH DAILY GENERIC ANTIHISTAMINES

**PROMOTE SKIN and GLAND HEALTH** WITH OMEGA 3 FATTY ACID and VITAMIN A

**FOOD ALLERGY** RESTRICTED DIET TO AVOID ALL BEEF, DAIRY, CHEESE, CHICKEN,  
NO EGG, TURKEY, VENISON, BISON, BUFFALO. (list available)

**HYPOTHYROIDISM** - THYROID BLOOD LEVELS SHOULD BE CHECK WITH LAB-WORK

#### TREATMENT FOR POLLEN ALLERGIES

##### 2. CYTOPOINT - MONOCLONAL ANTIBODY THERAPY INJECTION

90% EFFECTIVE IN 48 HOURS

REPEATED EVERY 2-3-6 MONTH

Injection stings but otherwise NO SIDE EFFECTS

##### 3. ALLERGY SKIN TESTING AND VACCINE

85% EFFECTIVE IN 4-6 WEEKS

**70% CURE AFTER 2 YEARS** - 1% SIDE EFFECTS

\$350 ALLERGY TEST + VACCINE \$275 PER 6 MONTHS

##### 4. ATOPICA - 80% EFFECTIVE IN 6 WEEKS

NO ADVERSE EFFECTS EXCEPT RARE GI UPSET 5%

#### EMERGENCY-RESCUE TREATMENT OPTIONS

##### 4. STEROIDS

MOST SIDE EFFECTS ON THE LIVER AND OTHER ORGANS  
MRSA STAPH RISK AND URINARY INFECTIONS

##### 5. APOQUEL - 80% EFFECTIVE IN 3 DAYS but NO CURE

10% RISK OF TUMORS, PNEUMONIA, DEMODEX MITES

**PLEASE READ THE COMPLETE LABEL**

SAFE

MOST SIDE EFFECTS