

# The use of topical products to improve skin health in a Labrador Retriever with an atopic flare



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## History

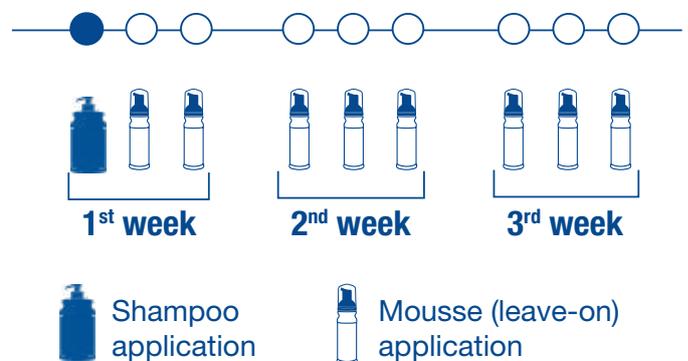
- › Nalla, a 6-year-old female Labrador Retriever was diagnosed with atopic dermatitis when she was 5 years old. Since then, she has had desensitization treatment, (desensitization tx was not applied to the ears) and topical corticosteroids were applied to the ears twice a week.

## Clinical examination

- › Nalla was in good general condition.
- › Erythematous areas were noticed in most of the classic areas, mainly on pinnae and paws, and also in the perilabial area, axillae, flanks, abdomen, and inguinal region.
- › Signs of chronicity (e.g., lichenification) were observed on the head and paws. Nalla had clinical signs for two weeks before presenting to the veterinarian.
- › CADESI-04 score at inclusion was 43/180 (moderate manifestation) with intense but infrequent pruritus (pruritus score on a visual analogue scale: 4.3/10 at inclusion).
- › No other pruritic skin condition was found.
- › **Diagnosis: relapse of atopic dermatitis mainly characterized by erythema and lichenification.**

## Management of the case

- › The main aim was to **quickly improve skin health and hydrate the skin as signs of chronicity had begun to appear. A topical product is the first choice to do this** as the ingredients are applied directly to the target organ. **DOUXO® S3 CALM Shampoo** and **DOUXO® S3 CALM Mousse** were prescribed for 3 weeks.



## Results

- › Seven days after the first visit, the skin had significantly improved in all affected areas, with a notable decrease in erythema. The CADESI-04 score had decreased by 33% (29/180) and the intensity of the pruritus had decreased by 47% to “mildly intense” but still infrequent (pruritus score of 2.3/10).
- › After 21 days of application, the lichenification and erythema had almost completely resolved. The **CADESI-04** score was 11/180, very close to the threshold of 10, which is considered the target score

for an atopic dog. This represented **an improvement of 74%**. Pruritus was considered to be **negligible and infrequent**, with a score of 1.5/10, representing a **decrease of 65%**. A score under 2/10 is considered normal behavior.

- › The **pet owner found the protocol to be practical and efficient** to calm the flare. She was also **pleased with the quality of Nalla's fur and skin** at the end of the protocol.
- › **At the end, Nalla showed great improvement in her skin and the pruritus had reduced considerably.**

› **Before**



› **After 3 weeks**



After three weeks of application, erythema and lichenification had greatly improved, with a CADESI-04 score decrease of 74%. Pruritus also significantly decreased (65%).

## Discussion - Mousse for optimal performance

- > For long-term management of atopy in dogs to be successful, we need to consider 4 elements: management of the pruritus, improvement of the inflammation, repair of the physical skin barrier, and restoration of the diversity of the microbiota. Therapy is usually multimodal and must be individualized to the patient. Pros and cons for each available treatment, systemic or topical, are weighed against the individual needs.
- > **Topical formulations are often the first choice for management of atopic dermatitis as they may act to restore the three skin barriers (physical, microbiological, immunological) simultaneously and have a very low risk of negative side effects.**
- > Shampoos and mousses are complementary products. The **shampoo cleans the skin and the fur** allowing removal of dirt, debris, scales, and allergens. As it is rinsed off, its ingredients are in contact with the skin for a relatively short time.
- > The **mousse** is a leave-on product, giving the skin maximum time to interact with the **beneficial ingredients to help repair the skin barrier**. This formula is **convenient for pet owners to use**, allowing them to **save time while spending quality time with their pet**.
- > A study performed on dogs presenting with an atopic flare confirmed the usefulness of combining one shampoo followed by mousse applications for three weeks<sup>1</sup>. In the case of Nalla, this protocol greatly improved her skin health during her atopic flare.



## Key points

After just 7 days, an excellent improvement in both skin health and pruritus was noticed with close to complete resolution of the signs seen by the end of the 3-week protocol.

The owner was very satisfied with the practicality and the efficacy of the protocol to manage the flare. She was also satisfied with the appearance of the skin and the fur after use for three weeks.

Mousse, as a leave-on product, allows ingredients to remain in contact with the skin for an extended period. This allows for maximum interaction, which is critically important when managing chronic skin disorders, such as atopic dermatitis.

1. Gatellet, M., Kesteman, R., Blondel T., Zemirline C., Ollivier E., & De-Jaeger, X. (2020). Performance of a combination of Ophytrium-containing shampoo and mousse applications in the management of sensitive skin in dogs: intermediate results of a field study. Proceedings of the 2020 UNISVET National Congress. Milan, Italy.

