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Are you allergic to your family pet?

Sometimes it is very difficult to accept that your cat or dog is the main cause of your allergies or asthma. However pet allergies are one of the most common causes for allergies in the US.

The most frequent offender is a cat. The sources for allergen are the saliva, skin dander and the urine. Different from other allergens, cat allergens can remain in the house for many months or years even after the pet has been removed from the environment.

Our recommendations for pet allergies are to remove the house pet whenever possible. We understand that sometimes this is a very difficult decision. If you decide to keep the animal in the home environment then the following precautions must be taken:

1. Maintain the pet outside of the bedroom.
2. Follow all measures to remove Dust Mites from the bedroom. (See Dust Mites Allergies)
3. Give your cat frequent baths. (At least once a week). You only need to dip it in luke warm water for 10 or 15 minutes. This may be difficult, particularly for older cats. However, if you do it gradually your cat will become accustomed to it.
4. Finally, allergy shots specific for cat allergies are very effective. They are particularly indicated for patients with significant allergies who will not remove the pet from the home.