



皮肤病

特应反应性 (特应性) 皮炎



在犬类中, 特应性皮炎是由环境过敏原触发的遗传性、炎症性和瘙痒性 Ig-E 介导的过敏性皮肤病。¹ 该疾病的成因复杂, 还可能涉及到皮肤屏障缺陷, 导致经表皮水分流失增加。² 但对于猫科动物疾病, 人们对于遗传学、IgE 或皮肤屏障缺陷所起到的作用还不太了解。^{2,3}

报告的宠物患病率至少有一部分因为研究的群体、诊断方法和地理因素 (即由于环境中存在不同类型和水平的过敏原) 而存在差异。⁴ 据报告, 因皮肤症状送往大学专科诊所问诊的猫的患病率达到 12.5%⁵, 而因皮肤问题送往全科诊所问诊的猫的患病率仅略超过 1%。⁶ 犬的患病率则估计为 3-15%。⁴

在猫犬中, 发病年龄通常都在 3 岁以下。^{2,7} 特应性皮炎是一种慢性疾病, 根据所涉及的环境过敏原, 临床症状可能存在季节性特点, 也可能在全年均有出现 (通常伴有急性发作)。在临床中, 有相当大比例的特应性皮炎患猫和患犬也存在食物过敏或不耐受的情况。宠物的特应性皮炎管理采用多模式治疗方法, 其中包括营养干预。

重要信息

- 特应性皮炎患宠经常出现瘙痒症状。红斑和继发性皮肤感染在犬只中很常见, 受影响的猫通常患有粟粒状皮炎或嗜酸性肉芽肿综合症。患宠可能出现脱毛、抓挠引起的表皮剥脱或外耳炎 (某些患犬的唯一表现可能就是外耳炎)。^{2,7}
- 在犬只中, 因特应性皮炎引起的皮肤症状与因食物过敏或不耐受引起的症状相同。⁸⁻¹¹ 同时具有皮肤和胃肠道症状的患犬更可能是因为食物敏感, 而非特应性皮炎, 而具有季节性症状的患犬则更可能是特应性皮炎。^{9,10} 猫科特应性皮炎的临床表现有可能与食物过敏或不耐受或跳蚤过敏相同。²
- 特应性皮炎也采用排除性诊断法。表现出全年临床症状的患宠应进行排除饮食试验, 以排除食物过敏或不耐受。² 应确保做好针对跳蚤和其他体外寄生虫的充分防护措施。
- 宠物可能同时患有多种疾病。^{5,7,12} 在确诊特应性皮炎的猫犬中, 近 17% 的犬和约 13% 的猫被诊断为合并食物过敏或不耐受。^{5,12} 对排除饮食试验的部分反应可能表明宠物既对食物过敏, 也有食物不耐受和特应性皮炎。
- 针对性营养方案可纳入到特应性皮炎患宠的多模式治疗管理策略中:
 - 为健康犬只增加饮食中的亚油酸 (缩写为 LA, 一种 18 碳 Omega-6 脂肪酸) 水平, 改善皮肤和毛发质量。^{13,14} 由于亚油酸可为皮肤屏障提供支持, 且可能有助于减少经表皮水分损失, 因此补充亚油酸可能对特应性皮炎患宠有益。² 此外, 为特应性皮炎患犬补充二十碳五烯酸 (EPA)、二十二碳六烯酸 (DHA) 和长链 Omega-3 脂肪酸可以减轻瘙痒和/或皮肤损伤,¹⁵⁻¹⁸ 一项研究指出了此类脂肪酸的环孢素保留效应。¹⁸ 联合使用亚油酸、 γ -次亚麻油酸 (一种 Omega-6 脂肪酸)、EPA 和 DHA 减少了对特应性皮炎患犬类采用类固醇治疗的需要¹⁹
 - 补充维生素 D 或 E, 可降低特应性皮炎患犬的 CADESI (犬特应性皮炎和皮炎范围及严重程度指数) 评分。²⁰

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重要信息 (续)

- 维生素 D 的益处可能是源自其免疫调节作用²⁰ 维生素 E 可帮助减轻特应性皮炎患犬的皮肤氧化应激反应²¹
- 一项研究表明, 乳杆菌益生菌可降低特应性皮炎患犬的 CADESI 和瘙痒评分, 其作用可能源自调节免疫应答机制²² 仍需开展进一步的研究, 以探索消化道-皮肤轴和益生菌的潜在影响。
- 在表现出特应性皮炎和食物过敏或不耐受的患宠中, 避免饮食过敏原仍然是管理策略的重要组成部分。由于过敏原交叉反应性, 食用受仓储螨污染的宠物食品的尘螨敏感犬只往往会出现特应性皮炎/过敏症状发作。宠物食品袋应保持密封并存放在室内, 以降低污染的可能性²³

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