

KEEP TRACK OF ENVIRONMENTAL ALLERGIC ITCH

Week 1: Rate your dog's itch every day and record it based on the rating system supplied.

Weeks 2 to 8: Rate your dog's itch just once a week, on the same day each week. Put a "dot" in the appropriate column that best describes your dog's scratching. When the dots are connected, you and your veterinarian will see the progress during treatment and how long the injection provided relief.



Itch Tracker

[dog's name]

Extremely severe	100															
Severe	80															
Moderate	60															
Mild	40															
Very mild	20															
Normal dog	0															
		Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	
		Week 1														
		Injection administered														

Rate your dog's itch

- 100

Extremely severe
Dog is scratching, chewing, licking, almost continuously. It practically never stops, regardless of what else is happening.
- 80

Severe
Prolonged episodes of scratching and/or other symptoms when your dog is awake. Scratching, licking, etc, occur at night and also when eating, playing, or exercising.
- 60

Moderate
Regular episodes of scratching while awake. Scratching and other symptoms may occur at night and wake your dog. But no scratching occurs when eating, playing, exercising, or being distracted.
- 40

Mild
Moderately frequent episodes of scratching and/or other symptoms. There may be occasional episodes of scratching at night.
- 20

Very mild
Occasional episodes of scratching and/or other symptoms. Your dog is slightly itchier than before the condition began.
- 0

Normal
Woo hoo! Itch is not a problem.

Quality of Life

How does environmental allergic itch affect your dog's quality of life?
Consider how everyday activities are impacted (eg, sleep, mood, activity, playfulness, interactions with dogs/humans).

How does your dog's environmental allergic itch affect you?
Think about how your dog's itch impacts you and your family—the emotional, social, and financial burden of the condition (eg, waking up at night, not being able to attend events with your dog, the cost of ineffective treatments)

My dog's quality of life									
My quality of life									
	Before treatment	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8

Rating scale: **1** = poor quality of life; my dog is significantly affected by itch
10 = great quality of life; no impact from itch

