

# Secondary Seborrhea: Treatment Takeaways

Sponsored by Ceva Animal Health

Seborrhea, a term used to describe excessive scaling, crusting, and oiliness of the skin, can be caused by several common underlying diseases.<sup>1</sup> Although these primary diseases tend to overshadow the secondary problem of seborrhea, timely and efficacious seborrheic treatment can go a long way in improving overall patient comfort and client satisfaction.

## Megan's Case

Megan, a 7-year-old, spayed female cross-breed dog, was presented with superficial pyoderma and bacterial overgrowth in her ears with associated pruritus. This was Megan's first development of pyoderma; due to her late age of onset, an allergic cause was considered less likely, and endocrinopathy was investigated, leading to a diagnosis of hypothyroidism.

Megan was treated with levothyroxine, 4% chlorhexidine shampoo and spray, oclacitinib, and fluralaner. At the 1-month recheck, pyoderma was resolved, and blood work showed that hypothyroidism was adequately controlled; however, moderate pruritus persisted, and Megan had developed an unpleasant odor and large, dry scale exfoliations on her trunk.

Megan was diagnosed with seborrhea secondary to hypothyroidism and was

started on a DOUXO® S3 SEB protocol requiring 1 initial shampoo followed by mousse applications every 48 to 72 hours for 3 weeks thereafter. After 1 week, scaling was completely resolved, and she was only mildly pruritic. At the 3-week recheck, all clinical signs of seborrhea had completely resolved.

## Seborrhea: Rarely Primary, Often Problematic

Although primary seborrheic disorders exist, they are rare; ≥80% of all seborrhea cases are caused by a primary underlying disease, typically either allergies or an endocrinopathy.<sup>1-3</sup> Treating the primary disease may resolve seborrhea; however, resolution can take weeks to months, and in many cases, it may be impractical to wait.<sup>1,2</sup> Odor and scaling can be bothersome to owners, as they were for Megan's owner.<sup>2</sup> Furthermore, the altered keratinization and sebum production creates a

favorable environment for bacteria and yeast, which may lead to pyoderma, yeast infection, and pruritus.<sup>1</sup> Treating seborrhea topically concomitantly with the primary cause may bring patients relief sooner.<sup>2</sup>

## Going Beyond Scale Reduction

Controlling seborrhea requires removing excess scale and sebum while simultaneously normalizing keratinization and sebum production.<sup>1</sup> Improving the mechanical barrier of the skin, supporting healthy skin microbial flora, and soothing irritation, are also necessary for skin recovery.<sup>1</sup>

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DOUXO® S3 SEB shampoo and mousse have been clinically proven to have all these effects.<sup>4</sup> DOUXO® S3 products have undergone in vitro skin model studies to ensure that their natural active ingredient, OPHYTRIUM™, is scientifically proven to act on or have action on the physical, microbial, and immunologic skin barriers.<sup>4-6</sup> In addition, clinical trials of DOUXO® S3 products have demonstrated their efficacy, as well as confirmed their safety for pets and owners.<sup>5,6</sup>

Once seborrhea is controlled, OPHYTRIUM™ continues to benefit pets with underlying allergies. Ongoing topical therapy with DOUXO® S3 CALM, which contains a higher concentration of the active ingredient OPHYTRIUM™, has been clinically proven to reduce the signs of skin allergies by soothing and hydrating the skin.<sup>7</sup>

### Keeping It Convenient

Owners may balk at the idea of wrestling

their pet into the tub several times a week for a bath. That's why Ceva has introduced a new, more user-friendly, proven protocol. One study found the simple DOUXO® S3 SEB protocol, which requires only 1 initial shampoo followed by mousse applications thereafter, to be practical for 95% of owners, making it a reasonable and realistic addition to treatment plans.<sup>2</sup>

### Conclusion

The veterinary team and pet owner should not have to wait for resolution of an underlying disease to bring a seborrheic patient relief. With DOUXO® S3 SEB shampoo and mousse, seborrhea may be treated quickly, effectively, and conveniently, keeping patients comfortable and owners satisfied.

### References

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