

Did you know September is AKC responsible dog ownership month?

Animal Food Allergies May Be More Common Than We Think



Experts at the European Academy of Allergy and Clinical Immunology (EAACI) say we might be underestimating the prevalence of lactose intolerance and other food allergies among our furry friends. They published their report in the journal *Allergy*.

Rates of allergies and other autoimmune conditions are climbing in countries around the world. The cause of this increase is not totally clear, although many studies suggest that our sterilized environments and processed diets may be damaging our microbial ecosystems.

But it's not just our bodies that are itching (or cramping, or wheezing). It's Fido's, and Fluffy's, and Mr. Ed's, too, says lead author Isabella Pali-Schöll of the University of Veterinary Medicine Vienna.

Events

- * First Friday Festival is September 1, 2017 featuring the Tippy Cookie!!
- * Have a Safe and Happy Labor Day Monday, September 4th!
- * September 22 Party in the Park - Residents Only. It is that time again! Come join the party Friday September 22nd for a private community party for Baldwin Park ADULT RESIDENTS. Dine - Drink - Dance as Baldwin Park's own **Room2** band plays your favorite jams. We will have 3 local food trucks (*Smoke in the City*, *Cousin's Maine Lobster*, and *ChiPhi*, Plus *Daddy Daughter Mini Donuts*), a cash bar by Pat's Wine, Liquor & Leaf and some corn hole boards. Each ticket comes with a \$5 coupon for the bar, and \$5 for the food trucks, the rest is up to you. Hosted by **Baldwin Park Residential Owner Association**. The party begins Friday, September 22nd, 2017 at 7pm, in Longview Park. Purchase advance tickets for only \$15
- * Orlando Brunch Festival is Saturday, September 30th at 12pm being held at Festival Park!!!

"Not only humans but basically all mammals are susceptible to developing allergies, as their immune system is capable of producing immunoglobulin E," Pali-Schöll said in a statement.

Immunoglobulin E (IgE) is an antibody released when the body meets an allergen. It's meant to help keep us safe. The problem is that when we have allergies, our immune systems mistake harmless foods like wheat, eggs, milk, peanuts, or seafood for deadly poisons. The flood of IgE can cause hives, difficulty breathing, nausea, and anaphylaxis.

Most people with allergies are diagnosed because they decide to see a doctor about their symptoms. Animals don't have that option (and probably wouldn't go even if they did). The report, which reviews what we know and don't know about our pets' food allergies, finds that their reactions can be harder to spot.

"The true prevalence of food allergy in dogs, cats, and horses is unknown," the authors write. Estimates vary widely depending on how the animal was diagnosed; studies have found that food allergies may affect anywhere between six and 25 percent of dogs, and 0.22 and 22 percent of cats. "In horses," they write, "there is only anecdotal evidence with few cases documented in peer-reviewed literature."

Diagnosing a pet's allergies is not unlike diagnosing a person's, except that the patient can't describe his or her own symptoms. Veterinarians often use an elimination diet to determine the root of the pet's problems.

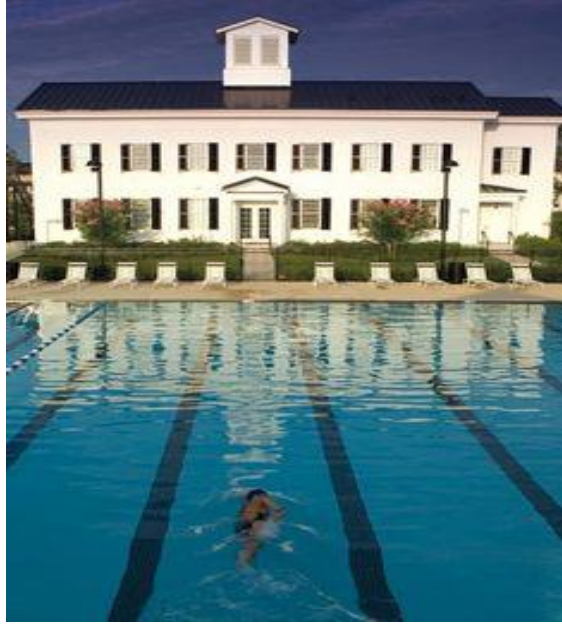


"During this period of diagnosis, the animal will be fed homemade food or diet food prescribed by a veterinarian. Only then, and if there have not been any dangerous allergic reactions before, can 'normal' food be gradually reintroduced," Pali-Schöll said.

As with human allergies, the best treatment is often just to avoid problem foods altogether. Most commercial pet foods are made with grains, meat, and soy products, which means this may be harder than it sounds, but a healthier, happier pet is worth it.

Scientists are working to develop medicines that will knock pets' allergies out altogether. "The first few trial phases have already achieved some success," Pali-Schöll said. "But it will take several more years for any products to see market launch and standard application."

The bottom line, the authors concluded, is that we've still got a lot more to learn about how—and how commonly—these conditions affect our animal companions. *Article by: [Kate Horowitz](#)*



Community Reminders

- Reporting of Maintenance concerns: To ensure all maintenance requests are received, and addressed as quickly as possible call the office to report any issues that need to be addressed. If you have online portal access you can also log your work order on line. Please do not stop the maintenance staff while on another task, as it may not get entered into the system correctly or in a timely manner, causing a delay in their current work order and delaying the response of your request.
- Save some time, pay your rent online! Every resident is furnished with an online Resident Portal account so they can not only online pay their rent online, but enter in maintenance requests as well. If you don't have one or need help accessing yours, please email majestic@leclairinc.net!
- All vehicles parked on the property must have legal valid tags, be in operational condition, and be properly parked. Vehicles that are parked illegally such as blocking fire lanes, double parking, parking in areas not designated as a parking space are subject to tow without additional notice at the Resident's expense.
- Reminder to all Pet Owners, you must keep your dog on a leash at all times when on the property and you must clean up after your pet. There are pet stations located on the property for your convenience. If anyone knows who is not cleaning up after their pet please contact the office so we can address it directly with that resident.

Fresh Berry Dessert Bites



Ingredients

Crust

- 2 1/4 cups all-purpose flour
- 2/3 cup sugar
- 1/2 teaspoon grated lemon peel
- 1/4 teaspoon salt
- 1 cup butter or margarine, cut into tablespoon-size pieces

Topping

- 1 package (8 oz) cream cheese, softened
- 2 tablespoons packed brown sugar
- 1 container (6 oz) Yoplait® Original yogurt lemon burst
- 1 teaspoon grated lemon peel
- 40 fresh raspberries (about 6 1/2 oz)
- 40 fresh blackberries (8 oz)
- 40 fresh blueberries (about 3 oz)

Steps

- 1. Heat oven to 350°F. Grease or spray 15x10x1-inch pan. In large bowl, mix all crust ingredients except butter. Using pastry blender, cut in butter until mixture looks like fine crumbs; press evenly in pan.
- 2. Bake 18 to 20 minutes or until edges are light golden. Cool completely, about 40 minutes.
- 3. In large bowl, beat cream cheese and brown sugar with electric mixer on low speed until blended. Add yogurt and 1 teaspoon lemon peel; beat until blended. Spread mixture over crust. Refrigerate at least 1 hour but no longer than 24 hours.
- 4. Cut into 10 rows by 4 rows. Arrange 1 of each kind of berry on each bar. Store in refrigerator.