

Ears, Feet, and Anal Gland Problems: First Symptoms of Unhealthy Skin

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There are 2 major categories of skin problems:

**Excess: caused by inappropriate or overzealous inflammatory reaction/
hypersensitivity (allergies)**

Tongue: red Pulse: fast

redness/heat, swelling of feet

diaphoresis (opening of the pores), over secretion of skin oils

most pronounced in areas of specialized oil glands:

-ears (ear wax or cerumen)

-anal glands (set of 2 large oil scent glands)

-interdigital spaces (between toes)

-chin, face

combination of skin heat (inflammation) and excess oil secretion usually leading to yeast overgrowths

general presentation: yeasty, damp, and hot (wet dog smell)

Deficiency: caused by deficient blood flow, poor peripheral circulation

Tongue: pale Pulse: thin, deep, slow

pale dry skin, dandruff

weak hair follicles, easy epilation (dull coat)

dry feet, cracked foot pads

ears can develop thick crusty discharge, but lining usually pale (not inflamed)

anal gland secretions get thick and pasty, hard to express

worst in periphery (superficial layers of skin, toes, tail and ears)

head might look ok, but hair gets weaker towards rump

decrease in skin lubrication leading to frictional heat: armpits, inguinal folds

inflammation is usually secondary due to poor cell health/high turnover and decreased immune function

high skin cell turnover usually leads to seborrhea sicca with secondary bacterial infections (circular lesions of skin peeling, crusts, folliculitis)

inflammation can lead to similar symptoms as excess conditions (thick oily skin/
seborrhea oleosa)

Principles of treatment:

Often times, underlying intestinal inflammation leads to inappropriate immune reactions (excess) and/or decrease in fatty acid absorption (deficiency), which further exacerbates immune dysregulation. Addressing intestinal inflammation is essential to resolving skin problems.

Excess: eliminate inflammatory triggers, reduce inflammation:

- eliminate dietary allergens (single protein food trials), simpler diets
- decrease glycemic index of food (processed foods are too starchy)
- cooling foods (raw foods, home-made diets)
- eliminate other allergens (inhalant, contact)
- control external parasites (fleas, other biting insects)
- eliminate other sources of inflammation (dental infections, joint inflammation)
- anti-inflammatory supplements: Essential Oils (Omega-3/6 supplements), glandular products, Chinese herbals
- *anti-histamines, steroids and other immunosuppressive drugs can be helpful during acute crisis of inflammatory flare up

Deficiency: improve circulation and superficial blood flow, resolve dryness

- maximize hydration: proper dietary moisture (soaking dry food, home-made diet or raw foods)
- supplement diet with essential oil sources (only when GI can handle it): fish oil, egg yolks, avocado, whole fish (sardines), liver
- improve fat/oil digestion: enzymes, probiotics
- improve peripheral blood flow (Omega-3, Chinese herbals)
- *steroids usually not as effective, unless secondary inflammation present
- *antibiotics useful at resolving secondary skin infections (Staph aureus overgrowths)

Healthy skin is a privilege, not a right!

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