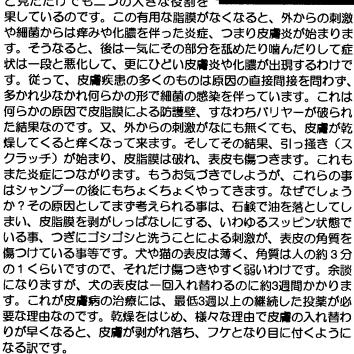
## シャンプーと皮膚病

高槻市東田獣医科

東田和弘

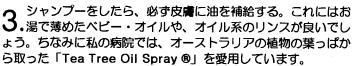
事 物の皮膚を健康に保つためには、外からの刺激や攻撃を防ぎ、内からの有用成分の脱出を防ぐ体表物質の存在が大変重要です。これは皮脂層と呼ばれ、哺乳動物の体表の大部分を被っています。皮脂は通常、毛穴と呼ばれている毛包の壁の部分に分布している皮脂腺から分泌されて、体表へ上がっ

て来て膜を作ります。外からの細菌 や、アレルギー源などの有害物質や、 外部寄生虫等からの刺激などを皮膚 へ伝えないように、また皮膚の含ん でいる水分を外へ逃さないように、 皮膚を乾燥させないようにと、ざっ と見ただけでも二つの大きな役割を



## 以上のことから結輪として

- 1 シャンプーはやたらしない事、毎 ・日の櫛(人用のクシによく似た金 属製の物、これが皮膚近くまで入り有 用です。ブラシは表面のみをかき混ぜ ているだけのようで、あまりお勧めは しません。)かけで十分挨や汚れ、そ して必要な皮脂を残し、古い角質は取 れていき被毛はピカピカ、防水機能も 残ります。
- 2.りと流す程度にして、ゴシゴシ洗ったり、強い洗浄力の洗剤を使わない事。決してブラシやたわしなどは使わないで下さい。





## Shampooing and Skin Disease

by Higashida Kazuhiro Higashida Veterinary Clinic, Takatsuki

Healthy skin in animals depends upon the presence of sebum, which protects, lubricates and waterproofs both the skin and fur. Sebum is secreted by the sebaceous glands, which are located in the walls of hair follicles. It is

discharged through the hair follicles onto the skin surface, where it forms a protective layer against external threats such as bacteria, allergens and other harmful substances, and irritation from parasites. This layer also prevents it from drying out. If this layer of sebum

is lost, external irritation and bacteria can cause inflammation accompanied by itching and/or infection in other words, skin disease. When this happens, animals will lick and bite the affected area repeatedly, often causing the symptoms to worsen. For this reason, regardless of the original cause of a skin problem, directly or indirectly, and in greater or lesser degree, bacterial infection will be involved, and this means that the sebum barrier has been broken. Even in the absence of external irritation, skin will become itchy if it is dry. The animal will scratch the itchy area, breaking the protective layer of sebum and damaging the epidermis making it vulnerable, again, to infection.

Perhaps you may have noticed such symptoms tend to appear in your pet after a shampoo. Let's look at why this is. First, the detergent in the shampoo washes sebum off along with dirt, leaving the skin "naked" and vulnerable. Second, scrubbing during the shampoo irritates and damages the epidermis. The epidermis of dogs and cats is thin, with the outermost layer the stratum corneum just one-third the thickness it is in human beings. This means it is that much weaker and easily damaged. By the way, a dog's epidermis takes three weeks to grow back, which is why treatment for skin disease requires taking medication for at least that long. When skin is replaced very often, due to dryness and other reasons, this causes flaking and dandruff.

Conclusions to be drawn from the above are:

- 1. Do not shampoo often. Instead, use a metal comb every day to remove dust and dirt from your pet's fur. Combs penetrate close to the skin, unlike brushes which just ruffle up the surface of the fur. Daily combing leaves necessary sebum and oil in place while removing dead skin cells, keeping the fur glossy and the skin waterproof.
- 2. When shampooing, massage very lightly and briefly so as to wash away dust and dirt. Do not rub vigorously, and do not use a strong detergent. Never use a brush when shampooing.
- 3. After shampooing, lubricate the skin to replenish the oil that was lost. An easy way to do so is to mix baby oil or an oil-based conditioner into some warm water. At our clinic, we use tea tree oil products for this purpose.