

CARE RECOMMENDATIONS FOR ADULT DOGS

These suggestions will enable you to provide the best health care, allowing your dog to live as long as possible.

- **Regular physical examinations.**

A year between physical examinations for your dog is like four to seven years between annual examinations for us. For the first seven years of your pet's life, annual examinations are recommended, or more frequently if problems are detected. After seven years, twice yearly examinations are recommended, as problems associated with aging become more frequent.

- **Nutrition.**

Feed the highest quality food you can afford. Premium pet foods such as Science Diet, Iams & Purina One, are much more digestible and result in a healthier pet with less stool volume. DO NOT feed table scraps (especially bones!) and snacks.

- **Internal parasites...**

threaten your dog's health. In large numbers, they can cause intestinal blockage, bloody diarrhea and even death. Certain types can also affect you and your family. Microscopic examination of your pet's stool needs to be done regularly. Monthly prevention should be given year round.

- **Provide a constant supply of fresh, clean water.**

If your dog is outside, provide a water heater to keep water from freezing in the winter.

- **Keep your pet under control**

Don't let it run loose. Purchase an I.D. Tag to place on your pet's collar and keep it on at all times. It is your pet's "ticket home" if lost. Consider a microchip for permanent identification

- **Vaccinations and boosters.**

Unfortunately, there is no safe, effective drug available to combat any of the major viral diseases of dogs. Vaccination is the only effective form of protection. Vaccination enables your dog to fight infection by stimulating the immune system, so it produces antibodies against the viruses.

To maintain this protection, dogs must be vaccinated regularly so the level of immunity is always high enough to prevent disease.

Your Pet's Approximate Age In Human Years

6 months =	12 years
1 year =	15 years
2 years =	24 years
3 years =	28 years
4 years =	32 years
5 years =	36 years
6 years =	40 years
7 years =	44 years
8 years =	48 years
9 years =	52 years
10 years =	56 years
11 years =	60 years
12 years =	64 years
13 years =	68 years
14 years =	72 years
15 years =	76 years
16 years =	80 years
17 years =	84 years
18 years =	88 years
19 years =	92 years
20 years =	96 years
21 years =	100 years

(Larger dogs age more quickly than small ones)

Immunity produced by vaccination does not last forever. It is very important that your dog be re-vaccinated at regular intervals as prescribed by your pet's veterinarian.

Distemper and Adenovirus are widespread, contagious and deadly diseases. Nearly every dog will be exposed during its lifetime.

Parvovirus causes bloody diarrhea as it destroys the immune system and intestinal lining. It is often fatal, even with costly intensive care. Worldwide, Parvovirus is the most predominant virus, killing more dogs than any other disease.

Bordetella cause "kennel cough", a common and debilitating upper respiratory infection. The more your dogs comes into contact with other dogs (at the groomer's, boarding, meeting other pets on the sidewalk or in the park) the greater the risk.

Rabies is a fatal infection of the nervous system that attacks all warm-blooded animals including humans. There is no cure. Rabies has been on the rise for the past several years. In Minnesota, skunks and bats are the number one reservoir for this deadly disease.

Lyme Disease, carried by ticks, poses a serious health risk to both dogs and people. Lyme disease causes crippling arthritis and often, irreversible kidney and nervous system damage.

- **Heartworm Disease...**

is serious and deadly. It is carried by mosquitoes. An annual blood test is needed to check for these parasites, and monthly parasiticide is given to prevent this disease

- **Dental Care...**

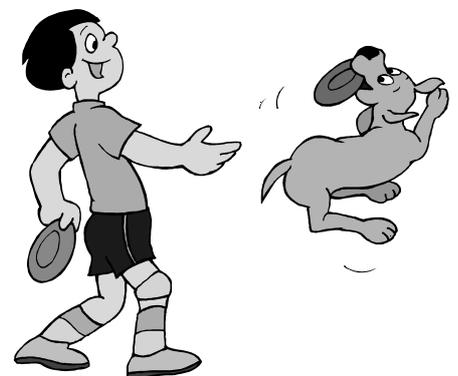
is just as important for your pet as it is for you. The average lifespan of a dog that receives timely dental care is 10-20% longer than one that doesn't. Infected teeth and gums are very painful to your dog, and also spread infection to the kidneys, heart, liver and elsewhere. Dental cleanings are a necessary component of a long, happy life for your pet.

- **Prevent Obesity.**

Extra pounds burden the heart, kidneys, joints and muscles, decreasing life expectancy 30-50%.

- **Exercise.**

Most dogs don't get nearly enough exercise. Poor health, obesity and boredom-related behavior problems often result.



- **Groom and trim nails as needed.**

Keep an eye out for fleas, dandruff, sores, lumps or bald spots. Report any skin problems to your veterinarian.

Schedule regular appointments with our professional groomer as your pet requires it. Your groomer will help you determine the correct intervals between appointments.

- **Flea & Tick Control...**

is essential. Preventing fleas with regular use of effective flea products is much less costly than treating a full-blown infestation of fleas in your home. DO NOT waste your money on over-the-counter flea products. Many do not work and some can even be harmful to your pet. Our products provide good control and we will take the time to individualize a flea program to suite your requirements and budget. Ticks spread several severe diseases. Both ticks and fleas can be controlled with **Parastar Plus** or **Seresto Collar**.

- **Never give human medications to your dog without checking with us.**

- **Report any changes...**

or problems in your dog's health or behavior to your veterinarian as soon as possible. Diseases or behavior problems usually are more successfully treated the earlier they are addressed.

- **As your dog ages.**

Geriatric workups help detect many of the problems caused by aging (kidney, liver, heart, arthritis, dental, etc.). Early detection can lengthen your pet's life. Proper treatment will improve your pet's quality of life. For early detection of disease, we recommend periodic blood screening. A routine blood screen is a window into the body that determines internal organ function that cannot be determined by physical examinations alone. For pets older than seven years, annual testing is preferred.

- **Pet health insurance**

Pet health insurance is available to help you in the event your pet incurs a serious illness or injury. It is heartbreaking to put a pet to sleep simply because the treatment was unaffordable. Veterinary Pet Insurance Co. has affordable policies that can be used at any veterinary facility in the country. Several policy choices are available including a wellness plan. Please ask us for a brochure.

Preventative health care is much more than just vaccinations! We are here to help you assist your pet in living a long, healthy life at the lowest cost to you.

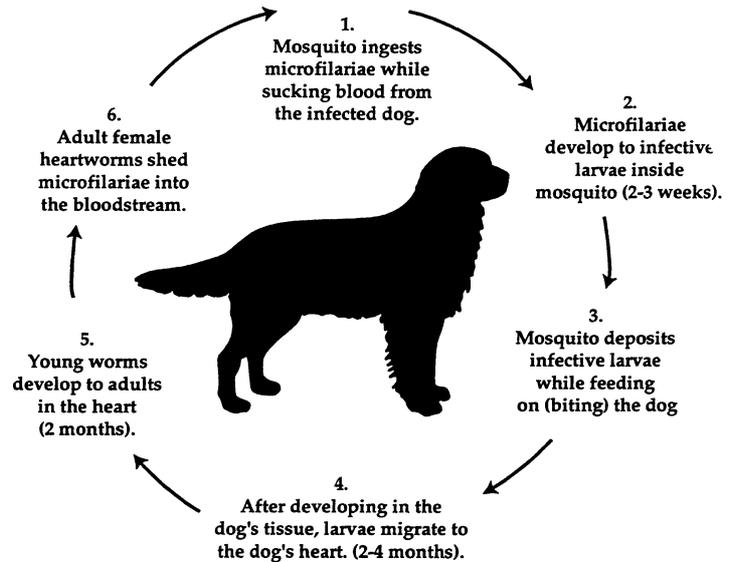
CANINE HEARTWORM DISEASE

CANINE HEARTWORM DISEASE...

is a serious, deadly disease wherever mosquitoes are present. Each year, thousands of dogs become permanently debilitated or die from lung, heart or circulatory problems caused by heartworms. Your dog can have heartworms for several months before symptoms are obvious. By then, the disease may be difficult or impossible to treat successfully.

SYMPTOMS...

An infected dog becomes less active and tires easily. Coughing, weight loss, chronic fatigue and fainting may appear in advanced disease stages. Adult heartworms are found in the heart, lungs and major blood vessels. Secondary liver and kidney disease may result. Heartworms can grow from 5 to 14 inches long. In advanced cases, a hundred or more worms have been found in a single heart.



DETECTION...

A blood test, called the occult heartworm test, is highly reliable in detecting adult heartworm (worms 6 months or older). At this time, there are no tests to detect early infection, so preventative medication is the key to avoiding this deadly disease. Currently, we perform a "4DX", which tests for heartworm disease, as well as for Lyme exposure, anaplasmosis and Ehrlichia.

PREVENTION...

It is easy and inexpensive to prevent heartworm disease. Preventative medication is administered monthly. This is given as a chewable treat called **Sentinel Spectrum**. Sentinel Spectrum also treats and prevents for roundworms, hookworms, whipworms, tapeworms, and fleas. It is important to give all of the medication.

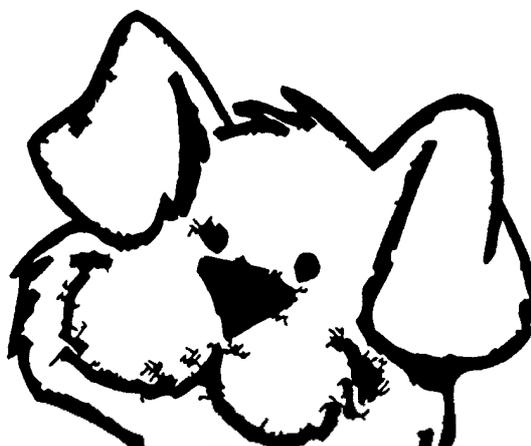
TREATMENT...

Successful treatment depends on early detection and close veterinary supervision. If permanent damage has occurred, prognosis is poor. Treatment costs can be substantial, and although the worms are usually eliminated, the damage may be irreversible.

Prevention Pays!

Untreated animals spread disease. Please don't let yours be one!

Unfortunately, heartworm disease is here to stay, as there will always be dog owners who do not choose to put their pets on a heartworm prevention program. These unprotected animals serve as a reservoir, spreading the disease to other dogs. Please don't let your dog become a victim of this deadly disease. Call for an appointment to get your pet started on a parasite prevention program today!



FACT...

All dogs, regardless of age, sex, size or breed, are at risk wherever mosquitoes are present. It takes only ONE infected mosquito to infect your dog.

FACT...

Heartworm disease can kill your dog.

FACT...

Effective, easy-to-use preventive medication can save your dog's life!

ELECTIVE SURGERIES

The average lifespan of a neutered pet is 40% longer than an unneutered one. Many unspayed female dogs will develop either mammary tumors (breast cancer) or a severe uterine infection called pyometra, by the time they are 8-10 years old. Female dogs also go through a messy heat cycle two to three times each year.

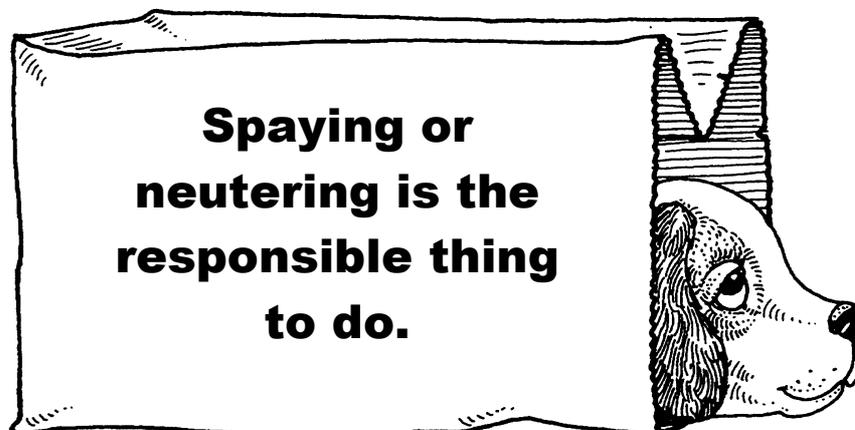
Unneutered male dogs commonly develop prostate disease, perianal tumors and testicular tumors in their old age. Even more sadly, the most common reason for euthanasia of pets in the U.S. is behavior problems. These are usually aggression, running away or urinating in the house by unneutered male dogs. Intact males also have a greater tendency to roam, which leads to automobile injuries, dog fights, gun shot injuries, and contagious diseases.

Keep in mind, that millions of puppies are put to death in the United States each year because there are not enough homes for them all. Spaying or neutering is the responsible things to do.

If cost is a concern for having surgery, just \$25 per week saved from the time you get your puppy until he or she is 5-7 months old will be more than enough to cover the surgery.

We recommend spaying (surgical removal of the ovaries and uterus) of female dogs and castration (surgical removal of the testicles) of males, for all dogs who will not be used for purebred breeding. This should be done when your animal reaches 5-7 months of age. Your animal will be a healthier, happier pet, and you will have done your part to reduce the pet overpopulation problem.

While your pet is anesthetized for surgery, we can also remove any retained baby teeth or implant a microchip ID. Microchips provide permanent identification in the event your pet is lost. Pet shelters and veterinary hospitals throughout the US and Canada have scanners to read these chips.



Weight Control and Exercise for Dogs

Over half the dogs we see every year are overweight, many extremely so. Being overweight has some serious consequences for dogs, just as it does for people. In fact, the average lifespan of an obese pet is years shorter than that of pets who stay slim and trim.

Weight related diseases include arthritis, heart disease, diabetes, liver disease, bladder problems and many types of cancer.

Most of our house pets are not very active. Not only are many of them overweight, but they also don't get enough exercise. This is bad for their health and contributes to behavior problems – a dog that is bored and inactive is more likely to be destructive or aggressive.

So what should you do to prevent these problems?

Some dogs are better at burning calories than others, but for most dogs the recommended feeding amounts on dog food bags are way too generous. If you are feeding a good, quality food, your dog can eat much less than the label says and still get all the nutrients necessary for good health. Feed only what your pet needs to maintain a healthy weight.

You should be able to easily feel your dog's ribs and backbone under his skin. If there is lots of padding over the ribs, your dog is probably overweight. You should be able to see his waist – his body should curve up behind his ribs if you are looking at him from the side. Looking down from above, you should also see a pronounced narrowing of the body behind the ribs. Also look for bulges over the hips, a common place for excess pounds to show up.

On the other hand, if your pet's ribs or backbone are visible, or very pronounced when you run your hand across them, your pet may be too thin.

Chose a good quality pet food which fits your pet's lifestyle. If your dog is very active, look for a food made for active dogs. If your pet is a couch potato, he needs a low calorie food.

Limit treats, snacks and table food. A medium Milkbone dog biscuit contains over 100 calories. It doesn't take many extras to tip the scales, especially in small dogs. Avoid processed treats – they are loaded with fat and salt, and aren't even good for your pet's teeth. If you must feed treats, give small pieces, or bits of the pet's regular food. Some dogs enjoy bits of carrot and other vegetables. These make fine, low-cal snacks.

Make sure your dog gets the exercise he needs. If your yard is fenced, let him run all he wants, and if he tends to be lazy, get him up and moving with a game or Frisbee or ball fetching every day. Walks are fine, although most people don't walk fast enough to give a



medium or large dog a good workout. Jogging with your pet or swimming, usually results in better fitness levels. How often does your dog really cut loose and RUN? Probably not often enough.

If your dog is already overweight, he'll need an exercise program and/or a restricted calorie diet. Most "lite" foods available in supermarkets are only about 10-15% less in calories than regular food. If you feed one of these and give the same amount of food as you fed of the regular non-diet food, your pet may stop gaining weight, but he probably won't lose any. To achieve a reasonable amount of weight loss in a reasonable amount of time, you need to cut back by 25-30%. The easiest way to achieve this is to feed a prescription weight loss diet. These foods are lower in fat calories, so you can feed an amount large enough to keep your pet feeling full, while still achieving weight loss. Hill's Prescription Diet r/d is such a diet.

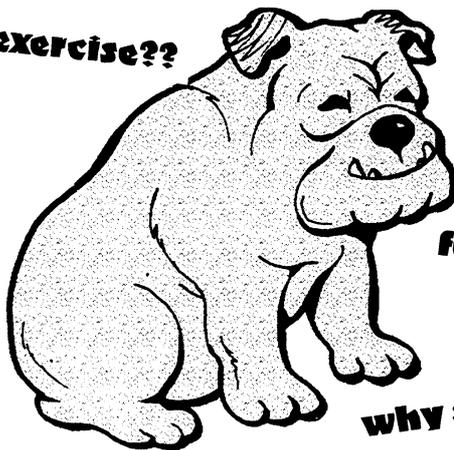
If you decide to increase your dog's exercise level, start slowly. Just as with people, an out of shape pet is in no condition to exercise too strenuously. Avoid heat stroke and sore paws from hot pavement by staying indoors on hot days, especially when the humidity is high. Panting is an inefficient way to get rid of excess heat, so dogs overheat easily. Also, beware of too much running on pavement, as this stresses the joints. Dogs under a year of age, with immature joints, and those with arthritis, should do most of their exercising on grass.

Most pets become less active with age, so their calorie needs often go down as they get older. Decrease their food accordingly. Most geriatric pets benefit from a food made for older pets, which is lower in fat and salt, such as Hill's Science Diet Senior.

Please let us know what we can do to help you keep your pet in the peak of health. We welcome you anytime to put your pet on our scale, or ask our opinion on his current weight or weight loss goals.

watch junk food?

exercise??



fewer snacks???

why shouldn't I pig out????

HOW TO AVOID AND TREAT BEHAVIOR PROBLEMS

Dogs and people have lived together for thousands of years, but that doesn't mean we always understand each other. Living with pets can sometimes be as frustrating and confusing as living with people! The following program will help you make the most of your relationship with your dog.

Dogs are pack animals – they are social and like to interact with people and other dogs. You can use this sociality to your benefit; your dog will do what you want if it earns him praise or petting, AND he considers you a leader in his pack.

This is a key point. All dog packs have a leader dog, who makes decisions for the rest of the group. Other dogs are subordinate to the leader. Your dog should never think he is the leader in your house. You are the one who should decide when to eat, when to go out, when to go to the veterinarian for a check up, or when to get a nail trim. As with children, dogs who have rules to follow and respect for their parents are well behaved. Many behavior problems arise as a direct result of lack of leadership on the part of their owners.

Dogs behave as though they prefer knowing that you are in charge, and often seem much happier when they understand that you have taken charge. Following the advice below may be harder on you than on your dog! It's lonely at the top, so give your dog a break and take over. He'll love you just as much.

Also, keep in mind that dogs are very sensitive to body language and visual cues. Behaviors that you don't think much about may have meaning to your dog, in a way that may not be what you intend to say! For instance, two people talking face-to-face is confrontational in a dog's body language. Standing side by side is not. You can learn to take advantage of nonverbal clues.

The following suggestions are an effective and humane way to let your dog know that he or she is safe, well loved, and NOT the leader of the pack. Keep in mind that love is not related to social status, and that most dogs live in relaxed harmony when the social hierarchy is clear, no matter where they stand in it.

Who wants a dog if you can't ever pet it just for fun? But it's not good to cater to your dog. Your dog's behavior should drive your decisions on how to treat him or her. If your dog has always been a perfect gentleman, you may not need to change a thing you're doing. But if your dog gives you problems, follow all these "social distance" suggestions.

If Spot is misbehaving, ignore him for a short period, until he has stopped the unwanted behavior, this will notify him that you are unhappy with him. Refuse to acknowledge him until behavior improves. Applying "social distance" when your dog is misbehaving and rewarding with praise and attention only when he is good is the key to good behavior. Reward the behavior you want to continue to see!



SO HERE'S HOW:

1) PETTING

- Praise for obedience (come, sit, down, stay, shake, etc.). Reward obeyed commands with attention. Do not reward bad behavior!
- Don't allow your dog to demand your time and attention.
- If your dog demands petting, either: look away (fold arms, turn head up and away from the dog) or ask for a sit or down and then pet when he obeys.
- If you want to pet your dog, call him to you, don't go to him.

2) PRACTICE LOOK AWAYS

Don't let your dog demand play, food or petting. If your dog gets pushy, simply cross your arms, turn your head upward and to the side away from your dog. (This is an example of the body language mentioned earlier). If your dog counters by moving to your other side, turn your head the other way.

3) TEACH LIE DOWN AND STAY

A good, solid down and stay is one of the best learning tools. It teaches your dog to be patient and to wait for your command. Start with one-second stays for the first few days, and work up to longer and longer ones. After several training sessions, most dogs can handle a short down stay during a quiet time of day.

Teaching your dog to lie down is one of the most important commands your dog will learn. One easy way of teaching your dog to lie down is to put your dog on his leash, use the dog's name and the command "down". Pull downward on his leash until he lays down. You may need to use your hand on his shoulders to push him into position. Praise him as soon as he is in the down position. Eventually you can increase the time your dog is required to stay down. If your dog gets up before he is released from position, use a downward leash correction – not by simply repeating "down" and "stay" over and over again. If your dog gets up 25 times, then correct him or her 25 times with the same actions and tone of voice. Do NOT include anger in your correction. Be very matter of fact.

4) WAIT AT THE DOOR

Control the space in front of the door, and you control the dog – use body blocks to herd him away from the door. Or head toward a door or doorway and then suddenly turn and go the other way if your dog tries to get ahead of you. This puts you back in the lead. Praise and pet your dog when he starts to turn around after you and keep moving until he reaches you. Practice this as you move around the house, until your dog is content to stay behind you and follow your lead.



5) FOUR ON THE FLOOR

Dogs interpret an increase in height as an increase in status. Dogs who sleep up on the bed are especially impressed with themselves. Keep dominant dogs down on the floor, not up on the chairs, couches or beds.

6) TEACH HEEL

Taking your well-behaved dog for a walk can be an enjoyable activity. Your dog should walk quietly on your left side, not pulling on the leash or dragging you. To teach your dog to heel, use the dog's name followed by the command "heel". Use the leash to correct the dog when he leaves your side, whether he is pulling ahead or lagging behind. Praise your dog for heeling correctly. Teach your dog to stay at your side while you initiate pace and direction. Leaders are in the lead.

This basic 6-part obedience program should make treating any other behavioral problems easier, if there are any. A dog that looks to you for direction can be taught almost anything. He will be happy to work for what he wants, and it helps keep his mind occupied constructively. Integrate this training into your day by asking your pet to perform some action whenever it wants to go outside, get dinner, play ball, etc. Letting you be in charge will soon become second nature to your dog.

Much progress has been made in the past few years in understanding how dogs think and learn. We are able to deal with problem behaviors much more effectively when we understand how a dog's mind processes signals and information. Most problem behaviors are NORMAL dog behaviors that are simply unacceptable to the humans they live with. Disciplining your dog in a language he understands is very important. As an example, a mother dog will discipline her puppy with a nip on the scruff of his neck. You can replicate this same discipline with your hand, accompanied by the command "no!". You should never strike your dog. This type of discipline will only encourage aggression and fear. Redirecting and retraining can make our canine companions better and happier pets.



Problem behaviors, which we can help you deal with via proper training include:

- Barking
- Aggression
- House soiling, submissive urination
- Separation anxiety
- Digging
- Running away, boundary training
- Fearfulness

Here are a few more tips to make training more effective:

Do your homework! There is a lot of information out there available to assist in training. Be cautious, as some are better than others. Outdated or cruel methodologies are still widely available in print and online. Read more than one and pick the methods that seem to make the most sense to you. We recommend the following websites: www.healthypet.com, www.petplace.com and www.petfinder.com.

Consult with our staff, a good dog trainer, or a behavioral specialist. What works for one dog may not work for another. The experience and training of those educated in the field of canine behavior and training is invaluable.

Consider using a Gentle Leader halter, or a similar product. This is a different style of training collar, which takes advantage of the dog's natural response to pressure over the muzzle and behind the ears (points dogs use to signal each other about status and control), rather than a choke collar.

Using food as a reward for learning new commands is fine, but don't give a food reward every time. Giving food intermittently means your dog will perform commands for you even when you don't have food. If you are using food as a reward during training sessions, it is best to train before your dog's dinnertime.

Keep all training positive and consistent. If you are inconsistent in your training, your dog will become confused and not respond well. There is no need to scold or punish your dog if you tap your dog's inborn need to follow a leader and respond eagerly. Always end your training sessions on a positive note!

Please call us any time you have questions or problems with your dog's behavior. We have information on most problems and can refer you to a trainer or specialist if we can't help you ourselves.

