



FROM

WHAT TO EXPECT

YOUR NEW PUPPY
AND WHEN TO EXPECT IT

1 Month

- baby teeth are coming in
- weaning can begin

1 1/2 Months

- nipping, play fighting, chewing
- about 70% of adult brain mass is present

2 Months (or as soon as you bring your new puppy home)

- begin integration with household (including children and other pets)
- begin housetraining
- begin talking with your veterinarian about vaccinations, deworming, and the benefits of ovariohysterectomy/neuter

3 Months

- chasing other animals, thrown objects, own tail
- recognizes own name
- begins to respond to "Come"
- about 90% of adult brain mass is present
- puppy training classes can begin after 1st two sets of vaccinations are completed

4 Months

- responds to "Come"
- baby teeth start to fall out and adult teeth begin coming in

5 Months

- approaching adult height and weight for small breeds (up to 20 lbs)

6 Months

- fetching; toys remain important through adulthood
- can respond to "Heel", "Down", "Sit", "Fetch", "Stay"
- puberty and 1st "heat" may occur in females

7 Months

- baby teeth are lost, adult teeth are in
- talk with your veterinarian about your puppy's dental health

8 Months

- puppy can be expected to hold elimination for about eight hours

9 Months

- puppy training classes complete

12 Months

- approaching adult height and weight for large breed (50 to 95 lbs)
- your puppy may be ready for an adult diet - ask your veterinarian

18 Months

- approaching mature adult social behaviour (all dogs)
- approaching adult height and weight for giant breed dogs



Schedule of Puppy Visits for the First 16 months

VISITS	REGULAR HEALTHCARE	PROCEDURES AND PROGRAM REGISTRATION
<p>FIRST VISIT: Comprehensive Examination and Consultation (at adoption)</p>	<ul style="list-style-type: none"> • Full physical examination • Weight + Body Condition • Scoring • Behavioural counseling • Nutritional counseling •• Pet Insurance discussion • Heartworm/flea/tick prevention discussion • Zoonoses discussion • Grooming/Oral Care discussion 	<ul style="list-style-type: none"> • Fecal lab test for parasite eggs • Vaccination (if needed) • Deworming (if needed) • Nail trim • "Smart Owners Smart Pets" Puppy Class Registration if 16 weeks or less • Trial Pet Insurance Sign-Up
<p>SECOND VISIT: Comprehensive Examination and Consultation (3-4 weeks after First Visit)</p>	<ul style="list-style-type: none"> • Full physical examination • Weight + Body Condition • Scoring • Behavioural counseling • Nutritional counseling • Toxin awareness • Ovariohysterectomy or Neuter + Pre-Anaesthetic bloodwork discussion 	<ul style="list-style-type: none"> • Vaccination (if needed) • Deworming (if needed) • Nail trim
<p>THIRD VISIT: Comprehensive Examination and Consultation (3-4 weeks after Second Visit)</p>	<ul style="list-style-type: none"> • Full physical examination • Weight + Body Condition • Scoring • Behavioural counseling • Nutritional counseling • "Socialization Visits" discussed 	<ul style="list-style-type: none"> • Vaccination (if needed) • Deworming (if needed) • Nail trim • Microchip if appropriate
<p>Socialization Visits (offered monthly until 12 months of age) These visits are at no charge, but appointments are required</p>	<ul style="list-style-type: none"> • Weight + Body Condition • Scoring • Brief handling + play session • Behavioural issues addressed 	<ul style="list-style-type: none"> • Schedule consultation with veterinarian regarding certain concerns if needed
<p>Ovariohysterectomy or Neuter (age dependent on breed)</p>	<ul style="list-style-type: none"> •• Post-surgery instructions • Diet assessment 	<ul style="list-style-type: none"> • Pre-anaesthetic bloodwork • Fecal lab test for parasite eggs

<p>First Annual Examination and Consultation (usually at 16 months of age)</p>	<ul style="list-style-type: none">• Full physical examination• Weight + Body Condition• Scoring• Nutritional counseling• Heartworm/flea prevention• Behavioural counseling	<ul style="list-style-type: none">• Fecal lab test for parasite eggs• Heartworm test (if needed)• Vaccination• Deworming• Nail trim
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LIST OF TOPICS FOR YOUR PUPPY'S FIRST VISIT

Body Condition Scoring

Body Condition Scoring System and Hill's Healthy Weight Protocol

Crate training: The In's and Out's of Crates

Deworming: Strategic Deworming for Internal Parasites - Dogs

Fleas

Heartworm Disease

How to Transition Your Dog to a New Diet

Dental Care [Oral Care for Puppies, Tartar Prevention in Pets, Brushing Teeth]

House training

Nutrition: Why Should I Feed the Diet my Veterinarian has Recommended?

Pet Health Insurance, Pet Health Insurance, How Do I Decide?

Rabies

"Smart Owners Smart Pets" Socialization Classes

Supplies You May Need for Your Puppy

Tick Borne Infections: Lyme Disease and More

Training: [Appropriate Toys and Chewies, In Praise of Praise, Puppy Proofing, Raising a Family Friendly Puppy, Teaching Bite Inhibition, Teaching Stay, Training Basics, Walking on a Loose

Leash]

Vaccinations - Dogs

Zoonoses

Veterinary Terms



BODY

CONDITION SCORING

What is Body Condition Scoring?

Body condition scoring is a subjective assessment of body composition that was

originally developed by livestock producers to estimate the growth and development of sheep and cattle - animals too big (and often too unruly) to be weighed on a scale.

Body condition scoring is a simple, hands-on technique that owners and members of the veterinary team can use to estimate the relative proportions of muscle and fat on a pet's body. A body condition score (BCS) can range from 1 (emaciated) to 5 (grossly obese), with the ideal being about 3.

It is important to understand that maintaining the ideal BCS for your pet will be associated with significant health benefits. In dogs, these may include (from a Purina Pet Care Center study) a longer lifespan, fewer signs of aging, and a delayed onset of arthritis and other chronic diseases.

Why Can't I Just Weigh My Dog or Cat?

At Centennial Animal Hospital, we will generally weigh your pet every time you come to visit. We will compare that weight with previous recorded weights to see if there have been any significant changes. The fact that your dog may weigh, say 50 lbs, is not as important as the BCS, which helps us estimate what your dog SHOULD weigh. A dog who weighs 50 lbs and has a BCS of 1 really needs to gain weight. On the other hand, a 50 lb dog with a BCS of 4 needs our Pounds Off Pets weight loss program. Regular body condition scoring at home will help you to adjust your pet's food intake and exercise level to maintain a healthy weight, even if you can't weigh your pet often.

How is Body Condition Scoring Done?

Body condition scoring is simple, fast and easy... and best of all, you get to hug your pet! There are three steps involved;

1. Stand over your pet, and gently run your hands over his/her back, with your thumbs over the backbone, and your fingers on each side. It helps if your pet is standing and facing away from you. You are checking to see how easily you can feel the ribs and how much muscle is present over the back area. Muscle is firm, fat is not.
2. Stand directly over your pet as he/she is standing and look down. You should see an obvious waistline behind the ribs and in front of the hips (an hourglass figure).
3. Check your pet's profile as he/she is standing. You should see a clear distinction between the chest and the abdomen, with the abdomen "tucked up" behind the rib cage.

In the case of heavily-coated pets, you will obviously need to use your hands more than your eyes, but the process is the same.

BODY CONDITION SCORING SYSTEM

Emaciated 1/5

Ribs, backbone, and pelvic bones all easily visible.
No apparent body fat.

Obvious loss of muscle mass.

Thin 2/5

Ribs and top of backbone felt easily.
Pelvic bones prominent.

Obvious waist and abdominal tuck-up.

Ideal 3/5

Ribs felt without excess fat covering.

Waist observed behind ribs when viewed from above. Abdomen tucked up when viewed from the side.

Overweight 4 /5

Ribs only felt with difficulty; under fat cover.

Fat deposits over back and base of tail.

Waist absent or barely visible from above and from the side.

Obese 5/5

Massive fat deposits over chest, back and tail base.

Waist and abdominal tuck absent.

Obvious abdominal distension.



CRATE TRAINING: THE IN'S AND OUT'S OF CRATES

Why should I use a crate?

Safety - Your dog can't chew your couch or an electrical cord when in his crate.

Security - In busy times, he has a safe haven to run to.

Housebreaking - Proper use can speed up the process.

Travel - Keeps your dog from distracting you when you are driving, and protects your dog if you are involved in an accident.

Nursing - A crate can provide a place to rest in the event of illness or surgery.

Convenience - You can use the crate on family outings, when a dog might not otherwise be included.

Future Kenneling - A crate trained dog is usually comfortable when crated at the groomer, boarding facility, or in the hospital.

Where should I put the crate?

Avoid drafts, direct heat sources and high- traffic areas, but don't isolate your puppy. Make sure that anything that you put in the crate for your dog to lie on is washable and not valuable, in case it gets soiled.

How do I train my puppy to the crate?

It is essential that you keep in mind the puppy's age. **A good rule of thumb for the maximum number of hours your puppy should stay in the crate at one time = the puppy's age in months + 1.** Give your puppy a treat or special chew toy for going in the crate - your puppy will learn to associate the crate with treats and a positive experience.

Don't use the crate for punishment.

You want your puppy to feel that their crate is a safe haven. If you crate your puppy as a punishment, he will not be happy to go into his crate.

Remember - Do not reward fussing

If you occasionally let your puppy out of the crate because he is fussing, you will create a dog who fusses to be let out. If you are worried that your puppy has to go out, you can take him out to his potty spot, say your cue word, wait a few minutes, then take him in and return him to his crate. Only release your puppy when he is being quiet.

What size of crate do I need?

The crate should be big enough for your dog to stand up, turn around and lay down, but not big enough that he can mess in one end and still be comfortable in the other. For puppies, you can start with a smaller crate and work up to larger as he grows, or start with the adult size and block off part of the crate until your puppy grows into it.

What type of crate should I get?

There are many different kinds available, but plastic or metal are preferred.



STRATEGIC DEWORMING FOR INTERNAL PARASITES:

DOGS

GOALS:

- To keep our patients and their environments as parasite free as possible
- To prevent passage of parasites (from the pet or contaminated environment) to human family members

We suggest STRATEGIC DEWORMING of all pets, with adherence to the principles set out by the World Health Organization and The Centers for Disease Control.

Lifestage	Deworming Recommendations
Puppies	<ul style="list-style-type: none"> • Every 2 weeks until 3 months old • Monthly from 3 to 6 months of age, then based on risk • Fecal analysis should be performed multiple times during the first year of life
Adults and Seniors	<ul style="list-style-type: none"> • Treat according to risk of exposure and at least twice a year in Spring & Fall, or use 6 months of heartworm/ internal parasite prevention • Fecal analysis should be performed at least once a year,
Breeding Females	<ul style="list-style-type: none"> • Treat prior to mating • Treat at whelp (birthing), then as per puppy schedule • Fecal analysis should be performed prior to mating, at whelp and at weaning, then as per adults

Newly Adopted Puppies or Dogs	<ul style="list-style-type: none"> • Immediately, repeat in 2 weeks, then follow guidelines above • Perform fecal analysis upon adoption and then as per appropriate category above
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Environmental Control - remove all solid waste from the yard immediately.

Personal Hygiene - wash your hands after handling your pet or cleaning up after your pet.



FLEAS

Fleas are a fact of life in Muskoka so it is very common for us to see cats and dogs with flea infestations. In fact, if you are not using a flea preventive for your pet that goes outdoors, there is a very strong (greater than 90%) chance that they will contract fleas. Pets become infected through contact with other pets with fleas or by frequenting areas where other animals have been (either pets or wild animals such as squirrels, chipmunks and foxes).

THE BAD NEWS:

Not only are fleas irritating to your pet, they can also:

- transmit tapeworms.
- cause a severe allergic skin condition in susceptible pets. This Flea Allergy Dermatitis can cause hair loss and skin infections.
- cause anemia due to the volume of blood lost. A large number of fleas on a small, very young or debilitated pet can be especially serious.
- bite humans.

THE GOOD NEWS:

- New flea preventives are effective, safe, long lasting and easy to use so that your pet never has to deal with the problems of fleas.
- The use of preventives means fleas do not build up in the environment.
- Flea treatments for the pet that does contract fleas can quickly control adult forms and prevent new infestations.

IMPORTANT POINTS TO REMEMBER:

- You must follow the flea product manufacturer's recommendations to gain control.
- We usually advise you to treat every 28 days for a minimum of 3-4 consecutive months.

- All contact pets must be treated appropriately.
- You may still see some fleas during this process, as some eggs will continue to hatch in the environment, but please discuss with us if you are continuing to see more than expected.



DISEASE

HEARTWORM

What is Heartworm Disease?

Infection with adult heartworms that live in the chambers of the heart and pulmonary arteries.

How does my dog get Heartworm Disease?

A mosquito takes a blood meal from an infected dog, ingesting baby heartworms (microfilariae). The microfilariae develop into heartworm larvae in the mosquito. That mosquito then bites your dog, transmitting the larvae into your dog's bloodstream. The larvae develop in your dog's tissues and migrate to the heart. Four months later, young adult heartworms are present in your dog's heart and pulmonary arteries.

What does Heartworm Disease do to my dog?

Adult heartworms in your dog's heart and pulmonary arteries interfere with the heart's function and can lead to heart failure. Signs of a heartworm infection include: fatigue, weight loss and chronic cough. By the time these signs develop, the disease is advanced and difficult to treat.

Is there a treatment?

Yes, but the medication used can have side effects and must be administered under close veterinary supervision.

How can I prevent Heartworm Disease?

Simple once per month oral medication can be given during the mosquito season to kill the heartworm larvae if your dog becomes infected, before they develop into adult heartworms.

Where can I get heartworm preventive?

Reliable heartworm preventive is only available from your pet's veterinarian. A blood test to detect infection with heartworm larvae may be required before your veterinarian will prescribe the preventive.

HOW TO HELP YOUR DOG MAKE THE TRANSITION TO A NEW DIET

Usually we recommend making the transition over 7 days.

Gradually increase the percentage of the new food offered, and reduce the percentage of the old food:

Day 1 & 2: offer 75% old food and 25% new food

Day 3 & 4: offer 50% old food and 50% new food

Day 5 & 6: offer 25% old food and 75% new food

Day 7: offer 100% new food

If your dog develops VOMITING, DIARRHEA, or WON'T EAT THE FOOD, please call and let us know so we can suggest a slower transition period or alternative diet.

Most dogs will readily accept the food change.

If not, here are some methods of encouraging acceptance:

1. Try offering the canned version of the diet
2. Warm canned food in a microwave-safe container in the microwave on HIGH for 5-7 seconds. Stir to ensure there are no hot spots.
3. Hand-feed your pet for the first few days
4. Add a little warm water to dry food or add the canned version of the diet.
5. Mix some warm water with the canned food to make a gravy.
6. Divide the total daily amount of food into 3-6 smaller meals.
7. Sprinkle the food with oregano.

A bowl of fresh water should be available at all times.

ORAL CARE FOR PUPPIES

Most of us are very aware of our own teeth and oral health. We know about plaque and cavities and gingivitis. We visit our dentist regularly. Despite this awareness of human dental care, many people do not realize their pets are subject to the same problems.

Healthy teeth help make healthy pets. Since periodontal disease is the **most common disease** in dogs and cats and **is preventable** it only makes sense that we start an oral care program early in life to help prevent painful and unhealthy dental disease.

By two months of age, all your puppy's 28 deciduous (baby) teeth have appeared and the 42 adult teeth are forming under the gums. The baby teeth fall out between four and six months and by eight months the adult teeth should be fully erupted.

What can you do to prevent dental disease?

1. Regular veterinary examination of the mouth.

At each "Puppy Wellness Visit", we will examine your puppy's mouth to look for signs of disease. At the time of surgery for ovariohysterectomy or neuter and at

each Wellness Visit thereafter, we will examine the mouth, paying special attention to crowding, alignment of the teeth and jaws and proper eruption of all adult teeth.

2. Regular home examination of the mouth.

You can begin by starting to “flip the lip” at an early age. This lets you know what the normal puppy mouth looks like so that you are aware when things look abnormal. You will be able to quickly notice sore red gums, broken or missing teeth and to identify bad mouth odours. Regularly examining your puppy’s mouth will make him more comfortable with handling, so that tooth brushing becomes an enjoyable time for both of you.

3. Regular brushing and oral care.

Regular brushing is the most effective method of removing dental plaque.

4. Appropriate diet.

Diet can be a major factor in the development of plaque and tartar. Some special diets are available that have exceptional dental benefits in cleaning the teeth.

TARTAR PREVENTION IN PETS

Plaque is a gummy substance that forms on the teeth within a few hours after a meal. Within 24 hours, plaque begins to mineralize by combining with salts that are present in the saliva. As the plaque continues to accumulate and harden, it eventually forms **tartar**. Tartar can cause dental problems such as periodontal (gum) disease if not controlled.

Plaque and tartar are harmful to the teeth and gums:

- It serves as a place where bacteria can grow and multiply in the mouth.
- The bacteria and tartar cause inflammation of the gums (gingivitis), which often results in bleeding.
- Worsening gingivitis leads to periodontal disease, which leads to further inflammation.
- There is substantial scientific evidence that the bacteria on the tartar can be absorbed into the blood stream and deposited in various organs, including the heart and the kidneys.
- As tartar builds up along the gum line, it pushes the gums away from the roots of the teeth. As the gums recede, they expose the sensitive, enamel-free part of the tooth causing pain. Eventually, if the tartar is not removed, it will cause the periodontal disease to progress, and the teeth will loosen and fall out.

How can I prevent tartar formation on my pet's teeth?

If your pet already has tartar buildup, a professional clean and polish by your veterinarian is required before starting a home care program.

Ways you can help reduce plaque and tartar buildup on your pet's teeth:

- Feed your dog or cat a veterinary-approved dental diet
- Brush your pet's teeth at least twice weekly; daily would be ideal. This is one of the most effective ways to remove plaque before it turns into tartar. Use veterinary toothpaste that is safe for use in dogs and cats. Do not use human toothpaste.
- Use a daily oral rinse designed for dogs and cats.
- Offer your dog specifically designed chew toys and dental treats for dogs or cats that are designed to help reduce or remove mild tartar accumulation.
- Have your veterinarian perform a prophylactic dental cleaning every six to twelve months, or at the first sign of tartar buildup. Regular dental cleaning is as important in our pets as it is in people and will prevent irreversible damage to the gums and roots.



BRUSHING YOUR DOG'S TEETH

Why should I brush my dog's teeth?

It is estimated that over 2/3 of dogs over the age of three have periodontal disease, an inflammation or infection of the tissues surrounding the teeth. Periodontal disease starts as gingivitis and progresses to involve the bony tooth sockets. Left untreated, periodontal disease leads to loss of teeth.

When should I brush my dog's teeth?

Ideally, you should brush your dog's teeth daily. Daily brushing is most beneficial and will help to establish a routine for your pet. For many dogs, once brushing becomes a part of their routine, they will begin to expect it. Brushing twice a week is acceptable if your schedule cannot accommodate daily brushing.

In the beginning, teaching your dog to accept the brushing of its teeth will take some training, but once he or she becomes accustomed to the process it will be relatively easy. The ideal time to teach your dog to accept tooth brushing is while he or she is still a puppy. If you have an older dog, the training process may take a little longer.

What steps do I need to follow to teach my dog to accept tooth brushing?

In order to be successful at brushing your dog's teeth, you must make it a positive experience for the pet, and you must be patient. You can make the experience positive by praising your dog throughout the whole procedure and reassuring him or her throughout every step.

For best results, follow these steps:

- Choose a quiet time and place to start the brushing.

- If your dog is small enough, hold your dog securely in your lap, with its head facing away from you. If your dog is larger, you should sit on a chair and have your dog sit beside you so that you can comfortably handle the mouth and teeth.
 - Start by letting him or her taste a little bit of veterinary toothpaste from your finger. Do not use human toothpaste.
 - Once the dog is comfortable with this, put a small amount of toothpaste on your finger or a soft cloth and rub the outer surfaces of your dog's teeth, using a back-and-forth motion. Be careful to stay on the outside surfaces of the teeth to avoid being bitten by accident.
 - For the first few lessons, it is a good idea to only rub the cloth along a few teeth rather than the whole mouth, especially if your pet is unsure or nervous about the process.
 - Once your dog has accepted this, it is time to start using a toothbrush.
- Apply a small amount of toothpaste to the toothbrush. Gently raise your dog's lips on one side. You can either do this by pushing up on the lip with the index finger of your free hand as shown in the diagram, or by placing your free hand over your dog's head with your thumb and index finger on opposite sides of your dog's upper jaw and lifting the lips.
 - If you are using a rubber finger toothbrush, place it along the gum-line and rub the tooth in a circular motion. If you are using a regular toothbrush, you may find it easier to use a back-and-forth motion. Start from the back, brushing the large upper cheek teeth on their outside surfaces. Work towards the front of the jaw.
 - To brush the lower teeth, you will need to open your dog's mouth just a little. This can be done by gently tilting your dog's head backward while holding onto his or her upper jaw with the thumb and index finger of your free hand.
 - At the beginning, concentrate on brushing the large cheek teeth and the canine teeth, the teeth where plaque and tartar accumulate the most quickly. Gradually work up to brushing all the teeth (**this will probably take several days or weeks**).
 - Do not worry about brushing the tips or insides of the teeth unless your dog is very cooperative. Most of the periodontal lesions occur on the outer surfaces of the teeth and this is where you should direct your efforts. In addition, the dog's tongue tends to remove a lot of the plaque from the inner surfaces of the teeth, reducing the need for brushing these surfaces.

What type of toothbrush should I use?

Commercial toothbrushes are available that are specifically designed for use in dogs. These include brushes with angled handles, finger brushes, and small brushes that fit comfortably in your hand. For some dogs, it is acceptable to use a very soft toothbrush designed for use in human toddlers or an electric toothbrush with a very soft head.

The type of toothbrush you use depends a little on the size of your dog and a little on your own dexterity. Many pet owners find it easier to use a finger brush, especially when first beginning to brush their dog's teeth. No matter what type of toothbrush you use, it is important to be gentle and go slowly, since it is easy to accidentally poke the tip of the toothbrush against the gums and cause some irritation, especially when you are first starting to brush your pet's teeth.

Is there anything else I should know?

Yes. A dog's mouth contains plenty of harmful bacteria, so it is extremely important that you wash your hands thoroughly with soap and water after you are finished. Also, rinse the toothbrush thoroughly before putting it away, and replace the toothbrush regularly. If you have several dogs, you should have a different toothbrush for each of them.

[Please see this helpful [video on The Pet Health Network](#) [How to Brush Your Dog's Teeth](#)]

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HOUSE TRAINING

When your puppy is born, he cannot eliminate without stimulation from his mother until he is about 3 weeks old. Like a child, a puppy gradually develops physical control over elimination. When you are starting to house train, it helps to distinguish the texture of the sleeping and play areas (blankets) from the elimination area (paper or grass). House training should begin as soon as your puppy arrives in your home.

When beginning, it is best to develop a schedule for you and your puppy; this allows his body to regulate the time and frequency at which he needs to eliminate. It's critical to stick to the same times every day until your puppy has fully understood the concept you are teaching him. The tighter you remain on schedule, the faster your puppy will learn.

There are some important times to take your puppy outside:

- first thing in the morning
- about 20 - 30 minutes after he eats or drinks
- after your puppy finishes playing
- when he wakes up from a nap
- any time he appears to be looking for a place to go
- last thing at night

It is also a good idea to choose a cue word to indicate to your puppy that it is time to go. Some examples are: "hurry up", "hurry hurry", and "hurry up - go pee".

When you take your puppy out, have him on a leash. Always do potty break first and play after. Confining your puppy when you can't watch him is a critical part of house training. The most common method of confinement is to use a dog crate. The crate helps by working with your dog's instinct to keep his den clean. The other option is to use a baby gate to block off a small room with an easy to clean floor. A bathroom or a small kitchen may work well for this purpose. A puppy is not considered completely house trained until it has been a minimum of four weeks since the last accident, so don't allow your puppy too much freedom too soon.

Punishment does not work! Rewards do. If you catch your puppy eliminating where he shouldn't, use a stomp of your foot or clap of your hands to startle and distract him, use your "cue word" (not curse word!) and promptly take him outdoors to the elimination area. Reward him when he goes in the right spot. There will be accidents! Clean with a commercial odour neutralizer and try to deny access to the soiled area until training is complete.

Please note: it is very important to pick up the feces immediately after your puppy has defecated, and to practice proper personal hygiene. Almost all puppies will pass large numbers of intestinal parasite eggs in their feces, and these may be a source of infection for people and other pets if left in the yard.

NUTRITION: WHY SHOULD I FEED THE DIET MY VETERINARIAN HAS RECOMMENDED?



Nutrition is one of the most important considerations in the maintenance of health and wellness and is key to the management of many diseases.

1. **It is impossible to tell the quality of the diet and the nutrients it provides from the label.** We can offer more thorough support to you and your pet regarding nutrition when you feed the diets we have researched and recommend, because we know more about them than what is on the label. We are certain that these products are of the highest quality and provide our clients with the best nutrition for their pets and the best value for their dollar.

Pet food labels alone do not provide enough information to compare one diet to another.

2. **It may save you money.**

Short-term: When you compare the **cost per day** to feed each food, you may find the "More Expensive" brand is almost the same cost or cheaper.

Long-term: a high-quality diet may prevent certain diseases that could prove expensive to treat.

For example:

- too much calcium in puppy diets can lead to joint problems in larger breed puppies
- excess phosphorous in a diet strains the kidneys
- excess calories in the diet leads to obesity and related diseases (arthritis, diabetes)

Cost per day = $\frac{\text{Total \$ of the bag}}{\text{\# of days the bag lasts}}$ E.g. $\frac{\$30.00}{30 \text{ days}} = \1 per day.

3. **It may save you effort!** "Cheaper" food that is not as easily digested by the pet will result in more poop for you to clean up. You will especially notice this when house training a puppy!
4. **We know your pet's health status and have his best interest at heart.** Many marketers of pet foods play into the fears of pet owners and take advantage of their lack of knowledge regarding pet nutrition and the
5. **Lifestage Feeding** is preferred over feeding one diet for "All Lifestages". Different lifestages have different nutritional needs. This means your pet will require a different food as a puppy or kitten, than it will when it is an adult. It also means there is usually a diet change again, when your pet becomes a senior. Many commercially available diets are formulated for "All Lifestages", which means they will contain excesses for adult and senior animals.

production of commercial pet foods to promote their products.

6. **100% guarantee.** The companies whose pet foods we recommend will refund your money if your pet won't eat the diet.



PET HEALTH INSURANCE

In the case of serious accident or illness, health insurance allows for the provision of the best possible care and ensures that finances do not compromise the life of your pet.

Fortunately, there are many health insurance plans for pets available in Canada. Most pet health insurance plans do not cover preexisting health conditions (conditions already noted by a veterinarian in your pets' medical record). The best strategy is to enroll your pet as soon as possible after adoption, when it is still in good health. There are many types of plans, with varying degrees of coverage. Some plans have a deductible amount and some charge higher premiums for breeds that are more prone to health problems. The choice of coverage is yours.

Our hospital does not receive any financial benefits from the pet insurance companies. When an insured pet requires medical care, the pet's owner is responsible for payment to the hospital at the time of service, and then a claim is made by the pet owner to the insurance company. We will assist you in completing any necessary paperwork at no charge and ask only that you retain copies of pertinent invoices and allow us adequate time to fill out the forms.

Below are some examples of commonly encountered unexpected expenses and **minimum** associated costs we want you to consider:

DOGS		CATS	
Accident or Illness	Minimum Costs**	Accident or Illness	Minimum Costs**
Ear Infection	\$ 165	Infected wound (abscess)	\$ 175-200
Vomiting and diarrhea requiring 2 day hospital stay Surgery to remove a foreign object from the intestinal tract if present (common examples include: fabric/clothing, toys, grass)	\$ 1800 adds \$ 2300 =\$ 4100	Surgery to remove a foreign object from the intestinal tract if present (common examples include: toys, earplugs, string)	\$ 2600
Cut requiring stitches	\$ 1000-1350	Cut requiring stitches	\$ 750
Remove a few porcupine quills under anaesthetic	\$ 275-350	Urinary blockage with 2 day hospital stay	\$ 1650

**includes HST (2020)

WE HIGHLY RECOMMEND HEALTH INSURANCE FOR YOUR PET



PET HEALTH INSURANCE - HOW DO I DECIDE?

Pet health insurance (pet insurance) helps cover the cost of medical expenses and is beneficial for unexpected medical events that are difficult to budget for.

When considering pet insurance, you need to decide what aspects of veterinary care you want covered. Companies will generally offer coverage for accidents, or accidents and illness. Some will also include wellness coverage (annual exams/vaccines) and/or dental care. Some companies also offer supplementary add-on options (i.e., for hip dysplasia in dogs).

Keep in mind that most insurance companies pay by "reimbursement". This means you pay the veterinary invoice, submit your claim, and then are paid back by the insurance company (usually 70% - 90% of the total). Some companies include sales taxes in this reimbursement and others do not. In some circumstances you can ask the insurance company to pay the veterinary hospital directly, but this is not generally available unless pre-arranged.

Insurance Terms you Should Know

Premium = the fee you pay for the insurance policy (usually monthly).

Deductible = the amount of money you must pay per claim BEFORE the provider will pay any expenses.

Co-pay = the portion of your claim that you are responsible for paying.

Maximum payout = the maximum amount of money the insurance company will reimburse you.

Waiting period = a short period of time between the date you sign up for the insurance policy and the date it takes effect. Claims made in this time period are not covered.

Pre-existing condition = a medical condition diagnosed **before** the insurance policy is put in place. Usually, pre-existing conditions are **not** covered by the insurance company and are "excluded" from the policy. Do not wait to sign your pet up for insurance until after they are diagnosed with a condition.

Breed Exclusion = certain hereditary illnesses common to a specific breed that will not be covered in the policy.

What questions should I ask when deciding which insurance plan is best for me?

1. Do I need pet insurance at all? Can I cover "worst case scenario" pet care costs on my own?
2. What illnesses, accidents, or injuries are covered?
3. Do I want wellness care, dental care, or any other add-on coverage?
4. Does anyone I know use this company, and would they recommend it?
5. Is there a maximum payout limit?

6. Do I pay the deductible per incident or per year?
7. Will the premium or deductible increase if I make a claim or as my pet ages?
8. Will there be any exclusions (medical expenses not covered)?
9. Will bilateral conditions be covered? (i.e., left knee and right knee)
10. How do I make a claim? Do I need to pay the veterinary bill upfront?

Key Points:

- ✓ Do your research.
- ✓ Ask the above questions before you buy.
- ✓ Make sure you read and understand all the exclusions, requirements, and coverage in your policy.

A pet insurance trial offer may be available for puppies, kittens, and young to middle-aged pets after a veterinary examination. Take advantage of this option. Under the trial, your pet will have some coverage for accident and illness while you decide which company and plan is right for you.



RABIES

Worldwide, Rabies is the most feared zoonosis (a disease that is passed from animals to humans). It is so feared because it is invariably fatal to any person who contracts the disease. The good news is that rabies can be prevented in our pets by vaccination. There are now highly effective vaccines can provide adequate protection for up to three years when given in the proper manner and at appropriate intervals.

We have a plan at Centennial Animal Hospital and Gravenhurst Veterinary Services to protect our clients, their pets, and our practice team from Rabies. **Rabies Prevention Plan:**

- Use proven vaccines and an appropriate vaccination schedule tailored to the individual pet.
- Vaccinate all pets for Rabies. Even indoor pets can be exposed to Rabies via small mammals gaining access to their home (for example, bats) or by exposure to the saliva of a rabid animal on the coat of other household pets who do go outdoors (if that pet has contact with a rabid animal, it can bring infective saliva into the house on its hair coat).
- Enforce our Rabies vaccination policy with respect to unvaccinated pets, rabies suspects and bites from pets or animals.

- Educate the public about wildlife reservoirs of Rabies; in our area foxes and bats, in other areas, raccoons and skunks. Ensure that people know:
 - * never approach wildlife that is acting in an unusual manner
 - * never handle sick or dead wildlife without taking appropriate precautions
- Encourage people to educate their children about the dangers of approaching wildlife or any pet without permission. Be sure children know to tell their parents if they are bitten or scratched by a wild animal or pet.

Who to contact and when:

- 1) Potential Human Exposure (bitten or scratched by wildlife or cat or dog). Contact your physician and the Simcoe-Muskoka District Health Unit at 705 684-9090. See the [health unit website](#) for more information.
- 2) Suspected rabid wildlife, BUT there has been NO pet or human exposure. Contact the [Ministry of Natural Resources and Forestry Rabies Hotline](#) at 1-888-574-6656.
- 3) Potential Dog or Cat Exposure (bitten or scratched by wildlife or another pet). Contact your veterinarian and the [Ministry of Agriculture, Food and Rural Affairs Contact Centre](#) at 1-877-424-1300.
- 4) Sick or dead BAT, no Human or Pet Exposure. Contact the Canadian Cooperative Wildlife Health Centre at 1-866-673-4781.



"SMART OWNERS, SMART PETS" PUPPY CLASSES

A **five week course** for you and your puppy, covering aspects of puppy behaviour and socialization including:

- house training
- bite inhibition
- crate training
- basic obedience
- nutrition
- puppy play
- grooming
- dental care
- general health issues, and much more.....!

We strongly encourage all owners of young puppies to enroll in these classes. Even if you have had a dog before, these classes are an excellent way to refresh your knowledge

Classes run in the evenings at our Bracebridge office at various times throughout the year.

Ask one of our team members to register your puppy for the next available class (age restrictions apply).



SUPPLIES YOU MAY NEED FOR YOUR PUPPY

- high quality puppy food or large breed puppy food and treats
- food and water bowls (stainless steel or lead-free ceramics recommended)
- measuring cup for food
- toothbrush and toothpaste for dogs
- collar and leash
- safe chew toys and interactive toys (see list below)
- training rewards (i.e., Rollover, freeze-dried liver)
- stain and odour care
- crate
- brush/comb
- shampoo/conditioner for dogs
- nail clippers
- poop-scooper
- identification tag
- Seat/harness or travel carrier (small dogs) or car barrier
- winter coat/sweater (smaller dogs)
- winter booties
- tie-out
- lifejacket
- bed/bedding
- baby gate or x-pen

Suggested Toys:

- "Gumabone/Nylabone" *(not recommended for aggressive chewers)
- rope toys
- balls *
- "Kong" Toy *
- Frisbee
- CET chews, rawhide chews

* It is **important** to choose the appropriate size of toy for your puppy to ensure he cannot swallow it or choke on it.

Most chewies should only be used under supervision. The "Kong" toy may be left with the pet as long as it is the appropriate size.

Other things to consider when choosing a toy:

1. Are there any small pieces that could come loose and be swallowed?
2. Is the toy strong enough? Will my puppy be able to rip it up and eat it?



TICK-BORNE INFECTIONS: LYME DISEASE AND MORE...

Muskoka is now host to an increasing number of ticks, and consequently we regularly monitor dogs for tickborne infections. The IDEXX 4DxPlus® blood test, in use at our practice, screens dogs for Lyme Disease, two types of Ehrlichiosis, and Anaplasmosis. This test also identifies the mosquito-transmitted Heartworm infection.

DISEASE

Dogs with Lyme disease or other tick-transmitted infections are not considered contagious - the infection is passed directly from the tick. Treatment of infected dogs is usually one month of antibiotic therapy; some pets may require additional testing and treatment depending on their symptoms. Cats do not develop Lyme disease and only very rarely develop the other diseases. Fortunately, other species of ticks that cause more serious disease in cats are not established in our area.

TICK BITES

Most pet owners are unaware their pet has experienced a tick bite. The tick is very small when it first attaches, so it can be difficult to find underneath the fur. The tick will bury its head just underneath the skin and stay attached at that location for approximately 5-7 days. This is not painful for the pet, so there may be no outwards signs of attachment. While feeding there, the tick's body will slowly engorge with blood, becoming easier to notice as the days pass. At full size, ticks are commonly mistaken as a wart or similar skin lump. The tick then drops off, leaving a small scab or swelling that usually heals quickly. The rash or "bull's-eye lesion" seen on people is uncommon in dogs. (Blackflies do cause a "bullseye" like rash on dogs). The risk of a tick bite increases in the warmer months, spring through autumn, as this is when they are most active. In the spring, ticks start to become active once we have experienced a few days over 4° C.

TICK LIFECYCLE

Ticks have 4 distinct life stages:

1. Egg
2. Six-legged larva
3. Eight-legged nymph
4. Adult

SIGNS

Tick-transmitted infections in dogs may take weeks to months to cause symptoms or may never cause illness at all. The most common symptom of tick-borne illness in dogs is lameness, particularly lameness that shifts from one leg to another. Other typical signs can include fever, lethargy, poor appetite, vomiting, and diarrhea. Rarely, these infections can affect the nervous system, the heart, and the kidneys.

Females deposit from 3000-6000 eggs on the ground. Males die shortly after mating, and females die shortly after laying eggs. The lifecycle completes in 2 months to 2 years, depending on the species. The larval, nymph, and adult stages all feed on the host's blood.

TICK PREVENTION AND REMOVAL

The best way to prevent tick-transmitted infections is to check your dog thoroughly once daily and remove any ticks you find before they have the opportunity to pass along their infections. Ticks will typically "board" a passing dog from low shrubs, bushes, and tall grasses. Avoiding these areas on daily walks will reduce the risk of picking up ticks, both for your dog and for yourself.

There are also a variety of tick treatments and preventive products we can recommend. Some will actively discourage ticks from latching on, while others will kill the tick once it starts to feed. Most are combined with a flea preventive. Our team can help you choose the right medication for your dog or cat.

If you find a tick, or suspect a "wart" is a tick, you are welcome to schedule a brief appointment with us to have the tick removed.

If you choose to remove the tick yourself, follow these guidelines¹:

1. Remove the tick as soon as you see it.
2. Use fine-tipped tweezers to firmly grasp the tick very close to the skin.
3. With a steady motion, pull the tick away from the skin. Clean the skin with soap and warm water. Alternatively, follow the directions for using a TickTwister®.
4. Avoid crushing the tick's body. Blood from the tick could be contaminated with infective agents.
5. Although it is not ideal, do not be alarmed if the tick's mouthparts remain in the skin. Once the mouthparts are removed from the rest of the tick, it can no longer transmit infectious agents.
6. If you accidentally crush the tick, clean your skin with soap and warm water or alcohol.
7. Place the tick in a sealed container or sealed plastic bag for disposal.

Avoid the use of flame, sharp objects, Vaseline, or other alternative remedies; they are inconsistent for success and can result in contamination or injury.

-Testing the tick to determine if it is carrying the Lyme disease bacteria is no longer paid for by the government, so is less often done, but is available at a cost if you wish.

-We can offer to examine the tick to advise you if it is the species of tick responsible for carrying Lyme disease.

Please contact our team if you would like to learn more about preventing tick-borne infections. We are always happy to help you and your pet!



APPROPRIATE TOYS & CHEWIES

It can be difficult for a puppy to distinguish between appropriate and inappropriate items to chew. Make sure you have an assortment of toys out so that your puppy can decide on the one that best meets their needs at that time. For example, you could offer a Gumabone for chewing, a rope

toy and a ball to play with. Then the chance of one of the toys meeting your puppy's need is greater than if you just offered a ball. You should avoid using objects also used by the humans in the household as toys (i.e., an old shoe), as your pup will have difficulty differentiating between the toy and the currently used item (i.e., your new shoes)!

¹ www.wormsandgermsblog.com and CDC (Centers for Disease Control and Prevention).

If your puppy is not interested in playing with a toy you have given him, move the toy around to look like you are having a great time playing with it. This may get your puppy interested in the toy. If the toy allows, you can put some food inside to peak your puppy's interest (i.e., a "Kong" toy)

You want to be sure that the toys you purchase will be hard enough for puppies to chew without coming apart, but soft enough on their gums and teeth. Make sure that your puppy cannot rip the toy apart and eat pieces of it.

Toys you might want to purchase are the "Gumabone/Nylabones" depending on how aggressively your puppy chews, and the Kong, which can be stuffed with enticing goodies for hours of fun.

Make sure that your puppy has access to approved toys. Never leave your puppy unattended with a toy that he could eat! One of the preferred toys for puppies while kenneled in a crate is the Kong. It allows the puppy to be entertained while you are away from home. Although some dogs have managed to destroy a Kong, they are available in different sizes and strengths. You need to choose the appropriate Kong for your puppy. One good suggestion is to have a "toy chest" for your puppy, providing a place to store toys when not in use, away from children's' toys to avoid confusion. This also allows you to make certain toys available on certain days, rotating their use to help keep your puppy interested.

Quick Toy Check

- Is this toy free of any little pieces that my puppy could remove and swallow?
- Is this toy strong enough that my puppy won't rip it up and eat it?
- Is this toy large enough that my puppy won't choke on it?
- Will my puppy enjoy playing with this toy?

If all the above answers are yes, go for it!

Cloth toys

It is not advisable to leave soft toys with your pet when you are not there to supervise, in case they decide to shred and eat them. Squeakers in soft toys may be dangerous to your pet if swallowed.



IN PRAISE OF PRAISE

"Your dog is your friend, your partner and your defender, he is your dog. You are his life, his love, and his leader. He will be yours faithful and true, until the last beat of his heart. You owe it to him to be worthy of such devotion. "

-Unknown Author

Earning your dog's respect requires you to act in ways that he sees worthy of respect. Trainers used to wait until a puppy was six months old and then trained them by domination, physical punishment, and fear. These acts are not respectful. Keep in mind that dogs do not understand English; no matter how loud you yell the command they still are not going to understand the words. Think of it as being in a foreign country.

We choose the positive training approach. We reward the good behaviours (the ones you want repeated) and, where safe, ignore the bad behaviours. We need to take the time to set and train the rules, and unfortunately there are no short cuts or magic solutions. It takes time to train a well mannered and happy dog. Positive training methods set you and your puppy up to succeed, and they are humane, positive, and fun.

Tips

- Keep it short (no drill sergeants needed)
- Reward the good behaviours
(with treats, love and play)
- Ignore the bad behaviours
- Always end on a good note
- Keep your cool
- Always have fun

These tips will help you and your puppy build the relationship that everyone dreams of when they decide to open their homes to a new companion.



PUPPY PROOFING

We cannot overemphasize the importance of making your home, yard and car safe for your puppy. Puppies explore the world with their mouth so your first goal must be to remove dangerous items and store anything that could be harmful to your puppy safely out of his reach.

Some items to look out for include:

- electrical cords
- cleaning products
- garbage and recycling
- small items of clothing
- fire logs
- cat litter
- plants
- medications
- compost
- wood
- furniture
- paint
- food items (e.g., grapes)

Even your yard should be puppy proofed. Puppies can eat pebbles or rocks and fall into pools or off decks. Puppies may also eat toxic plants or escape through the smallest gaps in your fence. Antifreeze is a deadly poison that tastes sweet, so pets are likely to ingest it if encountered.

The car is another area that you need to look at to keep your puppy safe. It is very important not to leave your puppy closed up in the car. In the summer, the inside of your car heats up very quickly, which can kill your puppy. Likewise, it can get quite cold in the car during winter. Do not allow your dog to hang his head out the window while driving. This can lead to serious eye injuries

from debris and puts your dog at risk for falling from the moving vehicle. When you are traveling with your puppy there are some different ways you can confine him. You can use his regular crate, a divider or grill that confines him to part of the car, or a seat belt. The disadvantage of the grill and seat belt is that your puppy can still chew your car. Driving with your pet in your lap is dangerous for both of you. Dogs should **NEVER** be transported loose in the back of a pickup!

The best way to prevent harm is to supervise your puppy. No matter how hard you try, puppies will find things to chew on that you didn't consider a problem, or that weren't there when you did your puppy proofing. If it helps, get down on the floor yourself to see your home from a "puppy's eyeview".



RAISING A FAMILY-FRIENDLY PUPPY

Bringing home your puppy can be an exciting and joyful time. However, it is important to remember that as cute and cuddly as your puppy is at this stage in her life, she will need to learn some manners to become a valued member of the family. It is very important to teach your puppy her role in your household, so she can learn the complex social structure of her new home.

Just like children, puppies need structure and guidelines to know what the boundaries are. Too many dogs each year are either given up for adoption or euthanized due to behaviour problems. Your puppy wants to please her family, but she needs to know how to do this first. It is very important to teach your puppy house rules before allowing free reign in your home.

One of the most important things that you can teach your puppy is to accept and enjoy being handled, as someday you may want to remove something that your puppy has stolen. Specifically, teach your puppy to enjoy being touched and handled in a variety of "hot spots" such as around collars, ears, paws, muzzle, tail and rear end. Regardless of what part of your puppy you want to handle, the training is the same. Start off with small steps and work your way up. Keep the sessions short, and **ALWAYS** reward your puppy so she learns handling is a good thing. A dog that calmly accepts handling, without fighting or struggling, is a joy not only for you, but is less stressed when others need to handle her.

Another very important exercise is to teach your puppy to enjoy giving up valued objects when requested, **ESPECIALLY** food, bones, toys, and her favorite sleeping place. Remember to praise and reward your puppy if she does not object. If your puppy growls, barks or becomes aggressive, she must lose her toys, bone, food or favorite sleeping place for a reasonable time, and then earn them back with good behaviour.

Baths, nail trims, car rides and other events, can be lots of fun with a puppy, but not so with a resentful, struggling adult. [A special request from veterinarians everywhere - **PLEASE** take your puppy to the animal hospital for lots of socialization visits! The animal hospital can be a scary place for a lot of dogs, so laying the foundation of "Gee! What a great place! I get lots of cookies and lovin!" when your puppy is smaller and more biddable, makes for easier handling later in life.]

Dogs become confident and trusting by being socialized extensively, being taught **consistent** and fair rules, and being treated well by people. All these things should begin on the first day your puppy comes home; along with the training priorities:

- housetraining
- chew training
- socialization
- bite inhibition
- basic manners

By doing all of this, you and your puppy will have a safe and happy life together.



TEACHING BITE INHIBITION

One of the most important things that puppies learn during their last few weeks with Mom and their littermates is bite inhibition. Puppies learn that if they play too rough, or bite too hard, that the pup they bite will cry out and not want to play with them anymore. Puppies learn how to control their mouth so that they will still have someone to play with.

We can use this to our advantage when our pups want to bite us as they would their littermates. Every time your puppy touches you with his or her teeth, cry "**OUCH!**" and ignore him or her. This "**OUCH!**" must sound like the pup has inflicted a fatal wound, even if they barely touch you at all. The idea that you want to communicate to your puppy is that humans are very fragile and will stop playing if he or she so much as touches a human with a tooth.

At the same time, you can begin to teach the cue word "**OFF**" or "**Leave it**" to your puppy. These very versatile cue words can be used to warn your puppy not to touch any number of things once they understand what it means.

To start, get a yummy treat and put it in the palm of your hand, making a fist around it. Make sure that you keep all fingertips well tucked in, as puppies love to chomp on any exposed fingers. Move your hand towards your puppy and wait. More than likely your puppy will start to sniff and lick your hand; they may even chew on it. Say your cue word and wait until your puppy stops touching your hand. They instantly that they remove themselves from your hand, praise them and give them the treat in your hand. It will take a few sessions, but eventually your puppy will realize that in order to get the treat he or she wants, he or she needs to not touch your hand.

Once your puppy is good at not touching a closed fist, try a slightly more open fist, and start transferring the cue word to other things. For example, if you see your puppy eyeing

your plants, you can give your cue word, praise them for looking away and then redirect them to something more appropriate.



TEACHING "STAY"

To get a reliable stay, the most important thing to keep in mind is to progress with baby steps. If you get overconfident and go too fast, you will end up with a puppy that does not understand and breaks her stay.

When your puppy can stay for a count of 10, you can start to increase the distance you are from your puppy. At first, just tell her to stay, pivot around in front of her so that you are toe to toe, and then pivot back and reward your puppy. Gradually increase the length of time that you wait in front before returning to your puppy's side. When your puppy can comfortably stay with you toe to toe, you can back up one small step.

It is important to remember that there are two variables that you are working with: time and distance. If you increase one, you need to decrease the other to prevent the exercise from becoming too difficult. If your puppy is comfortable with staying for 30 seconds with you one step away, the first time you ask them to stay with you two steps away, you should decrease the time to about three to five seconds and build back up. This is the best way to build a solid stay. It is hard to fix a stay on a dog that has learned to break, so the best way is to prevent this misunderstanding from the start.

Do not forget to give a release command! When you ask your dog to stay and she does as you ask, you need to give your dog a cue word that allows her to break from the stay. We do not recommend "okay" since this word is frequently used in everyday language. "Free" is a good command, which sounds like a happy interlude to your dog. Don't forget to reward your dog after you have given the release command.

Note

Your puppy should know basic commands such as sit, down, come, stand, stay, free, and leave it. These basic commands can be interchanged, added on to, or used as basic building blocks for more advanced obedience commands. Don't forget to practice these daily. Practice a few minutes, several times a day throughout your dog's lifetime. Always end on a happy note.



TRAINING BASICS

Keep it fun - you want your dog to enjoy training.

Keep it short - end on a happy note.

Keep it up - continue to train your dog throughout their lifetime.

Attention - Name Recognition

Start in a place with minimal distractions and have several yummy treats ready. When your dog is not looking at you, say his name. When he looks at you, praise him and give him a treat. Repeat a few times and call it a day. The idea is that you want your dog to look at you every time you say his name, so he is giving you his attention and is ready for the next thing that you would like him to do.

Teaching Sit

With your dog standing and facing you, show him that you have a treat in your hand. Move your hand over his head toward his tail. As his head goes up, his bum should go down into a sit. As soon as he sits, praise him, and give him the treat. Remember to keep your hand close to your dog's head so that he doesn't try to jump up to get the treat.

Teaching Down

With your dog sitting facing you, show him that you have a treat in your hand and hold it close to his nose. Move your hand vertically down to the floor between his front paws, and then along the floor out in front of him. As your hand goes down, your dog's head should follow, and when your hand goes along the floor, your dog should move his paws forward on his way to lying down. When your dog's elbows are down, praise and treat.

Teaching Come

This is best taught with two people, but if on your own, you can toss a treat away from you and call your dog back to you after he has run out to eat the treat. Begin with your dog on long leash, so you can reel him in if he doesn't come to you. If you have a helper, have them hold your dog while you show your dog the treat and walk a few steps away. Keep your dog interested in what you are doing. Crouch down and get your dog's

attention, and then call him in a happy voice: "Puppy come!" As soon as he moves towards you, praise him. When he gets to you, praise him, take hold of his collar, and give him a treat.

You can encourage him by saying: "Good dog! C'mon! What a good dog!" as he's on his way, but you should not repeat the command "Puppy come", as eventually you can wean your dog off of the encouragement on the way and just praise him when he gets to you.

The Golden Rule of the "Come Command"

NEVER EVER scold your dog if he comes when you call, no matter what he did before. If your friend slapped you on the face every time he asked you over, how many slaps would it take before you started refusing to go?

PUNISHMENT DOES NOT WORK. REWARDS DO. Be patient. If your dog is having trouble with one of the later commands, practice the earlier one he was successful at before moving on again.



WALKING ON A LOOSE LEASH

This is often the hardest thing to teach your puppy, but it can be done. The first step is to decide what you want your dog to do when she is on leash. Is it okay for her to walk in front of you as long as she doesn't pull? Do you want her to heel beside you precisely? Do you want her to be able to stop and investigate things? Do you want one type of behaviour in town and another in the country? Once you have decided what you want your dog to do, you can start to train to it.

Assuming you would like to be able to take your dog for an enjoyable walk, instead of your dog taking you for a drag, the next step is to find a word or phrase such as "Let's go" that indicates to your dog that you will be moving, and that she should come with you. Start in a quiet place relatively free from distractions. With your puppy on leash and a treat in your hand, say your word and start walking. If your puppy pulls, then stop, say her name, and show her the treat. Usually, she will head back to you. Praise her, say your word, and start walking. If you get one step with your puppy not pulling, praise her and give her a little treat. The trick is to reward her for behaving properly, and to stop if she pulls. Your puppy needs to learn that good things happen when she listens to you, and that she doesn't get to set the pace of the walk. Once she is staying with you fairly well in a low distraction area, try moving to an area with a little more distraction,

such as the driveway. When she is really good, she should be able to walk down the street with you.

If you would like your dog to stay closer to you, or in a more defined position, walk a few steps, and reward her for her behaviour. If you have a small puppy, this method involves a lot of bending! Alternatively, you can put a bit of cheese or peanut butter on a wooden spoon and use that to lure your puppy. This method is similar to teaching the stationary exercises by setting your puppy up to succeed from the start by showing her what you want her to do.

If your puppy pulls, there are a few things you can do:

"Be a tree" - stop as soon as you feel your puppy pull and stand still like a tree until the leash is slack and your puppy is not pulling.

"Penalty yards" - if your puppy is pulling towards something that they want to get to, stop as soon as you feel her pull, say "oh-oh" and back up. Try walking forward again. Eventually she will learn that the way to get what she wants is by not pulling, but rather walking with you.

The Gentle Leader head halter is an excellent way to gain better control of your dog and would complement the recommendations made in this article. Please ask us for more information.



VACCINATIONS FOR DOGS

A vaccine stimulates the immune system to produce antibodies which then protect against a specific disease.

Common (Core) Vaccines:

Distemper
Adenovirus 2 (Hepatitis)
Parvovirus
Rabies

Non-Core Vaccines:

Leptospirosis
Bordetella bronchiseptica (kennel cough)
Parainfluenza (kennel cough)
Lyme
Canine Influenza (dog flu)
Giardia
Corona

We will discuss your dog's lifestyle (training classes, boarding, travel, dog parks) and any breed specific needs to determine what vaccines should be administered and the number of boosters that will be required. After discussion, it may be decided that a non-core vaccine is appropriate for your pet due to an anticipated risk of exposure.

A strategic individualized vaccination plan will be formulated for your dog. Plans may vary from dog to dog and year to year. At each vaccination, the veterinarian will perform a physical examination to be certain there are no signs of illness. A healthy immune system is needed to give optimum response to vaccines.

We will likely not vaccinate a dog who is ill, stressed, seriously underweight or heavily parasitized. We may delay vaccination in dogs taking certain medications that can weaken the immune system response.

THE GOALS OF A STRATEGIC INDIVIDUALIZED VACCINATION PLAN:

- to vaccinate against only those agents to which an individual dog has a realistic risk of exposure
- to use the SAFEST and most effective vaccines
- to vaccinate each dog no more than necessary
- to conform to any legal requirements

CORE VACCINES CAN PREVENT THESE DISEASES

Distemper

A widespread and often fatal disease which can cause vomiting, diarrhea, pneumonia, and neurological signs.

Adenovirus 2 (Hepatitis)

A viral disease which may lead to severe damage of the liver, kidneys, spleen, and lungs.

Parvovirus

A highly contagious and potentially fatal disease which may cause severe vomiting and bloody diarrhea. It is especially dangerous in young dogs.

Rabies

A fatal viral infection of the central nervous system that can affect all mammals, including humans. The virus is transmitted through the saliva of an infected animal.



ZOONOSES

Zoonosis (plural - zoonoses) is an infection or infestation that can be transmitted from animals to people.

Many people are aware of "headline-making" zoonoses, like Rabies and Avian Influenza. However, there are more common zoonoses that tend not to make the news but affect many more people each year. The Centers for Disease Control and Prevention estimate that between one and three million people in the US are infected with a zoonosis each year [Novartis Animal Health, 2006].

Anyone can contract a zoonosis, but **the people most at risk include:** the very young, the very old, and anyone who is immunocompromised (i.e., HIV/AIDS, chemotherapy, organ transplant recipient, diabetic, kidney or liver disease), or spends increased time in a higher-risk environment (i.e., animal care, dog or cat breeders, and landscape gardeners). Pregnant women should also take extra care with respect to zoonoses.

A zoonosis may involve a virus, bacteria, fungus, or parasite, and may be contracted through the mouth, mucous membranes (nose, eyes), healthy skin, wounds, or inhalation.

Below is a list of zoonoses we want you to be more knowledgeable about. We can provide you with a more extensive list if you require. For more information on these or other zoonoses, please consult your veterinarian.

These two websites may also prove useful:

<http://www.capcvet.org/>(Companion Animal Parasite Council)

<http://www.cdc.gov/>(Centers for Disease Control and Prevention) **At the end of this document** there is a list of ways to **prevent** zoonotic infections.

RABIES: a viral disease affecting all mammals (including humans), that is always **fatal** to anyone who contracts the disease. The infection is spread via the saliva of an infected animal, usually through a bite or open wound (scratch). Effective vaccines are available to protect humans and animals against this disease, and we are required by law to **vaccinate all** susceptible pets for Rabies.

ROUNDWORMS: **very** common parasites that live in the intestines of dogs and cats. Puppies and kittens are usually infected with a large number of these worms and shed large numbers of microscopic eggs in their feces. When a human is infected, the parasite does not live in the intestine. Instead, the baby form (larva) migrates to organs in the body or eye ("visceral or ocular larval migrans"). Illness or **blindness** can result, depending on where the larva resides. **Children** are particularly at risk for this disease, since they often play outdoors where roundworm eggs may be, and younger children may place unwashed hands in their mouths. We aggressively **deworm** puppies and kittens and maintain a deworming routine for adult pets to reduce the risk of human infection.

Raccoon roundworm (*Baylisascaris procyonis*) is extremely prevalent in raccoon droppings and can cause a devastating and often fatal **infection in the brain if passed to humans**. Dogs in contact with the droppings can become infected and shed the eggs in their feces, posing a risk to family members. Routine deworming against all roundworms in dogs can be an important way to prevent the spread of raccoon roundworm to people.

HOOKWORMS: common parasites that live in the intestines of dogs and cats, especially puppies and kittens. Infected pets pass eggs in their feces, which hatch into larva on the ground. Humans, especially **children** may become infected if they walk on the larva with bare feet. The larva travels under the skin, causing a sore ("cutaneous larval migrans"). We routinely deworm pets for these parasites, as well.

TOXOPLASMOSIS: a parasite that can infect many mammals, but whose natural host is the **cat**. Most people become infected with this parasite by eating **undercooked meat** but contact with cat feces is another route of infection. The primary concern regarding this infection is the possibility of **harm to the fetus** if a woman becomes infected while **pregnant**. Immunocompromised people are also at a greater risk. (Please see our separate information sheet on Toxoplasmosis).

RINGWORM: is not a worm at all, but rather a **fungus**. The lesions on the skin resemble a worm under the skin, hence the name. The infection is spread via contact with an infected animal's hair or dander. Some pets carry it even though they don't show signs of infection.

BARTONELLA: causes **Cat-Scratch Disease**. The organism may live on the claws of any cat. After the cat scratches a person, the person may develop signs of the disease: a small red area that develops into a bump, blisters, ruptures, and crusts over. Up to 1/3 of people will also develop fever, muscle aches, fatigue, and headache. Some infections prove to be more serious.

FLEAS: Bites from fleas will cause **allergic** skin reactions in some people. There is a rare possibility of becoming infected with an intestinal parasite (tapeworm) if a person accidentally eats a flea.

SARCOPTIC MANGE: a skin **mite** which can cause severe itching and skin lesions in animals. The mite may be transferred to people, resulting in a small, red, itchy area on the skin.

TICKS: are blood-sucking parasites that attach tightly onto the skin. The presence of the tick may cause disease in itself, but ticks are also known to **transmit** various diseases. (i.e., Lyme Disease, Rocky Mountain Spotted Fever, Ehrlichiosis, and Tularemia).

WAYS TO PREVENT ZOO NOTIC DISEASES:

- **Handwashing** after handling pets and their feces, especially before eating or preparing food. Wash any **wounds** from animal bites or scratches immediately. Contact your physician if the vaccination status of the animal is unknown.
- Take your pet to the veterinarian at least once per year and keep up all recommended **vaccinations and deworming**. Deworm **puppies and kittens** frequently, beginning at an early age.
- Ask your veterinarian about effective **flea and tick control** for your pets.
- Examine yourself and your pet for **ticks** after being outdoors.
- Take special precautions if you are **immunocompromised or pregnant**: do not let pets lick your face or an open wound, never touch animal feces, and use extra precautions when handling a pet with diarrhea.
- Don't let your pet drink from toilet bowls or eat feces.
- **Remove feces** from your pet's environment daily.
- Cover sandboxes when not in use, and wear gloves when gardening if cats are outdoors.

- Eat only **well-cooked meat**.
- Avoid contact with wild animals and their feces



VETERINARY TERMS

abdominal distension = the belly is enlarged or stretched out **abscess**

= a localized collection of pus

anaesthesia - general = a state of unconsciousness produced by an anaesthetic that results in absence of pain sensation over the entire body and a degree of muscle relaxation **anaesthesia**

- **local** = a medication that produces loss of sensation in a limited area **anemia** = the number of red blood cells in the bloodstream is below normal

antibodies = specialized proteins produced by the immune system in response to a substance on a protein or an organism (i.e., bacteria or virus) that the body does not recognize

booster = a vaccination repeated at an appropriate interval after the first vaccination to enhance and sustain the immune response **catheterization** = passage of a flexible tube into a passage or cavity

degenerative disc disease = deterioration of the material between the vertebrae (bones of the spine)

degenerative joint disease = (osteoarthritis) deterioration of the joint, leading to pain and arthritis **esophageal** = involving the esophagus (the tube leading from the mouth to the stomach)

fecal analysis = a sample of stool is processed in the laboratory and examined under a microscope for evidence of parasites **fractured femur** = broken thigh bone

hip dysplasia = abnormal conformation of the hip joint which has a hereditary component and may lead to hind leg lameness, muscle wasting, and arthritis

hormones = chemical messengers to body organs, stimulating certain life processes and slowing down others **hydration status** = status of fluid and electrolyte balance in the body

hypoglycemia = lower than normal blood glucose (sugar) level **immunocompromised** = weakened

immune system **inhalant anaesthetic** = anaesthetic taken in through the respiratory system (breathing) **intravenous (IV) catheter** = a flexible tube inserted into a vein

larva (plural:larvae) = an immature stage of a animal or insect that must undergo changes in form and size to reach the adult stage **lumbar vertebrae** = bones of the spine behind the ribs and in front of the pelvis **mammary** = involving the breast tissue **metabolic rate** = rate of energy metabolism in the body

metabolism = physical and chemical processes required for bodily energy production and maintenance **mucous membrane** = a thin layer of tissue lining certain parts of the body (ie gums) **neurological** = involving the nervous system (brain, spinal cord, nerves)

orthopedic = involving the bones and joints **osteoarthritis** = degenerative joint disease

ovariohysterectomy = surgical removal of the ovaries and uterus (spay) **palpable** = able to be felt by the examiner **pulmonary arteries** = the blood vessels that carry blood from the heart to the lungs

subcutaneous fluids = fluids containing water, electrolytes and non-electrolytes injected under the skin **topical** = applied to the skin **trachea** = (windpipe) air passage from the larynx (voicebox) to the lungs

urinalysis = tests done on urine to aid in the diagnosis of disease

vaccination = the administration of attenuated (altered so it cannot cause disease) or killed microorganisms (i.e., viruses, bacteria), to produce immunity to a specific disease