

Basic Health Check

Congratulations – you have a new puppy!

You've anticipated the new arrival by 'puppyproofing' your home and had lots of fun choosing the crate, bed, blanket, toys and other supplies he or she will need. This frisky little creature is sure to bring you much joy. In return, you can make a major contribution to your pet's longevity, happiness and quality of life by providing him or her with good nutrition, loving attention in a safe, sanitary environment and regular checkups at your veterinarian's.



Spaying or Neutering your puppy

Many veterinarians believe that spaying or neutering not only helps solve the serious problem of unwanted pet overpopulation but also makes for friendlier, easier-to-live-with pets. Spayed female dogs are more relaxed, while neutered males are less likely to roam, urine-mark their territory, or fight with other males. Plus, sterilization has health benefits – it helps to minimize the risk of cancers of the reproductive organs and the mammary glands in females and reduces the incidence of prostate problems in males.

Spaying removes the uterus and ovaries of a female dog, usually after the age of six months. A major surgical procedure, it is performed under general anesthesia and most often involves an overnight stay at an animal hospital. Complications are rare and recovery normally is complete within two weeks.

Neutering, also carried out under general anesthesia, removes the testicles of a male dog through an incision at the base of the scrotum. Usually performed when the puppy is about six months old, it necessitates an overnight stay at the animal hospital. Full recovery takes about seven to ten days.

Your puppy's basic health check

Your new puppy should visit a veterinarian as soon as possible. The first visit will probably include:

- Thorough physical examination to determine his or her state of health.
- Check for external parasites (fleas, ticks, lice, ear mites). Check for internal parasites (tapeworm, roundworm, etc.), if you can bring a stool sample for analysis. Blood tests may also be done.
- Initial vaccination and/or a discussion of the types of vaccinations your puppy needs and

when they should be scheduled.

- Discussion about whether your puppy should be sterilized (spayed or neutered) and when.

This first health check will give your veterinarian the information he needs to advise you on your puppy's immediate diet and care. Plus, it will give him a "knowledge base" from which, on subsequent checkups throughout your pup's life, he can better evaluate, monitor and manage your pet's health.

Make your new puppy feel at home

Show your puppy the special places where he can eat, sleep and eliminate and, since he's probably quite overwhelmed, give him some quiet time to himself to let him adjust to the unfamiliar sights and sounds of his new home. Be sure, if there are also young children in the home, that they are taught that a puppy is not a toy but a living creature who must be treated with



gentleness and respect. As early as 8 weeks old, your puppy is capable of learning specific lessons – so start house-breaking and teaching simple obedience commands the day you bring him home. Your veterinarian can suggest the best training methods and, if you wish, recommend a good obedience school. Your pup will find learning fun and easy and, with your positive reinforcement, he should remember his lessons well!

Your Geriatric Dog

When is the best time to start caring for your aging pet? When he's a puppy. Starting off your dog's life with good nutrition, regular exercise, scheduled veterinary appointments and a happy home life sets the blueprint for a high quality of life in his older years. However, as your dog ages, much like humans, changes to the metabolism will occur. Paying attention to your dog's behavior will make detecting problems easier.

What you can do at home

- Check your dog's mouth, eyes and ears regularly. Watch for loose teeth, redness, swelling or discharge.
- Keep your pet's sleeping area clean and warm.
- Groom your pet often. You'll detect any unusual sores or lumps and keep his coat healthy.
- Make fresh water available at all times.
- Maintain a regime of proper nutrition, exercise and loving attention.

How old is your dog?



If your dog is...	In human terms, that's
6 months	10 years
8 months	13 years
10 months	14 years
12 months	15 years
18 months	20 years
2 years	23 years
3 years	26 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

* Please note, these equivalencies refer to small breeds

Common Problems

Obesity is a big health risk. An older dog is a less active dog, so adjustments to your pet's diet to reduce caloric intake are imperative. This will relieve pressure on his joints as well as manage the risks of heart failure, kidney or liver disease, digestive problems and more. Other changes to his nutrition should include increasing fiber, fatty acids and vitamins while decreasing sodium, protein and fat.

Arthritis' severity can range from slight stiffness to debilitation. An exercise program, also to maintain muscle tone and mass, can be adjusted to suit his condition. Anti-inflammatory medication can help relieve the pain. Your veterinarian will prescribe any necessary medication.

Intolerance to hot and cold temperatures occurs because your dog produces less of the hormones which regulate the body's normal temperature. Move his bed closer to a heater and bring him indoors on cold days.

Tooth loss or decay not only makes it harder to chew but also increases the likelihood of infection or tumors. Brushing and cleaning the teeth will help keep these to a minimum.

Prostate enlargement or Mammary Gland Tumors is mostly diagnosed in unneutered or unspayed dogs. Have the prostate or mammary glands examined at checkups.

Separation Anxiety presents itself when older dogs can't cope with stress. Aggressive behavior, noise phobia, increased barking and whining or restless sleep are a few signs. Medication combined with behavior modification techniques are key.

Skin or coat problems in aging dogs means the skin loses elasticity, making your pet more susceptible to injury while the coat's hair thins and dulls over time. Grooming more often and fatty acid supplements are highly beneficial.

Canine Cognitive Dysfunction manifests itself in confusion, disorientation or decreased activity. Medication can help solve some of these issues.
