



Getting Started With Your Puppy!



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Health Care Program - First Year

Puppy's Name: _____

Birthday: _____

1st Vist - Date: _____

Puppy's Age: _____

- Doctor Exam: ☐
- Vaccines: DHPP ☐ Bordetella ☐ Rabies ☐ Lepto (when indicated) ☐ Other ☐ _____
- Deworming ☐ Fecal Test ☐ _____ HW Test ☐ _____
- Heartworm Prevention _____
- Flea/Tick Prevention _____

Comments:

2nd Vist - Date: _____

Puppy's Age: _____

- Doctor Exam: ☐
- Vaccines: DHPP ☐ Bordetella ☐ Rabies ☐ Lepto (when indicated) ☐ Other ☐ _____
- Deworming ☐ Fecal Test ☐ _____ HW Test ☐ _____
- Heartworm Prevention _____
- Flea/Tick Prevention _____

Comments:

3rd Vist - Date: _____

Puppy's Age: _____

- Doctor Exam: ☐
- Vaccines: DHPP ☐ Bordetella ☐ Rabies ☐ Lepto (when indicated) ☐ Other ☐ _____
- Deworming ☐ Fecal Test ☐ _____ HW Test ☐ _____
- Heartworm Prevention _____
- Flea/Tick Prevention _____

Comments:

4th Vist - Date: _____

Puppy's Age: _____

- Doctor Exam: ☐
- Vaccines: DHPP ☐ Bordetella ☐ Rabies ☐ Lepto (when indicated) ☐ Other ☐ _____
- Deworming ☐ Fecal Test ☐ _____ HW Test ☐ _____
- Heartworm Prevention _____
- Flea/Tick Prevention _____

Comments:

Information About Spaying and Neutering Your Pet

Spaying and neutering are safe and effective procedures. These procedures not only help to reduce pet overpopulation, but a spayed/neutered pet is less likely to roam or run away to look for a mate, and the health benefits are significant. Approximately **6 million** animals are euthanized at shelters each year, due to the sheer fact that there are not enough willing adopters. Having your pet spayed or neutered ensures that you will not be adding to this tremendous burden.

***Neutering** is the general term used for the surgical removal of the reproductive organs (testicles) of the male dog or cat.

***Spaying** is the general term used for the surgical removal of the reproductive organs (ovaries, uterus, and fallopian tubes) of the female dog or cat.

Spaying or Neutering:

- Decreases the incidence of contracting contagious diseases
- If done prior to their first heat cycle nearly eliminates the risk of breast cancer and totally prevents uterine infections and uterine cancer in females.
- Prevents testicular cancer and enlargement of the prostate gland, and greatly reduces their risk for perianal tumors and hernias in males.

We recommend that your pet is spayed/neutered around 4-6 months of age, before the first heat cycle of the female cat or dog. Your animal will go home on the same day of the surgery and will require home care until the incision site is healed and any sutures are removed (usually 10-14 days after surgery).

For more information, please feel free to contact us about any questions or concerns you may have.



Potty Training

A puppy can be trained not to soil the house. It requires consistent and persistent effort:

- Feed your puppy on a scheduled basis. This will help regulate digestion and bowel movements. (We generally recommend feeding your dog 3 times daily until 20 weeks of age, then twice daily.)
- When you are away from home, keep your puppy confined to a crate or puppy-safe room, where he has a suitable doggy toilet. Do not leave your puppy alone for more than 2 hrs at a time. Begin to gradually extend the time he is left alone when there are no accidents.
- Allow enough time (5 minutes) for your puppy to eliminate outside and take him out every 2-3 hrs. Take your puppy to the same outside area where you want him to go.
- Be alert to signs that the puppy is looking for a spot to urinate or defecate. He may sniff here and there, go to the door or circle around and around. Praise your puppy each time it performs outside. DO NOT punish him; he has a short memory and will only learn to fear you.

Socialization

Raising and training a puppy to be friendly to people is the second most important goal. Your puppy needs to learn to enjoy the company of all people and to enjoy being handled by all people, especially children and strangers. First make sure your puppy is comfortable with all members of your family. Although your puppy is still too young to venture out on the street, you will need to start inviting people to your home. As a rule of thumb, your puppy needs to meet at least one hundred people before he is three months old. We advise puppy classes for proper dog socialization.

Bite Inhibition

Puppies bite: it is a normal, natural, and necessary behavior. The developing puppy should learn that his bite can hurt long before he develops jaws strong enough to inflict injury. It is essential to let your puppy know that bites can hurt. A simple "Ouch" is usually sufficient. When the puppy backs off, take a short time to "Lick your wounds", then ask your pup to come, have him sit or lie down, if possible, make up, then continue to play. If your puppy does not respond to your yelp, an effective technique is to call the puppy a "Bully" and then leave the room and shut the door, allow a minute or two, then return to make up and resume playing.

Reference Books:

- "Before you get your puppy," Dunbar
- "Perfect Puppy in 7 Days," Dr. Sophia Yin
- "After You Get Your Puppy," Dr. Ian Dunbar, www.siriuspup.com
- "Child Proofing Your Dog," Brian Kilcommons & Sarah Wilson, www.warnerbooks.com
- "Manners for the Modern Dog," Gwen Bohnenkamp (for perfect paws)
- "Decoding Your Dog," The Behaviorists

What Can My Puppy Chew On?

There are only a few things that veterinary medical and dental specialists recommend that puppies chew on. The concern is how easily puppies and adult dogs can break their teeth or cause severe wear. A great general rule of thumb: if you cannot indent the toy/treat with your fingernail, it is too hard for your pet to chew on!

GOOD:

- **Booda** “velvet” brand chew bones: cornmeal based.
- **Greenies**: wheat gluten based, give in limited amounts to avoid diarrhea.
- **Nylabone** “edible” line only: potato or carrot or spinach based.
- **Kong toys**: these may be stuffed with food items if need to entertain the puppy or encourage appropriate chewing.
- **Knotted cotton rope toys**: great for teething as they can be moistened with water or broth and frozen to sooth irritated little gums. Do not use these if puppies tend to pull strings out as they could ingest these and have intestinal problems. The fringed part of these toys may be cut short if cotton fringed rugs are in the home so that puppies do not generalize to chewing these as well.



BAD:

- **Nylon bones**
- **Tennis, soccer, basket balls, etc.** (these may wear down your puppy's teeth).
- **Real bones of ANY kind**
- **Rawhide, pig ears, cow hooves, antlers**
- **Any toys with squeakers that could be removed and swallowed** (Squeaky toys are fun with supervision!)
- **Any plastic toys that could be destroyed and eaten.**
- **Stuffed toys**: puppies are unable to tell their own toys from your upholstered furniture and may go after couch cushions, children's toys, or other inappropriate items that are similar.



Common Poisonous Plants, Fruits, and Foods

- Almonds: seeds
- Apple cores
- Lily of the valley: the entire plant
- Apricot: pit
- Lilies, all kinds and colors
- Avocado: pit
- Lobelia: leaves-stems-fruit
- Cherry: seeds
- Indian tobacco
- Wild cherry
- Macadamia nut
- Chocolate * Very Toxic*
- Marijuana: leaves-flowers-seeds
- Christmas Rose: the entire plant
- Mistletoe: the entire plant
- Lenten rose
- Mock Orange: fruit
- Skunk Cabbage
- Morning glory: seeds
- Clematis: the entire plant
- Mushrooms
- Crown of thorns: leaves, stems and sap
- Nutmeg
- Daphne: the entire plant *Very Poisonous*
- Oleander: the entire plant/roots
- Delphinium: the entire plant
- Onion
- Larkspur
- Peach: pit/seeds
- Stagerweed
- Pear Balsam: seeds/fruit
- Dieffenbachia: the entire plant
- Philodendron: the entire plant/roots
- Dumb Cane
- All kinds of philodendron
- Mother-in-law's tongue
- Periwinkle: the entire plant *Very Poisonous*
- Foxglove: the entire plant, * Very Poisonous*
- Pittosporum: the entire plant *Very poisonous*
- Garlic
- Poppy: seeds/oil
- Grapes/Raisins
- Primrose: leaves-stems
- Holly: leaves-berries
- Privet: leaves-berries
- All kinds of Hollies
- Rhubarb: leaves blades
- Hydrangea: the entire plant
- Tobacco: the entire plant
- Ivy: the entire plant
- Tomato: all the non-fruit part
- All kind of Ivies
- Jasmine: fruit-leaves-sap
- Amaryllis Lantana: the entire plant
- Rhododendron: the entire plant

*The BULBS from these plants are very poisonous:
Java beans, Jessamine, Crocus, Daffodils, Azaleas, Hyacinth, Laurel, Narcissus, Snowdrop

This is a partial list of the more common poisonous plants.

In case of emergency or if you need an immediate answer about a specific plant or toxin that is not on this list, please call ASPCA poison control at **1-800-426-4435** or the Pet Poison Helpline at **1-855-764-7661**. Please be aware that both services require a fee to open a case.

Flea & Tick Prevention

Unfortunately, fleas and ticks do not go on vacation. Even in harsh weather conditions, they can still be a year-round nuisance. Even indoor-only pets can get fleas and have an outbreak! Happily, the days of flea dips and harsh shampoos are behind us, as we now have a variety of safe, effective products to control fleas. Keeping fleas and ticks off your pet not only keeps them more comfortable, but also prevents transmission of several diseases carried by these itchy and disgusting little parasites. Below is a summary of some of the products we carry and highly recommend.

- **NexGard** (afoxolaner) is a beef-flavored chewable tablet given once a month to prevent flea and tick infestations. It is dosed by weight and is safe to be given to puppies 8 weeks of age and older and 4 pounds of body weight and up. **

** NexGard does not provide heartworm prevention nor protection against intestinal parasites. Heartworm preventative should be added if either of these products is used for flea & tick control.

- **Simparica (sarolaner)** SIMPARICA is a flavored, chewable tablet for administration to dogs over 6 months of age according to their weight. SIMPARICA is given orally once a month. SIMPARICA kills adult fleas, and is indicated for the treatment and prevention of flea infestations (*Ctenocephalides felis*), and the treatment and control of tick infestations [*Amblyomma americanum* (lone star tick), *Amblyomma maculatum* (Gulf Coast tick), *Dermacentor variabilis* (American dog tick), *Ixodes scapularis* (black-legged tick), and *Rhipicephalus sanguineus* (brown dog tick)] for one month in dogs 6 months of age or older and weighing 2.8 pounds or greater. SIMPARICA is indicated for the prevention of *Borrelia burgdorferi* infections as a direct result of killing *Ixodes scapularis* vector ticks.



The use of over the counter preventatives bought at pet stores and online can potentially be more harmful to your pet than helpful. We base our recommendations on the companies who make the products and the level of research that has been put into the product. Even recommended products that are bought from non-veterinary sources, which are unauthorized dealers, are not guaranteed to be effective due to inappropriate storage, handling, and counterfeit product flooding the “grey” market for these products. We **do not** recommend using over the counter flea and tick products. If you have noticed fleas or ‘flea dirt’ on your pet, let your veterinarian know so they can offer helpful tips on how to treat your pet and environment to get rid of the fleas.

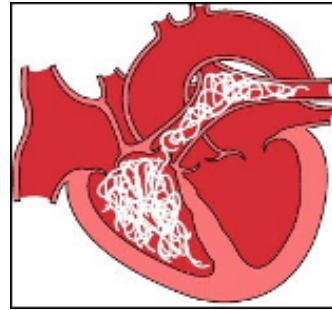
Heartworm Disease & Prevention

Heartworms are parasites of dogs and other canine species, such as foxes. Cats can also be affected, although they are more resistant to infection. Very rarely, a few cases have also been reported in people.

Heartworms are transmitted by mosquitoes. Once limited to the southern regions of the United States, heartworms are now found in most areas of the United States, and are well-recognized in many other regions of the world.

Mosquitoes inject the parasite, *Dirofilaria immitis*, into the dog or cat when they feed. The larvae mature into thin, adult worms that are several inches long. Adult heartworms live in the arteries of the lungs and heart. By their physical presence, they cause harm in two ways: they block the normal forward flow of blood, causing an excessive workload on the heart, and they also damage the inner lining of the blood vessels, which gives rise to blood clots that cut off circulation to parts of the lungs. Adult heartworms reproduce and release the next generation of immature larval worms, called microfilaria, into the bloodstream. Mosquitoes feeding on an infected dog pick up microfilaria and transmit heartworms to yet more animals.

Cats typically are infected with only a few worms, often only one or two; however one or two worms is a substantial worm burden for such a small animal. Damage to the pulmonary arteries is similar to those in dogs.



Symptoms that could indicate heartworm disease:

- Dogs: coughing, exercise intolerance, loss of appetite, swollen belly.
- Cats: coughing, vomiting, breathing difficulty.

Diagnosis

A simple blood test can determine whether heartworms are present in your cat or dog. Most veterinary clinics can run an Antigen test in the hospital to detect microfilaria in dogs; however, detection of heartworm is more difficult in cats and requires an Antibody test that is usually sent to an outside laboratory. Either way, results are typically available within 24 hours.

Prevention and Treatment:

Unfortunately, the treatment for adult heartworm infection is in VERY limited supply and hard to get. For this reason, prevention is key. Monthly prevention, often in the easy-to-give form of chewable tablets, is recommended for all dogs and for cats in high-risk areas. Since these preventives can also treat the early stages of heartworm in dogs, annual testing is recommended for all dogs.

Core Canine Vaccines

At East Louisville Animal Hospital Rabies, DHPP, and Bordetella are considered CORE vaccines. Other vaccines, such as Leptospirosis, Lyme and Canine Influenza, are optional and the need for them depends on the environment and lifestyle of your pet.

*A broad-spectrum de-wormer is considered basic protocol and generally given to puppies and kittens to rid them of internal parasites. This can include tape worms, round worms, hook worms, and whip worms which can compete for nutrition and cause gastrointestinal issues

Rabies Vaccine

Rabies is a virus that may affect the brain and spinal cord of all mammals, including dogs, cats, and humans. Though preventable, there is good reason that the word “rabies” evokes fear in people. The disease has been reported in every state except Hawaii, and everywhere throughout the world except for Australia and Antarctica. Annually, rabies causes the deaths of more than 50,000 humans and millions of animals worldwide. Once symptoms appear, the disease results in fatality.

Unvaccinated dogs who are allowed to roam outdoors without supervision are most at risk for infection. If they're exposed to wild animals, they have a greater chance of fighting with infected stray or wild animals. There is no accurate test to diagnose rabies in live animals. The direct fluorescent antibody test is the most accurate test for diagnosis--but because it requires brain tissue, it can only be performed after the death of the animal. There is no treatment or cure for rabies once symptoms appear. Since rabies presents a serious public health threat, animals that are suspected of having the virus are most often euthanized.

Vaccinating your pet not only protects them from getting rabies, but it also protects them if they bite someone. Dogs that have bitten humans are required to be confined for at least 10 days to see if rabies develops, and if the animal's vaccination records are not current, a lengthy quarantine or even euthanasia may be mandated. In California, Rabies vaccination is required by law for dogs by the age of 6 months. Avoiding contact with wild animals is also necessary to prevention. You may greatly decrease the chances of rabies transmission by walking your dog on a leash and supervising him while he's outdoors.

We use the Merial Imrab® 3TF killed virus vaccine. Legally, we can give puppies their first Rabies vaccine at 16 weeks of age. They will then need a booster one year following their initial vaccine, then every 3 years after that.



Bordetella Vaccine for Kennel Cough

Kennel Cough is a form of bronchitis that is similar to a chest cold in humans but can be caused by a virus or bacteria. It causes inflammation of a dog's windpipe (trachea) and voice box, and though it usually clears up on its own, kennel cough is extremely contagious. In some serious cases, kennel cough can lead to pneumonia if left untreated.

A dry cough with a 'honking' or 'throat-clearing' sound is the most classic symptom. Sometimes coughing can even be followed by some gagging and white-foamy phlegm- these signs are often exacerbated after activity or pulling while on a neck-lead. It is not uncommon for dogs to also develop a fever and/or nasal discharge. Keep in mind that in many cases your dog's appetite and energy level may not change or reflect sickness.

Kennel cough can be caught in many ways. It can spread directly from dog to dog, or through germs on contaminated objects. Kennel cough is often spread in enclosed areas with poor air circulation— Examples include boarding in a kennel or an animal shelter, or through direct contact while sitting in a training class, vaccine clinic, or grooming facility. Young and unvaccinated dogs are also at higher risk.

Kennel cough is so contagious that your dog could even catch it from sharing a water dish or toy at the dog park or by simply greeting another dog. Most boarding facilities, including Pet's Friend Animal Clinic, will not board your pet without proof of a recent Bordetella vaccination.

If your dog is coughing and/or you suspect they have kennel cough, immediately isolate them from all other dogs and call Pet's Friend Animal Clinic to schedule an appointment with your veterinarian. When you arrive for your dog's appointment, keep them in the car until you have checked in and can go directly into an exam room to minimize exposure to other pets.

The best way to prevent kennel cough is to prevent exposure. Vaccinations are also available for several of the agents known to be involved in kennel cough, including parainfluenza, bordetella and adenovirus-2. Your dog is given their vaccine in any of the following two ways: intranasal or subcutaneously. Intranasal is the most common route the vaccine is given and can be given to puppies as young as 3 weeks of age. Generally, we recommend that every dog is vaccinated to prevent kennel cough.



Canine influenza (CI, or dog flu) is caused by the canine influenza virus (CIV), an influenza A virus. It is highly contagious and easily spread from infected dogs to other dogs by direct contact, nasal secretions (through barking, coughing or sneezing), contaminated objects (kennel surfaces, food and water bowls, collars and leashes), and by people moving between infected and uninfected dogs. Dogs of any breed, age, sex or health status are at risk of infection when exposed to the virus.

Currently, two strains of CIV have been identified in the U.S. The H3N8 strain of canine influenza was first identified in 2004 in Florida. Since then, it has been found in several other states. In 2015, the H3N2 virus strain was identified as the cause of an outbreak of canine influenza in Chicago. The virus was known to exist in Asia, but the 2015 outbreak was the first report of the H3N2 virus affecting dogs outside of Asia.

Canine influenza can occur year-round. So far, there is no evidence that canine influenza infects people.

Canine Influenza and Cats

In early 2016, a group of cats in an Indiana shelter were infected with H3N2 canine influenza (passed to them by infected dogs). The findings suggested that cat-to-cat transmission was possible. Cats infected with H3N2 canine influenza show symptoms of upper respiratory illness, including a runny nose, congestion, malaise, lip smacking and excessive salivation.

Canine Influenza Symptoms and Diagnosis

The symptoms of a CIV infection resemble those of canine infectious tracheobronchitis ("kennel cough"). Dogs infected with CIV develop a persistent cough and may develop a thick nasal discharge and fever (often 104-105°F). Other signs can include lethargy, eye discharge and reduced appetite. Canine influenza infections can cause mild to severe illness in dogs. Some infected dogs may not show any signs of illness, but can still be contagious and able to infect other dogs.

Most dogs recover within 2-3 weeks. However, some dogs may develop secondary bacterial infections which may lead to more severe illness and pneumonia. Anyone with concerns about their pet's health, or whose pet is showing signs of canine influenza, should contact their veterinarian.

Laboratory tests are available to diagnose both H3N8 and H3N2 CIV. Consult your veterinarian for more information regarding testing for CIV.

Transmission and Prevention of Canine Influenza

Dogs infected with CIV are most contagious during the two- to four- day virus incubation period, when they shed the virus in their nasal secretions but do not show signs of illness. The virus is highly contagious and almost all dogs exposed to CIV will become infected. The majority (80%) of infected dogs develop flu-like illness. The mortality (death) rate from CIV is low (less than 10%).

To reduce the spread of CIV, isolate dogs that are sick or showing signs of a respiratory illness, and isolate dogs known to have been exposed to an infected dog.

Isolate dogs infected with H3N2 canine influenza for at least 21 days and dogs infected with H3N8 CIV for at least 7 days. Practice good hygiene and sanitation, including hand washing and thorough cleaning of shared items and kennels, to reduce the spread of CIV. Influenza viruses do not usually survive in the environment beyond 48 hours and are inactivated or killed by commonly used disinfectants.

Vaccines are available for both the H3N8 and H3N2 strains of canine influenza virus. The CIV vaccination is a "lifestyle" vaccination, recommended for dogs at risk of exposure due to their increased exposure to other dogs – such as boarding, attending social events with dogs present, and visiting dog parks. Your veterinarian can provide you with additional information about the vaccines and whether you should consider vaccinating your dog.

(source: AVMA)

Distemper (CDV)

This is a very contagious, incurable, and often fatal disease that attacks the gastrointestinal tract, respiratory system, and most devastatingly, the central nervous system. Occurrences of canine distemper are less common today due to the advent of effective vaccines. Unfortunately, puppies and unvaccinated adult dogs are most susceptible to infection.

Adenovirus (CAV-2) and Parainfluenza

Along with Bordetella and parainfluenza, canine adenovirus type 2 (CAV-2) is one of the reasons dogs get kennel cough. Adenoviruses are spread directly from dog to dog through infected respiratory secretions or by contact with contaminated feces or urine. Coughing and gagging accompanied by a fever, runny nose, or red, watery eyes are the most common symptoms. And though the disease typically runs its course without long term effects, it can lead to a more serious infection.

Parvovirus Vaccine Information

Parvovirus is a viral disease that is extremely contagious, can produce a life-threatening illness, and can be transmitted by any person, animal or object that comes in contact with an infected dog's feces. Parvovirus primarily affects the intestines, but it also attacks the white blood cells. When young animals are infected, the virus can damage the heart muscle and cause lifelong cardiac problems. Highly resistant, the virus can live in the environment for months, and may survive on inanimate objects such as food bowls, shoes, clothes, carpet and floors. It is common for an unvaccinated dog to contract parvovirus from the streets, especially in urban areas where there are many dogs.

Parvovirus can be diagnosed by your veterinarian if your dog is presenting symptoms. The most common Parvo test can be performed in about 15 minutes using a small stool sample. Because the test is not always 100% sensitive or specific, your veterinarian may recommend additional blood work or testing. Puppies, adolescents, and unvaccinated dogs are most susceptible to the virus.

The most common symptoms of Parvovirus include lethargy, loss of appetite, severe vomiting, and bloody foul-smelling diarrhea that can lead to life threatening dehydration. You can protect your dog from this horrible virus by making sure all vaccinations are up to date. Parvovirus is considered a core vaccine for all puppies and adult dogs. It is usually recommended that puppies be vaccinated with combination vaccines that consider the risk factors for exposure to various diseases. One common vaccine, called a "4-in-1/DHPP," protects the puppy from distemper, hepatitis (adenovirus), parvovirus and parainfluenza. Puppies need boosters at 3–4-week intervals for adequate protection up to 16-18 weeks of age.

Because parvovirus can live dormant in an environment for months or even up to 2 years, you will want to take extra care if there has been an infected dog in your house or yard. Some things are easier to clean and disinfect than others—and even with excellent cleaning, parvovirus can be difficult to eradicate. Parvo is resistant to many typical disinfectants. A solution of one part bleach to 32 parts water can be used where organic material is not present. The infected dog's toys, food dish and water bowl should be properly cleaned and then disinfected with this solution for 10 minutes. If not disinfected, these articles should be discarded. You can also use the solution on the soles of your shoes if you think you've walked through an infected area. Areas that are harder to clean (grassy areas, carpeting and wood, for example) may need to be sprayed with disinfectant, or even resurfaced.

Leptospirosis Vaccine Information

Leptospirosis is a kind of bacteria that doesn't die instantly in urine. It is spread in the urine directly, through bite wounds or with the ingestion of infected meat. It can be indirectly transmitted through infected water, soil, and plant material.

Usually there are no symptoms because the disease progresses so quickly, or it can linger chronically causing minimal problems until it is too late. When an animal contracts Leptospirosis, they have signs of lethargy, fever, vomiting and not eating. Their blood work can show that they have both kidney failure and concurrent liver problems.

The disease can be treated with very aggressive and potentially expensive therapy, including fluid therapy and antibiotics. In areas where available, kidney dialysis is sometimes recommended. The early stages may be treated with antibiotics, but the disease is rarely diagnosed in this phase. Unfortunately, the animal may have residual kidney and liver problems for life. Leptospirosis is common in the urine of raccoons, rats, and deer.

Dogs who roam freely in damp areas like wet, rainy pastures known to be inhabited by wildlife or livestock are at risk. Also, dogs that are exposed to rodent urine (possibly in a home or barn) are at risk.



Puppies with the potential for exposure should receive two doses of the killed or subunit Leptospirosis vaccine (canine) against the 4 most common serovars (*L. canicola*, *L. icterohemorrhagica*, *L. pomona* and, *L. grippityphosa*,) in conjunction with their other puppy vaccines. They receive a booster at one year and then annually



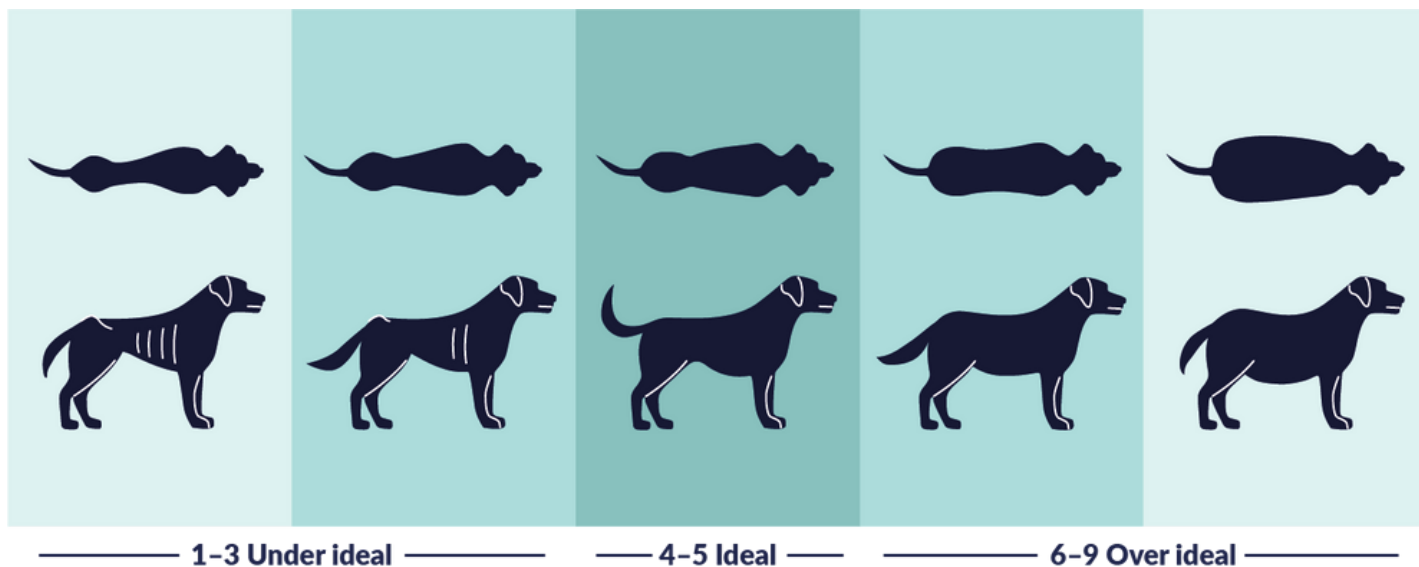
What's the harm in a few extra pounds? [A ton.](#)

Excess weight on your pet can cause chronic health problems, including diabetes, arthritis, and kidney disease—and a 15% shorter life span! More than half of all dogs and cats in the United States are overweight or obese.

How does your dog measure up?

- Can you feel your pet's ribs without too much difficulty?
- Is there a slight but noticeable indented waistline just in front of your pet's hips when viewed from above?
- Do you see your pet's waist from the side?

Body Condition Scale (BCS):



Tips to Keep Your Dog in Shape:

1. Pick up the pace. Get your dog's heart rate elevated by walking briskly for the first half of your route—save the leisurely stroll for the return home.
2. Move the food bowl. Make your pet earn his or her kibble by walking upstairs or to the far end of the hall to eat or consider using a treat ball for an additional challenge.
3. Give healthy treats like crunchy carrots or apple wedges (no cores!).
4. Try several small meals throughout the day instead of feeding the entire day's portion at once. This will help boost your pet's metabolism.
5. Keep track of how much you feed and how much your pet ate. If you have multiple pets, feed them separately and only when you are at home.



Dental Health

After eating a meal, it only takes 6 hours for plaque to start developing and covering the tooth's surface. Plaque eventually turns to calculus which is harder to remove and can cause bacterial infections in the mouth. This bacterium may spread through the bloodstream to the liver, kidneys, heart, and brain. Dental disease is seen in over 90% of the patients we see, and regular brushing/cleaning is the key to preventing periodontal disease, oral pain tooth loss, oral odors, and systemic disease. If you notice your pet has stinky breath, discolored or dirty teeth, or is having any trouble eating, a thorough oral exam should be done by your veterinarian.

We recommend brushing your pet's teeth daily. According to research, brushing your pet's teeth a minimum of 5 days per week is considered effective, but anything is better than nothing! If you are unable to brush your pet's teeth regularly, it is even more important that they have a thorough oral exam with a veterinarian minimally once a year.

There are several different kinds of tooth brushes and the one that is appropriate for your pet will depend on their comfort level with toothbrushing. At your veterinary office, online, and many pet stores, pet-specific tooth brushes (small and large) are available as well as finger brushes.

Getting them used to a brush or your finger in their mouth can be a challenge. Most pets are not used to us putting our fingers in their mouths, and when we do, they can be alarmed and may get irritated. The key is slow, continual, repetition to get them more comfortable with it. Make sure you only use pet-specific toothpaste! There are several flavors to choose from to accommodate your preference and pet's taste buds! Remember, DO NOT use human toothpaste for your pets!



We NEVER recommend anesthesia-free dental cleanings!! It can be very dangerous for your pet and cause more harm than good! It is not safe or possible to perform a complete dental cleaning, take important x- rays to properly evaluate tooth root health/ sub-gingival pockets/ bone density, or perform interventional treatments such as extractions and bonding. One of the most important areas in an animal's mouth to clean is the sub-gingival pockets (under the gum line of all teeth.). On an awake animal, this is not comfortable or possible to do a thorough job.

We take every safety precaution and require pre-anesthetic blood work to be done within 30 days of the scheduled anesthetic procedure. This helps us to be sure your pet is healthy enough to go under anesthesia and that all internal organ functions are normal.

If you would like more in-depth information, instructions, and/or a demonstration, please let any of the staff know!



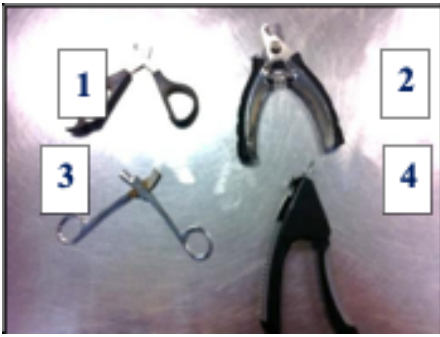
Trimming Your Dog's Nails

Why do nail trimming?

Nail trimming is an important grooming routine. Long nails can get caught on things in the environment and become at risk for infection by breaking or growing into the paw pads. Moreover, walking on overgrown nails is uncomfortable and can cause an unnatural gait, leading to skeletal damage.

Is there a difference between dog and cat nails?

Cat and dog nails are not very different. In cats, you need to press the paw pad to expose the nails. Also, cats typically have white nails where the quick is clearly pink, making nail trims slightly easier. Dogs do not have retractable nails and can have either white, black, or both nail colors.



Types of Nail Clippers:

- Plier-type: photo #1 and #2*

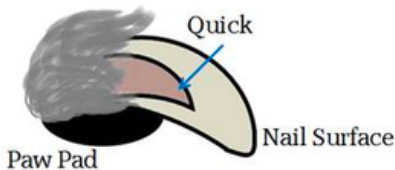
These types of clippers are generally recommended for better control during nail trimming but use what you feel most comfortable with!

- Scissor-type: photo #3
- Guillotine-type: photo #4

Getting Started:

1. Start touching your dog or cat's paws regularly so they become used to you doing so. Give lots of treats and praise when they are still for you.
2. Practice restraining, usually with one other person laying your animal on their side.
3. Go slow and be patient. It's a scary ordeal for most animals but can be made into positive experience. Getting used to the routine takes time.

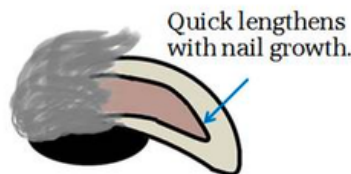
How to Cut:



The quick is the sensitive part inside the nail containing blood vessels and nerves. Cutting into the quick is very painful and will cause bleeding.



Cut the nail just in front of the quick. Trimming the nail tips often will cause the quick to recede over time.



As the nail grows longer, the quick lengthens. Take extra care not to cut long nails too short. Keep kwik stop on hand in case bleeding occurs.



Keep dog nails short. Establish a weekly schedule to inspect and trim dog nails and smooth away rough edges with a nail file.

© Schnauzers-Rule.com

If you cut too short and the nail bleeds, IT'S OK
Have some styptic powder on hand to pack on the nail just in case.



Just apply some powder to the bleeding nail and apply gentle pressure for five seconds.

Re-apply as necessary until bleeding stops.

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Cleaning Your Dog's Ears

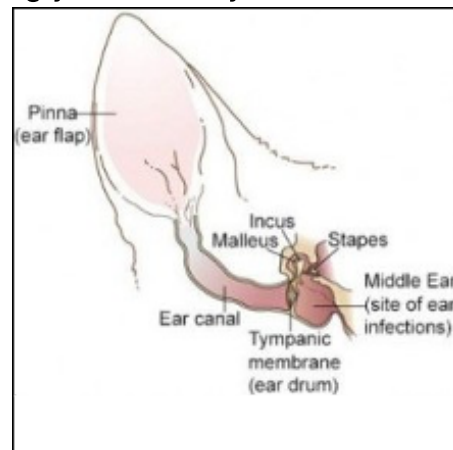
Remember:

- Only use ear treatments that have been recommended by the veterinarian.
- Use cotton to clean the ears. Do not use any tissue or other paper to clean the ear or flap as these are irritants to the skin.
- Never insert cotton swabs/Q-tips into the ear canal. They can push ear debris deeper into the canal and can rupture the eardrum. Only use Q-tips on the ear flap, not in the canal.
- Human ear solutions are not designed for pets, and solutions with alcohol may be irritating.
- Do not put medications in the ears unless a veterinarian has examined the ears first. Some medications should be avoided if the ear drum ruptured.
- If your pet's ears are painful, a muzzle can help calm your pet allowing you to safely handle them at home.

Cleaning the Ear:

Debris in the ear canal is often irritating and can prevent medication from reaching the infection site. Excessive hair in the ear canal may also collect debris and obstruct the flow of medication.

1. Extend the ear flap over the head. Gently instill cleanser into the ear canal.
2. To loosen debris deep in the ear, massage the external ear canal from the base to the external opening.
3. Allow the pet to shake out any excess solution and debris.
4. Continue wiping with cotton balls until the ear is clean and dry.



Structure of the Dog and Cat Ear

****Ear cleanings may irritate already inflamed ears, causing minor bleeding. This is not cause for panic, but it does indicate that the ear needs a break. If you see blood, stop cleaning the ears. for the day and resume on the next scheduled day as directed by your veterinarian.****

Applying Ear Medications:

1. If you need to medicate the ears after cleaning, wait 30 minutes after flushing before applying ear medication. This allows the ear to dry and prevents dilution of the medication.
2. Pull the ear flap over the head, and gently instill medication into the lowest opening of the ear.
3. To help the medication disperse throughout the ear, gently massage the external ear canal.

Understanding Your Dog's Blood Work

Referenced from DVM360.com

Blood tests help us determine your pet's health status and causes of illness accurately, safely, and quickly and let us monitor the progress of medical treatments. Your veterinarian will review blood test results with you and point out any significant abnormal findings. If you have questions, don't hesitate to ask.

Complete Blood Count (CBC)

The most common test, a CBC, gives information on hydration status, anemia, infection, the blood's clotting ability, and the immune system's ability to respond.

- **HCT** (hematocrit) measures the percentage of red blood cells to detect anemia and dehydration.
- **Hb and MCHC** (hemoglobin and mean corpuscular hemoglobin concentration) measure hemoglobin, the oxygen-carrying pigment of red blood cells (corpuscles).
- **WBC** (white blood cell) count classifies & measures the body's immune cells. Increases or decreases indicate certain diseases or infections.
- **EOS** (eosinophils) are a specific type of white blood cells that, if elevated, may indicate allergic or parasitic conditions.
- **PLT** (platelet count) measures cells that help stop bleeding by forming blood clots.
- **RETICS** (reticulocytes) are immature red blood cells. High or low levels help classify anemias.

Serum Chemistry Profile

These common tests evaluate organ function, electrolyte status, hormone levels, and more.

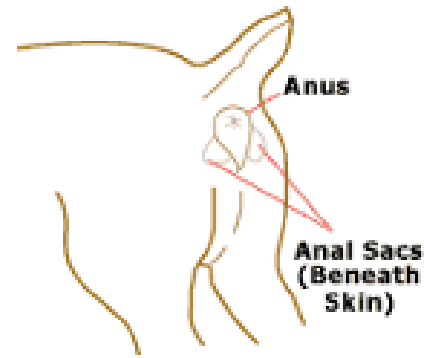
- **ALB (albumin)** is a serum protein that helps evaluate hydration, hemorrhage, and intestinal, liver, and kidney health.
- **ALKP or ALP (alkaline phosphatase)** elevations may indicate liver damage, Cushing's disease, or active bone growth in young pets.
- **ALT (alanine aminotransferase)** is a sensitive indicator of active liver damage but doesn't indicate the cause.
- **AMYL (amylase)** elevations show pancreatitis or kidney disease.
- **AST (aspartate aminotransferase)** increases may indicate liver, heart, or skeletal muscle damage.
- **BUN (blood urea nitrogen)** reflects kidney function. Increased blood levels are referred to as azotemia and can be caused by kidney, liver, and heart disease, urethral obstruction, shock, and dehydration.
- **Ca (calcium)** deviations can indicate a variety of diseases. Tumors, hyperparathyroidism, kidney disease, and low albumin are just a few of the conditions that alter serum calcium.
- **CHOL (cholesterol)** levels are used to supplement diagnosis of hypothyroidism, liver disease, Cushing's disease, and diabetes mellitus.
- **Cl (chloride)** is an electrolyte often lost with vomiting and Addison's disease. Elevations often indicate dehydration.
- **CREA (creatinine)** reflects kidney function. This test helps distinguish between kidney and non-kidney causes of elevated BUN.
- **GGT (gamma-glutamyl transpeptidase)** is an enzyme that, when elevated, indicates liver disease or corticosteroid excess.
- **GLOB (globulin)** is a blood protein that often increases with chronic inflammation and certain disease states.
- **GLU (glucose)** is blood sugar. Elevated levels may indicate diabetes mellitus or stress.
- **K (potassium)** is an electrolyte lost with vomiting, diarrhea, or excessive urination. Increased levels may indicate kidney failure, Addison's disease, dehydration, and urethral obstruction. High levels can lead to cardiac arrest and death.
- **LIP (lipase)** is an enzyme that may indicate pancreatitis when elevated.
- **Na (sodium)** is an electrolyte lost with vomiting, diarrhea, and kidney or Addison's disease.
- **PHOS (phosphorous)** elevations are often associated with kidney disease, hyperthyroidism, and bleeding disorders.
- **TBIL (total bilirubin)** elevations may indicate liver or hemolytic disease. This test helps identify bile duct problems and certain types of anemia.
- **TP (total protein)** indicates hydration status and provides information about the liver, kidneys, and infectious diseases.
- **T4 (thyroxine)** is a thyroid hormone. Decreased levels often signal hypothyroidism in dogs, while high levels indicate hyperthyroidism in cats.

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Anal Glands

Anal glands, or sacs, are located under the skin at approximately 4'o clock and 8 'o clock positions in relation to the anus of cats and dogs. They normally excrete a putrid substance, as stool is passed, for marking and communication purposes. Sometimes animals will also inadvertently express them when they are stressed. The smell is often described as rancid, fishy, or metallic.



Anal gland impactions, infections, and abscesses can occur. Here is how: For various reasons, such as the conformation of the animals, the thickness of the gland's secretions, or the softness of the stool, these glands and their ducts often become clogged, or 'impacted.' When this occurs, the animal will sit down on its rear quarters and drag its anal area across the floor or ground. This is called 'scooting.' Both dogs and cats may do this or lick the anal area excessively which are classic indications that they need their anal glands expressed. Anal gland expression is a very, very common treatment for dogs, especially the smaller breeds.

Anal glands may also become infected and abscess if they do not express themselves on their own or get manually expressed. This is a very painful condition that necessitates medical treatment, warm compresses, antibiotics, and pain medication.

Treatment:

When the glands become impacted or aren't expressing on their own, a veterinarian, technician, or the pet's owner must clean them out, or 'express' them. There are different techniques for this, some should only be done by a veterinarian or veterinary professional. This empties the glands of all material. In some dogs, this needs to be done every week or two but the need of frequency depends on the individual animal. Some dogs only need it done every few months or so. The key is to pay attention, watch for the classic scooting/licking indications and bring your pet in as soon as you notice them doing so. Cats generally need this procedure less often.

Impacted glands do not affect the overall health of the pet. The problem is that pets may injure or severely irritate the anal area when chewing / scooting across the ground, or discharge the secretion on the carpet, floor, or other unwanted place. Again, this material has a terrible odor.

Information taken from: <http://www.peteducation.com/article.cfm?c=1+2122&aid=509>



Giardia

Giardia is a single-celled parasite that can infect your dog or cat's intestines. Animals can contract Giardia at any age but are most susceptible when they are young or immunosuppressed. Giardia is contracted via fecal-oral transmission, meaning that water or other substances contaminated with feces are swallowed.

The most common route of transmission is ingestion of contaminated water, so Giardia can be more easily spread in environments that remain wet or that are populated with wild animals.



Giardia is also commonly seen in pets who have frequent exposure to other animals or who live in close quarters with each other.

Kennels, shelters, boarding facilities and dogs.

Parks are some examples of places Giardia can be more prevalent.

The most common symptoms of Giardia are diarrhea and weight loss. In some cases, pets may exhibit a decrease in appetite and energy as well. It is also entirely possible for pets to give no indications that they have Giardia at all—this is why regular fecal tests are recommended at least once a year.

If your pet is diagnosed with Giardia, your veterinarian will prescribe a safe, effective medication to rid your pet of the parasite. Often this is as easy as mixing a packet of powder into your pet's food for a few days! Ideally, your dog should be bathed on the last day of treatment.

It is important to immediately pick up and throw away feces left by your dog to prevent the spread of Giardia including back to your own pet. Giardia is a zoonotic parasite, which means it can spread from one species to another. While it is uncommon for humans to contract Giardia from a dog or cat, it is possible. To be safe, avoid contact with feces by using gloves, layered bags, or a scooping tool and washing your hands after handling your pet.



Crating Philosophy

Crate training uses a dog's natural instincts as a den animal. A wild dog's den is his home, a place to sleep, hide from danger, and raise a family. The crate becomes your dog's den, an ideal spot to snooze or take refuge during a thunderstorm.

- The primary use for a crate is housetraining. Dogs don't like to soil their dens.
- The crate can limit access to the rest of the house while he learns other rules, like not to chew on furniture.
- Crates are a safe way to transport your dog in the car.

Crating Caution!

A crate isn't a magical solution. If not used correctly, a dog can feel trapped and frustrated.

- Never use the crate as a punishment. Your dog will come to fear it and refuse to enter it.
- Don't leave your dog in the crate too long. A dog that's crated day and night doesn't get enough exercise or human interaction and can become depressed or anxious. You may have to change your schedule, hire a pet sitter, or take your dog to a doggie daycare facility to reduce the amount of time he must spend in his crate every day.
- Puppies under six months of age shouldn't stay in a crate for more than three or four hours at a time. They can't control their bladders and bowels for that long. The same goes for adult dogs that are being housetrained. Physically, they can hold it, but they don't know they're supposed to.
- Crate your dog only until you can trust him not to destroy the house. After that, it should be a place he goes voluntarily.

Selecting a Crate

Several types of crates are available:

- Plastic (often called "flight kennels")
- Fabric on a collapsible, rigid frame
- Collapsible, metal pens

The Crate Training Process

Crate training can take days or weeks, depending on your dog's age, temperament, and past experiences. It's important to keep two things in mind while crate training:

- The crate should always be associated with something pleasant.
- Training should take place in a series of small steps. Don't go too fast.

Step 1: Introduce Your Dog to the Crate

Place the crate in an area of your house where the family spends a lot of time, such as the family room. Put a soft blanket or towel in the crate. Take the door off and let the dog explore the crate at his leisure. Some dogs will be naturally curious and start sleeping in the crate right away. If yours isn't one of them:

- Bring him over to the crate and talk to him in a happy tone of voice. Make sure the crate door is open and secured so that it won't hit your dog and frighten him.
- Encourage your dog to enter the crate by dropping some small food treats nearby, then just inside the door, and finally, all the way inside the crate. If he refuses to go all the way in at first, that's okay; don't force him to enter.
- Continue tossing treats into the crate until your dog walks calmly all the way into the crate to get the food. If he isn't interested in treats, try tossing a favorite toy in the crate. This step may take a few minutes or as long as several days.

Step 2: Feed Your Dog His Meals in the Crate

After introducing your dog to the crate, begin feeding him his regular meals near the crate. This will create a pleasant association with the crate.

- If your dog is readily entering the crate when you begin Step 2, place the food dish all the way at the back of the crate.
- If he remains reluctant to enter the crate, put the dish only as far inside as he will readily go without becoming fearful or anxious. Each time you feed him, place the dish a little further back in the crate.



- Once your dog is standing comfortably in the crate to eat his meal, you can close the door while he's eating. The first time you do this, open the door as soon as he finishes his meal. With each successive feeding, leave the door closed a few minutes longer, until he's staying in the crate for ten minutes or so after eating.
- If he begins to whine to be let out, you may have increased the length of time too quickly. Next time, try leaving him in the crate for a shorter time period. If he does whine or cry in the crate, don't let him out until he stops. Otherwise, he'll learn that the way to get out of the crate is to whine, so he'll keep doing it.

Step 3: Lengthen the Crating Periods

After your dog is eating his regular meals in the crate with no sign of fear or anxiety, you can confine him there for short time periods while you're home.

- Call him over to the crate and give him a treat.
- Give him a command to enter, such as "kennel." Encourage him by pointing to the inside of the crate with a treat in your hand.
- After your dog enters the crate, praise him, give him the treat, and close the door.
- Sit quietly near the crate for five to ten minutes, and then go into another room for a few minutes. Return, sit quietly again for a short time, and then let him out of the crate.
- Repeat this process several times a day, gradually increasing the length of time you leave him in the crate and the length of time you're out of his sight.
- Once your dog will stay quietly in the crate for about 30 minutes with you mostly out of sight, you can begin leaving him crated when you're gone for short time periods and/or letting him sleep there at night. This may take several days or several weeks.

Step 4, Part A: Crate Your Dog When You Leave

After your dog can spend about 30 minutes in the crate without becoming anxious or afraid, you can begin leaving him crated for short periods when you leave the house.

- Put him in the crate using your regular command and a treat. You might also want to leave him with a few safe toys in the crate.
- Vary at what point in your "getting ready to leave" routine you put your dog in the crate. Although he shouldn't be crated for a long time before you leave, you can crate him anywhere from five to 20 minutes prior to leaving.
- Don't make your departures emotional and prolonged—they should be matter of fact. Praise your dog briefly, give him a treat for entering the crate, and then leave quietly.

When you return home, don't reward your dog for excited behavior by responding to him in an excited, enthusiastic way. Keep arrivals low key to avoid increasing his anxiety over when you will return. Continue to crate your dog for short periods from time to time when you're home so he doesn't associate crating with being left alone.

Step 4, Part B: Crate Your Dog at Night

Put your dog in the crate using your regular command and a treat. Initially, it may be a good idea to put the crate in your bedroom or nearby in a hallway, especially if you have a puppy. Puppies often need to go outside to eliminate during the night, and you'll want to be able to hear your puppy when he whines to be let outside.

Older dogs, too, should initially be kept nearby so they don't associate the crate with social isolation.

Once your dog is sleeping comfortably through the night with his crate near you, you can begin to gradually move it to the location you prefer, although time spent with your dog—even sleep time—is a chance to strengthen the bond between you and your pet.

Potential Problems

Whining: If your dog whines or cries while in the crate at night, it may be difficult to decide whether he's whining to be let out of the crate, or whether he needs to be let outside to eliminate. If you've followed the training procedures outlined above, then your dog hasn't been rewarded for whining in the past by being released from his crate. If that is the case, try to ignore the whining. If your dog is just testing you, he'll probably stop whining soon. Yelling at him or pounding on the crate will only make things worse.

If the whining continues after you've ignored him for several minutes, use the phrase he associates with going outside to eliminate. If he responds and becomes excited, take him outside. This should be a trip with a purpose, not play time. If you're convinced that your dog doesn't need to eliminate, the best response is to ignore him until he stops whining. Don't give in; if you do, you'll teach your dog to whine loud and long to get what he wants. If you've progressed gradually through the training steps and haven't done too much too fast, you'll be less likely to encounter this problem. If the problem becomes unmanageable, you may need to start the crate training process over again.



Separation anxiety: Attempting to use the crate as a remedy for separation anxiety won't solve the problem. A crate may prevent your dog from being destructive, but he may injure himself in an attempt to escape from the crate. Separation anxiety problems can only be resolved with counterconditioning and desensitization procedures. You may want to consult a professional animal-behavior specialist for help.

Referenced from: http://www.humanesociety.org/animals/dogs/tips/crate_training.html

