

Animal Medical Center at Fort Sheridan presents

# THE PUPPY PACKET

Tips from the experts



Welcome to Animal Medical Center at Fort Sheridan & congratulations on your new addition! Puppies (and new rescues!) are a great addition to any family. To help you navigate through these early weeks, we have included some useful information in this folder for you to reference.

## BEHAVIOR

### Start training right away

It is important to start training right away. Included in the packet are a few handouts on training and socializing your new puppy. For additional information, we recommend the following books:

Perfect Puppy in 7 days: Starting Your Puppy Off Right By: Sophia Yin 2011  
Decoding Your Dog By: American College of Veterinary Behaviorists 2015

## DIET & TREATS

### Provide the best source of nutrients

Puppies have specific nutritional needs during this time of rapid growth. Included are a few handouts for selecting the best food for your new dog.

Due to an ongoing FDA investigation into heart disease caused by diet, grain-free and exotic meat/ingredient diets are not recommended. Ask us if you have questions about diet selection.

## DENTAL HEALTH

### Repetition is key to healthy teeth

Dental health is a very important part of your pet's overall health. Regular brushing is the single most effective thing you can do to keep teeth healthy. Included in the folder are handouts on dental health and tooth brushing.

## VACCINATIONS

### Routine vaccines

We will discuss a vaccination schedule for the core vaccines (Distemper/Hepatitis/Parvovirus, Rabies). Bordetella, Leptospirosis and Influenza vaccines are recommended for at-risk dogs. We have included handouts about risks of these diseases. Please let us know if you feel your dog is at risk.

## HEARTWORM & FLEA/TICK

### Prevent potential diseases

Heartworm disease is caused by parasitic worms which are spread by mosquitoes. This disease is preventable with a monthly product given year-round. We recommend to start giving preventatives to your pet right away (8 weeks). Heartworm prevention also protects your pet from intestinal parasites every month.

Fleas and ticks are common in this area. It is important to protect your dog against fleas and ticks that can potentially transmit disease. There are different options available that we can discuss.

## SPAY/ NEUTER

### Allow time for growth & development

We will discuss what age we recommend spaying or neutering your pet during your visit.

## MICROCHIP

### Keep your pet safe

A HomeAgain microchip is your pet's permanent ID. A pet microchip—the size of a grain of rice—goes beneath your pet's skin. This permanent ID can never be removed. HomeAgain uses this ID to contact you and reunite you with your pet if your pet should become lost.

## INSURANCE

### Affording unforeseen circumstances

Insurance can help save money on pet care (especially in an unforeseen emergency). A few different insurance companies include:

- Trupanion: 855-210-8749 ([www.trupanion.com](http://www.trupanion.com))
- ASPCA: 888-716-1203 ([www.aspcapetinsurance.com](http://www.aspcapetinsurance.com))
- FIGO: 844-738-3446 ([www.figopetinsurance.com](http://www.figopetinsurance.com))
- Nationwide: 888-899-4874 ([www.petinsurance.com](http://www.petinsurance.com))
- Petplan: 866-467-3875 ([www.gopetplan.com](http://www.gopetplan.com))

## EMERGENCY

### I.C.E

In case of emergency, brochures and information about local emergency clinics are included. We are able to help your pet during times of emergency, however there are times when we are unavailable. These clinics are open 24 hours, seven days a week and 365 days a year.

Blue Pearl: Emergency Veterinary & Specialty Animal Hospital  
820 Frontage Road Northfield, IL  
(847) 564-5775

Buffalo Grove Veterinary Specialty Center  
1515 Busch Parkway Buffalo Grove IL  
(847) 459-7535

A helpful resource for potential toxic substances is the ASPCA Animal Poison Control Center website. If you think your pet may have ingested a potentially poisonous substance, you may call the ASPCA Poison Control Center (888) 426-4435 (\$65 consultation fee may be applied or free with HomeAgain microchip registration).

## We are honored to be trusted in your new dog's care.

You can expect to visit the clinic regularly during the first few months of puppy ownership; usually once every three to four weeks until your puppy is four to six months of age to become fully vaccinated. If you have any questions, please do not hesitate to call.

## Thank you from the AMC Team!

Dr. Jeff Kordell, DVM

Dr. Pat King, DVM

Dr. Hanna Matseshe, DVM

And Staff



ANIMAL MEDICAL CENTER  
AT FORT SHERIDAN

# 10 easy steps to housetrain your dog

You can easily teach your dog to eliminate in an acceptable location by keeping a close eye, recognizing his signals, understanding his instincts, and rewarding his appropriate behavior.

1. Prevent undesirable elimination by not allowing your dog to wander all over the house without supervision *and* by keeping your dog confined in a small area when you can't observe him constantly.
2. When your dog sniffs the ground or circles around, quickly but calmly take him to the desired elimination area. Ideally, don't wait for these behaviors. Take your dog outside regularly as described below.
3. Feed your dog a measured amount of food at the same time every day. When your dog walks away, or after about 10 to 15 minutes, pick up the bowl.
4. Be aware that puppies instinctively desire to eliminate after eating, drinking, playing, resting, sleeping, or being confined. These rules apply to most adult dogs as well.
5. Five to 30 minutes after any of the above activities, take your dog to the selected place for elimination.
6. Use a specific verbal cue that you want your dog to associate with desirable elimination, such as "Go potty" or "Do your business."
7. When your dog begins to eliminate, *quietly* praise him.
8. When your dog is done, praise him enthusiastically, pet him, and reward him with food *immediately*. Don't wait until he heads for the house. If he doesn't eliminate, return him to his confinement area, and take him outside again in about 15 minutes.
9. Reward each time with praise, but as your dog learns, give food rewards intermittently.
10. Remember, it is your responsibility to prevent accidents! Prevention is the key to success, but if someone fails to prevent your dog from having an accident, *don't* scold the dog, and quietly clean up and deodorize the soiled area. Preventing accidents requires that you become aware of how often your puppy needs to eliminate. Young puppies (8 to 10 weeks of age) may need to be taken outside every 30 to 60 minutes.

Information provided by Valarie V. Tynes, DVM, DACVB, P.O. Box 1040, Fort Worth, TX 76101. This client information sheet may be photocopied for distribution by veterinarians to their clients. Written permission is required for any other use.



## Teach your dog to ring a bell

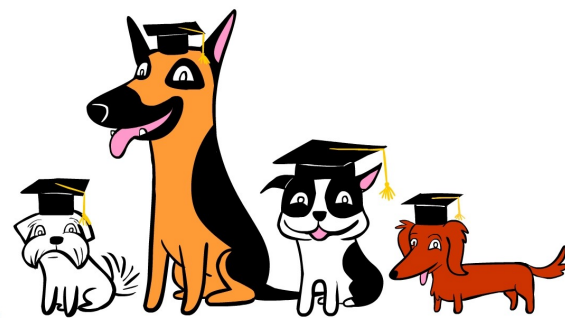
Housetraining some dogs can be especially challenging because they do not learn to clearly signal when they need to eliminate. Teaching a dog to ring a bell when it needs to go outside can be a huge help when housetraining. It takes time but is relatively simple if you follow the following steps:

- Purchase a small bell, and set it near the door through which you usually take your dog out for elimination. Ring the bell immediately before opening the door to go outside with the dog. Your dog should already be leashed so that you can step outside with her as soon as you ring the bell. Do this every time you take your dog outside for several days. Allow your dog to only explore the designated elimination area, otherwise your dog may associate ringing the bell with play time instead.
- Next, suspend the bell at the height of your dog's nose right next to the door. Gently touch the bell to your dog's nose, causing it to ring, every time you take her outside. Repeat this step for several days.
- At this point, depending on how quickly your dog makes associations, she may begin approaching the bell on her own when she needs to eliminate. If she doesn't, smear a little bit of cheese or peanut butter on the bell each time you prepare to go outside, and use this to lure your dog toward the bell. Allow your dog to lick the bell, causing it to ring, and then praise your dog as you take her outside.

Once your dog begins ringing the bell on her own, you must take her outside every time so that she learns that making the bell ring reliably predicts being allowed outside.

# What is Positive Reinforcement Dog Training?

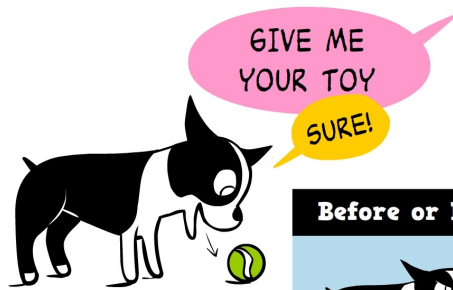
- Teaching dogs desirable behaviors using SCIENCE-based & REWARD-based methods.
- Helping dogs learn and succeed step by step.
- Motivating dogs with fun exercises and games. No force! No pain!
- Encouraging dogs to think more for themselves.
- Valuing dogs' voluntary behaviors.
- Understanding dogs' feelings from their body language.
- Understanding how dogs learn, their needs and wants.
- Using methods that work humanely with ANY dog. Big dogs, small dogs, puppies, senior dogs, disabled dogs, fearful dogs, reactive dogs... can all learn and have fun!



## 1. develop dog's self-control



## 2. develop a trust relationship



## 3. develop dog's self-confidence



## Before or No Training



## Positive Reinforcement Training = HAPPY RELATIONSHIP





# Socializing Your Dog

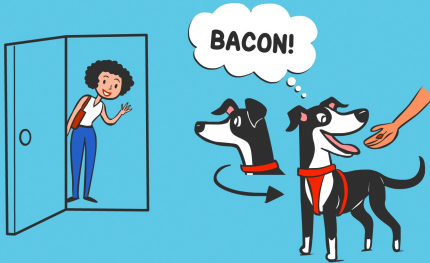
...refers to providing him with POSITIVE experiences with NEW THINGS. The best way to make sure your dog has great experiences is to include things he loves (like food or toys)

## new people

Let your dog approach **at his own pace**, if and when he wants to.



Associate new people with **wonderful things**.



Make sure puppies are **gently & positively exposed** to different people.

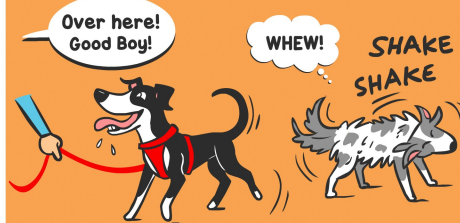


## other animals

**Always check** that the other animal is friendly & tolerant of dogs before you let your dog approach.



**Teach your dog how to act politely around other animals by rewarding him for good behavior.** Redirect him if he's pushy or overly excited.

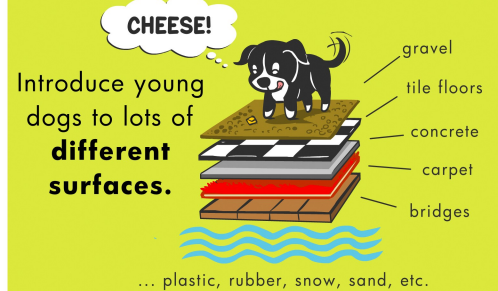


**If your adult dog doesn't want to play with unfamiliar dogs, that's okay.** Adult people don't want to play with every other person we meet either!



## new things & environments

To prevent **noise phobia** (eg, fear of thunder), feed your dog a tiny treat every time the noise happens.



**Take rides** in a boat, train car, or elevator.



**Visit the vet & groomer's** just for treats and petting.

Teach your dog to **enjoy wearing a muzzle** by making it into a "treat basket"



**Avoid truly scary situations**, such as fireworks.

**Visit parking lots and other busy places just to watch** the people, animals, vehicles, etc. and feed your dog treats.



Remember: **EXPOSURE alone isn't socialization!**

If your dog isn't having a great time, you could do more harm than good. Dogs don't just "get over" issues by themselves, so if your dog is shy, worried, or overly excited, leave the situation and work with a professional who can help both of you. If your dog is having a blast and is happy and comfortable, you're doing a great job of socializing him!

## How to Choose a Trainer:

Choosing a dog trainer can be one of the most important decisions that you make in your dog's life. The techniques that a trainer uses can strongly affect how you interact with your dog for years to come. Therefore, it is very important to choose your trainer wisely. Here are some guidelines for choosing a dog trainer. Remember, training should be a fun experience for both you and your dog.

**1. Reward-based training.** There are numerous ways to train dogs. In addition, each animal has his/her own learning style and preferred motivators. AVSAB endorses training methods which allow animals to work for things (e.g., food, play, affection) that motivate them rather than techniques that focus on using fear or pain to punish them for undesirable behaviors. Look for a trainer who uses primarily or only reward-based training with treats, toys, and play. Avoid any trainer who advocates methods of physical force that can harm your pet such as hanging dogs by their collars or hitting them with their hands, feet, or leashes.

Research shows that dogs do not need to be physically punished to learn how to behave, and there are significant risks associated with using punishment (such as inhibiting learning, increasing fear, and/or stimulating aggressive events). Therefore, trainers who routinely use choke collars, pinch collars, shock collars, and other methods of physical punishment as a primary training method should be avoided. Because of its risks, punishment should only be used by a trainer who can fully explain the possible adverse effects (See **AVSAB Punishment Position Statement** on the AVSAB web site) and instruct owners in one-on-one sessions how to perform the techniques correctly.

Punishment should not be used as a general first-line approach; instead trainers using punishment should discuss specifically which situations may call for its use. General use of such punishment assumes that animals always know exactly what humans expect of them and are willfully disobeying. In fact, animals are often disobeying because people have accidentally reinforced the wrong behaviors or have not communicated clearly the appropriate behaviors. No learner wants to be in a situation where they have to constantly be afraid of making a mistake.

**2. Good teacher.** A good instructor should explain what behavior they are training, why it is important, and then demonstrate it. In a class situation, they should provide ample time in class to practice and individually assist students. They should be able to adapt their humane training methods to the individual

dog. Class sizes should be small to ensure individual attention, or assistants should be helping with the classes.

**3. Continual education.** Look for a trainer who demonstrates continual self-education. A conscientious trainer will keep up-to-date with new training theories and methods, and may attend workshops and conferences.

**4. Respectful.** A good trainer should be personable and respectful of both you and your dog. Avoid trainers who recommend using physical force (e.g. alpha rolling, pushing a dog into position, hitting, choke chain or pinch collar correction) or methods/devices that have the potential for harm, as an acceptable way to train. Additionally, avoid trainers who make you feel bad about the speed of progress that your dog is making. (See **AVSAB Punishment Position Statement** on the AVSAB web site)

**5. Observe a class.** Always ask to observe a class before attending. You need to make sure that the teaching style of the instructor will work with how you learn. Also, watch the students and their dogs. Are they having fun or looking stressed? Are dogs' tails up and wagging or down and/or tucked? Are the people talking with their dogs in happy, upbeat voices or are they scolding or even yelling at them? Talk to the current students—are they enjoying the class and feel that their dogs are learning? If a trainer does not allow you to observe a class, ask yourself (and the trainer) why.

**6. Do you feel comfortable?** Ultimately, you should feel comfortable doing whatever it is the trainer asks you to do to your dog. If your trainer ever tells you to do something to your dog that you believe will cause you or your dog undue harm or distress, ask them to explain why they recommend that technique, what the potential drawbacks of the technique are and how these will be addressed should they occur. Alternatively, you could ask for another option.

**7. There are no guarantees.** Because of the variable and often unpredictable nature of behavior, a conscientious trainer cannot and will not guarantee the results of training. However they should be willing to ensure satisfaction of their services.

**8. Vaccinations.** A good instructor will take care to protect the dogs in a class situation. They should have vaccine requirements for the dogs, and should discourage owners from bringing sick dogs to class. Make sure that your veterinarian is comfortable with the trainer's vaccination requirements, especially if the trainer is running puppy classes.

**9. Problem behaviors.** When dealing with problem behaviors, such as biting and fighting, destructiveness, etc. a good trainer should feel comfortable collaborating with your veterinarian and should know when to seek help from other professionals. Many behavioral changes are caused by underlying physical problems, and a proficient trainer may ask you to visit your veterinarian for medical testing. In addition, many behavior problems are actually medical disorders that require diagnosis and treatment by a veterinarian. Your veterinarian may consider adding medication to your pet's behavior modification plan once your pet's situation has been completely assessed. Unless a trainer is a veterinarian, he/she does not have the medical background to recommend specific medications or to assess the possible risks and benefits of using medications in individual animals





## WSAVA Global Nutrition Committee: Recommendations on Selecting Pet Foods

*Factual information must be provided on pet food labels but it is important to be aware that the label is also a promotional tool to attract pet owners. This means that much of the information provided - including the ingredient list and use of unregulated terms such as 'holistic'; 'premium' or 'human grade' - is of little practical value in assisting nutritional assessment. The veterinary team plays a vital role in helping pet owners make informed decisions based on two key pieces of information:*

### **A. The manufacturer's name and contact information. This allows a member of the veterinary team or the pet owner to contact the manufacturer to ask the following questions:**

1. Do you employ a full time qualified nutritionist?  
Appropriate qualifications are either a PhD in animal nutrition or board-certification by the American College of Veterinary Nutrition (ACVN) or the European College of Veterinary Comparative Nutrition (ECVCN). What is this nutritionist's name and qualifications?
2. Who formulates your foods and what are his/her credentials?
3. Are your diets tested using AAFCO feeding trials or by formulation to meet AAFCO nutrient profiles? If the latter, do they meet AAFCO nutrient profiles by formulation or by analysis of the finished product?
4. Where are your foods produced and manufactured?
5. What specific quality control measures do you use to assure the consistency and quality of your ingredients and the end product?
6. Will you provide a complete nutrient analysis for the dog or cat food in question? (Can they provide an average/typical analysis, not just the guaranteed analysis which is only the minimums or maximums and not an exact number)? You should be able to ask for any nutrient - e.g. protein, phosphorus, sodium, etc. - and get an exact number. This should ideally be given on an energy basis (i.e. grams per 100 kilocalories or grams per 1,000 kilocalories), rather than on an 'as fed' or 'dry matter' basis which don't account for the variable energy density of different foods.
7. What is the caloric value per gram, can, or cup of your foods?
8. What kind of product research has been conducted? Are the results published in peer-reviewed journals?

If the manufacturer cannot or will not provide any of this information, owners should be cautious about feeding that brand.

### **B. In some countries, the AAFCO adequacy statement is included on the label. This statement confirms three important facts:**

1. Whether the diet is complete and balanced. All over-the-counter foods should be complete and balanced. If the statement reads 'for intermittent or supplemental use only,' it is not complete and balanced. That may be acceptable if it is a veterinary therapeutic diet and is being used for a specific purpose - e.g. in a case of severe kidney disease - but should be avoided in over-the-counter pet foods.
2. If the food is complete and balanced, what life stage is it intended? AAFCO provides nutrient profiles and feeding trial requirements for growth, reproduction, and adult maintenance, but not for senior/geriatric pets. A food that is formulated to meet the AAFCO profiles for all life stages must meet the minimum nutrient levels for both growth and adult maintenance.
3. If the food is complete and balanced, how did the company determine this? Labels may include one of two statements regarding nutritional adequacy.
  - "[Name] is formulated to meet the nutritional levels established by the AAFCO Dog (or Cat) Food Nutrient Profiles for [life stage(s)]." (Analysis of food.)
  - "Animal feeding tests using AAFCO procedures substantiate [Name] provides complete and balanced nutrition for [life stage(s)]." (Feeding trial evaluation of food.)

Formulated foods are manufactured so the ingredients meet specified levels, either based on the recipe or on analytical testing of the finished product, without testing via feeding trials. While feeding trials help to test for the food's nutritional adequacy, the use of feeding trials does not guarantee that the food provides adequate nutrition under all conditions. It is important to ensure that the criteria in section A also help to ensure that the food is made by a reputable and knowledgeable company with strict quality control measures.





## The Savvy Dog Owner's Guide: Nutrition on the Internet

More than 75% of all American homes have computers and this is both a blessing and a curse. For dog owners, the internet provides vast amounts of information on many subjects. The information, however, is virtually unregulated and its quality ranges from excellent to pure quackery. Deciding which websites are trustworthy can be difficult!

Canine nutrition is a popular topic. There are literally thousands of websites, promoting everything from recipes for raw food and vegetarian diets; advertisements for supplements and holistic foods; recommendations for diets that allegedly prevent or cure disease; 'get-rich quick' pyramid-selling schemes for nutritional supplements and consultation services operated by 'nutritionists.' Many home-made diets are promoted - some which are almost nutritionally balanced; some that are mildly unbalanced and some that are downright dangerous!

All in all, many nutritional myths are perpetuated, many half-truths reinforced and many incorrect facts conveyed. There is, of course, some excellent information - but not nearly as much of it!

### Surfing Tips

So how can you decide what to believe? Here are some recommendations to help you when evaluating the content of websites:

**Discuss information with your veterinarian.** What you read online should enhance what your vet tells you, not replace it. If in doubt, ask him or her to help you evaluate it.

**Research the credentials of the site's author.** Is it a pet owner; a company; a veterinarian; a PhD in animal nutrition or a board-certified veterinary nutritionist? Be careful when a person marketing his or her services claims to be a 'pet nutritionist' or a 'certified nutritionist,' as there is no standardization in training for this. The exception is a veterinary nutritionist who is board-certified by the American College of Veterinary Nutrition (ACVN) or the European College of Veterinary Comparative Nutrition (ECVCN). These are veterinarians who have undergone several years of rigorous post-graduate nutrition training in approved residency programs and who have passed the ACVN or ECVCN's certifying examination.

**Read the website address.** Sites with an address ending in .com are commercial. Those ending in .edu are educational and those ending in .org are nonprofit organizations. Large pet food companies often have high-quality websites with good general nutrition information that is separate from their product information.

**Check the source of the information.** Do the authors simply state that a product 'prevents cancer' or is there a reference to a scientifically-conducted research study? It is easy - though illegal - to make unproven claims for nutritional products but it is much harder to back them up scientifically. If there is a reference, where is it from? Is it from the author's own article or promotional literature or is it from a peer-reviewed veterinary journal? Most products on the internet do not cite studies to back up their claims. Those that do often cite studies on humans or rats which may not be pertinent to dogs.

**Check the timeliness of the information.** Things change quickly in veterinary medicine and especially in the field of nutrition. Many websites are out of date. What was recommended two years ago may not be accepted practice today. A good website will be updated frequently.

**Be wary of anecdotal information.** Descriptions of one person's experience (e.g. 'When my dog was diagnosed with kidney disease I gave him 'GETBETTER' nutritional supplement and now he's cured') can be misleading. While it can be useful to hear about other people's experiences, their positive evaluations do not mean that the actual product or treatment is really beneficial. Always discuss what you've heard with your veterinarian.

**Watch out for rating websites.** Most websites that rank dog foods do so either on opinion or on criteria that do not necessarily ensure a good quality food (e.g. price, ingredients, size of the company). It's important to use more objective criteria (science, quality control) in judging a dog food.

**Be skeptical of grand claims or easy answers to difficult problems.** Remember the old adage: if it sounds too good to be true, it probably is.

If you are a critical web surfer and work with your veterinarian to analyze the information you find, you will reap the benefits of the computer age without experiencing its problems.

Below are the web addresses of some useful, accurate sources of information on nutrition:

## Nutrition Guidelines

- World Small Animal Veterinary Association Nutritional Assessment Guidelines <http://www.wsava.org/educational/global-nutrition-committee>
- American Animal Hospital Association Nutritional Assessment Guidelines <https://www.aahanet.org/Library/NutritionalAsmt.aspx>

## Tools for the Veterinary Healthcare Team

- World Small Animal Veterinary Association Global Nutrition Committee Nutrition Toolkit <http://wsava.org/nutrition-toolkit>
- Pet Nutrition Alliance – information and tools to increase awareness of the importance of optimal pet nutrition <http://www.petnutritionalliance.org>

## Pet Nutrition – General Information for Pet Owners

- National Research Council downloadable booklet: Your Dog's Nutritional Needs <http://dels-old.nas.edu/banr/petdoor.html>

## Pet Food

- Association of American Feed Control Officials: Information on regulations, labeling and other important facts about pet food <http://petfood.aafco.org/>
- FAQs about pet foods [www.tufts.edu/vet/nutrition/faq/general\\_pet\\_nutrition.html](http://www.tufts.edu/vet/nutrition/faq/general_pet_nutrition.html)
- Federal Drug Administration (FDA) Pet Food site: Information, links, food safety issues, recalls, pet food labels, reporting portal <http://www.fda.gov/AnimalVeterinary/Products/AnimalFoodFeeds/PetFood/default.htm>
- Pet Food Institute: Information on ingredient definitions, labeling regulations <http://www.petfoodinstitute.org/Index.cfm?Page=Consumers>
- Pet Food Report: Consumer's Guide to Pet Food [www.petfoodreport.com](http://www.petfoodreport.com)

## Nutrition Consultations

- American College of Veterinary Nutrition: Listing of board-certified veterinary nutritionists who will conduct nutritional consultations for veterinarians and/or pet owners [www.acvn.org](http://www.acvn.org)
- European College of Veterinary and Comparative Nutrition: Board-certified veterinary nutritionists in Europe [www.esvcn.com](http://www.esvcn.com)

## Home-cooked Diets

- American College of Veterinary Nutrition: Listing of board-certified veterinary nutritionists who will formulate nutritionally balanced homemade diet recipes for veterinarians and/or pet owners [www.acvn.org](http://www.acvn.org)
- BalanceIT: Commercial website which offers semi-customized balanced home-cooked diet recipes for pet owners with healthy pets. Veterinarians can customize pre-formulated recipes for animals with medical conditions [www.balanceit.com](http://www.balanceit.com)
- European College of Veterinary and Comparative Nutrition: Board-certified veterinary nutritionists in Europe [www.esvcn.com](http://www.esvcn.com)

## Obesity

- Pet Obesity Prevention: Useful information on assessing pets' body weight, calorie needs, and weight loss tools [www.petobesityprevention.com](http://www.petobesityprevention.com)

## Dietary Supplements

- Consumerlab: Site (with a small subscription fee for use) that independently evaluates dietary supplements (primarily for human supplements but some pet supplements are included) [www.consumerlab.com](http://www.consumerlab.com)
- Food and Drug Administration (FDA): Regulatory and safety issues of dietary supplements, adverse event reporting <http://www.fda.gov/food/DietarySupplements/default.htm>
- Mayo Clinic drugs and supplements information: Fact sheets on human supplements and herbs <http://www.mayoclinic.com/health/drug-information/DrugHerbIndex>
- National Institutes of Health (NIH) Office of Dietary Supplements: Evaluating supplements, fact sheets, safety notices, internet health info <http://ods.od.nih.gov>
- United States Department of Agriculture (USDA) Food and Nutrition Information Center: General supplement and nutrition information, links to a variety of dietary supplement websites [http://fnic.nal.usda.gov/nal\\_display/index.php?info\\_center=4&tax\\_level=1&tax\\_subject=274](http://fnic.nal.usda.gov/nal_display/index.php?info_center=4&tax_level=1&tax_subject=274)
- United States Pharmacopeia Dietary Supplement Verification Program: Independent testing of dietary supplements (human supplements only) <http://www.usp.org/usp-verification-services/usp-verified-dietary-supplements>

## Raw meat diets

- Tufts Cummings School of Veterinary Medicine raw diet fact sheet [http://www.tufts.edu/vet/nutrition/resources/raw\\_meat\\_diets.pdf](http://www.tufts.edu/vet/nutrition/resources/raw_meat_diets.pdf)
- FDA guidance document on safe handling and raw foods <http://www.fda.gov/downloads/AnimalVeterinary/GuidanceComplianceEnforcement/GuidanceforIndustry/UCM052662.pdf>

## Other

- Ohio State Indoor Pet Initiative: Nutrition and other tips for optimizing the indoor pet's environment <http://indoorpet.osu.edu/>
- USDA Nutrient Database: Full nutrient profiles on thousands of human foods <http://www.nal.usda.gov/fnic/foodcomp/search>







## Calorie Needs for an Average Healthy Adult Dog in Ideal Body Condition\*

Weight (kg)	Weight (lb)	Kilocalories/day	Weight (kg)	Weight (lb)	Kilocalories/day
2	4.4	140	26	57.2	970
3	6.6	190	27	59.4	1000
4	8.8	240	28	61.6	1020
5	11	280	29	63.8	1050
6	13.2	320	30	66	1080
7	15.4	360	31	68.2	1100
8	17.6	400	32	70.4	1130
9	19.8	440	33	72.6	1160
10	22	470	34	74.8	1180
11	24.2	510	35	77	1210
12	26.4	540	36	79.2	1240
13	28.6	580	37	81.4	1260
14	30.8	610	38	83.6	1290
15	33	640	39	85.8	1310
16	35.2	670	40	88	1340
17	37.4	700	41	90.2	1360
18	39.6	730	42	92.4	1390
19	41.8	760	43	94.6	1410
20	44	790	44	96.8	1440
21	46.2	820	45	99	1460
22	48.4	850	46	101.2	1480
23	50.6	880	47	103.4	1510
24	52.8	910	48	105.6	1530
25	55	940	49	107.8	1560

**Note:** These recommendations are for guidance only. Dogs are individuals and some may have higher or lower caloric requirements in order to maintain an ideal, trim body condition.

*\*If the dog is overweight, these estimates may be too high and further calorie restriction will be required.*





# Pet obesity: *Get a handle* on health risks

Too many calories and not enough exercise can pack a few pounds on pets—and tipping the scales puts our furry friends at a greater risk of developing health problems. Luckily, many obesity-related diseases can be delayed or prevented by keeping pets in a healthy weight range.

Pets are considered overweight when their weight is 15 percent or more above ideal and obese when their weight is 30 percent or more above ideal. Your veterinarian can assess your pet's body condition and gauge if weight loss is necessary—and work with you to develop a strategy if your pet needs to drop a few pounds.

Here are a few reasons to keep your four-legged family members lean and trim:

- > Excess weight places stress on the joints and can lead to **joint pain**, **arthritis** and **ligament injuries**.
- > Overweight and obese dogs are often at risk of developing **insulin resistance** and **diabetes**. Diabetes has also been associated with obesity in cats.
- > Obesity and a high-fat diet can trigger **pancreatitis**, an inflammatory condition of the pancreas.
- > **High blood pressure** is often seen in animals that are obese or overweight and can lead to other secondary complications, such as kidney and eye diseases.
- > **Respiratory distress** and **exercise intolerance** is commonly seen in pets carrying extra pounds.
- > Overweight and obese dogs and cats typically have **shorter lifespans** than their leaner counterparts.

June 2019

## Animal Medical Center at Fort Sheridan

# Dog Food Causing Heart Disease!!

While heart disease has always been quite common in dogs, it appears that certain dog foods may be increasing dogs' risk for a certain type of heart disease called diet-associated dilated cardiomyopathy (DCM).

**We still have a lot to learn about diet-associated DCM but here is what we do know and what you can do to help protect your dog:**

- 1. It's not just grain-free foods!** The suspected dog foods are called BEG diets – foods made by **BOUTIQUE** companies, diets made with **EXOTIC** ingredients and/or **GRAIN-FREE** diets. The FDA and researchers are looking for the link between BEG diets and DCM. It may be related to ingredients used to replace grains in grain-free diets, such as lentils, potatoes, or chickpeas, or other common ingredients found in BEG diets such as exotic meats (rabbit, lamb, venison, buffalo, kangaroo, etc.), vegetables and/or fruits. There could be nutritional imbalances in BEG diets or ingredients that are toxic to the heart.
- 2. Raw and home-cooked diets are not safe alternatives.** Out of concern, some owners are switching from BEG diets to raw or home-cooked diets. However, DCM has been diagnosed in dogs eating these diets also. Forego the raw or home-cooked diets (and vegetarian and vegan too) and stick with a commercial pet food made by a well-established manufacturer that contains common ingredients, including grains.
- 3. More recent cases of diet-associated DCM are NOT related to low taurine levels.** There is a certain form of DCM related to low taurine levels and can be improved with taurine supplementation. More than 90% of dogs with this newer form of DCM (associated with eating BEG diets) have normal taurine levels. Yet many of these dogs improve when their diets are changed, which suggests something else is playing a role in most cases – either a deficiency of a different nutrient or even a toxicity that may be associated with BEG diets. Giving taurine is **UNLIKELY** to treat or prevent DCM unless your dog has taurine deficiency.

### **If your dog has been diagnosed with diet-associated DCM:**

1. Measure taurine levels. Supplement with taurine until results return (which can take up to 2 weeks).
2. If your dog is eating a BEG diet or other non-traditional diet (vegetarian, vegan, home-cooked, etc.), switch the diet. Change other dogs in the household also!
3. Consider screening your other household dogs for heart disease.
4. Don't feel guilty—none of us were aware of this until just very recently!

### **If your dog is eating a BEG diet but has no symptoms:**

1. It is unlikely that most dogs eating a BEG diet will develop DCM, however, until we better understand why BEG diets are affecting some dogs (and not others) and because DCM is life-threatening, we recommend you switch your dog's diet. Contrary to popular belief, there are no major health benefits of grain-free or exotic ingredient diets except in the case of rare food allergy. ***Continuing a BEG diet and adding taurine will not be effective at reducing your dog's risk of heart disease!***

Please remember to tell us what food your dog is eating - Dr. Kordell, Dr. King, & Dr. Matseshe



# 5 Facts About Heartworm Disease

The American Heartworm Society (AHS) recommends annual heartworm testing and year-round heartworm prevention. Here are five reasons why:

**1 More than a million pets in the U.S. have heartworm disease.** A look at the AHS heartworm incidence map\* reveals that in most veterinary clinics in the U.S., a minimum of 1-5 heartworm cases per clinic were diagnosed in 2013, while numerous regions reported 100 cases per clinic or more. These reports do *not* reflect the status of the millions of dogs and cats that aren't regularly seen by a veterinarian or tested for heartworm.

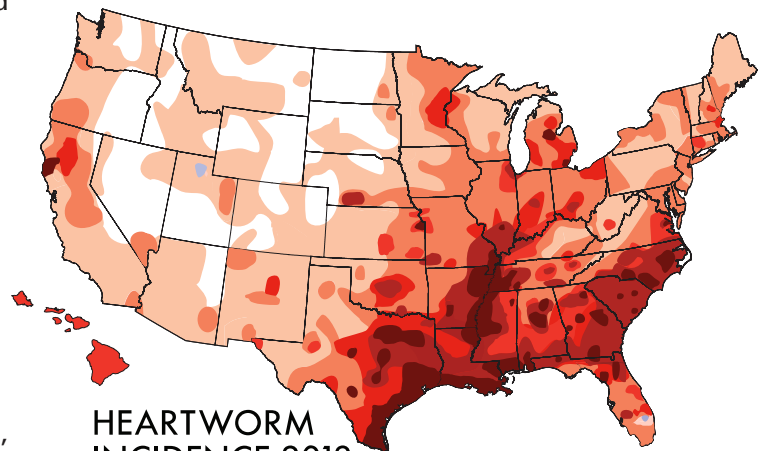
**2 Heartworm disease has been diagnosed in all 50 states.** Heartworms are spread by mosquitoes. While heartworm disease tends to be associated with regions that have warm, humid weather and high counts of pesky bloodsuckers, heartworm infection is widespread in most states of the country, including states like California and Arizona where the disease was once considered rare, thanks to dog mobility and the variety of mosquitoes that carry heartworm.

**3 Both dogs and cats get heartworm disease.** In dogs, adult heartworms that develop from heartworm larvae deposited by mosquitoes cause disease. Cats can also harbor adult heartworms, but it is more common in cats for heartworms to die before reaching maturity. However, even immature worms can cause respiratory disease in cats.

**4 Heartworm disease can be fatal.** Heartworm disease affects the heart, lungs and pulmonary blood vessels of pets and can be fatal to both dogs and cats. Annual testing and monitoring is important, because infected dogs can be successfully treated, and the earlier the better. There are no approved treatments for cats, but supportive care can help manage complications.

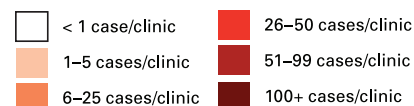
**5 Prevention is safe, effective and cost-effective.** The American Heartworm Society recommends year-round prevention for dogs and cats in the U.S., even in regions that experience cold winters. Heartworm preventives work retroactively, so an animal that acquires an infection one month must be given heartworm preventives in the months that follow to be protected. And with unpredictable weather patterns and the ability of hardy mosquitoes to survive in protected areas—as well as indoors—it's difficult to predict when heartworms aren't in season.

Fortunately, heartworm prevention is highly effective when given faithfully, and the year-round cost of preventing the disease in dogs is a small fraction of the cost of heartworm treatment.



**HEARTWORM INCIDENCE 2013**

Average number of cases per reporting clinic



© American Heartworm Society

The severity of heartworm incidence as shown in this map is based on the average number of cases in dogs and cats from reporting clinics in 2013. Some remote regions of the United States lack veterinary clinics; therefore, we have no reported cases in these areas.

\*The 2013 American Heartworm Society Heartworm Data is based on a survey of heartworm testing results from more than 4,500 veterinary clinics and shelters across the U.S.



# Some questions to consider when choosing medical insurance for your pet.



## COVERAGE



1. Are there exclusions or limitations by breed?
2. Is there one simple plan or multiple plans with varying coverage limits? What are the policy limits for each plan offered? Are they per year, per condition, for the life of the pet?
3. Are hereditary and congenital conditions covered? If so, are there limits on coverage?
4. Does coverage change when visiting a specialist or emergency hospital?
5. Is dental coverage included? Does it include disease or just accidents?
6. Are all prescription drugs, supplements, and nutraceuticals covered? How about prescription food?
7. Is there a coverage option for rehab or alternative therapies? What are the limits?
8. Is wellness care (vaccines, flea, and heartworm prevention) an option or mandatory with the policy? Are wellness treatments dictated by a benefit schedule or can your veterinarian determine proper care? Are there limits?
9. Does coverage change if enrolling an adult or senior pet?



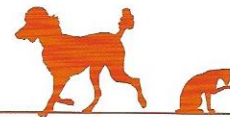
## CLAIMS



1. Does the provider offer direct payments to veterinary hospitals at checkout?
2. If there are no direct payment options, what is the average time to receive reimbursements?
3. Does the provider offer pre-approval to ensure coverage?
4. What is needed to send in a claim? How long does it take to process?
5. What are the customer service hours? Can you reach a representative after hours or during holidays if a condition is life threatening?



## GENERAL



1. What are the waiting periods when you enroll? Are they longer for orthopedic, hereditary, or congenital conditions?
2. How does the deductible work? Per condition, per year, per body part, or per condition and per year?
3. How flexible are your deductible options? Are you given specific amounts, or can you adjust to best fit your budget? Can you change the deductible without affecting coverage?
4. Can a previously covered condition become pre-existing upon policy renewal or if you change the limit or the deductible?
5. Are there penalties for making changes to your policy?
6. Are premium increases on a predetermined schedule?
7. Are there additional fees to pay your premium monthly?
8. Is there a minimum or maximum age for coverage?
9. Is there a usual and customary charges clause or does the company pay from the invoice?
10. Can your policy be canceled for any reason other than non-payment?



## Periodontal Disease in Pets

Periodontal disease is the most common dental condition in dogs and cats – by the time your pet is 3 years old, he or she will very likely have some early evidence of periodontal disease, which will worsen as your pet grows older if effective preventive measures aren't taken. Early detection and treatment are critical, because advanced periodontal disease can cause severe problems and pain for your pet.

Periodontal disease doesn't just affect your pet's mouth. Other health problems found in association with periodontal disease include kidney, liver, and heart muscle changes.

It starts with plaque that hardens into tartar. Tartar above the gumline can often easily be seen and removed, but plaque and tartar below the gumline is damaging and sets the stage for infection and damage to the jawbone and the tissues that connect the tooth to the jaw bone. Periodontal disease is graded on a scale of 0 (normal) to 4 (severe).

The treatment of periodontal disease involves a thorough dental cleaning and x-rays may be needed to determine the severity of the disease. Your veterinarian or a board-certified veterinary dentist will make recommendations based on your pet's overall health and the health of your pet's teeth, and provide you with options to consider.



Stage 1



Stage 2 & 3



Stage 4

### Stage 1 Periodontal Disease

In stage 1 periodontal disease, there is visible tartar buildup on the teeth and slight swelling and redness of the gums.

### Stage 2 and 3 Periodontal Disease

In stage 2 periodontal disease, the gums are more swollen and there can be mild loss of bone around the tooth roots (only visible on x-rays). Stage 3 periodontal disease might not look much different from stage 2 based on looking at the teeth, but x-rays show more severe bone loss.

### Stage 4 Periodontal Disease

Stage 4 periodontal disease is the most severe type, with severe tartar accumulation, receded gum lines, tooth damage, and bone loss.

## What can I do at home for my pet's oral health?

Prevention of the most common oral disease in pets consists of frequent removal of the dental plaque and tartar that forms on teeth that are not kept clean. Regularly brushing your pet's teeth is the single most effective thing you can do to keep their teeth healthy between dental cleanings, and may reduce the frequency or even eliminate the need for periodic dental cleaning by your veterinarian. Daily brushing is best, but it's not always possible and brushing several times a week can be effective. Most dogs accept brushing, but cats can be a bit more resistant – patience and training are important.

There are many pet products marketed with claims that they improve dental health, but not all of them are effective. Talk with your veterinarian about any dental products, treats, or dental-specific diets you're considering for your pet, or ask your veterinarian for their recommendation.



For more information, visit,  
American Veterinary Medical Association

[avma.org](http://avma.org)

American Veterinary Dental College

[avdc.org](http://avdc.org)

Dental Images used with permission © AVDC



American Veterinary Medical Association  
1931 North Meacham Road, Suite 100  
Schaumburg, Illinois 60173 - 4360  
Phone: 847.925.8070 • Fax: 847.285.1329  
[www.avma.org](http://www.avma.org) • [AVMAinfo@avma.org](mailto:AVMAinfo@avma.org)

# Pet Dental Care



Brought to you by the  
*American Veterinary Medical Association*

Dental health is a very important part of your pet's overall health, and dental problems can cause, or be caused by, other health problems. Your pet's teeth and gums should be checked at least once a year by your veterinarian to check for early signs of a problem and to keep your pet's mouth healthy.

### What is veterinary dentistry, and who should perform it?

Veterinary dentistry includes the cleaning, adjustment, filing, extraction, or repair of your pets' teeth and all other aspects of oral health care. These procedures should be performed by a veterinarian or a board-certified veterinary dentist. Subject to state or provincial regulation, veterinary technicians are allowed to perform certain dental procedures under the supervision of a veterinarian.

The process begins with an oral exam of your pet's mouth by a veterinarian. Radiographs (x-rays) may be needed to evaluate the health of the jaw and the tooth roots below the gumline. Because most dental disease occurs below the gumline, where you can't see it, a thorough dental cleaning and evaluation are performed under anesthesia. Dental cleaning includes scaling (to remove dental plaque and tartar) and polishing, similar to the process used on your own teeth during your regular dental cleanings.



### Before and After Dental Cleaning



**Before veterinary dental cleaning:** Notice the red, swollen gums as well as the build up of tartar and calculus on the tooth.



**After cleaning:** Notice the much better condition of the gums as well as the cleaner tooth.

### What are the causes of dental problems in pets?

Although cavities are less common in pets than in people, they can have many of the same dental problems that people can develop:

- broken teeth and roots
- periodontal disease
- abscesses or infected teeth
- cysts or tumors in the mouth
- malocclusion, or misalignment of the teeth and bite
- broken (fractured) jaw
- palate defects (such as cleft palate)

### Oral health in dogs and cats

Your pet's teeth should be checked at least once a year by your veterinarian for early signs of a problem and to keep your pet's mouth healthy.

Have your pet's teeth checked sooner if you observe any of the following problems:

- bad breath
- broken or loose teeth
- teeth that are discolored or covered in tartar
- abnormal chewing, drooling, or dropping food from the mouth
- reduced appetite or refusal to eat
- pain in or around the mouth
- bleeding from the mouth
- swelling in the areas surrounding the mouth

Some pets become irritable when they have dental problems, and any changes in your pet's behavior should prompt a visit to your veterinarian. Always be careful when evaluating your pet's mouth, because a painful animal may bite.

### Why does dentistry require anesthesia?

When you go to the dentist, you know that what's being done is meant to help you and keep your mouth healthy. Your dentist uses techniques to minimize pain and discomfort and can ask you how you are feeling, so you accept the procedures and do your best to keep still. Your pet does not understand the benefit of dental procedures, and he or she reacts by moving, trying to escape, or even biting.



Anesthesia makes it possible to perform the dental procedures with less stress and pain for your pet. In addition, anesthesia allows for a better cleaning because your pet is not moving around and risking injury from the dental equipment. If radiographs (x-rays) are needed, your pet needs to be very still in order to get good images, and this is unlikely without heavy sedation or anesthesia.

Although anesthesia will always have risks, it is safer now than ever and continues to improve so that the risks are very low and are far outweighed by the benefits. Most pets can go home the same day of the procedure, although they might seem a little groggy for the rest of the day.



The AVMA, American Animal Hospital Association, and American Veterinary Dental College do not recommend dental cleanings without anesthesia because they do not allow cleaning or inspection below the gumline, where most dental disease occurs, and can result in injury to the pet or the person performing the procedure.





## Information from your veterinarian

# How to brush your pet's teeth

Just like in humans, dental care is an important part of your pet's overall health.

Here's a step-by-step guide to keeping those chompers sparkling white at home.

**1 Start brushing your pet's teeth early**—8 to 12 weeks old is best. If you brush every day, your pet will become familiar with the routine when their permanent teeth erupt. Please note: You may need to stop brushing while your pet loses her baby teeth. Her mouth will be a bit sore and handling may cause more pain. Continue once all permanent teeth come in.

**2 Work with your pet's mouth.** Be patient and make it fun. Use love and praise, and try to practice at the same time each day to establish a routine. Choose a quiet time, such as late in the evening. Or, if your pet is highly motivated by food, try just before dinner so she'll be rewarded for her cooperation.



**3 Handle your pet's muzzle and touch her lips.** Work up to rubbing the teeth and gums with your finger. Put a few drops of water flavored

with low-sodium chicken or beef bouillon for dogs and tuna juice for cats in your pet's mouth and she'll begin to look forward to these sessions.



**4 Rub the teeth gently with a bouillon- or tuna-flavored washcloth or a piece of gauze wrapped around the end of your finger.**



**5 Finally, use a finger brush or a soft veterinary or human toothbrush to brush the teeth using the bouillon water or tuna juice.** Hold the brush at a 45-degree angle to the tooth and brush gently back and forth or in a circular pattern from gum to tip. Brushing the tongue side of the teeth is less critical, but still good. Offer rewards and treats when your pet allows you to brush.

**6 Consider other dental aids.** A large selection of veterinary toothpastes, oral rinses, and gels are available to you. Our veterinary team can help you select the right one for you and your pet. These products all enhance your home care program, but daily brushing is best. Avoid human toothpaste because fluoride and detergents can be harmful if swallowed. Hydrogen peroxide can be harsh on the gums and shouldn't be swallowed either. Baking soda has a high sodium content and should be avoided in older pets.

**7 Pick kibble and rubber chew toys that will help keep the teeth clean.** Avoid natural bones, which are hard enough to fracture teeth. Our veterinary team can recommend a complete and balanced professional diet to use at feeding time and as a treat.

# ALCOHOL



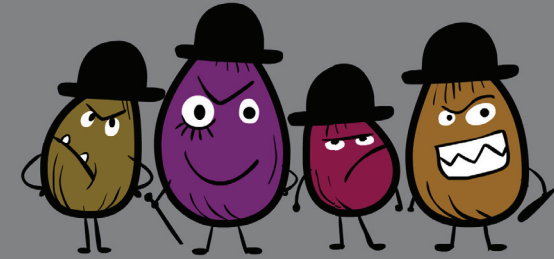
COMA  
DEATH  
INTOXICATION

# AVOCADO



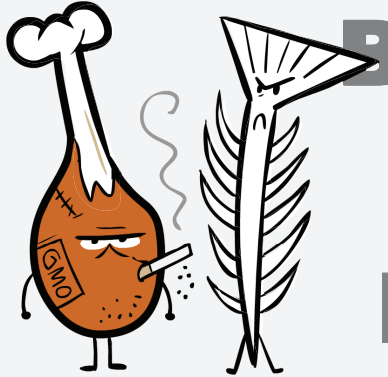
CONTAINS PERSIN:  
VOMITING  
DIARRHEA

# RAISINS CURRANTS



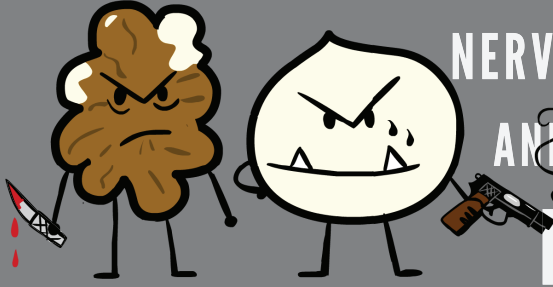
KIDNEY  
FAILURE

# COOKED BONES



STOMACH  
LACERATIONS

# WALNUTS MACADAMIAS



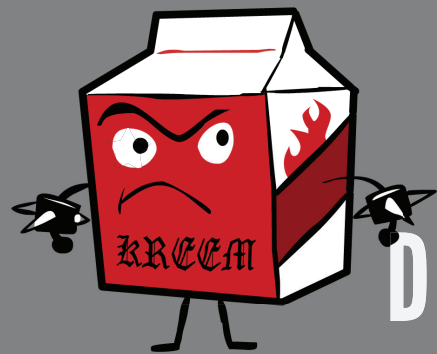
NERVOUS SYSTEM  
AND MUSCLE  
DAMAGE

# ONIONS GARLIC



BLOOD CELL  
DAMAGE  
ANEMIA

# DAIRY



TOO MUCH:  
DIARRHEA

*the world's*

MOST

# DANGEROUS

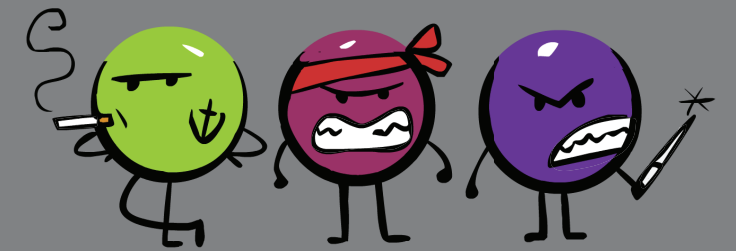


# FOODS

FOR DOGS

©LILI CHIN & THE LABS & CO.

# GRAPES



KIDNEY FAILURE

# MUSHROOMS



SOME VARIETIES:  
SHOCK  
DEATH

# FATTY FOODS



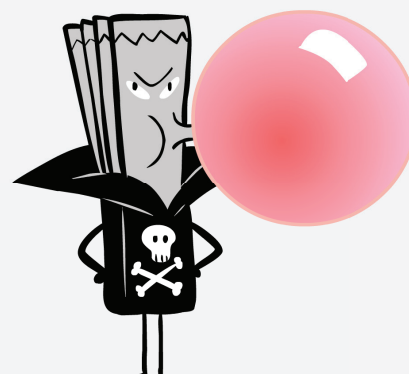
TOO MUCH:  
PANCREATITIS

# CAFFEINE



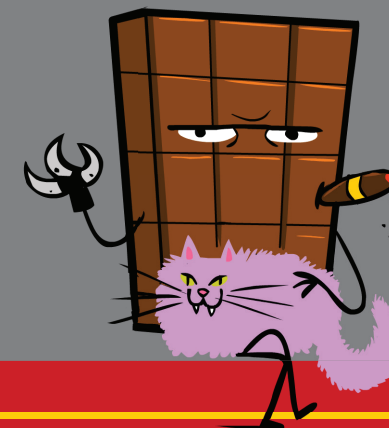
VOMITING  
DIARRHEA  
TOXIC TO HEART & NERVOUS SYSTEM

# XYLITOL



(GUM, CANDY ETC.)  
LIVER FAILURE  
HYPOGLYCEMIA  
DEATH

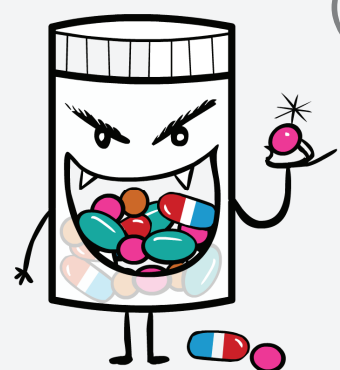
# CHOCOLATE



TOXIC TO HEART  
& NERVOUS  
SYSTEM  
DEATH

# MEDICATIONS

(TYLENOL, ADVIL ETC.)



KIDNEY  
FAILURE  
GI ULCERS

If you think your dog ate something dangerous,

CALL YOUR VET or:

ASPCA POISON CONTROL HOTLINE (888) 426-4435

NATIONAL PET POISON HELPLINE (800) 213-6680

illustration by LILI CHIN | layout by THE LABS & CO.

DOGGIEDRAWINGS.NET | THELABSAND.CO



# The DO's and DON'T's of Heartworm Protection



Knowledge and proper care keep dogs heartworm-free.



**DO have your veterinarian test your dog each year for heartworm infection.** It takes roughly 6 months for an infection to be detected with a standard heartworm test, so if your dog becomes infected, this schedule helps ensure early diagnosis and treatment.

**DO give your dog his or her heartworm preventive on time, every time.** Whether you give a monthly pill or spot-on medication—or you visit your veterinarian for a semi-annual injection—being consistent is essential. Not only is your dog protected, but you stay in the prevention habit.

**DO make sure the product you rely on actually is a heartworm preventive.** With so many parasite protection products on the market, it's easy to get confused. Far too many people assume their flea and tick product is protecting their dog from heartworms when it isn't.



**DON'T skip testing just because your dog is on year-round heartworm prevention.** While this will likely keep him or her heartworm-free, if you miss a dose, are late with it—or your dog spits out or rubs off the medication—it could create an infection opportunity.

**DON'T stop prevention just because you haven't seen a mosquito lately.** Heartworm preventives work retroactively, eliminating new infections that were transmitted months earlier. Rather than guessing at when it might be "safe," keep your pet on prevention year-round.

**DON'T forget that many heartworm pills and spot-on products protect against other parasites.** Some protect pets from intestinal worms; others also protect against fleas and certain ticks and mites. Talk to your veterinarian about what product offers the protection your dog needs.

**Think 12. Show your love for your pets by giving them 12 months of heartworm prevention and having them tested for heartworm every 12 months.**



AMERICAN  
HEARTWORM  
SOCIETY™  
EST. 1974

[www.heartwormsociety.org](http://www.heartwormsociety.org)

