

# Welcome to the Family

## Canine Educational Packet





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## **WELCOME TO CEDAR GROVE VETERINARY CLINIC**

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Cedar Grove Veterinary Services is committed to the highest quality of care and personalized attention to all our patients. We have our own assortment of pets and undergo the same experiences of being a responsible pet caregiver as our clients. These shared experiences help us make our clients' journey through these moments as satisfying as possible.

When difficult cases present themselves, the Doctors of Cedar Grove Veterinary Clinic work together and consult one another to provide our clients with the best options available. We strive to fulfill our clients' and their pets' needs with the best health care possible. If the need for even more experienced care and treatment is necessary, we gladly refer our patients to local veterinary referral centers.

Companion animals (dogs, cats, ferrets, rabbits, and pocket pets) are treated by Drs. Baker and Dommer. In addition to serving the companion animals all four doctors as well as Drs. Pionek, Reilly and Wimmeler serve the agricultural community, treating a variety of animals - dairy, beef, pigs, sheep, goats, and llama's.



Dr. Robin Baker



Dr. Diane Dommer



Dr. Lindley Reilly



Dr. Dana Pionek



Dr. Collin Wimmeler

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# WELCOME TO CEDAR GROVE VETERINARY CLINIC

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## Clinic Information

Address 23 Hwy. RR  
Cedar Grove, WI 53013  
Phone Number (920) 668-6212  
Fax Number (920) 668-8716  
E-Mail [info@cgvet.com](mailto:info@cgvet.com)  
Internet [www.cgvet.com](http://www.cgvet.com) or   
Pet Portal [www.petly.com](http://www.petly.com)

Hours of Operation	
Monday	8:00 am – 6:00 pm
Tuesday	8:00 am – 6:00 pm
Wednesday	8:00 am – 6:00 pm
Thursday	8:00 am – 5:00 pm
Friday	8:00 am – 5:00 pm
Saturday	8:00 am – 1:00 pm
Sunday	Closed

## Emergencies

### For Daytime Emergencies

Please call the clinic at **920-668-6212** so that we may be prepared for your pet's situation and initiate immediate therapy if needed.

### For After-Hours Emergencies

Please call the clinic at **920-668-6212**. The doctors may be busy with another emergency so please leave your name, contact number, and type of emergency when directed.

The doctors will then return your call as soon as possible.

If you feel that your pet requires immediate care please seek services at an Emergency Clinic such as Blue Pearl Specialty and Emergency Pet Hospital or Wisconsin Veterinary Referral Center – Waukesha.

**Blue Pearl Specialty and Emergency Pet Hospital - Glendale**  
(414) 540-6710

<https://bluepearlvet.com/hospital/glendale-wi/>

**Blue Pearl Specialty and Emergency Pet Hospital – Fox Valley Appleton**  
(920) 993-9193

<https://bluepearlvet.com/hospital/fox-valley-wi/>

**Wisconsin Veterinary Referral Center – Waukesha**  
(262) 542-3241

<https://wvrcwaukesha.ethosvet.com>

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## HOUSETRAINING

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As with most things in life, there is the hard way and the easy way to get things done. Using ample amounts of supervision and positive reinforcement is the easy way to housetrain your puppy.

### Crate Training

Training a puppy to be comfortable in a crate is a popular way to provide safe confinement during housetraining. The majority of puppies will rapidly accept crate confinement when you make the introduction fun. Since it is important to associate favorable things with the area where your puppy is confined, it is a good idea to play with him/her there or simply spend some time reading or watching television nearby as he/she relaxes with a favorite chew toy.

Make the crate a pleasant place for you pup. Give the command “crate” or “kennel up” at the same time as you place a treat within the crate and the puppy kennel.



When you pick up the toys, store them in the crate so he/she will enter on his/her own to play. You may even want to occasionally hide a biscuit in the crate for a nice surprise.

You should not use the crate for periods that exceed the length of time your pet can actually control the urge to urinate or defecate. The pup’s natural desire not to eliminate in the crate will force the animal to give you signals that he/she has to go outside. Be observant of these signals (i.e. crying, whining, barking, scratching at crate floor, etc.). So you may take the pup outside and reward him/her for eliminating outside. If you are gone for long periods each day, you will need to provide a larger confinement area. You may want to consider using an exercise pen or small room. Provide an area large enough so that if your puppy has to eliminate when you are gone, he/she can do it in a space that is separate from the sleeping area. A 15-30 square foot area is adequate for most puppies. If he/she chooses a specific place to eliminate, cover it with paper to make cleanup easier.





**Timing is Important!**

A six to eight week old puppy should be taken outdoors every one to three hours. Older puppies can generally wait longer between outings. Most puppies should be taken out:

- After waking in the morning
- After naps
- After meals
- After playing or training
- After being left alone
- Immediately before being put to bed



**Starting Off on the Right Track**

The first course of action in housetraining is to produce the desired behavior. You need to:



- ✓ Designate an appropriate elimination area outdoors
- ✓ Frequently guide your dog to the elimination area to do his/her business
- ✓ Heartily praise him/her when they go

By occasionally giving a food reward immediately after your dog finishes, you can encourage him/her to eliminate in the desired area. The odor left in that area from previous visits will quickly mark it as the place for the pup to do his/her business.

**Eliminating on Command**

To avoid spending a lot of time waiting for you puppy to get the job done, you may want to teach him/her to eliminate on command. Each time he/she is in the act of eliminating, simply repeat a unique command, such as “hurry up” or “potty”, in an upbeat tone of voice. After a few weeks of training, you will notice that when you say the command your puppy will begin pre-elimination sniffing, circling, and then eliminate shortly after the command. Be sure to praise your puppy for his/her accomplishments.



**Feeding Schedules**

Most puppies will eliminate within an hour of eating. Once you take control of your puppy’s feeding schedule, you will have some control over when they need to eliminate.

- Schedule your puppy’s dinner times so that you will be available to let him/her out after eating
- Avoid giving your puppy a large meal just prior to confining him/her or he/she may have to eliminate when you are not around to take them out



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**Client Information Series**

- Schedule feedings two to three times daily on a consistent schedule
- Have food available for only 10-20 minutes then remove it
- The last feeding of the day should be completed several hours before he/she is confined for the night

By controlling the feeding schedule, exercise sessions, confinement periods, and trips outdoors to the elimination area, your puppy will quickly develop a reliable schedule for eliminating.

**Expect Some Mistakes**

Left on his/her own, the untrained puppy is very likely to make mistakes. Close supervision is a very important part of training. Do not consider your puppy housetrained until he/she has gone at least four consecutive weeks without eliminating in the house. For older dogs, this period should be even longer. Until then:

- Your puppy should constantly be within eyesight
- Baby gates can be helpful to control movement throughout the house and to aid in supervision

When you are away from home, sleeping, or if you are just too busy to closely monitor your pet's activities, confine him/her to a small, safe area in the home.

**Practice Patience**

- When your puppy does have an accident, quickly take him/her outdoors so that he/she can finish in the appropriate area and be praised. Do not continue to scold or correct your puppy after he/she has stopped.
- Never rub your dog's nose in the mess. There is no way that this will help training and it may actually make him/her afraid of you.

**Don't Make Things Worse**

It is a rare dog or puppy that can be housetrained without making an occasional mess, so you need to be ready to handle the inevitable problems.

- Do not rely on harsh punishment to correct mistakes. This approach usually does not work and may actually delay training.
  - An appropriate correction consists of simply providing a moderate, startling distraction. You should only do this when you see your dog in the act of eliminating in the wrong place.
  - A sharp noise, such as a loud "NO" or a quick stomp on the floor, is all that is usually needed to stop the behavior. Just do not be harsh or your pet may learn to avoid eliminating in front of you, even outdoors.



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**Direct Them Away From Problem Areas**

Urine and fecal odors should be thoroughly removed to keep your dog from returning to areas of the home where he/she had made a mess.

- Be sure to use a good commercial product manufactured specifically to clean- up doggy odors. Follow the manufacturer’s recommendations for usage.
- If the carpet has been soaked with urine, be sure to saturate it with the clean up product and not merely spray the surface.
- Rooms in the home where your dog has had frequent mistakes should be closed off for several months. He/she should only be allowed to enter when accompanied by a family member.

**Nervous Wetting**

If your puppy squats and urinates when it greets you, you may have a problem called submissive urination. Dogs and puppies that urinate during greetings are very sensitive and should never be scolded when they do this since punishment inevitably makes the problem worse.

Most young puppies will grow out of this behavior if you are calm, quiet, and avoid reaching toward the head during greetings. Another helpful approach is to calmly ask your dog to sit for a very tasty treat each time someone greets them.

**SUCCESS!**

The basic principles of house training are pretty simple, but patience is required. The most challenging part is keeping an eye on your active dog or puppy. If you maintain control,



take your dog outside frequently, and consistently praise the desirable behavior, you should soon have a housetrained canine companion.

We are here to foster the best bond between you and your pet.  
Call us if you have any question or concerns. We are here to help!

✂

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## **HOUSETRAINING TIPS**

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1. Every one to two hours, take the puppy outside. Puppies have high metabolisms and small bladders, which means that they make a lot of urine quickly and cannot hold urine long.
2. When the puppy is out, let it sniff a bit. Try not to pull the puppy away from what it is sniffing and keep walking. Sniffing is an important part of the elimination sequence in dogs.
3. If the puppy is just constantly plowing ahead sniffing, consider stopping and walking quickly back and forth. This movement simulates normal dog elimination precursor behavior. Praise when the puppy eliminates.
4. Use a fixed-length short lead so you can quickly encourage the puppy and respond to the puppy's cues. Rewards may help encourage the association between squatting on the desired surface (for example: grass) and good experiences.
5. Regardless of the frequency of walks, take the puppy out 15 to 45 minutes after each feeding. This is the time range for eating to stimulate intestines to move feces. Do this after all meals, as well as biscuits and rawhides, both of which will stimulate elimination.
6. Watch for behaviors such as whining, pacing, circling, sudden stopping of another behavior; that tell you the puppy may be ready to eliminate. If you pick up the puppy and leaking occurs, or the act of picking up the puppy stimulates a leak, get a cloth and clamp it to the puppy's genitals. This will help to stimulate the puppy to associate inhibition of elimination with those muscle groups. Don't punish leaks. Praise the puppy when it squats and immediately after it's finished.
7. Take the puppy out immediately after any play and naps or if the puppy awakens at night.
8. Prepare for the first walk of the day by having your street clothes on before you approach a crated puppy. Puppies that have waited through the night cannot wait long once you are awake.
9. Watch the puppy in between walks - puppies often get caught short, especially if they encounter and play with a water dish, or they become very focused or distracted. Any puppy that is moving around and suddenly stops needs to eliminate. You can make monitoring easier by putting a bell on the dog's collar. Anytime the puppy's bell stops, take the puppy outside immediately.

If you have an older dog that's housetrained, take that dog with you when you take the puppy outside. Dogs learn extremely well by observing, and this may speed the process.

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## PUPPY AND KITTEN VACCINATIONS

### Why do puppies and kittens need so many vaccines?

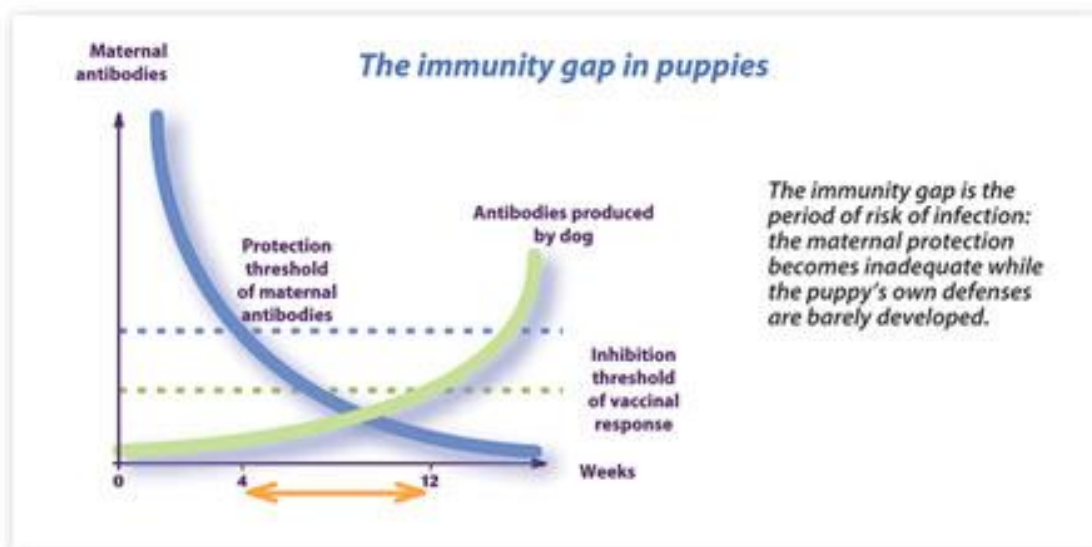
Puppies and kittens are born with an immature immune system, leaving them open to infections and diseases.

Colostrum milk from the mother is filled with protective antibodies, which fight off these infections and diseases, but also fights off vaccines that are given by the veterinarian.

These protective antibodies last up to 12 – 16 weeks of age in most animals but in some individuals they last a shorter amount of time.

Since we don't know which puppies or kittens will lose their protective antibodies early we recommend vaccinating all puppies and kittens every 3 – 4 weeks starting at 6 – 11 weeks of age. The last vaccine of the series should be given after 16 weeks of age.

This vaccination series helps to insure the best protection for your puppy and kitten.



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## **WELLNESS CARE AND VACCINES FOR PETS**

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The saying an ounce of prevention goes a long way is very true. In the long run it will be much better to prevent disease than treat; preventative medicine and wellness care can give your pet a longer, happier and healthier life.

Yearly wellness exams allow your pets' doctor to detect issues or the early stages of diseases. A yearly wellness exam consists of a complete physical where the doctor checks your pets' eyes, ears, teeth, heart, lungs and body conditioning. Also recommended in the wellness are yearly fecal examinations and blood tests for parasites and infections. For older animals we recommend doing more inclusive blood work which would allow the doctor to detect diseases earlier.

Along with yearly wellness exams come vaccines. To determine the best vaccine regimen for your pet we will discuss the type of life style your pet has and make recommendations based on that. Keeping your pet up to date on their vaccines can also protect your pet and keep them healthier longer.

Our goal is to keep your pets happy and healthy for as long as possible and wellness exams, vaccines and preventative medicine can help.



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## CORE VACCINATIONS FOR DOGS

### What are core vaccines?

Core vaccines are vaccines that all dogs should receive to ensure their overall health and well-being. In the case of the Rabies vaccine, it is required by law that all dogs have a Rabies vaccine. The DHPP vaccine is an annual vaccine. There is a three year version available however it is DHP vaccine as the parainfluenza portion of the vaccine is only good for a year. We typically like to give the annual vaccine until your dog is at least 2 years of age and can then switch to the three year vaccine if it is appropriate based on your dog's life style. The Rabies vaccine is good for one year the first time your dog receives the vaccine. The second time and every time your dog receives the vaccine after that it is given it is good for three years if administered timely. If the vaccine is overdue, then by state law it reverts to a one year duration.

### Viral Diseases

#### DHPP (Distemper, hepatitis, parvovirus, parainfluenza)

The DHPP vaccine is the first vaccination your puppy receives. This may be started as early as 6 weeks of age and is boosted every 3-4 weeks until at least 16 weeks of age. In a non-vaccinated adult dog, the first DHPP vaccination must be boosted in 3-4 weeks and then annually.

**Canine distemper** is a contagious viral infection that can affect the nervous, respiratory, and gastrointestinal organs. This virus is spread through airborne particles (sneezing or coughing) from infected dogs, coyotes, foxes, wolves, raccoons, or other wildlife. Mother dogs can also pass the virus to puppies through the placenta.



Initially, clinical signs of canine distemper include fever, eye or nasal discharge, and lethargy. This may progress to neurologic signs as the virus infects the nervous system. Clinical signs of this may include “chewing gum fits” where the dog appears to be chewing gum as it chatters its jaw and salivates. The dog may also start circling, may have a head tilt, and in severe cases may develop paralysis.

Canine distemper virus is diagnosed through clinical signs and laboratory testing. There is no cure for canine distemper and it is often fatal. The best way to prevent canine distemper is vaccination.

**Canine hepatitis** is an often-fatal disease of young dogs that is caused by an adenovirus. This virus is spread through urine, feces, or saliva of infected dogs. Clinical signs may vary from fever and lethargy to blood clotting deficiencies and long-term kidney and



liver damage. Treatment includes hospitalization, rehydration, and potentially blood transfusion due to clotting issues. The best way to prevent canine hepatitis is vaccination.

**Canine parvovirus** is a highly contagious and potentially fatal virus that affects young puppies and unvaccinated dogs. This virus is spread through contact with infected dogs, wildlife, or through contaminated shoes, kennels, or clothing. Parvovirus attacks a dog's gastrointestinal tract and can result in severe, often bloody, diarrhea, vomiting, abdominal pain or bloating, hypothermia, and severe dehydration and lethargy. Most deaths occur within the first 48-72 hours after first clinical signs. Aggressive treatment and early detection can result in a 90% recovery rate. Vaccination and good hygiene are the most important avenues to prevent canine parvovirus.



**Canine parainfluenza** is a highly contagious respiratory virus that is spread through airborne particles. This virus can be found in areas where many dogs congregate such as kennels, shelters, pet stores, dog parks, doggie daycare, etc. Clinical signs may include coughing, wheezy breathing, inappetence, lethargy, nasal discharge, and fever. The best prevention for canine parainfluenza is vaccination.

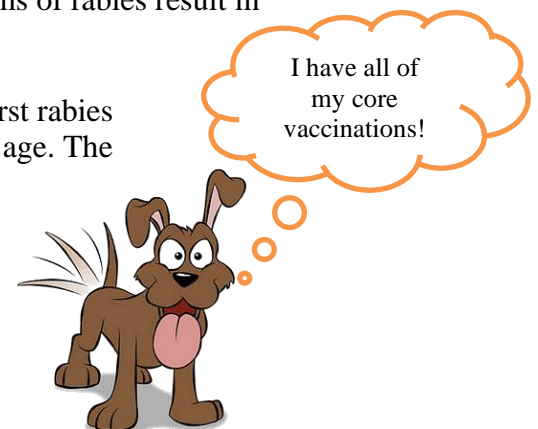
### **Rabies**

**Rabies** is a viral infection that affects mammals and is fatal. Rabies is most commonly spread through bats, skunks, raccoons, and foxes. Infection is typically through bite from an infected animal as the virus is spread through the saliva to other mammals or humans.



Rabies virus causes a rapid progressive inflammation of the spinal cord and brain. This results in either one of two forms of rabies. The first form is called the furious form or the "mad-dog" syndrome. These animals may become aggressive, irritable, noise sensitive, anxious, and often lose any fear towards humans or other animals. The second form of rabies is called the "dumb form". This form typically results in paralysis of jaw and throat muscles that can lead to excessive salivation and inability to swallow. The animals that are showing this form are typically not aggressive and do not attempt to bite. Both forms of rabies result in progressive paralysis and death.

Vaccination for rabies is required by law for all dogs. The first rabies vaccination is given to puppies who are at least 12 weeks of age. The first vaccination is good for 1 year. When the vaccination is boosted after the first year, it then becomes good for 3 years after that. Proof of rabies vaccination is required for most jurisdictions to allow licensure of dogs.





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## LIFESTYLE VACCINATIONS FOR DOGS

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### What are lifestyle vaccines?

Lifestyle vaccines are vaccines that your dog would receive above and beyond their core vaccines based on their lifestyle. Your veterinarian may recommend the Leptospirosis vaccine if your dog is a hunting dog or spends time in the same area as wild animals. They would recommend the Lyme vaccine if your dog spends time in areas that have a high prevalence of deer ticks. Your veterinarian would recommend the Bordetella vaccine if your dog is going to be going to interact with different dogs outside of your family on a regular basis, such as dog parks, training classes, boarding or grooming.

### Bacterial Diseases

#### Leptospirosis

**Canine leptospirosis** is a bacterial infection that is spread through wildlife urine, contact with urine-contaminated soil or water, or contact with infected animal tissues. Dogs who swim or drink from ponds, standing water, or have exposure to wild animals such as deer, raccoons, foxes, rodents, or skunks have higher risk of contracting leptospirosis. Clinical signs of lepto may vary from mild temporary illness to severe life-threatening infection and death. Dogs infected with lepto may show vomiting, diarrhea, fever, lethargy, or inappetence. Severe infections may infect the kidneys with or without liver failure. Lepto may also cause bleeding disorders resulting in nosebleeds, pinpoint red tinged spots on mucous membranes or light-colored skin, or blood in vomit, urine, or feces. Treatment includes antibiotics and supportive care.



Leptospirosis vaccination in puppies is started around 12 weeks of age and it is a combination vaccine with the DHPP. It is a series of two vaccinations the first time the dog or puppy receives the vaccination and then becomes a yearly booster.

#### Lyme Disease

**Lyme disease** is a tick-borne disease that is very prevalent in Wisconsin. The disease is most commonly spread by deer ticks. Ticks must be attached for at least 12 hours to transmit the bacteria that causes lyme disease, which is why immediate removal of any ticks is important. Clinical signs of Lyme disease may vary from no signs to fever, inappetence, lethargy, swollen joints, and lameness. If left untreated, Lyme disease can affect the kidneys resulting in a “Lyme nephritis” which can be fatal.





Client Information Series

Diagnosis of Lyme exposure is through a blood test (4DX) that can detect antibodies to the bacteria. However, it does take 4-6 weeks after initial infection for the test to show a positive result.

Along with monthly flea and tick prevention, dogs who are at a high exposure rate for ticks should also receive a Lyme vaccine. This may include, but is not limited to, hunting dogs, dogs that go camping or hiking, or dogs who live in the country. Because of our high prevalence of Lyme disease in our area, the Lyme vaccine should be considered for any dog. The Lyme vaccine is a series of two vaccinations that is performed after our core vaccinations have been completed. After the initial two vaccination series, it becomes a yearly booster.

**Bordetella (Kennel Cough)**

**Bordetella** is a bacterium that contributes to respiratory disease in dogs, sometimes referred to as Kennel Cough or Infectious Tracheobronchitis. Bordetella is often spread through interaction with infected dogs. Dogs who go to dog parks, boarding facilities, grooming, doggie daycare, or training classes are the most at risk. Clinical signs include a dry, honking cough, nasal discharge, sneezing, or inappetence. Most grooming and boarding facilities require proof of Bordetella vaccination before admittance. The vaccine comes in three different forms: intranasal, oral, and injectable.



I've been fully vaccinated!





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## PUPPY AND KITTEN PARASITE CONTROL

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### Why do we need to deworm our new pet so often?

Many of the internal parasites of puppies and kittens can be transmitted to humans.

The most common internal parasites that we are concerned about are roundworms, hookworms, and tapeworms.

In order to optimize the health of your puppy or kitten and to protect you we recommend frequent dewormings and fecal exams (for internal parasite eggs).

A single fecal may yield a negative (no parasite eggs found) result due to a number of factors including low egg production intermittent egg shedding and or immature parasites.

All puppies and kittens should be dewormed at least twice starting at 6 – 8 weeks of age and again 2 weeks later regardless of the result of their first fecal exam.

We consider puppies and kittens free of internal parasites after at least 2 dewormings and 2 negative fecal exam results.

This deworming protocol helps to insure the best protection for you and your pet.



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## INTERNAL PARASITES AND THEIR TREATMENT

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In their day to day lives dogs and cats can potentially be exposed to a wide variety of internal parasites such as Heartworms, Roundworms and Tapeworms.

Heartworm disease is spread through infected mosquitoes and can result in serious health concerns and even death in dogs and cats. Animals can go a long time without exhibiting signs of the disease. Signs can include coughing, difficulty breathing panting, exercise intolerance, and death. We offer two tests for heartworm disease. We can run a heartworm blood test or we can run a 4DX test that tests for heartworm disease as well as three tick borne diseases. We do recommend testing yearly. If heartworm disease is diagnosed there are several treatment options available. There are preventative products available and as a clinic we recommend either Heartgard® or Sentinel®. These are monthly heartworm preventative product that most animals take as a treat. We also recommend year round use of these products.

The most common intestinal parasites that are seen are Roundworms, Hookworms, Tapeworms and Coccidia. Roundworms, Hookworms and Coccidia are most commonly transmitted through a fecal-oral route meaning that the animal came into contact with infected feces. Tapeworms are transmitted through ingestion of fleas, rodents, and rabbits. Most of the time there are no outward signs of an intestinal parasite infection however segments of adult tapeworms can be seen. The best way to determine if your pet has any intestinal parasites is to check a fecal sample on a yearly basis. There are several deworming medications available and the doctor would determine which is the most appropriate for your animal.

Giardia is another common intestinal parasite. Animals mainly come into contact with giardia through drinking giardia contaminated water. The most common sign of giardia is diarrhea. There is a test that can be run on a stool sample to determine if giardia is present. The doctor would then determine the best medication to use to treat your pet.

The best way to reduce the exposure to intestinal parasites is to practice good hygiene. Cleaning up after your pets is key. It is also recommended that if there are multiple animals in the household to treat all of the animals if one animal is found to have intestinal parasites.





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## EXTERNAL PARASITES AND THEIR TREATMENT

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External parasites such as fleas and ticks can cause a wide range of problems for dogs and cats as well as you.

Fleas are the most common external parasite that our animals face. Fleas like the warm, dark environment of your pets' skin. Dogs normally come into contact with fleas from being outdoors while cats that live indoors only come into contact with fleas from other animals in the household that go outside. Dogs can come into contact with fleas from the outside environment or wild animals that have fleas. Animals with fleas can have mild to severe itching, scratching, hair loss, and biting or chewing. Some animals have a hypersensitivity to the fleas' saliva and can cause further problems. Fleas can also transmit tapeworms. To determine if your pet has fleas comb your pet with a fine toothed comb between the shoulders or at the base of the tail. Place any material from the comb onto a damp piece of paper towel. If you notice any black debris that have rust colored circles around them fleas are present. To treat for fleas apply a topical product such as Frontline Gold®, Revolution® or Vectra® (DOGS ONLY) to all of the animals in the household once every two weeks for two months and then once monthly afterwards. Vacuuming any areas where your' pets routinely stay and throwing the vacuum bag away afterwards, as well as washing any bedding that your pets sleep on will help to reduce the fleas in the environment. To prevent fleas we recommend applying a topical product such as Frontline Gold®, Revolution® or Vectra® (DOGS ONLY) monthly.

Ticks are another common problem especially for dogs. Ticks are normally found in wooded areas. Ticks can transmit diseases such as Lyme disease, Anaplasmosis and Ehrlichia. The easiest way to determine if your pets have ticks on them it to examine the animal. In longer haired animals it is very important to part the hair so that you can see down to the skin. To remove a tick grasp the body of the tick with a tweezers and pull it out then watch that area for signs of irritation. We recommend testing for the tick transmitted diseases at least one month after removing the tick. This can be done with a simple blood test that is run in the clinic. To prevent ticks we recommend topical products such as Frontline Gold® or Vectra® (DOGS ONLY) applied monthly.

If your dog shows a sensitivity to the topical flea and tick products the makers of Frontline® have an oral flea and tick product Nexgard® available now.

External parasites such as fleas and ticks are a common problem of our pets but are easily prevented.



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## BITE INHIBITION

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Biting and mouthing of people is one of the most common behavioral problems of puppies. Proper training at an early age will help eliminate these problems.

Well-behaved dogs are “made not born.” By this we mean that just as a pup must be taught how to sit, stay, come, etc. they also must learn how to be “polite” with their mouths.

As with any training regimen **consistency** is one of the most important factors involved. All members of the household must use the same commands and have the same rules for the puppy. Also you must consider the pup’s temperament. A more submissive, shy pup will need a milder correction than a pup that is more self-assured. Hitting or grabbing the muzzle should be avoided as this may lead to the pup become “hand shy.”

**Two methods** are used to accomplish biting inhibition. The first involves “**yelping**” loudly as if in pain as soon as the pup bites. This usually startles the pup and stops the unwanted behavior. Immediately offer the pup a favorite toy to chew on. This redirects the biting urge onto an acceptable object. If a “yelp” isn’t quite enough a simple “flick” on the nose may be used along with it.

A second method involves **stopping play** and ignoring the pup when its behavior becomes inappropriate. Simply turn your back on the pup and offer a reward of praise when the pup settles down.

“**Tug of War**” games and **roughhousing** should not be encouraged. Such activities can encourage aggressive use of the mouth and teeth. Puppies need to be taught at an early age to allow objects to be taken from their mouths and to have their mouths examined. Practice removing objects while using a command such as “give” or “mine.” Reward the pup with praise or a treat when the object is released. Regularly open your pup’s mouth and pull back the lips to accustom them to having their mouth handled.

Proper training at an early age will produce a lifetime of enjoyable memories for you and your pet.

For more information on this and other behavior topics we recommend the booklet “**Puppy Primer**” available here at our clinic.



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## GENTLING- TOUCH IS GOOD!

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### What is gentling?

Gentling is a technique used to teach dogs and cats that human hands are a good thing through the use of body massage, range of motion, and restraint in a positive manner. It promotes handling trust, encourages the animal to enjoy being handled, prevents aggression and fearful behaviors, and develops a relaxed friendly outgoing personality. This technique is best applied to young animals. Older animals may require a slower approach. Gentling also aids in the veterinarian's physical exam and basic care procedures such as nail trims, ear cleanings, tooth brushing, and bathing. The animal's veterinary visits will be much more positive and fun!

### 3 steps of gentling:

1. Body massage
2. Range of motion
3. Positive restraint

### Step 1: Body Massage

Pick a time when the animal is relaxed and/or sleeping. Begin by petting the animal in an area where the animal really enjoys it. Next gently rub the animal's back and chest, sliding the skin back and forth over the body. Praise the animal and offer treats to create a positive experience. At each session, increase the amount of areas you massage. For example, if the animal really enjoys the "good back rub" at the next session you may gently rub the animal's head, feet, under the chin and/or ears, rear end, or the belly. If at any time the animal is resistant to the massage stop, let the animal relax, and try again later. The goal is to desensitize the animal to the human touch. Step 1 is complete when you are able to massage your animal's entire body and the animal *enjoys* it!

### Step 2: Range of Motion

When the animal has accepted massages readily, range of motion is the next step of gentling. Range of motion is not only used in the gentling technique, but also surgical exercises. The goal of range of motion is to move every part of the animal's body gently slightly against the resistance of the animal. Range of motion is done by moving or manipulating each extremity of the animal as far as possible with the animal's normal ambulation. Over time, the animal should readily accept manipulation of all extremities without discomfort. Range of motion exercises may seem unnatural however; they are best learned at a young age.

### Step 3: Positive Restraint

The goal of positive restraint is to make holding the animal fun and enjoyable, not stressful. This step may take more time to develop than the previous steps and it is

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## **GENTLING- TOUCH IS GOOD!**

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important to go slow. Holding the animal still slightly against their will may seem simple; however, animals are more likely to reject this restraint. The use of food treats and during the restraint process will help reassure the animal that there is nothing wrong. When the animal accepts any restraint praise them! As soon as the animal relaxes, let the animal up, praise and give them a treat. This shows that you are not attempting to cause harm.

### **Tips**

- Signs of stress in the animal:
  - Tense, increased muscle tone
  - Struggles, moves away
  - Acts frightened or aggressive
  - Mouths your hand
  - Vocalizes
- Less is better
  - Do exercises daily adding more time as the animal shows acceptance
  - Couple each exercise with treats and praise
- Some stress is okay
  - A little stress can be considered a positive
  - The goal of gentling is for the animal to learn how to tolerate small doses of stress without acting fearful or aggressive



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# How Kids SHOULD Interact with Dogs

Use common sense.

Be polite and kind to pets



Learn to recognize when your dog is scared or anxious



Play appropriate games with pets, such as:

Fetch



Training tricks (like roll over, shake, beg, etc.)

Walking and running with a dog



Playing hide-n-seek

Always remember:

**Supervise all interactions. Accidents can happen in a split second.**



Train your dog to associate the kids with positive experiences so he'll be more likely to tolerate your child in case she accidentally interacts inappropriately.



**Dr. Sophia Yin, DVM, MS**  
*The Art and Science of Animal Behavior*

For additional free dog bite prevention resources and more dog behavior books and products, visit [www.drSophiaYin.com](http://www.drSophiaYin.com).



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# How Kids SHOULD NOT Interact with Dogs

It's common sense. Just imagine how people should interact with each other.

Avoid taking people's food



Avoid bothering dogs when they are eating

Avoid stealing other people's toys



Avoid taking a dog's bones or toys

Avoid putting your face right up to someone else's face



Avoid putting your face right up to a dog's face

Avoid bothering when asleep



Avoid bothering animals when they are resting. Let sleeping dogs lie.

Avoid pestering



Avoid grabbing tail/ears

Avoid climbing on or trampling



Avoid climbing on or trampling

Avoid pinching



Avoid hugging. Most dogs dislike it.

Avoid screaming around



Avoid hollering and shouting. Use your "inside" voice instead.

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# Body Language of Fear in Dogs



**Slight Cowering**



**Major Cowering**

## More Subtle Signs of Fear & Anxiety



**Licking Lips**  
when no food nearby



**Panting**  
when not hot or thirsty



**Brows Furrowed, Ears to Side**



**Moving in Slow Motion**  
walking slow on floor



**Acting Sleepy or Yawning**  
when they shouldn't be tired



**Hypervigilant**  
looking in many directions



**Suddenly Won't Eat**  
but was hungry earlier



**Moving Away**



**Pacing**

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*The Art and Science of Animal Behavior*

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## **PUPPY SOCIALIZATION CHECKLIST**

### **Different Types of people**

Adults: all ages, sizes, ethnicities, genders
Kids: all ages, sizes, ethnicities, genders
Babies
Men with beards or bald heads
People in coats, hats, sunglasses
People walking with crutches, walkers or unusual gait

### **Objects that Move**

People on bikes, skateboards, ect.
Car/Truck/Motorcycle/Bus/Train
Motor Boat
Airplane/Helicopter
Elevator/Escalator (ride them)
Lawn Mower/Leaf Blower
Remote Control Toy
Ceiling Fan
Garage Door
Helium Balloons

### **Different Walking Surfaces**

Floor: tile, concrete, vinyl, wood
Plastic Carpet Runner
Gravel
Wood Chips
Leaves
Mud/Puddles
Sand

### **Environment**

Rain (include umbrella)
Snow
Hoses
Beach/Lake/Riverbank
Swimming Pools/People Swimming

### **Other Animals**

Different kinds and sizes of dogs
Farm animals
Rabbits and small pets
Cats
Birds
Reptiles



### **Places**

Shopping Malls
Supermarkets
Schools
Restaurants
Busy Streets
Playgrounds
Construction Sites
Veterinarian's Offices

### **Sounds**

Car Engine
Doorbell/ Knocking at door
Fireworks
Wind and Thunderstorms
Vacuum
Party
Musical Instruments and Singing
Gunshots
Sirens
Radio/Television

### **Handling**

Leash/Collar/Harness/Muzzle
Reaching/Looming over head
Opening mouth, Touching teeth
Having ears/ eyes cleaned
Having teeth brushed
Having body handled
Cutting nails
Brushes/Clippers/Hair Dryer
Being picked up

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## OBEDIENCE CLASSES

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- \* Busy Doodle: Mobile fitness and Training, LLC
  - Amanda Mondloch
  - 920-918-0042 / <https://busydoodle.weebly.com/>
  
- \* Central Bark
  - 3513 S. 32<sup>nd</sup> Street, Sheboygan, WI 53081
  - 920-457-9663
  
- \* Dawgs in Motion LLC
  - 580 North Dekora Woods Blvd. Saukville, WI 53080
  - 262-268-8000 / [www.dawgsinmotion.com](http://www.dawgsinmotion.com)
  
- \* Icon K-9 Obedience
  - 1365 Arrowhead Road Grafton, WI 53024
  - (262) 665-9060 / <https://www.iconk9obedience.com/>
  
- \* Oh Rats Dog Training, LLC
  - 5504 County Rd. V Sheboygan Falls, WI 53085
  - (920) 203-6731 / <https://www.ohratsbarnhuntclub.com/>
  
- \* RUFF Academy
  - 1229 Erie Avenue, Sheboygan WI 53081
  - 920-287-3990 / <https://ruffacademywi.com>
  
- \* Sheboygan Dog Training Club
  - 4802 Najacht Road, Sheboygan, WI 53083
  - 920-452-8788 / [www.thesdtclub.com](http://www.thesdtclub.com)
  
- \* Three Hounds Training Group, LLC
  - W5172 County Road O Plymouth, WI 53073
  - (920) 377-1359 / <https://threehounds.com/>
  
- \* Donnybrook Kennels (Gun Dog/Waterfowl training)
  - Lesley Karnes & Doug Janes
  - W4279 County Road G, Cedar Grove, WI 53013
  - 920-668-6511 / [www.donnybrookkennel.com/](http://www.donnybrookkennel.com/)
  
- \* Krystal Creek Kennels (Private lessons for obedience and Gun Dog/ Waterfowl training)
  - Steve & Tracy Harmeyer
  - W2349 Amsterdam Road, Cedar Grove, WI 53013
  - 920-668-8619 / [www.krystalcreekkennels.com/index.htm](http://www.krystalcreekkennels.com/index.htm)
  
- \* Salty Dog Farm (Obedience, Gun Dog/ Waterfowl training)
  - 846 Jay Road, Cedar Grove WI 53013
  - 414-530-3139 / <https://saltydogfarms.com>



**Some of these facilities also offer boarding services.**

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## CANINE EXERCISE OPTIONS

### Dog Parks

Lucky Dog Park  
(membership & proof of vaccines required)  
1270 Mineral Springs Drive  
Port Washington, WI 53074  
262-284-4934

Muttland Meadows  
789 S. Green Bay Road  
Grafton, WI 53024

Sheboygan Dog Park  
4108 S.18<sup>th</sup> Street  
(just north of Weeden Creek Rd.)  
Sheboygan, WI 53081

Sheboygan Falls Bark Park  
900 Hickory Street (Rochester Park)  
Sheboygan Falls, WI 53085

### Dog Friendly Natural Areas – must be on a 6ft leash

Kohler Andrea State Park  
(beach area north of the Nature Center)  
1020 Beach Park Lane  
Sheboygan, WI 53081

Harrington State Park  
531 County Road D  
Belgium, WI 53004

Lakeview Park  
Lake Shore Dr. (south of Wilson Ave.)  
Sheboygan, WI 53081

Tendick Nature Park  
3919 County Hwy. O  
Saukville, WI 53080

Lions Den Gorge Nature Preserve  
511 High Bluff Drive  
Grafton, Wisconsin 53024

### Doggie Day Care Centers

Central Bark  
3513 S. 32<sup>nd</sup> Street  
Sheboygan, WI 53081  
920-457-9663

Dawgs in Motion  
580 N. Dekora Woods Blvd.  
Saukville, WI 53080  
262-268-8000



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## 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.



**Client Information Series**

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>





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## 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.





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## FEEDING YOUR PET

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Everyone has an opinion about feeding your pet from what kind of food, how many meals per day, treats or no treats, or people-food. You can get information from breeders, family, friends, and pet food sales personnel. Unlike your other sources of information, we, the doctors and staff of Cedar Grove Veterinary Services, can provide you with nutritional counseling that will meet the health needs of your pet for their entire lifetime.

Let's start by discussing what type of food to feed your new companion...

First, you want to select a high quality food. The phrase "you get what you pay for" applies just as easily to pet foods as anything else in life. Cheap foods can lead to long-term health problems of the skin, ears, gastrointestinal tract, and poor bone and muscle development. We routinely recommend certain brands of foods because in the clinic we know both good health and bad health and see a correlation with certain types of diet.

Second, you want to select an age appropriate food. Growing animals have a higher energy need than mature animals, and likewise pets in their senior years generally have lower energy requirements than adults. By feeding the right type of food and calories per day, your pet will be less likely to suffer from obesity during their lifetime.

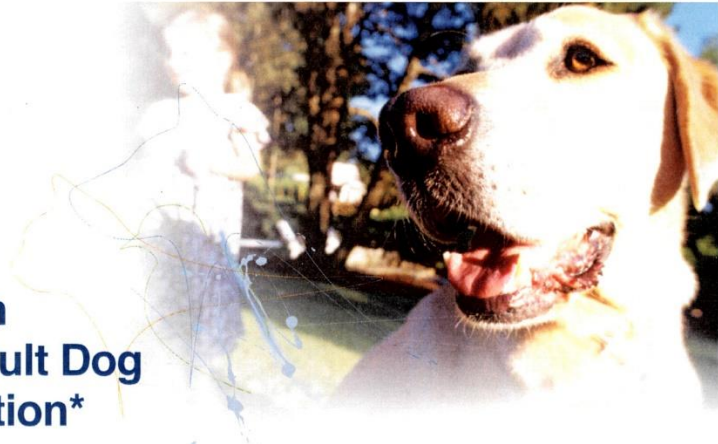
Third, some pets will suffer from health conditions that will require special food. Whether the problem is as simple as soft stool or dry skin, or more complex diseases such as liver or kidney disease, the doctors and staff at the clinic are well trained to help you select the best food to treat the problem.

The next step is to determine how you want to feed your pet. You can either feed free-choice or regular measured meals. By far, the easiest way to feed your pet is to provide a "full bowl" of kibble every day. **However**, the vast majority of pets do not eat only what they need but rather overeat and become obese. The best way is to only feed a measured amount of food each day taking in consideration the amount of "extras" that your pet receives daily. We recommend dividing the daily portion into 2-3 meals per day. Providing your pet with daily meals allows you to monitor for changes in appetite and alert you to a sick pet sooner for prompt veterinary care. The other benefit to feeding a meal is when you have multiple pets that may need different diets due to age or health concerns; you are then able to feed more precisely what each of your pets need.

Please contact us for any of your "diet" questions. We are happy to talk with you.



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### 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.*

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## WEIGHT MANAGEMENT FOR PETS

It was once said that a fat pet is a happy pet but times are changing. We are now realizing that keeping your pet at a more healthy weight will give them a longer, happier and healthier life. It is defiantly hard to say no to your pet when they look at you with those eyes but in the long run it will be better for them.

To help maintain an appropriate weight we recommend meal feeding two times a day over free feeding throughout the day. It also helps to use a one cup measuring cup to measure out the food over using a butter container, old drinking cup or any other odd cup in the cupboard. We can help you determine how much food to be giving your animal and what to do if your pet needs to lose a pound or two.

It is also important to remember that treats are not free calories, we need to include them in your pets overall caloric needs. To determine how many calories are in a treat you may need to look up the nutritional facts for that product on the internet or call the manufacturer. Treats are ok to give but we then have to reduce the amount of food that you feeding to compensate.

Maintaining a more healthy weight will also help reduce the risk of certain disease such as diabetes in your pets. These diseases can shorten the life of your pet and can mean doing daily treatments.



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## **ANESTHESIA AND YOUR PET**

Anesthesia is the most troubling part of letting our beloved pets undergo surgical and dental procedures. Even though recent studies have shown that less than 2% of anesthetized patients experience any type of problems (and less than 0.1% mortality is encountered), anesthesia is still scary!

By taking the following precautions we believe your pets will experience the safest anesthesia event possible.

1. All anesthesia patients have diagnostic blood work performed prior to the event. These tests may alert us to any sub-clinical / underlying health concerns that may exist.
2. All anesthesia patients receive fluid therapy. With this we compensate for any fluid losses and help maintain blood pressure and cardiac function.
3. All anesthesia patients receive pre-medications that help them relax and calm them and allows for the use of less “true” anesthesia preparations.
4. Pain medications are given along with the pre-medications to help prevent pain before it is encountered.
5. Gas anesthesia is routinely used. This allows for a quick recovery once the gas is stopped being administered.
6. All anesthesia patients’ “vital signs” are continuously monitored. These may include heart rate, oxygen and carbon dioxide amounts, blood pressures and an EKG.
7. The recovery area is continuously staffed and the patients are monitored closely until fully recovered.
8. Pain medications are given as often as needed after anesthesia to insure that your pet rests comfortably and recovers rapidly.

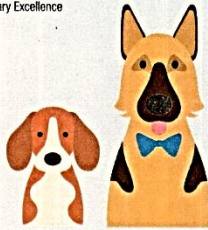
We will do our best to make your pet’s anesthesia as safe as possible!



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# WHEN SHOULD YOUR DOG BE NEUTERED OR SPAYED?



**MALE**

Neuter at 6 months of age

Neuter after growth stops (9-15 months of age)

## WHEN SHOULD MY DOG BE NEUTERED OR SPAYED?

Is your dog a male or female?

How much do you think your dog will weigh when fully grown?

Less than 45 lbs / 20 kg

More than 45 lbs / 20 kg



**FEMALE**

Spay before first heat cycle (5-6 months of age)

Spay between 5-15 months of age

## WHY IS THE RECOMMENDED AGE RANGE SO WIDE?

Different breeds stop growing at different ages.

Delaying neutering until after growth stops may decrease the risk of certain cancers and bone, ligament and joint problems in some breeds of male dogs.

In addition to differences in the age of maturity among breeds, there are **competing risks** depending on your female dog's breed and lifestyle.

## WHAT ARE THE COMPETING RISKS?

Spay before first heat cycle (5-6 months of age)

↓ risk of breast cancer  
Prevents unwanted litters

Spay after growth stops, but likely after first heat cycle (5-15 months of age)

↑ risk of breast cancer  
↓ risk of certain other cancers and bone, ligament and joint problems  
May ↓ risk of urinary incontinence

Talk to your veterinary team about how this evolving information can be applied to your dog as an individual.

These recommendations are based on the 2019 AAHA Canine Life Stage Guidelines. For more information, visit [aaha.org/caninelifestage](http://aaha.org/caninelifestage).

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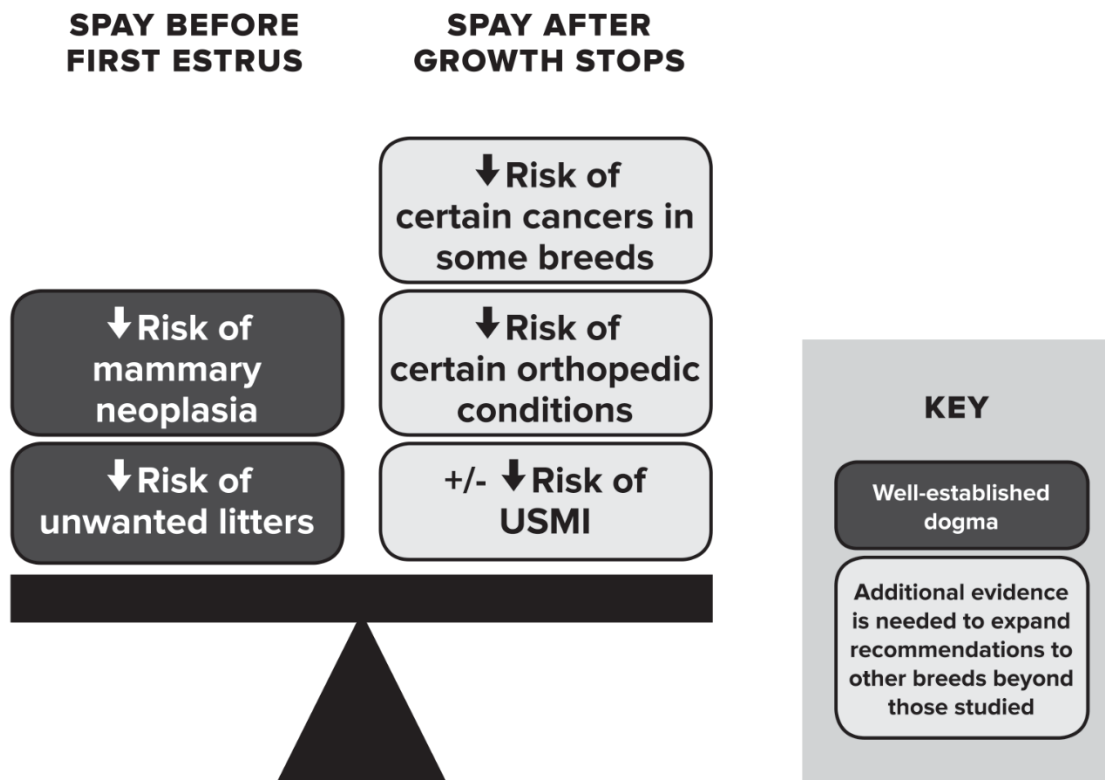
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## **WEIGHING YOUR OPTIONS: WHEN TO SPAY DOGS THAT WILL BE MORE THAN 45 POUNDS AT MATURITY**

Currently there is some varied recommendations on when to spay a dog that is going to weigh more than 45 pounds when full grown. We need to access the risks and benefits of spaying before their first heat cycle or waiting until they have stopped growing. Choosing to spay your dog before their first heat cycle could reduce their risk of developing mammary tumors and will eliminate the risk of her having unwanted litters of puppies. Choosing to wait until after they are done growing, and potentially going through 1 or 2 heat cycles, can help reduce the risk of certain cancers in some breeds of dogs, can help reduce the risk of some orthopedic conditions and may help decrease the risk of urinary incontinence.

You can determine which route is best for your dog by discussing the advantages of both with your veterinarian.



(AAHA, 2019)

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## CASTRATION IN DOGS

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Castration is the surgical removal of the testicles. This surgery is performed to eliminate sexual activities and render the dog sterile.

Your dog will be given a preoperative physical examination to help ensure its safety during anesthesia and surgery. Recovery is generally uneventful, and the aftercare is minimal. Surgery is usually performed at 4 ½ - 9 months of age.

### What are the advantages?

- Eliminates annoying sexual behavior such as lifting his leg to “mark” his territory both indoors and outdoors, and mounting legs and furniture.
- Prostate infection and cancer, a dangerous and commonly seen problem of older, intact males, is reduced. Testicular cancer is eliminated.
- Reduces the chances of your pet biting or being aggressive towards other dogs and humans. Statistics show that most dog bites are inflicted by unneutered males. However, castration is not a replacement for obedience training by the owner.
- Helps control the pet population crisis by avoiding unwanted pregnancies.

### Frequently Asked Questions

1. Will my dog get fat and lazy? No. Obesity is due to excessive calorie intake. Weight can be controlled with proper nutrition and exercise.
2. Will my dog’s personality change? No. Neutering will only help to make them a calmer more devoted pet. Dog’s personalities do not fully develop until 1-2 years of age. If there is a personality change in a dog neutered at a young age, it probably would have occurred without the surgery.

### Important Considerations

Prior to surgery your dog should have a thorough physical exam and should be free of any external (fleas) and internal (worms) parasites. All vaccinations should be up to date.



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## OVARIOHYSTERECTOMY IN DOGS

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Ovariohysterectomy is the medical term for spaying a female dog. The procedure consists of surgical removal of the ovaries and uterus. If the ovaries are not removed, the bothersome heat periods still occur even though pregnancy is not possible. Your dog will be given a preoperative physical examination to help ensure its safety during anesthesia and surgery. Recovery is generally uneventful, and the aftercare is minimal. Surgery is usually performed at 4 ½- 9 months of age.

### What are the advantages?

- Eliminates unwanted heats and the inconvenience of protecting your pet from male dogs.
- Eliminates the messy discharge and odor associated with heat cycles (estrus).
- Protects your pet against the risk of ovarian and uterine cancer and also uterine infections (pyometra).
- Mammary gland cancer seldom develops in dogs spayed prior to their first heat.

### Frequently Asked Questions

1. Will it make my dog fat and lazy? No. obesity is due to excessive calorie intake. Weight can be controlled with proper nutrition and exercise.
2. Will it change her personality? No. Dog's personalities do not fully develop until 1-2 years of age. If there were to be a personality change in a dog spayed at an early age, it probably would have occurred without the surgery.
3. Shouldn't my dog have a litter first? No. There is no scientific evidence that your pet will in any way benefit from having a litter before spaying.

### Important Considerations

Prior to surgery your dog should have a thorough physical exam and should be free of any external (fleas) and internal (worms) parasites. All vaccinations should be up to date.

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## ALL ABOUT MICROCHIPPING

Microchipping your pets is another way of identifying them, like a tag on their collar. A microchip is a tiny computer chip that is programmed with an identification number. A **newer microchip by HomeAgain® can also indicate the body temperature of the animal.** Once your pet is microchipped they can be identified throughout their lives with a one of a kind number.

The microchip is placed using a needle and syringe and most animals don't even notice it being done. The microchip is placed under the skin between the shoulder blades and once there it is rarely felt when you are petting your pet. It is recommended that your pet stays quiet for about 24 hours after the microchip is placed to ensure that the chip does not migrate to a different area of the body.

A special scanner is used to scan your pet for the microchip and shows us the number and **the current temperature of your animal. This means no more rectal thermometers.** If you adopt a pet that already has a microchip it is important to ensure that the microchip information is transferred to you. It is also important to update your information, such as address and telephone number if it changes; with the microchip manufacturer. It is also a good idea to have the microchip scanned on a yearly basis to ensure that it is still working.

A microchip is a great form of identification that has helped many pets reunite with their owners.



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**COUPON**  
for  
10% off  
Microchipping

Please present at time of appointment  
For one pet only

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## DENTAL DISEASE IN DOGS AND CATS

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Dental disease is the most common problem affecting our beloved pets. Among pets 3 years of age and older dental disease will affect 70 – 80% of them. The health consequences of dental disease are caused by chronic exposure to the bacterial infection that is present in the diseased tissue of the oral cavity.

The three primary health consequences of dental disease are:

1. Bad breath
2. Infection of the gums, loose teeth and abscessed teeth (periodontal disease) all of which are very painful conditions for your pets
3. Spread of the bacterial infection from the oral cavity to other major organs such as the kidneys, liver, lungs and heart which can shorten the life span of our pets.

Advanced cases of dental disease require a professional cleaning and treatment program to try and return the oral cavity to good health and eliminate the associated bacterial infection.

If your pet is free of significant dental disease then preventative measures will help maintain this condition. We recommend a special diet, **Hills t/d**, which is a tartar control food. This food “brushes your pet’s teeth at every meal” and helps prevent the buildup of materials and bacteria that cause dental disease.

Call us or stop in if you have any questions about your pet’s dental health.



## HOW TO BRUSH YOUR PETS TEETH

You just left the doctor's office and they have told you that it would be beneficial to your pet to brush their teeth to reduce the amount of plaque on them and prolong the amount of time between dentals. You are thinking to yourself, 'how on earth am I going to brush my pets' teeth?' It is possible to brush their teeth but it will take a little while for them to get used to having it done. So remember to go slow and remain optimistic.

### Step 1: Finding a flavor of tooth paste that your pet likes.

There are several different flavors of tooth paste that are made for pets. Tooth paste that is made for humans should not be used because the fluoride that is found in human tooth paste can be toxic to pets. There are starter kits available that contain a sample tube of toothpaste, a brush and a finger tip brush. Cedar Grove Veterinary Services carries the Virbac® line of oral health care products including the oral hygiene kits. To determine which flavor your pet likes the most let them lick some of the tooth paste off of your finger. You will want to do this for several days until your pet is comfortable with the tooth paste.



### Step 2: Introducing the tooth brush to your pet.

Once your pet is comfortable with the tooth paste it is time to introduce the tooth brush to them. To do this let them lick the tooth paste off of the brush instead of your finger. Again let them do this for several days until they are comfortable with it.

### Step 3: Brushing your pets' teeth.

Now that your pet is comfortable with the tooth paste and the tooth brush you can start to brush their teeth. Start with just the front teeth and slowly, over several days or even weeks, expand that to the whole mouth. You do not need to brush the insides of their teeth because enzymes in their saliva help keep that area clean. The ultimate goal is for your pet to look at having their teeth brushed as a treat just like when they get a biscuit for doing a trick for you. It is recommended to brush your pets' teeth daily. With a lot of patience and an optimistic mind you can be well on your way to keeping your pet healthier.



### COUPON

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10% off

Any Dental Product  
(Excludes Hills® t/d Products)

Please present at time of checkout  
For one product only

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## FIRST AID KIT FOR PETS

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### Tools:

- Rectal thermometer
- Penlight flashlight
- Scissors
- Fine-toothed tweezers
- Nontoothed tweezers
- Needle nose pliers
- Small wire snips
- Sewing needle

### Anti-infectives:

- Povidone iodine solution/scrub  
and/or
- Chlorhexidine solution
- Triple antibiotic ointment
- Alcohol (70% rubbing or isopropyl)
- 3% hydrogen peroxide

### Poisoning antidotes:

- 3% hydrogen peroxide (induces vomiting)
- Activated charcoal

### Bandaging Material:

- Nonstick wound pads
- Gauze pads
- Roll gauze (1", 2" wide)
- Roll cotton (can use a disposable diaper in emergency)
- Adhesive tape (1", 2" wide)
- Elastic bandage (2", 3" wide)

### Miscellaneous:

- Cotton tipped swabs
- Styptic powder
- Toenail trimmer
- Medical grade glue or super glue