

A LIFELONG GUIDE TO YOUR DOG'S HEALTH AND HAPPINESS



FOR ANIMALS. FOR HEALTH. FOR YOU.

zoetis[™]

DOG PERSONAL INFORMATION PAGE

Name:

Date of birth:

Colour:

Pet microchip ID number:

Pet insurance policy:

Veterinary clinic name:

Veterinarian name:

Closest emergency clinic name:
(know the location and how to get there before the need arises)

Name of breeder/kennel/rescue:

PET POISON HELPLINE: 1 800 213 6680

Other:

Allergies:

Food brand and type:

NOTES:

Breed:

Special markings:

Manufacturer:

Provider:

Phone:

Phone:

Phone:

Phone:

Phone:



PROGRAM THE IMPORTANT PHONE NUMBERS ABOVE INTO YOUR CELL PHONE FOR QUICK REFERENCE WHILE TRAVELLING OR IN THE EVENT OF AN EMERGENCY.



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WELCOME HOME

CONGRATULATIONS!

Owning a dog can be a really rewarding and special experience, but it is also a large responsibility. You must be ready to protect your dog from digestive problems, poisoning, accidents and many illnesses and emergencies that puppies and dogs of all ages can have. We hope this booklet will give you the information you may need to keep your dog healthy and safe as they grow up and through every stage of their life.

Here are a few quick tips to start with:

- **Be aware:** Read this booklet in its entirety and any other resources your veterinarian gives you.
- **Be prepared:** Get to know your veterinarian well. They will be your most valuable health resource.
- **Prevent: Have your dog seen by your veterinarian at least once a year.**
 - Puppies, senior dogs, and dogs with health problems will need to be seen more often.
- **Be ready to love:** Give your puppy a lot of love, and get lots in return.

PUPPY SAFETY

PREPARING YOUR HOME FOR A PUPPY

Now your home is your puppy's new home too. There may be many things in there you have not thought of yet that could hurt your new, lively, curious and teething little friend. As a responsible pet owner, you need to make a safe environment for your new puppy and keep it that way.

HERE ARE SOME COMMON HOUSEHOLD ITEMS THAT ARE ESPECIALLY DANGEROUS AND THAT YOU SHOULD MAKE SURE ARE OUT OF REACH:

- 🐾 Batteries
- 🐾 Books
- 🐾 Bottle nipples and pacifiers
- 🐾 Compost
- 🐾 Dirty diapers and wipes
- 🐾 Electrical cords
- 🐾 Food and food containers
- 🐾 Household cleaning products
- 🐾 Kids' toys
- 🐾 Kitty litter
- 🐾 Magnets
- 🐾 Medications or supplements (“childproof” does not mean “petproof”)

- 🐾 Remote controls
- 🐾 Shoes, socks and other clothes
- 🐾 A toilet — keep the bathroom door closed or lid down
- 🐾 Plants
- 🐾 Purses, diaper bags, backpacks and all other bags—especially plastic bags
- 🐾 Valuable items, such as vases, lamps, photos, paintings, etc.
- 🐾 Small household items like string, yarn, pencils or coins

This list is not complete — puppies like to chew on everything! Watch them carefully and keep moving things that could be dangerous up and away from them as they grow. The bigger they get, the more they can get at, so make sure nothing that can hurt your growing dog is where they can reach it.

HERE ARE A FEW TIPS ON HOW TO KEEP SOME OF THE THINGS IN THE CHART ABOVE AWAY FROM YOUR PUPPY:

- 🐾 Childproof latches can keep your curious puppy from opening drawers and cabinets. Then you can keep foods and cleaning supplies that could be dangerous locked away.
- 🐾 Power cords are especially dangerous. Tuck them out of reach or block them.
- 🐾 Put bottle nipples, pacifiers, shampoos, soaps, tissues, razors, pills/supplements, cotton swabs, and all accessories out of reach or inside a cabinet or drawer.
- 🐾 Use a trashcan with a locking lid or keep your trashcans in a cupboard under the sink.

- 🐾 Make a habit of always putting clutter away. For example, put away items that can easily be carried around, like pillows and blankets.
- 🐾 Put all bottles, boxes, and containers of toxic substances inside a locked cabinet, or store them on high shelves your puppy cannot reach.
- 🐾 Consider storing things puppies like to chew, like children's toys and plants, in a spare room and keeping its door closed until your puppy has outgrown the curious stage.

See next page for a list of toxins that can harm your pet.



COMMON DOG POISONS

- 1 Chocolate
- 2 Mouse and rat poisons (rodenticides)
- 3 Vitamins and minerals (e.g., Vitamin D3, iron, etc.)
- 4 Non-steroidal anti-inflammatory drugs (e.g., Advil®, Aleve®, Motrin®, ibuprofen, naproxen, etc.)
- 5 Cardiac medications (e.g., calcium-channel blockers, beta-blockers, etc.)
- 6 Cold and allergy medications (e.g., pseudoephedrine, phenylephrine, etc.)
- 7 Antidepressants (e.g., Prozac®, Paxil®, Celexa® and Effexor®, selective serotonin reuptake inhibitors)
- 8 Xylitol (a sugar substitute found in many chewing gums and candies)
- 9 Acetaminophen (e.g., Tylenol® and cough/cold medications)
- 10 Caffeine pills



OTHER THINGS POISONOUS TO DOGS:

FOODS

- Grapes, raisins and macadamia nuts
- Onions, garlic, leeks and chives
- Unbaked bread dough

MEDICATIONS/PLANTS

- Amphetamine human drugs — ADD/ADHD medications like Adderall® and Concerta®
- Jimson weed, also known as devil's trumpet
- Lilies (e.g., Easter, day, tiger, Japanese and Asiatic varieties)
- Sago palms
- Tobacco

CHEMICALS

- Batteries
- Detergents and fabric softener sheets
- Ethylene glycol, found in antifreeze
- Fertilizers, including bone meal, blood meal and iron-based products.
- Insecticides and pesticides, especially those that contain organophosphates (e.g., disulfoton, often found in rose care products)
- Kerosene, gasoline, and tiki torch fluids
- Metal or coins (ingestion of even a single zinc penny can lead to zinc toxicity)
- Strong acidic or alkaline cleaners, like toilet bowl cleaners, lye, drain cleaners, rust removers, and calcium/lime removers
- Mothballs (especially if they contain naphthalene)
- Windshield wiper fluid



You can find a complete list of substances poisonous to dogs (including those listed above) at www.petpoisonhelpline.com/poisons/. If your puppy eats something you are not sure is safe, call the Pet Poison Helpline at 1 800 213 6680 or your veterinarian right away to see if medical attention is needed.

A photograph of two women walking their dogs in a park. The woman on the left is wearing a green and white striped sweater and a tan hat. The woman on the right is wearing a blue and white striped sweater and a blue beanie. They are walking on a path covered in yellow and orange autumn leaves. A brown dog is on the left and a black and white dog is on the right. The background is a dense forest of trees with yellow leaves.

SOCIALISING YOUR PUPPY

DOG PARKS

The first three months of your puppy's life are the most important for social development. When you bring puppy home it is important that development of their social skills continues. If your puppy has lots of positive encounters with other dogs, other pets, all kinds of people, different sights, sounds and places, and new situations during that developmental period, they are far more likely to grow up to be a confident, relaxed, and friendly dog. The greater the variety of new social experiences you can show your puppy in those first three months might help them get along with everyone later in life. If there are no children in the family, ask your friends to bring their children over for a visit (see following page on **KIDS AND PUPPIES**). Invite older relatives or friends to interact with your puppy as well.

Puppies are susceptible to many diseases, so do not take yours outside until your veterinarian says it is okay. Discuss the vaccination schedule with your veterinarian. Dog parks are a great way to socialise your puppy with other dogs. At the park, carefully watch your puppy and how the other dogs approach and interact so you can make sure they are gentle and friendly with your pal. Accidents can happen quickly!

Consider puppy classes, begin obedience-training sessions and keep experiences positive.

KIDS AND PUPPIES

Kids should be monitored when they play with dogs

Children love dogs! But sometimes the crawling, hugging, mouthing, grabbing, chasing and other normal things children and babies do may overwhelm or aggravate a puppy, or even a friendly adult dog. All dogs can bite, so a cautious, watchful adult who is ready to intervene should always be close by, even with a familiar and friendly dog.

Kids should not pick up young puppies

A single accident: a trip, tumble or drop, could hurt or scare a puppy enough to not want to be held by kids later. Instead, put puppy on your kids' laps for short periods of calm, safe holding.

Do not let kids grab, poke and prod young puppies

Do not rely too much on a good-natured puppy's tolerance of children's excited behaviour. At some point even the "best" dog will have had enough. Teach your kids appropriate behaviour that will make it likely the puppy or dog will feel good being with them again in future.

Learn the signs your puppy has had enough

There are some common ways a stressed dog may show they are getting impatient or upset, like yawning, shaking (as if just out of water) or licking lips. Watch your puppy and learn what the cues are.



DOG NUTRITION AND EXERCISE

ESTABLISH A COMPLETE, BALANCED, AND CONSISTENT DIET

Ask your veterinarian to help you choose food that is right for your dog, based on age, breed, health risks, and activity level. Next ask your veterinarian exactly how much food to give at each meal. Use a measuring cup to feed the specific amount. There is no need to change diets as food changes can lead to uncomfortable digestive problems in some dogs.

Once you know how much to feed your puppy and how often to do it, then you need to decide on a feeding schedule. Regular feeding times provide a sense of routine for your puppy and will help with proper development. If your puppy associates a certain time of day with breakfast or dinner, they will be less likely to beg for food.

Avoid giving your puppy table scraps. Feeding table scraps can encourage begging, which may be cute when your puppy is young, but this behaviour can later turn into an annoying habit.

Always have fresh, clean water out for your puppy to drink.



BE CAREFUL WITH YOUR DOG'S WEIGHT

Obesity in dogs is very common in North America. It puts them at increased risk for several chronic conditions such as osteoarthritis, skin infections, and heart disease, and it increases the risk for certain emergencies. Make sure your dog stays at a healthy weight by maintaining a regular feeding schedule. Be reasonable with how many treats you give them, and make sure other people in the household do so too! Store food somewhere your dog cannot get at it when you are not around. Check your dog's weight and fitness level regularly.

You can usually drop by your veterinarian's office and simply weigh your dog.

Ask the veterinary staff to help you assess what is a healthy weight for your dog. They are your best resource in helping you manage your dog's weight.

EXERCISE AND PLAY

Giving your dog a lot of exercise is a great way for you to spend quality time with them. Daily walks, runs, and games of fetch can keep your dog healthy.



Physical activity is a lot of fun and good for many things. It can:

- Help your dog do less digging, barking, chewing and be less hyperactive
- Help keep your dog healthy, and fit
- Help your dog maintain a healthy weight
- Help dogs become more confident and trusting
- Help tire your dog out so they will be less restless at bedtime or when you want to relax





**PUPPY HEALTH
AND VACCINATIONS**

FIRST VETERINARIAN CHECK

Your puppy's first trip to the veterinarian is as much about educating you as getting your furry family member checked out.

During your puppy's first physical exam your veterinarian will examine all the body's major systems and talk to you about strategies for keeping your dog healthy for life.

Confirm that your puppy has had all the vaccinations and deworming series, and ask your veterinarian when would be a good time to start a puppy socialisation class.

VACCINATIONS THAT CAN PROTECT YOUR PUPPY

Vaccinations are a vital part of your puppy's veterinary care that will help prevent serious disease. Dogs should be vaccinated against diseases that are common, that cause serious illness, and/or are very contagious. Based on your puppy's own individual risk and lifestyle factors, your veterinarian will recommend the specific vaccines that are essential to protect your dog.

Vaccines generally include: distemper, hepatitis, parvovirus and rabies.

Vaccines may include: *Bordetella*, leptospirosis, Lyme disease, coronavirus, influenza and parainfluenza.

After determining which vaccines your puppy will need, your veterinarian will develop a suitable vaccination schedule. Generally, puppies receive a series of vaccinations and then boosters are given one year later. After their first birthday, your veterinarian will determine the need for later vaccinations based on the specific risk factors for your dog.



Your veterinarian will complete a certificate to record your dog's vaccinations. That certificate is signed by your veterinarian as a permanent record and is proof of vaccination history. Use the table on page 30 of this booklet to record your dog's vaccination regimen.

WHY REPEAT VACCINATIONS ARE NECESSARY

When your pet is vaccinated as a puppy, the immunity they receive will not protect them for the rest of their lives. To maintain protection, regular booster vaccinations are required for adult dogs. Your veterinarian will let you know what the recommended interval is depending on the specific vaccine and the lifestyle and risk factors of your dog.

INFECTIOUS DISEASES IN DOGS

Canine Parvovirus is a contagious viral disease that is shed in feces. It is one of the most serious and common of canine infectious diseases. This disease is still highly present, with outbreaks occurring regularly. The virus can survive indoors and outdoors for long periods of time, and can be carried home by shoes or by paws that come into contact with it. The onset of this potentially deadly virus is sudden, and the early signs may include vomiting and foul, bloody diarrhea that can lead to rapid dehydration and collapse. The heart may also be attacked by the virus. This disease can be fatal, even with early intervention. Vaccination is an effective way to protect your pet from this disease.

Canine Distemper is a highly contagious and often fatal viral disease that affects the respiratory, gastrointestinal and central nervous systems. Pets that survive the initial infection are often left with permanent consequences such as deformed teeth, nervous twitches or a predisposition to epileptic seizures. Follow the vaccination plan recommended by your veterinarian to protect your dog from this disease.

Canine Hepatitis mainly attacks the liver, and also the kidneys, spleen, lungs and eyes. It is extremely contagious and often fatal. Symptoms may include fever, depression, loss of appetite, vomiting, diarrhea, convulsions and acute abdominal pain. Pets that recover from the disease may become carriers and spread the virus to infect other dogs. It can be effectively prevented through vaccination.



Rabies is a fatal viral disease that attacks the brain and the nervous system, and can affect both you and your dog. Even if your dog does not come into direct contact with infected wild animals, there is still the risk of transmission when broken skin comes into contact with infected saliva. In many communities it is mandatory that your dog is regularly vaccinated against rabies. Check your city's bylaws and seek your veterinarian's recommendations for protecting your dog.

Canine Coronavirus is a contagious intestinal virus that is more often diagnosed in puppies. Clinical signs are similar to parvovirus, and include vomiting, diarrhea and dehydration. This virus can be prevented by vaccinating puppies at a young age.

Lyme disease is an infectious disease that is becoming more prevalent in Canada due to the expanded geographic range of deer ticks. Your dog may be at greater risk if they play in grassy fields, forested areas, or travel to areas where ticks are common. Talk to your veterinarian about preventing Lyme disease, which potentially includes a comprehensive tick control program and vaccination against Lyme disease.

Canine infectious respiratory disease complex — CIRDC (canine cough) is a group of infectious illnesses, including *Bordetella*, canine influenza virus (CIV), *Mycoplasma* spp. and many others that affect the respiratory system. Vaccination is particularly recommended for dogs that visit boarding facilities, dog parks or other communal areas such as doggy daycare.



EXTERNAL PARASITES THAT CAN HARM YOUR DOG (ECTOPARASITES)



ECTOPARASITES
are those that
live on the dog.

FLEAS

Of all the ectoparasites that affect dogs, fleas are perhaps the most common from a medical and veterinary standpoint. Fleas can pass other parasites and diseases on to your dog, such as the dog tapeworm. Fleas are a major cause of skin irritation in dogs, which can make them bite and scratch themselves. Those actions can cause a lot of damage to the skin. Some dogs may even be allergic to fleas, causing severe itching, even if there are only a few flea bites. Most importantly, the adult fleas that you can see on dogs only represent 5% of the fleas in an infestation. Unfortunately, the remaining 95% of the flea infestation is usually in a dog's home, in the form of eggs, larvae and pupae (fleas that have not yet reached adulthood). Fleas will continue to re-infest a dog until they are eliminated from the home environment. There are many flea treatments on the market. **Your veterinarian can recommend a safe and effective product** that will kill the fleas in your home and on your dog, as well as protect your dog from a variety of other parasites. Make sure to also ask your veterinarian about all of the other animals in your house (including exotic or pocket pets). They may also need to be treated at the same time. Your veterinarian will make sure to recommend a treatment that is safe for all of your pets.

TICKS

Ticks feed on the blood of animals such as dogs, and can cause health problems such as blood loss, anemia, tick paralysis and skin irritation or infection. They can also spread diseases such as Lyme disease, ehrlichiosis and Rocky Mountain spotted fever, all of which can cause serious illness or even death. Not all ticks carry bacteria that cause diseases, but **it is recommended your dog be seen by a veterinarian soon after any ticks are found.** If you remove any ticks, remember to take them with you when you visit your veterinarian.

The best way to prevent ticks is to avoid tick-infested areas. Ticks can be seen with the naked eye, so during the warmer months, it is a good idea to check your dog frequently for them. After walking in areas with long grass, run your hands over your dog's fur to check for ticks. Methodically check their ears, head, neck, belly and feet. Ask your veterinarian to show you how to remove ticks from your pet.

Your veterinarian can provide effective products and medications for managing tick infestations on your pet. A veterinarian may recommend vaccination for Lyme disease for pets that live in or travel to areas where Lyme disease is prevalent.

MITES

Several types of mites can affect dogs and puppies. We will talk about the three most common ones.

Ear mites

Ear mites are small parasites (called *Otodectes cynotis*) that can infest the ear canals and surrounding skin of dogs, causing severe itching. These mites cannot be transmitted to people. Dogs that are infected with ear mites will typically scratch at their ears excessively and shake their heads. Young dogs are most prone to ear mites. Treatment of an ear mite infestation usually involves applying medication into the ear canals or administering a topical medication on the skin.



It is recommended you discuss the treatment options with your veterinarian.

Treatments may have to be repeated a certain way within a certain period of time. Your veterinarian will prescribe a specific plan. To resolve the infestation, it is important to follow your veterinarian's instructions. Make sure you tell your veterinarian about other pets in the household, as they may need to be treated at the same time.

Sarcoptic mites

Sarcoptic mange is a very contagious skin disease in dogs, caused by a mite called *Sarcoptes scabiei*. These mites tunnel through the skin causing severe itching and irritation. This condition is treatable, but is very contagious for other animals and even humans. **If your dog has an itchy skin condition, call your veterinarian right away.**

Demodectic mites

Mites, known as *Demodex canis*, are also responsible for a type of mange in dogs, but do not make a dog as itchy as sarcoptic mites do. Most adult dogs develop a resistance to them, but affected dogs may develop bald patches in their fur that can become generalized in rare cases. Mild cases of localized demodectic mange often resolve without any treatment. Medicated dips, topical treatments (treatments applied to the skin), as well as oral medication can be prescribed in more severe cases. **If your dog has an abnormal coat or fur loss, call your veterinarian for an examination.**

LICE

Lice are small insects that, depending on the type, suck dogs' blood or chew on their skin. Left untreated, the lice can spread all over a dog's body. Dog lice are not as common as dog fleas. They more often infest in locations that are unsanitary. Lice cause itching and scratching, and all the crawling and biting can make pets crazy. The good news is that lice rarely cause long-lasting problems. Even better news is that dog lice cannot be transmitted to humans. **Your veterinarian can recommend a safe and effective product that will kill the lice on your dog.**


INTERNAL PARASITES THAT CAN HARM YOUR DOG (ENDOPARASITES)



ENDOPARASITES


are those that
live in the dog.

HEARTWORM



Heartworm is a kind of worm that is different from intestinal worms. Mosquitoes spread heartworm. When the mosquito feeds on the blood of an infected animal it ingests the heartworm larvae, and then deposits the larvae under the skin of another animal when it feeds again. The heartworm larvae then migrate to the heart and lungs, where they develop into adult worms over a period of about six months. The adult worms, which mature and live inside the heart and the blood vessels of the lungs, cause serious disease and even death. Heartworm can be fatal, and the treatment can be expensive and potentially dangerous. **Speak to your veterinarian about the importance of heartworm prevention for your dog.**

INTESTINAL WORMS



Roundworms, hookworms, and whipworms are common internal parasites. These parasites live in the gastrointestinal tract of animals and can cause diarrhea, anemia, and weight loss. Intestinal worms are very common in puppies and are usually passed to them by their mother. **It is important to have your veterinarian perform fecal exams and deworm your puppy regularly. Puppies need to have deworming treatments several times and will continue to have them through adulthood too.** Treatments used today are safe and often eliminate several different types of parasites at the same time.

Tapeworms are another type of gastrointestinal parasite. Tapeworms can cause diarrhea and weight loss/poor body condition.

Tapeworms can be passed on to a dog in a few ways. Fleas can carry tapeworms to the animals that they infect. Tapeworms can also be transmitted to dogs by rodents and rabbits; dogs that hunt and eat them can become infected with the worms they carry. Third, tapeworms can be acquired by eating raw meat. Owners tend to discover tapeworms when they spot worm segments (which can look like bits of rice) around their pet's anus.

If you suspect tapeworms, see your veterinarian.



LUNGWORM

Lungworms are yet another kind of parasitic worm. These worms spread in the lungs, and can cause respiratory problems. Dogs that spend a lot of time in the woods and/or in fields are at a higher risk of contracting this type of parasite. Lungworm infections are still relatively rare in Canada. There have been some cases reported in Newfoundland. **If your dog has signs of respiratory disease (difficulty breathing or coughing, for example), see your veterinarian.**





PREVENTIVE CARE is very important for your dog's ongoing health. In the long run, it will help minimize the lifetime cost of caring for your dog. Following your veterinarian's recommendations for preventive care also gives you the best shot at keeping your dog healthy and happy for a long time. You will find in the following chart a list of recommendations to prevent, detect and treat diseases.

LIFELONG CARE FOR YOUR DOG



PREVENT

Regular wellness exams can help your veterinarian discover health problems early so that these can be treated in the best way for your dog. During a wellness exam, your veterinarian will want to gather information about the life and habits of your dog, as well as do a thorough physical examination, looking at eyes, ears, mouth, skin, heart, lungs, bones and digestive system to name only a few!

- 🐾 **Puppies** will be examined several times during their first year of life.
- 🐾 **Healthy adult dogs** should be examined at least once yearly.
- 🐾 **Older dogs** or dogs suffering from a chronic disease need to be examined more often.
- 🐾 Ask your veterinarian how often your dog should be examined.

Preventive Care includes:

Vaccinations can prevent many life-threatening diseases, and can help keep both your dog and your family healthy and safe. Your veterinarian will determine which vaccines are necessary for your dog.

- 🐾 Vaccination for distemper, hepatitis, parvovirus, and rabies.
- 🐾 Other vaccines according to geographical location and lifestyle such as *Bordetella*, leptospirosis, Lyme disease, coronavirus, influenza and parainfluenza.

Parasite Prevention includes:

- 🐾 Monthly prevention for heartworm, intestinal parasites, and external parasites such as ticks and fleas.
- Heartworm prevention needs to be administered during the at-risk season depending on your geographical location. Talk to your veterinarian about what is recommended for your dog.
- Other important parasites include intestinal worms, fleas and ticks. Some of these parasites can infect humans as well, so make sure you have a complete discussion with your veterinarian about parasite prevention and management.

Other recommended preventive care can include microchipping, spaying / neutering, nutrition and supplement counseling, dental care and tips for grooming and training.

It is very important that you talk with your veterinarian about which are important for your dog. Of course, since your dog is unique, your veterinarian may recommend a slightly different approach, so make sure you listen to your veterinarian's advice first!

DETECT

Early detection of medical problems can ensure prompt treatment and potentially prevent consequences from disease progression.

These are regular tests that your veterinarian may recommend for your dog:

- Routine heartworm testing
- Regular fecal testing

As recommended by your veterinarian, and depending on your geographical location.

Other tests that may be recommended:

- Blood, urine and other diagnostic tests that may detect diseases such as Lyme disease, kidney disease, diabetes and liver problems to name only a few.
- Early disease-screening tests such as hip x-rays that may allow for early intervention.
- Genetic-screening tests

Tests may be recommended with a regular check-up, prior to a procedure requiring general anesthesia, or because you are noting changes in your dog's habits or health status.

TREAT

Sometimes, despite the best preventive care possible, dogs develop medical conditions that can hopefully be cured or managed in the best way possible.

Some diseases are very common in dogs such as skin infections, osteoarthritis and kidney disease. Sometimes, medical conditions can be cured, but in other instances, they can be managed so that your dog stays comfortable and as healthy as possible for a long time.

Your veterinarian will make sure your dog gets the best care possible and is likely to make several specific recommendations depending on your dog's condition:

- 🐾 **Medication:** Make sure you give all medication as prescribed, respecting the dose, duration and administration schedule on the prescription.
- 🐾 **Surgery:** Sometimes medical conditions need surgical intervention in order to get better.
- 🐾 **Nutrition and supplements:** Your veterinarian will make specific recommendations for the best option for your dog. The products that your veterinarian carries are the ones they trust the most.
- 🐾 **Other recommendations** such as exercise, physical rehabilitation, etc. should be followed carefully.
- 🐾 **Follow-up:** It often takes more than one visit to treat a medical condition. Make sure you go to your follow-up appointments and contact your clinic if you are worried about your dog's condition.

NEUTERING OR SPAYING YOUR PUPPY

The Canadian Veterinary Medical Association (CVMA) recommends spaying and neutering your dog as an important part of being a responsible owner. Spaying and neutering help fight dog overpopulation, and offer health and behavioural benefits to your animals. It is strongly recommended that all dogs not part of a responsible breeding program be spayed or neutered before sexual maturity, except where there are valid health or behavioural benefits for delaying the procedure. **Speak to your veterinarian about when to schedule an appointment.**



You can read the CVMA's position statement at:

<http://www.canadianveterinarians.net/documents/dog-and-cat-spay-castration#.UulShijrbzl>



NEUTERING (FOR MALES)

Neutering can significantly benefit your dog's health, and also improve behaviour and safety. Neutering helps prevent testicular cancer and prostate problems. Certain unwanted behaviours in male dogs are influenced by hormones like testosterone. When these hormones are reduced, so are the unwanted behaviours, like urine-marking, roaming (i.e., leaving the home), aggression, social problems (i.e., other male dogs being aggressive towards your dog), and inappropriate mounting. The only behaviours affected by neutering are the unwanted ones related to male hormones. Neutering will not affect your dog's ability to work, friendliness, playfulness or personality.

SPAYING (FOR FEMALES)

Spaying can significantly benefit your dog's health, and also improve behaviour and safety. Spaying your dog helps prevent breast cancer, bacterial infections of the uterus, tumours of the ovaries and uterus, and injury, stress, and disease that can come with having puppies. Spaying females gets rid of sudden, high levels of hormones, which start the estrus cycle ("heat"): the time in which they can become pregnant. When there is no more estrus, there cannot be any more pregnancies either. Spaying will not affect your dog's ability to work, friendliness, playfulness or personality. However, by stopping your dog from going into heat (the estrus cycle), spaying can benefit you and your dog by reducing certain unwanted behaviours in females, like roaming (i.e., leaving the home), frequent urination, irritability and aggression.

MICROCHIPPING



A PREVENTIVE MEASURE TO CONSIDER

Having a microchip implanted could be very helpful and reassuring if your pet ever gets lost. This simple surgical procedure – called microchipping – permanently identifies your dog with a very small device that is about the size of a grain of rice. It is embedded underneath your dog's skin, usually between the shoulder blades. This microchip is encoded with information about your pet's identity, which matches information stored in a national database of pet identifications. If someone finds your lost dog, the information in the microchip can be scanned so the finder can access your contact information. This information can help reunite you and your dog.

Microchipping can be done at any age, but may be recommended as soon as you bring your puppy in to see your veterinarian. Puppies may already be microchipped when you get them. It is important to update the microchip with any changes, such as new owner details, addresses, or phone numbers, as soon as possible.

Ask about microchipping the next time you take your puppy to the veterinarian.



PET HEALTH ITEMS TO KEEP ON HAND

BE PREPARED FOR EMERGENCIES

It would be a good idea to take a pet first aid class, or to get a first aid manual. There are many manuals on the market to choose from, and some pet first aid courses may even include one for you. An accurate guide can be handy for treating minor injuries and illnesses at home, and it can also be useful for knowing when it is best to get help from your veterinarian. Knowing first aid for dogs is an important first step. Having the tools you need to perform first aid properly is important too.

Be very careful if ever you decide to treat your dog's injury yourself. Dogs may react differently than usual when in pain. For example, they may try to protect themselves by biting. Always be cautious and protect yourself from being bitten when touching an injured dog.



YOUR CANINE FIRST AID KIT

Here is a list of essential and easy-to-find first aid items:

- ❃ Gauze, cotton roll and bandage tape
- ❃ Cohesive bandage cover, such as VetWrap
- ❃ Bandage scissors (these have a blunted tip to prevent cutting the skin)
- ❃ Disinfectant (such as chlorhexidine 0.05%)
- ❃ Saline eye flush
- ❃ Muzzle
- ❃ Extra leash
- ❃ Towels and rags
- ❃ Digital thermometer
- ❃ Lubricant (e.g., Vaseline® or K-Y® Jelly)
- ❃ Flashlight or penlight
- ❃ First aid manual
- ❃ Emergency numbers (make a photocopy of page 2 at the front of this book)
- ❃ Various syringes
- ❃ Activated charcoal
- ❃ Benadryl® (ask your veterinarian if and at what dose your dog should receive this)
- ❃ Extra supply of your dog's regular medications (if any are taken)
- ❃ Tick remover

Start with the list above and then talk to your veterinarian about other recommended supplies to include.

MOST COMMON HEALTH PROBLEMS DOGS CAN HAVE



Dogs, like people, sometimes get sick. Here are some common illnesses and conditions dogs can have. Knowing about them may help to know when you should take your dog to the veterinarian.

FREQUENT MEDICAL CONDITIONS

Bladder disease: If your dog is not as energetic as usual, has difficulty urinating, is urinating in the house, or if you see blood in their urine, you should call your veterinarian.

Ear infections: If your dog is scratching his ears, shaking his head or if his ears look red and irritated, you should call your veterinarian to book an appointment.

If dogs scratch at their ears, shake their heads as if trying to get something out, or if they yelp or get irritable when their ears are touched, or if their ears look red and irritated, they should see a veterinarian.

Eye infections: Eye redness, swollen eyelids, eye discharge, and frequent scratching or rubbing of the eyes may be clinical signs of an eye infection. Some eye problems can become serious quickly and lead to permanent vision problems. Take your dog to the veterinarian at the first sign of an infection.

Hypothyroidism: If your dog suddenly gains weight but is not eating more than usual, it could be because the thyroid gland is not doing its job. Hypothyroidism can also show itself by a lack of appetite, loss of hair/fur, flaky skin, dull coat, droopy eyelids, and lack of energy. If dogs show any of these clinical signs, a veterinarian should examine them.

Diabetes: If your dog starts drinking more water, looks hungry all the time and is losing weight, it may be diabetes. Other conditions can also cause these signs to happen, so it is very important to bring your dog in to see the veterinarian right away if you notice any of these signs.

Sprains and joint injuries: If your dog suddenly becomes lame, unable to walk, or moves as if hurting somewhere, it could be a sprain or an injury. Sprains and joint injuries can be mild to severe and, if left untreated, may lead to

permanent joint damage. Any dog who begins to limp should see a veterinarian.

Osteoarthritis: Unlike sprains and joint injuries, osteoarthritis tends to have a slow and gradual onset of symptoms, although some owners notice it all of a sudden. This condition can make moving around really difficult for your dog. If your dog begins to limp, becomes less energetic than usual or is stiff after getting up from a rest, you should see a veterinarian.

Pyoderma: Pyoderma is the scientific name for "skin infection". Clinical signs include hair loss, itchy yellow pustules (blisters) and skin lesions (broken skin). If you see these in your dog, see your veterinarian. Most of the time, pyoderma is a "secondary" condition, meaning the infection is caused by another skin condition such as atopy or parasites.

Atopy (or allergies): Dogs with allergies tend to have itchy skin. If you see dogs scratching, chewing at their feet, or if they suddenly have abnormal coats, they may be allergic to something. Dogs can develop allergies to many things in their diet or their environment. It is important to take your dog to the veterinarian if you are noticing an itchy condition. Often, more than one visit may be necessary for the management of itchy skin conditions.

Gastrointestinal upsets: Dogs with bad breath, diarrhea, or who are vomiting, should go to the veterinarian. Other common signs of stomach upset include a lack of appetite, bloating, and pain. Many different conditions can cause these signs. To try to find out exactly what is wrong, veterinarians may recommend doing procedures such as x-rays or blood tests. They may also recommend different treatments, from at-home medications that control vomiting to hospitalization for more severe illness.

HEALTH CONSIDERATIONS BEFORE TRAVELLING WITH OR BOARDING YOUR DOG

TRAVELLING WITH YOUR DOG

Before travelling with dogs, it is very important that they receive all of their vaccinations. Before a trip, check which vaccinations are required, and be sure to bring proof they have been administered. Some countries will not let your pet enter without this proof. A quick visit to your veterinarian for a check-up is also a good way to ask any questions you may have and to also make sure your dog is healthy enough to travel.



NEVER GO ON A TRIP WITH YOUR DOG WITHOUT THESE NECESSITIES:

- ❃ Medical and vaccine records, in case a veterinarian where you are going needs to see them
- ❃ Pet tags with your cell phone number in case your dog gets lost
- ❃ Favorite toys and blankets that will help your dog feel relaxed
- ❃ Your dog's medications, if any
- ❃ Food, bowl and poop scooper/bags
- ❃ Leash, which should always be worn when your dog is outdoors
- ❃ Doggie harness or travel seat



Some dogs get motion sickness when they are travelling in the car. Signs of motion sickness include restlessness, drooling and vomiting in the car. **Talk to your veterinarian if your dog has motion sickness.** They may recommend a safe and effective medication for the management of motion sickness in dogs.



BOARDING YOUR DOG

Before your dog is boarded anywhere, they should be up-do-date with their check-ups and vaccinations. Even if a boarding facility does not require a veterinarian's clearance, it is always a good idea to check with your veterinarian that your dog's state of health and vaccinations allow safe boarding. This is especially important if your dog has chronic health conditions or is elderly.



A few other things to think about or do before you board your dog:

- **Update vaccinations:** Make sure all your dog's needed vaccinations have been done—ideally 4 weeks before boarding.
- **Check the boarding facility's vaccination requirements:** Go over the boarding facility's vaccination requirements ahead of time and bring proof your dog meets them to check-in. Some places may also require a fecal report proving your dog does not have worms.
- **Double check medication supplies (if any are needed):** Verify that you supplied enough medication for your dog's stay and bring the medication in its original container.
- **Keep up with flea prevention:** Many facilities will require you to have treated your dog for fleas every month. However, even if the boarding facility does not require this, it would still be a good idea to ask your veterinarian for appropriate treatments. Other dogs boarding at the facility can easily bring fleas in, which can then infect yours.



Ask your veterinarian about other precautions you should take before boarding your dog.

GROOMING YOUR DOG



BATHE AND BRUSH YOUR DOG REGULARLY AND FREQUENTLY

Basic grooming will not only keep your dog's coat clean and free of mats, but it will help you find any wounds, infections, parasites and growths early. Brushing and combing can also be relaxing for you and your dog—some quality time together.

For a regular bath, you need warm water and a mild pet shampoo. First wash and rinse your dog thoroughly, then dry your dog completely. Shampoos for humans are not recommended for dogs—**consult your veterinarian for advice on shampoos suitable for dogs.**



KEEP YOUR DOG'S NAILS WELL TRIMMED

It is very important to keep your dog's nails trimmed. Long nails make walking painful and can grow into your dog's feet and toe pads. Ask your veterinarian or groomer to show you how to safely trim your dog's nails, or just regularly take your dog to them and let them do it. Trim nails slowly, be careful, and be patient! If you cut a nail too short, your dog is not likely to forget it any time soon. **You can ask your veterinarian for silver nitrate sticks or powder that can help stop bleeding, so you can be ready if ever you should accidentally cut the nails too short.**



BRUSH YOUR DOG'S TEETH REGULARLY

Good oral health is a very important part of your dog's general health. Like you, dogs need regular brushing to remove plaque and tartar. To help keep your dog's teeth and gums healthy, brush their teeth regularly. The earlier you get your dog used to teeth-brushing, the easier it will be. **Ask your veterinarian to show you how.** Never use human toothpaste on your puppy—dental kits for dogs are available.

CHECK YOUR DOG'S EARS REGULARLY

Ear infections are common in dogs, so you should check your dog's ears regularly. **Ask your veterinarian to show you how to safely clean your dog's ears,** as well as which cleaning solution and tools to use. You should not use cotton swabs to clean your dog's ears as they can push wax down into the ear canal and even perforate the eardrum should you go too deep.

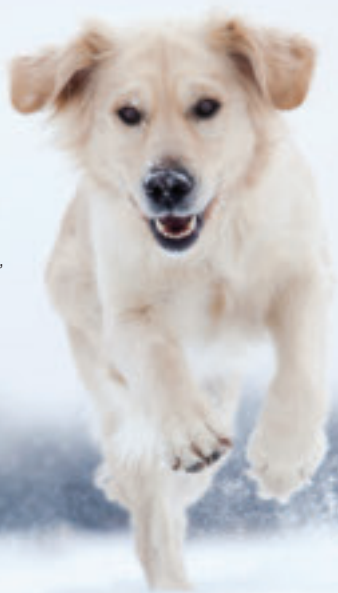
WINTER CARE

Grooming dogs' coats regularly is recommended throughout the winter months. Consider dressing your dog in a sweater or coat and using dog booties to protect feet from ice and salt.

For long-haired dogs it is helpful to trim the excess hair around the toes and foot pads. This will help prevent their paws from freezing and will also ease with snow removal and cleaning. If you do the trimming, be careful not to cut your dog's pads or any other delicate area of the foot.

After a winter walk, rinse and dry your dog's paws. Rock salt, used to melt ice on sidewalks, may irritate footpads. A little petroleum jelly can sometimes help soften the pads and prevent cracking.

Frostbite is your dog's largest winter hazard. To prevent frostbite on the ears, tail and feet, do not leave your dog outdoors for too long.



NOTES



KEEPING YOUR DOG HAPPY, HEALTHY AND SAFE

A HEALTHY LIFE INCLUDES CARE FROM YOUR VETERINARIAN:

- 1 At least yearly physical exams
- 2 Parasite control
- 3 Monitoring changing nutritional needs
- 4 Vaccinations, as needed
- 5 Lab screening tests as recommended

Paying attention to all aspects of your dog's health is the best way to create a truly wonderful lifelong relationship with your four-legged friend.



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