



## Welcome Home, Puppy!

Congratulations on your new puppy! Raising a new puppy is a huge commitment and will require a lot of time and effort, but it will be well-rewarded with a lifetime of companionship and love. Our Puppy Pack will help answer your questions about your puppy's nutrition, training, and health care. Please remember that we are always here to help you with any concerns that you have about your new family member. Use us as your primary resource for any of your pet's health needs. We look forward to serving you and your new puppy through the coming years and strive to ensure that your puppy has a lifetime of good health and happiness!

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## Feeding Your Puppy



Feed your puppy “Puppy Food.” Puppy food has a higher caloric and fat content than adult foods and supplies the proper minerals and nutrients that a growing puppy needs.

### Choosing a Food:

- DO NOT feed a Grain-Free diet. In recent years, there have been reports of a dangerous heart disease that appears to be linked to feeding grain-free diets. Research is ongoing. Until we know more, we advise no grain free diets be given to dogs.
- Check the ingredient label for a statement that the food conforms to an AAFCO dog food profile. AAFCO, the Association of American Feed Control Officials, is a non-profit organization that sets standards for both animal feeds and pet foods in the United States.
- Choose a company that has put years of veterinary nutritional research into their food development program and who has veterinarians on their research and support teams. These include Royal Canin, Hills, Purina, and Science Diet. Some of these companies offer many different lines of food. You might want to choose a variety at the top of their lines which often have higher quality ingredients, and fewer additives.
- Avoid store-brand foods, and foods from bulk marketers as these are usually lower in quality.
- Avoid raw food diets. Despite many claims to the contrary, they have not been proven to be safe, are not closely regulated, and are surrounded by a world of misinformation from non-veterinary sources.
- Feed large-breed puppies food that is labeled as “Large Breed Puppy.” These foods slightly restrict the amount of calories in the diet so that large breed puppies do not grow too fast. Very rapid growth may predispose large breed puppies to serious bone and cartilage disorders.
- Toy Breed puppies can be very finicky. Please ask us for specific feeding advice for these breeds. See the handout on “Toy Breed Hypoglycemia.”

### How Much and How Often To Feed Your Puppy:

- Feed your puppy distinct meals and do not leave food out all day. This helps tremendously with the housetraining process and prevents overfeeding. Follow the daily feeding guides on the food bags and go with the lower end of the range for your pet's weight. Most feeding guide amounts tend to be overgenerous.
- Feed your puppy three times a day until they are approximately 9-10 wks. old. Around this time, you may notice that your puppy isn't eating one of his/her meals quite as well as they used to and seem to prefer eating twice a day. Continue twice a day feedings for life if your dog seems to enjoy that. As they get closer to adult size, many large breed dogs will later stop eating one of their two meals well, usually the morning meal. These dogs can be fed once a day and seem to do well with late afternoon/early evening feedings. Toy breed puppies may need to be fed 3 times a day until they achieve a certain weight. (See the "Toy Breed Hypoglycemia" handout.)

### Treats and Things to Avoid:

- TREATS should not be used excessively. They are high in calories and generally low in nutritional quality. If you are using treats for training purposes, break them into small pieces to use as rewards. NEVER GIVE your dog animal part treats such as pigs' ears, cow hooves, antlers or bones. These often cause tooth damage, gastrointestinal upset, and even severe irritation or puncturing of the intestinal tract. See our "Puppy Home Dental Care" article for a list of approved treats and chew toys.
- TABLE SCRAPS should not be given to your puppy. This makes for bad habits and bad behavior throughout your pet's life.
- VEGETABLES are safe as a small treat, if your puppy likes them. Always put them in your puppy's food bowl and do not feed from the table. Raw, steamed or boiled veggies can be given. Do not add salt or spices. Some favorites include carrots, broccoli, and green beans, but your dog may have different preferences. Avoid fruits!
- POISONOUS FOODS: some foods that are dangerous for your dog to ingest are: Raisins or Grapes, Onions/Garlic/Chives, Avocados, Macadamia Nuts, Chocolate, Coffee, Caffeine, Citrus fruits, excessive amounts of Coconut meat, oil or milk, Coconut water, excessive amounts of Milk and dairy products, Raw or undercooked meat, eggs and bones, Salt and salty snack foods, foods sweetened with Xylitol (some gums, candy, baked goods, and toothpaste), Yeast dough, Alcohol. Call us immediately if your puppy eats any of these for advice and immediate medical care. Some of these are much more toxic than others.

Source: ASPCA Animal Poison Control:

<https://www.asPCA.org/pet-care/animal-poison-control/people-foods-avoid-feeding-your-pets>

## Housetraining Your Puppy



### Using a Crate

Dogs are a den animal. They inherently want to keep their dens clean. As soon as a young pup is able to learn, his mother teaches him to "void" outside the den. You can imitate this behavior in your home by providing your dog with his own den, a wire or plastic crate. Wire crates are preferable for three reasons: 1) Your pup can see you and visa versa which is comforting to both you and your pup; 2) There is unlimited air circulation; and 3) the crate can easily be dismantled and stored in a small area. Pick a crate that will accommodate your pet when full grown. This will provide you service for a long time. When your pup is small, use a crate divider to section off an area that will be adequate for current needs. Remember, the idea is for the pup to keep his den clean. His space should be large enough for him to turn around and maneuver in his crate, but small enough for him to resist the urge to defecate or urinate in the crate.

Restrict the pup to his crate when you are not directly supervising him, when you are out of the house for any length of time, and at bedtime. Using an appropriate schedule, you should be able to prevent accidents in the crate, and he will learn to hold his urine and stool until you let him out. Be patient and expect occasional accidents. It's all part of the learning process for you and him.

Furnish the crate simply. Use a rug, mat, or towel to provide him with a comfortable area. Make sure the entire floor area is covered. This will convey the idea that no area should be used to defecate or urinate.

The crate is his home. Favorite toys should always be returned to the crate with him. The crate will serve as his home for bedtime. He will feel comfortable and secure in it. The crate will be an asset

when traveling or when friends or relatives visit and you do not want your pup in the way. A crate is helpful investment that will be worth its weight in gold.

## Setting a Strict Housetraining Schedule

Your young pup is coming to you with an open mind. Using consistency, repetition, praise, patience and kindness will help him develop into a well-trained adult.

Use the following schedule to assist you in housebreaking your new pup. A strict routine, patience, and praise will help you housetrain your puppy.

### 1) **Bedtime:** take the puppy outside and give him the opportunity to "exercise"

a) If he has already defecated and urinated in a certain spot, take him back to this same spot and praise him if he eliminates.

b) If you have a small fenced-in area, let him run loose. If he is leash-walked, use a leather collar for exercise sessions or a proper fitting training collar on the "inactive" (non-choking) fitting.

c) If you have a small breed puppy, and you want to paper train him, consider the purchase of an exercise pen. This can be used outside on the grass and the pup can be allowed to roam free within its confines. Optionally, use it indoors with plenty of newspaper. Use a small piece of soiled paper to put on the fresh paper to encourage your pup to do it's "job".

**2) Morning:** First thing in the morning, pick your puppy up and take him outside or put him in the exercise pen with paper. Remember the exercise pen can be used outside without paper. He's tried to be clean all night, so if you hurry, he will do his "job" in a **rush. Heap praise on him** when he eliminates since he sincerely wants to please you. Afterwards, bring him in and give him freedom in a confined area like the kitchen.

**3) Feed:** After you have done your first morning routine, and after your breakfast, feed him his food. He's had freedom up to this point. After he eats, take him outside or put him in his exercise pen again.

**4) Exercise:** After he eats, take him outside or put him in his exercise pen again. After you see him exercise, bring him inside and put him in his crate.

**5) Noon (11:30-12:30):** Take him out of the crate and put him outside or in the exercise pen. Praise him and bring him in after he eliminates and give him confined freedom with you for 1-2 hours. Then take him outside again for a quick bathroom break. Put him back in the crate until late afternoon (4:30-5:00).

**6) Dinner:** Take him outside or place him in the exercise pen. Bring him in for confined freedom while preparing your dinner and his. After you eat, feed him. Take him outside just as soon as he finishes eating. Naturally you can feed him before you eat, as long as you have time to follow the exercising procedure. But do not feed later than 6:00 P.M

**7) After dinner,** allow him controlled confined freedom. About 8:00 pm take him outside or place him in his exercise pen. Just before you retire, go through the bedroom routine.

**8) During the night.** Take your puppy out during the night at least once. As he is growing, he will be able to sleep 5-7 hours without needing to go out. But as a young pup, he is not going to be able to wait for more than 2-3 hours.

**9) Remember to take your puppy out after any additional times he eats or drinks.**

**10) ALWAYS PRAISE your puppy after he eliminates in an appropriate place.**

## **Earning More Space**

If you maintain this routine for at least two weeks the pattern should be set. You can now start to check on his learning by allowing a little more freedom from his crate. Make sure to keep watch on your puppy while he is out of the crate. Stay in the room with him. When the puppy is out of the crate, always leave the door open so he may go to his room when he wants to.

After a few more weeks, if housetraining is going well, then confine him to his crate only at night and when you leave the house. Test him whenever you please. Once you are confident of his progress,

start limited introduction to other rooms, but only when you are with your puppy and when your attention can be on him. It is important during these periods of freedom that you be sensitive to any whining or attempts to go to the door. If he is giving you these hints, immediately take him outside or put him in the exercise pen.

### **Mistakes Happen**

If by some chance your puppy has an "accident", determine what you should do differently to prevent the next one. Your puppy will not understand a correction for something he has done even a minute before; he only lives in the present. Do not scold him or rub his face in his urine or stool. This will only be confusing and lead to him being scared of you. Clean the accident immediately and be sure to use an odor neutralizer, available at the animal hospital or pet stores. This will help to prevent your pup from being attracted back to this area.

**Here is a good website for more tips on housetraining your puppy:**

[humanesociety.org/animals/dogs/tips/housetraining\\_puppies.html](http://humanesociety.org/animals/dogs/tips/housetraining_puppies.html)

**Please let us know if you have any questions. Housetraining takes time and patience.**

## Making Home Safe for Puppy



We can never anticipate everything that a curious puppy may get into, but we can greatly reduce the chances of serious problems by following these basic guidelines:

- **Supervise your puppy at all times.** When you are not able to supervise him, put him in a **crate** or penned area. (Also see “Housetraining Your Puppy.”)
- **Use safety gates** to restrict access to stairways and unsafe rooms, and to create a safe area for your puppy.
- Make sure all **electrical cords** are safely away from the puppy’s area. Do not allow him to wander behind electrical equipment where wires abound. Electrical shock is a dangerous risk when puppies chew electrical cords.
- **Keep shoes, socks, underwear, dirty clothing, cleaning rags, cleaning solutions, used tissues, napkins, paper towels, diapers and feminine protection products out of reach at all times.**
- Make sure that **household garbage** is secured with a tight-fitting lid, or preferably, is kept behind closed doors. Some dogs learn to open these doors easily. A safety latch may be required. Keep toilet lids down.
- Keep **prescription and over-the-counter medications, vitamins and supplements** securely away from your pet. Some puppies will learn to climb up on tables or counters where these items are often kept.
- Keep your puppy out of the garage or storage shed where many toxic substances like **antifreeze, oil, gasoline, paint, mouse/rat poison etc.** are stored. Antifreeze is sweet in taste and rodenticides are also enticing. Both are extremely dangerous if ingested. Do not place rat or mouse baits in your home when you have pets.
- Do not leave your puppy with any **toys** made of soft cloth or plastic as these are often quickly torn apart and swallowed. Always supervise your dog when playing with any object. If you know your dog tears toys apart instantly, do not ever allow him to play with any soft toys, or toys with parts or squeakers inside. This means the majority of the pet store toy section is off-limits for your pet.



## Puppy Dental Health

Your puppy will be losing his/her deciduous (baby) teeth. However, Dental Care should be implemented right away. Getting a puppy trained to brushing will go a long way for dental health throughout life. Dental treats can help but nothing beats brushing, so try your best to brush your puppy's teeth daily using the training system below.



### **HOME CARE FOR YOUR PET'S DENTAL AND ORAL HEALTH**

Proper home care greatly contributes to the prevention of periodontal disease and can decrease the need for more frequent professional treatment. **The absolute best method of home dental care is daily tooth brushing. There is NOTHING that keeps teeth healthier than brushing five to seven times a week.** It must be done consistently or the benefits will be minimal. Giving an approved dental diet or dental treats, or using a daily water additive can help, but will not compare to brushing .

#### **TOOTHBRUSHES AND TOOTHPASTE:**

There are several varieties of pet toothbrushes: fingertip brushes, brushes designed for cats or dogs, and small soft child's toothbrushes. Brushes should be kept clean between brushings and replaced regularly. Use flavored digestible pet toothpaste only. Pet toothpaste may be purchased from your veterinarian, pet stores, and even some supermarkets.

### **HOW TO BRUSH YOUR PET'S TEETH:**

**Go Slowly! Stay on one step for several days or more as needed! If at any time your pet seems nervous, or does not accept any part of the procedure, go back to the last step at which they were comfortable and stay at that point for a few days before attempting the next step. Dental surgery patients should heal for 10 days before you start to brush.**

#### **STEP ONE**

- First, give your pet a treat.
- Place a little flavored pet toothpaste on your finger and let your pet lick it off.
- Give your pet a treat or two.

Repeat this step daily until your pet is comfortable, then move to step TWO on the following day.

#### **STEP TWO**

- Treat.
- Rub a little toothpaste on one or a few teeth with your finger.
- Give your pet a treat or two.

Repeat this step daily until your pet is comfortable, then move to step THREE on the following day.

### **STEP THREE**

- Treat.
- Rub toothpaste on the outside of almost all of the teeth on upper and lower arcades.
- Give your pet a treat or two.

Repeat this step daily until your pet is comfortable, then move to step FOUR on the following day.

### **STEP FOUR**

- Treat.
- Put some toothpaste on a toothbrush and brush a few teeth on the outer surfaces.
- Give your pet a treat or two.

Repeat this step daily until your pet is comfortable, then move to step FIVE on the following day.

### **STEP FIVE**

- Treat.
- Put some toothpaste on a toothbrush and brush all the teeth. Brush gently. Use 3 horizontal back and forth strokes and a fourth stroke away from the gumline toward the tip of the crowns. Concentrate on brushing the outer surfaces of the teeth since this is where most tartar accumulates. Brushing the inner surfaces on the tongue side of the teeth is less critical so do not be concerned if your pet resists this.
- Give your pet a treat or two.

Gradually your pet will let you brush longer and more thoroughly. Your pet may not ever love getting their teeth brushed but they will LOVE the treats they get before and after. Brush daily at the same time each day to establish a consistent routine, e.g. before or after feeding your pet in the morning or evening, when you brush your own teeth in the morning or evening, or while you are watching TV. Our pets often seek our companionship at these times and will enjoy the attention.

## **TREATS, WATER ADDITIVES, AND TOYS:**

- Dental treats, dental diets, water additives, oral gels and oral sprays are not a replacement for daily brushing. If you use these products, please choose those approved by the Veterinary Oral Health Council. See the approved products below. These products have undergone research trials to prove that they have significant efficacy. Visit [www.vohc.org/accepted\\_products](http://www.vohc.org/accepted_products) for a complete list of approved products.
- AVOID the following as they can actually lead to fractured teeth and/or damaged teeth: Hard chew toys, rawhides, natural animal bones (cooked or raw), antlers, dried cow hoof treats, frisbee-catching, tennis ball chewing.

## **DOGS**

### Edible Treats and Rawhide Chews

Canine Greenies (Regular, Weight management, Aging Care, Hip and Joint Care, Puppy - all in various sizes)

#### Checkup Chews

Healthy Mouth Trust Total Treats Chew and Play Rolettes, variety of types/sizes

Hills Prescription Diet Canine Dental Care Chews \*

Hills Science Diet Canine Oral Care Chews

Improved Milk Bone Brushing Chews for Dogs

Member Mark Dental Treats

Merial OraVet Dental Hygiene Chews \*

ProDent Plaque Off Dental Bites

Purina Busy Hearty Hide Chew Treats

Purina DentaLife Daily Oral Care Treats and Advanced Clean Treats

Purina Pro Plan Veterinary Diets DentalChewz Dog Treats \*

Tartar Shield Soft Rawhide Chews for Dogs

VetIQ Minties Medium Dog Dental Treat

Virbac CET Veggie Dent Chews for Dogs \*

#### Diets

Eukanuba Adult Maintenance Diet for Dogs

Healthy Advantage Oral Care

Purina Veterinary Diets DH Dental Health brand Canine Formula, regular and small bites \*

Prescription Diet Canine T/D Original and Small Bites \*

Science Diet Oral Care for Dogs

#### Water Additives, Oral Gels, Oral Sprays, Oral Wipe Cloths, Oral Powder, Toothpaste and Brushes

Essential Healthymouth Anti-plaque Water Additive (Regular, Mobility, and Superfood Topper varieties)

Essential Healthymouth Anti-plaque Gel, Oral Spray, and Anti-Plaque Daily Topical Wipes

Essential Healthymouth Gel and Brush Combination

PetSmile Toothpaste by SuperSmile

Pettura Oral Care Gel

ProDen Plaque-off Powder

ADA-compliant Soft Bristle Flathead Toothbrush (various brands)

# Spaying/Neutering Your Pet



The term “Neutering” generally refers to a spay (ovariohysterectomy) for females and a castration (orchietomy) for males. The male procedure is often referred to as “a neuter.” Advised timing for neutering for cats is typically at six months of age. Advised timing for dogs can vary.

## 1) BEHAVIORAL REASONS FOR NEUTERING:

Socializing and training our puppies and kittens go a long way in establishing boundaries for acceptable pet behavior. One thing that we cannot control, however, is our pets’ mating instincts and physiology. These cause physical changes and behaviors in our pets that can be frustrating.

By 8-10 months of age, female puppies go into their first heat and subsequently enter a heat cycle twice a year through middle age. During heat, or “estrus”, females bleed for 5 to 21 days, often staining themselves, carpets, furniture and bedding. Females in heat also attract the attention of any intact male in the neighborhood. In turn, intact male puppies and dogs tend to be very anxious when they smell a female in heat and tend to escape from homes, often leading to injuries from car accidents or dog fights. Intact males tend to fight more and become more territorial.

As for cats, females go into estrus at least two to three times a year, and as often as once every 2 or 3 weeks during certain months. Cats in heat become very anxious, often pacing and loudly vocalizing through all hours of the day and night. Every male tom cat in the area will hear the call and become frequent visitors to your doors and windows, often urine spraying on the outside of your home. Intact male cats that are kept indoors will urine mark walls, furniture and appliances to mark their territory and often are doing this in response to outdoor cat behavior in the area. The odor is extremely difficult to eliminate and the episodes can recur even after neutering is performed. Letting your intact male cat outdoors does not prevent the problem and only leads to territorial fighting, causing wounds, abscesses and the need for medical attention. He will also be at serious risk for injury by vehicles and wild animals. The time to spay and neuter is before these behaviors begin. Neutering your pet does not change their personality or activity level.

## 2) MEDICAL REASONS FOR NEUTERING:

Neutering your pet will also prevent several medical problems. Female cats and dogs that are intact very often develop conditions of the uterus like pyometra or mucometra. The uterus becomes distended with pus or mucus, causing severe problems. Not only do animals with pyometra have to be spayed on an emergency basis, but they will incur significant medical bills

to hospitalize them for treatment of this serious infection. In addition, there are also cancers of the ovaries and uterus that will be prevented by an ovariohysterectomy, or spay, at a young age. If you spay your female pet before her first heat, she will also have a 300% reduction in the chance of developing breast cancer later in life, a common cancer in dogs and cats. However, recent research has provided us with pros and cons of early neutering in dogs, and new guidelines as to the best time to spay or neuter certain breeds. This will be discussed with every puppy owner individually.

### **3) OVERPOPULATION AND FINANCIAL ISSUES:**

Over 3.7 million animals are euthanized in our shelters nationwide every year. Many of these animals were healthy and young, but were not successfully placed in a new home. Until we significantly reduce this number, the act of breeding animals for any purpose just contributes to the problem. Although many people think it will be a fun or a good learning experience to breed their pets, they seldom stop to think about successfully finding homes for the puppies and kittens. Even if this can be accomplished, these are homes that are now taken from pets that may have been adopted or rescued. Owners also often fail to research the incredible expense that is incurred with breeding an animal. Not only can a delivery go wrong and a pregnant dog or cat need a \$3000 emergency Cesarean section, but there are significant additional costs involved in vaccinating and deworming all the puppies and kittens and caring for any common infections and medical conditions.

## Wellness Care Part One: Vaccinations



Through your pet's life, vaccinations and parasite protection will be a huge part in keeping them healthy and safe from disease. Depending on your pet's life stage and his/her individual risk for infection from viral, bacterial and parasitic organisms, we will advise you on which vaccines and parasitic preventative programs are best for your pet. Our main concerns are prevention of severe viral and bacterial infections, and prevention of heartworms, roundworms, hookworms, whipworms, tapeworms, fleas and ticks.

### **VACCINATIONS AND YOUR PUPPY:**

Puppies are very susceptible to disease, especially when they are very young. While nursing, they obtain a good level of protection against many viral diseases directly from their mother's milk, but this protection is short-lived and there can be dangerous gaps in protection against disease as the immune system is developing. Most vaccinations are done in a series several weeks apart because the first vaccination serves as a primer to expose the immune system to the disease in a safer form, and subsequent vaccines further stimulate the immune system to develop antibodies against the disease. Therefore, your puppy will be receiving certain vaccines every 3-4 weeks until they are 16 weeks of age.

Not all pets need to be vaccinated with all available vaccines. Core vaccines are those that are believed to be necessary for all dogs and cats, whereas other vaccines may be strongly recommended based on your pet's environment, exposure to particular outdoor environments, and travel habits with the owners.

Here at Westview Animal Hospital, we recommend the following vaccines for your pet:

### **PUPPIES**

#### **CORE VACCINES:**

**1) COMBINATION CANINE DISTEMPER, ADENOVIRUS, PARVOVIRUS, PARAINFLUENZA VACCINE AND LEPTOSPIROSIS (DAPPL4)**

*Frequency:*

DAPP vaccine is given every 3-4 wks. until 16-17 wks. of age, then again one year later, then every 3 years. Leptospirosis is given in combination with the DAPP vaccine series twice, 3 weeks apart. It will then be given yearly as a solo injection or part of the combination vaccine.

*Protects Against:*

**Canine Distemper Virus**- an aggressive highly contagious, often fatal virus that affects the respiratory system, gastrointestinal system and nervous system.

**Canine Adenovirus** - a dangerous virus that affects the liver

**Canine Parvovirus** - a highly contagious, highly resistant virus that can live in the environment for over a year. Contracted by coming into contact with contaminated feces, and often fatal without very aggressive and intensive medical care, parvovirus is one of the most prevalent and dangerous threats to your puppy.

**Canine Parainfluenza Virus** - a highly contagious respiratory virus.

**Leptospirosis** - an aggressive bacterial infection that affects the liver and the kidneys and is contracted from drinking out of water sources that have been contaminated by the urine of affected wild animals or rats.

### 3) RABIES VACCINE

*Frequency:*

Given one time as a puppy at 12-16 weeks, then repeated one year later, and then every 3 years.

*Protects Against:*

**Rabies virus** - an extremely dangerous, highly infectious virus that targets the brain and nervous system. Unlike most other viruses, rabies virus is not host-specific, meaning that it can affect many species, including humans. Spread mostly by the bites of infected raccoons, skunks, bats and foxes, and also the excrement of bats, rabies virus is prevalent in the United States. All local Health Departments have strict laws regarding vaccination of pets in order to protect public health. There is no cure or treatment for rabies. Once an animal begins showing signs, death is imminent. In people who have been exposed to rabies, a post-exposure treatment can be immediately administered. But once a person begins showing signs of the disease, death is imminent in all but extremely rare cases. Dogs and cats often experience a form of rabies called the Excited Form, which involves extremely aggressive behavior, posing a dangerous threat to all who come in contact with them. Prevention of this viral infection is the only viable medical approach. Vaccination of pets is crucially important to the pet population, wildlife population and human population.

### OPTIONAL VACCINES:

#### 4) BORDATELLA VACCINE (KENNEL COUGH VACCINE)

*Frequency:*

Given once as a puppy and then repeated at one year of age.

*Protects Against:*

**Bordetella** bacteria - one of the most common causes of infectious respiratory disease in dogs. It is common in kennel situations. Required for stays in kennels, recommended for dogs frequently go for grooming.

## 5) LYME VACCINE

### *Frequency:*

Given twice three weeks apart as initial series and then yearly.

### *Protects Against:*

The borrelia bacteria that causes **Lyme** disease. This bacteria is transmitted by deer ticks. Lyme disease in dogs usually manifests as an illness that starts with a fever, extreme weakness, and lameness. It also can rarely cause a severe, often fatal disease of the kidneys. The main protection against Lyme disease and other tick-borne disease is regular use of flea/tick control products. Lyme vaccine is recommended for added protection for dogs who are out on property that is frequented by deer and dogs who accompany their owners into wooded areas for walks and hikes.

## 6) CANINE INFLUENZA VACCINE

### *Frequency:*

Given twice three weeks apart as initial series and then yearly.

### *Protects Against:*

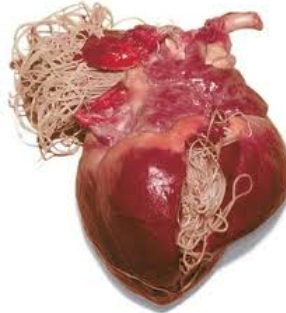
**Canine Influenza Virus.** This aggressive respiratory virus is not very common, but outbreaks are occasionally reported. The current vaccine covers several strains. Many kennels now require this vaccination for boarding.



## Wellness Care Part Two: Fleas, Ticks, and Internal Parasites



Tick



canine heartworms



intestinal hookworm

### FLEA AND TICK CONTROL:

*Why prevent fleas and ticks?* **Fleas** cause discomfort and irritation to pets and people. Adult fleas spend most of their time on your pet. Furniture and carpeting often are contaminated with flea eggs that fall off the pet. Flea infestations can lead to intense itching. Some dogs and people are allergic to flea bites as well, and can develop severely inflamed itchy skin, hair loss, and secondary skin infections after just a single bite. Additionally, If your puppy ingests fleas, a tapeworm infection may occur. The flea carries small forms of the worm that then grow and develop into long adult worms in the intestinal tract. Tapeworms cause weight loss.

**Ticks** can transmit dangerous diseases, such as Ehrlichiosis, Anaplasmosis, and Lyme disease through their bites. Deer ticks are known for transmitting the bacteria that causes Lyme disease. Lyme disease in dogs can manifest as an acute illness with fever, swollen, painful joints and lameness. More rarely, Lyme infection can cause a very severe, often fatal kidney disease.

**Flea and Tick preventatives** come in oral chewable tablets, topical liquids that are applied to the skin, and flea/tick collars. **Nexgard Chewable tablets** are given monthly year-round and are easy to administer. They are a popular choice for many pet owners. Topical products that we advise include **Vectra**, which is applied every month, year-round. Vectra is applied to the skin on the back of your pet. Frontline Plus, a common preventative, is no longer being recommended as there have been some concerns about flea resistance in recent years. Flea/tick collars are not advised for puppies. Most collars do not work well and can be toxic if ingested. Some flea and tick products are also toxic to household cats that are in contact with your puppy. Please ask us before you use any products that we have not mentioned here.

The weight of your puppy should be monitored closely as he or she grows to make sure that the correct size of the product is being used at all times.

### HEARTWORM PREVENTION:

Heartworms are spread by the bite of infected mosquitoes. Just one mosquito bite can transmit the small form of the worms into your dog, where they grow and develop throughout the body into large worms that pass into the heart and the large blood vessels leading into the heart. The worms breed and multiply in that location. Heartworm Disease is fatal if left untreated. Treatment is expensive and can be fraught with serious complications, depending on the stage of the disease. Prevention is the best way to go to keep your pet heartworm-free.

**Heartworm preventative** is a safe monthly dewormer in the form of a tasty chewable treat. It is given every month from 8-12 weeks of age, year-round. It also helps to prevent several common intestinal parasites. Brand names include **Milbeguard**.

### **INTESTINAL PARASITE CONTROL:**

Heartworm preventative products also help to prevent and treat several common intestinal parasites, such as **Roundworms, Hookworms, and Whipworms**. These parasites, which your puppy may have gotten from his mother or from ingestion of the stool of another dog can cause vomiting, diarrhea, and failure to gain weight. We may use other dewormer medications to treat these worms in your puppy as well.

Additional intestinal parasites include **Tapeworms, Giardia, and Coccidia**, all of which have different specific treatments. These can cause failure to gain weight or diarrhea.

Please bring in a fecal sample from your puppy if you have not already done so. We will ask you to bring in a fecal sample from your dog twice yearly to check for intestinal parasites.

## Puppy Training & Socialization Classes



A good puppy class can be key to ensuring your bundle of joy turns into a well-behaved companion. Like most things in life, an ounce of prevention is worth a pound of cure. A good puppy class will address socialization, basic obedience, and common puppy challenges.

### ***What should I look for in a puppy class?***

Hygiene – The class should be held indoors on flooring that is clean and can be disinfected. Proof of vaccines should be required.

Training Methods – Only positive reinforcement methods (including food) should be used. Any harsh, negative, or painful techniques should be a red flag that out-of-date training methods are being taught.

Age – A class designed for puppies from 2 -5 months of age will be best. Puppies play and act differently than adult dogs.

Most importantly, the staff should be professional, friendly, and knowledgeable. If you don't feel comfortable, it's not the class for you!

### ***When should my puppy start classes?***

The American Veterinary Society for Behavior advises: *In general, puppies can start puppy socialization classes as early as 7-8 weeks of age. Puppies should receive a minimum of one set of vaccines at least 7 days prior to the first class and a first deworming. They should be kept up-to-date on vaccines throughout the class.*

**Here's a list of some puppy classes in the area:**

- |   |  |
|---|--|
| 1) The Coventry School (Columbia)               | thecoventryschool.com  |
| 2) Tecla's K9 Academy (Elkridge/ Ellicott City) | teclask9academy.com  |
| 3) You Silly Dog (Baltimore)                    | www.yousillydog.com  |
| 4) My Fantastic Friend (Ellicott City)          | www.myfantasticfriend.com  |
| 5) Unleashed Joy (Woodstock)                    | www.unleashedjoy.com   |
| 6) MD SPCA (Baltimore)                          | <a href="http://www.mdspca.org/programs/behavior/little-star-puppy/">www.mdspca.org/programs/behavior/little-star-puppy/</a> |

\*Not all trainers and facilities on this list have been evaluated by our staff; therefore, it is important to apply your own judgement when selecting a trainer for your dog.

## Pet Insurance Companies



Trupanion  
New Policies 855-210-8749  
Customer Care 888-733-2685  
[trupanion.com](http://trupanion.com)

Nationwide (VPI)  
877-263-6008

Embrace 1-800-511-9172  
[embracepetinsurance.com](http://embracepetinsurance.com)

Aspca 888-716-1203  
[aspcapetinsurance.com](http://aspcapetinsurance.com)

Pets Best 877-738-7237  
[petsbest.com](http://petsbest.com)

Heatly Paws 855-898-8991  
[healthypawspetinsurance.com](http://healthypawspetinsurance.com)

Pet Plan 866-467-3875  
[gopetplan.com](http://gopetplan.com)

Pet First 855-270-7387  
[petfirst.com](http://petfirst.com)

[petinsurance.com](http://petinsurance.com)

ASPCA  
888-716-1203  
[aspcapetinsurance.com](http://aspcapetinsurance.com)

[westviewanimalhospital.com](http://westviewanimalhospital.com) | (410) 744-4800

Embrace  
800-511-9172  
[embracepetinsurance.com](http://embracepetinsurance.com)

Figo  
844-738-3446  
text-844-262-8133  
[www.figopetinsurance.com](http://www.figopetinsurance.com)

You can also check with your current homeowner's insurance company. Many of these now offer pet health insurance.

## Internet Resources: Sources We Trust



It is difficult to resist the urge to consult Dr. Google. Do not ever rely on social media sites to guide you in caring for your pets. Please call us whenever you have a question about your pet. With 90+ years of combined veterinary experience and access to new information through continuing education, our local specialists, and veterinary consult sites, we really know how to help.

Here are some sources that we trust:

Veterinary Partner

<https://veterinarypartner.vin.com/>

ASPCA Animal Poison Control

<https://www.asPCA.org/pet-care/animal-poison-control>

Cornell Feline Health Center

<https://www.vet.cornell.edu/departments-centers-and-institutes/cornell-feline-health-center/health-information>

Ohio State Indoor Pet Initiative

<https://indoorpet.osu.edu/home>

If there is something specific that you are looking for, let us know and we'll help guide you.