LIST OF TOPICS FOR YOUR PUPPY'S SECOND VISIT

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BOARDING KENNELS: HOW TO CHOOSE ONE FOR YOUR DOG

The best way to decide on a boarding kennel is to research the options available in your area. You can start by phoning them and asking questions. When you phone, ask if you can stop by to visit. If the owners think it would be a bad idea, then you might not want to leave your pet there. A reputable kennel shouldn't mind showing you around so that you feel comfortable with where your pet will be staying while you are away. If you are still concerned, consider dropping by unannounced during the hours the kennel is open.

Some things you might want to look for:

- Do the dogs look comfortable in the runs?
- Is the place clean, tidy, and organized?
- Does the place smell bad?
- Are all the pets identified?
- Do all the pets have a file that lists such things as feeding instructions, their regular veterinarian, and any medical conditions or medications?

Some questions you might want to ask:

- Can I bring my pet's own food?
- How often will my pet be fed?
- Will you give my pet medication if required?
- How often is my dog exercised or let out?
- Is the exercise area secure?
- Are the dogs walked? Are the dogs walked on a leash?
- Is my pet going to be in contact with other pets?
- Can I decline contact with other pets?
- If dogs have contact with each other, how do you handle fights and keep track of who is eating and drinking?
- What happens if my pet gets sick while I'm away?
- Does my pet require up to date vaccines, and which vaccines are required?
- Does my dog require a recent Bordetella (kennel cough) vaccine?

The one thing that you want to be sure of is that your pet will be safe and comfortable when boarded. You want to be confident that your pet is in good hands while you are away.

CENTENNIAL ANIMAL HOSPITAL

EXERCISE

The most prevalent disease in pets in North America may surprise you. It is not cancer, not heart disease, not diabetes. It is obesity - one of the most preventable (and treatable) of conditions.

Just as in people, the fat cells laid down in early life influence your puppy's weight throughout his lifetime. We recommend feeding a measured amount of age and breed appropriate food, fed 2 -4 times daily (depending on age), with any uneaten food removed after a set amount of time. This is also why exercise is so important.

Early in your puppy's life, you should establish an exercise routine to keep the puppy lean, well-muscled, and fit. This routine can range from walks, games, and fetch, to fly ball, agility, lure coursing and tracking. It should be an integral and enjoyable part of a puppy's life and yours. Until your puppy is almost full grown, avoid any strenuous or repetitive activity that might damage growing bones and joints (jogging, biking).

In addition to the obvious health benefits of a lean body weight, regular exercise helps stop injuries in what are referred to as "weekend athletes" - dogs and people who are sedentary most of the time; then overdo it on the weekend. These dogs are much more prone to injury.

There is also concrete evidence that exercise and a lean body weight can slow the occurrence and progression of many orthopedic problems such as hip dysplasia, degenerative joint disease, degenerative discs and osteoarthritis.

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GROOMING RECOMMENDATIONS

FOR DOGS

Does my dog need to go to a groomer?

- All dog breeds may benefit from a professional grooming once or twice a year (i.e., Spring + Fall)
- Certain dog breeds require routine professional grooming every 8-12 weeks.

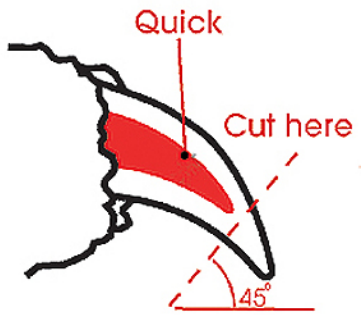
What can I do at home?

Bathing: use a gentle (i.e., oatmeal-based) shampoo + conditioner formulated for dogs. Bathe when needed to keep clean, rinse well, and towel dry. A blow dryer may be used on low heat, if required. It is very important to ensure a small dog or puppy, or senior pet is adequately dried afterwards to avoid a chill. Bathing too frequently can result in dry skin, as the natural oils are lost. Senior dogs may be unable to stand for long periods in the tub, and the use of a bathmat is recommended to avoid slips and falls.

Coat Care: You will need a brush, a comb, and a flea comb. For breeds with a thicker coat, gently comb and brush against the direction of the coat to remove the undercoat; finish by brushing with the direction of the coat. Your veterinarian or groomer can help with further instruction. Older dogs may develop lumps and bumps under or on the skin. Take extra care when brushing over these areas and report any new lumps or bumps to the veterinarian.

Nail Care: You will need nail clippers (see diagram). The nails grow continuously. Some dogs wear their nails down, but most need regular trimming. Check them once per week to determine if a trim is due.

Nail cross section



The pink area inside the nail is called the quick and contains the blood supply and nerves. You DO NOT want to cut into this area as it will cause bleeding and pain. If your dog's nails are black, you will have to use a white nail as a guide to determine where the quick is.
If all the nails are black, ask your groomer or veterinarian for a demonstration.

As your dog ages, you may notice the nails become more brittle and the quick may extend further down to the nail tip. More frequent trimmings may be required. Ask your veterinarian or veterinary technician for advice.

Ear Care: A tissue or cotton ball should be used to remove excess wax from the outer ear canal. NEVER use "Q-Tips". If you notice an odour or discharge from the ear, consult your veterinarian. Some dog breeds have excessive hair in the ear canal. NEVER pluck it without first consulting your veterinarian.

When should I start grooming my puppy?

- Right away but start slowly. You want each grooming experience to be a positive one. Regular grooming can be one of the ways you bond with your dog.

Why is regular grooming necessary?

- It is important to remove the loose ("dead") coat, to allow air to get to the skin, prevent dandruff, and prevent matting which is bad for the surrounding skin and uncomfortable for your dog.
- Also, you will be able to monitor the skin more closely for sores and redness, and fleas. If you discover any problems, contact your veterinarian.

HOUSEHOLD POISONS

If you suspect your pet has ingested a poison: Call your veterinarian immediately. If possible, have the package label available, as it may contain valuable information.

Another valuable resource is the **PET POISON HELPLINE: 1-855-764-7661.** The hotline charges a onetime fee for each new case.

Signs of poisoning may include: excitability, lack of coordination, convulsions, drooling, vomiting, lack of appetite, increased thirst, ulcers on face or paws, diarrhea, weakness, depression, abdominal pain, respiratory distress, shock. Because not all poisons produce immediate signs it is important to consult a veterinarian immediately after any exposure or ingestion.

Ingestion of household poisons takes only seconds. The best prevention is to keep these and all poisons out of reach:

POISON	SOURCE
Acids	batteries, metal cleaners
acetaminophen (especially CATS)	**Tylenol,** generic acetaminophen, cold remedies containing acetaminophen
acetylsalicylic acid (especially CATS)	**ASA**, aspirin
Alcohol	beer, wine, spirits, unbaked bread dough, windshield washer fluid
Alkalis	cleaning products
ANTU	rat/mouse poison
Arsenic	herbicides/pesticides
Estrogen	birth control pills/other medication
bacteria, moulds	spoiled food, garbage
Bleach	cleaning products
Caffeine	(see theobromine)
Carbamate	insecticides, fire extinguishers

carbon monoxide	car exhaust
carbon tetrachloride	cleaning solutions/solvents
POISON	**SOURCE**
Cyanide	herbicides, cherry/plum/apple/apricot tree (leaves, branches, pits), almonds
detergents	cleaning products
digitalis	rat/mouse poison, heart medication, milkweed, lily-of-the-valley, oleander, laurel, azalea, foxglove
essential oils (harmful ones)	pot pourri
ethylene glycol	**antifreeze**, heat exchange fluid, brake/hydraulic fluids (tastes sweet)
fungicides	Fungicides
Fruit	**grapes, raisins**
herbicides	Herbicides
ibuprofen	**Advil,** generic ibuprofen, those containing
lead	paint, linoleum, putty, solder, lead weights, animal repellents
metaldehyde, +/- carbamate	**snail/slug bait**
monomethylhydrazine (False Morel), and other toxins	wild and cultured mushrooms
naphthalene	**moth balls**
nuts	macadamia nuts
organophosphates	Insecticides
petroleum products	gasoline, kerosene
phenols (creosols)	cleaners, germicides
pyrethrins, pyrethroids, permethrin (CATS)	insecticides, **flea spray**, topical flea treatments (ie. Zodiac)
phosphorous	rat/mouse poison, fireworks

progesterone	birth control pills
Recreational drugs	ALL are toxic to dogs and cats, with marijuana toxicity being the most common
rotenone	Insecticides
salicylates (especially CATS)	**Aspirin, ASA**, and generic versions, **Pepto-Bismol** (bismuth subsalicylate)
strychnine	**rat/mouse poison**
thallium	**rat/mouse poison**
theobromine, caffeine, theophylline, methylxanthines	**chocolate,** cocoa beans, cola, tea
turpentine	Solvents
vegetables	**onions, garlic**
warfarin	**rat/mouse poison**
xylitol	**artificial sweetener** (cookies, muffins, sugar-fre gum), peanut butter

IDENTIFICATION METHODS

We recommend a microchip for permanent identification of all pets.
Regardless of which identification method you use, the most important thing is to make sure all of your contact information is up to date.

Microchip
Pros: Suitable for cats + dogs; permanent; provides proof of ownership; injection under skin usually a simple procedure. If planning to travel abroad, many countries require a pet to be microchipped prior to administration of the Rabies vaccination.

Cons: Not obvious on outside of pet; pet must be scanned to read chip; some Canadian Kennel Club (CKC) microchips are ISO chips which require a special scanner to read.

Rabies Tag
Pros: Can identify pet through veterinarian; suitable for cats + dogs if they wear collars
Cons: Veterinarian can call owner regarding finder of lost pet, but cannot disclose owner information; veterinarian's hours may not be convenient, year of tag doesn't always reflect current vaccination status

Name Tags or Collars
Pros: Easy to locate and read; can include name, phone number and address; suitable for cats + dogs if they wear collars
Cons: Not permanent; can fall off or bend; personal information may be misused; collars or tags can be transferred from one pet to another

Town Tags
Pros: Easy to locate owners if dog impounded by town
Cons: Need to call town office for information (may operate on government hours); not permanent; may fall off or bend; only suitable for cats in some municipalities

Tattoo
Pros: Permanent; no special equipment needed to read; suitable for cats + dogs
Cons: May become difficult to read over time; specialized equipment needed to apply; sedation may be needed to apply; need to know code to trace the tattoo

LEPTOSPIROSIS

Leptospirosis is a bacterial disease that can cause sudden kidney and liver failure in dogs and is also contagious to humans. Contact with an infected animal, or areas contaminated by its urine, can cause infection. Raccoons, skunks, rats, mice, voles, and opossums are all known carriers of this bacteria. Infection usually occurs through contact with urine or contaminated water and is more common in late summer and fall.

Some dogs that are infected with Leptospirosis do not show any symptoms, but they can shed the bacteria for months after infection, potentially spreading the disease to other dogs and humans. Dogs that do become ill usually stop eating, become lethargic and may vomit. Other signs include generalized muscle pain, stiffness, and excessive thirst and urination. Progression to kidney and liver failure can be fatal. Treatment of Leptospirosis often involves intravenous fluids, antibiotics, and often prolonged hospitalization. Fifty percent of dogs with Leptospirosis will not survive. Some will be left with permanent organ damage.

Leptospirosis vaccine is not yet part of our core vaccinations for dogs, but we are recommending the vaccine for more and more dogs each year, based on lifestyle risk. The vaccine currently used is effective against four of the most common strains. There is no vaccine available that will protect against all naturally occurring strains. Initially, a series of two vaccinations, two to three weeks apart is required. The vaccine requires an annual booster.

Whenever any vaccine is given, or any medication for that matter, there is a risk of allergic or adverse reaction. Fortunately, most of the time the incidence of such reactions is very low. Such reactions can range from very mild (lethargy, pain at the site of injection) to moderate (vomiting, hives, a swollen face) to severe (collapse, anaphylactic reaction). When the Leptospirosis vaccine was first available, the rates of adverse reactions were significantly higher than those for the other core vaccines. Since then, newer Leptospirosis vaccines have become available, and the adverse reaction rates are now only slightly higher than those seen with the core vaccines. To minimize risk, we will sometimes elect to administer the Leptospirosis vaccine separate from other vaccines. Dogs with a history of vaccine reaction to other vaccines may not be vaccinated against Leptospirosis at all or may receive pre-treatment with antihistamines.

Preventing dogs from drinking outdoor water (puddles, ponds, lakes, rivers, or water bowls kept outside) may decrease risk of exposure to Leptospirosis, but vaccination is still recommended for many dogs.

Please feel free to discuss with us if the Leptospirosis vaccine is appropriate for your dog.

CENTENNIAL ANIMAL HOSPITAL

CANINE NEUTER FACTSHEET

Sterilization of male dogs is performed by removing both testicles through an incision in the skin just in front of the scrotum. Neutering, also known as castration, is a moderately invasive surgery requiring general anaesthesia. At Centennial Animal Hospital, we consider this surgery to be part of basic health care for your male dog, and we make every effort to ensure that the procedure goes smoothly.

Centennial Animal Hospital recommends that male dogs be neutered between 6 and 12 months of age, depending on the size and breed of the dog.

Benefits of Neutering.

Neutered dogs are less likely to roam, or to be aggressive with other dogs.

Neutered dogs are less likely to mark their territory... indoors or out.

Neutering will eliminate the possibility of testicular cancer.

Neutered dogs almost never develop tumours of the anal area, prostatic disease (except prostatic cancer, which may occur in both intact and neutered dogs), or perineal hernias.

Sterilization obviously eliminates the possibility of your dog fathering unwanted litters of puppies. Millions of unwanted pets are euthanized every year in North America. Responsible pet owners take this fact very seriously and do everything in their power to help eliminate pet overpopulation.

Are There Any Downsides to the Surgery?

Removal of the testicles often leads to a drop in metabolic rate. This means that your dog will need less food to maintain a healthy body condition. If you do not reduce food intake after the surgery, weight gain may result.

Any surgical procedure carries some risk. At Centennial Animal Hospital, we believe that, through careful preparation, use of the safest available anaesthetics, and constant patient monitoring, the risk is very, very small.

CANINE NEUTER
WHAT TO EXPECT ON SURGERY DAY

1. Your dog is admitted the morning of his surgery. He will be weighed, and you will have a chance to ask any last-minute questions as we go over the **Surgical Consent forms.** Your dog may have access to water, but don't forget- no breakfast! **Please allow 20 minutes for this appointment.**

2. Once your dog is admitted to the hospital, the veterinarian who will be performing the surgery will do a **pre-surgical examination**. This examination includes (but is not necessarily limited to) listening to the heart and lungs, taking the temperature, looking for external parasites, checking mucous membrane (gum) colour and assessing hydration status. Pre-anaesthetic bloodwork (strongly recommended) is performed at this time unless it was already completed (preferred).

3. The first stage of anaesthesia is the administration of a **pre-anaesthetic sedative.** This injection calms your pet, as well as helping to control respiratory secretions.

4. After your dog is relaxed and calm, an **intravenous (IV) catheter** is placed, usually in a front leg vein (you will see a small, shaved area on the leg). This catheter allows for the administration of medication, as well as IV fluids, which are an important part of maintaining blood pressure and circulation under anaesthesia. A calculated dose of an **intravenous anaesthetic** is administered through the catheter.

5. Once your dog is sleepy enough (usually a matter of seconds), an **endotracheal tube** is placed in the trachea. This tube allows for the delivery of oxygen and the gas anaesthetic **isoflurane** (one of the safest of the inhalant anaesthetics), which maintains anaesthesia for as long as required. The endotracheal tube also protects the airways from foreign material, as anaesthesia temporarily inhibits the swallowing reflex.

6. The **surgical site** is shaved, vacuumed, and scrubbed in preparation for sterile surgery by the veterinary technician assigned to care for your dog. A local anaesthetic may be injected to control pain.

7. Meanwhile, the surgeon is also getting ready for surgery. After doing a surgical hand scrub, the surgeon dons a **sterile gown and surgical gloves**. All the surgery team wear caps and masks during surgery.
8. A separate **sterile surgical pack** and surgical drapes are used for each patient.

9. After being moved into the surgical suite, your dog is placed on a warming blanket, and connected to the **surgical monitors.** A veterinary technician also remains in the surgical suite throughout the surgery. We monitor heart rate, respiratory rate, blood pressure, blood oxygenation, mucous membrane colour, and depth of anaesthesia. Additional pain medication is administered during the procedure.

10. An incision is made in the skin, between the scrotum and the prepuce. The incision may be anywhere from one to two inches long, depending on the size of the dog. The blood vessels supplying each testicle are ligated (tied off), and **the testicles are removed**. Rarely, one or both testicles may be out of their normal position (cryptorchid), and additional incisions may be required.

11. The **incision is sutured** (closed in several layers). These layers of suture are absorbable (they will dissolve over time). Suture removal is generally not necessary.

12. Once the procedure is complete, the anaesthetic gas is turned off, and your dog starts to wake up. The technician stays with your dog until he is awake enough to have his endotracheal tube and IV catheter removed and to be transferred to the **recovery kennels,** where he is wrapped in a warmed blanket. The recovery kennels are constantly monitored.

13. Once you pet is fully awake, he is taken to his **day kennel**, where he is fed, watered, walked, and loved until it is time to go home later that day. Additional pain medication is given as needed.

14. Once your pet is awake, the veterinary technician will call you with an update on your pet's condition and will schedule a **discharge appointment.** At the appointment, the technician will go over the home care instructions with you. **Please allow 20 minutes for this appointment.**

CANINE OVARIOHYSTERECTOMY FACT SHEET

Sterilization of female dogs is performed by removing both the ovaries and the uterus through an incision in the abdominal wall. Ovariohysterectomy, also known as "spaying", is major surgery, requiring general anaesthesia and an overnight hospital stay. At Centennial Animal Hospital, we consider this surgery to be part of basic health care for your female dog, and we make every effort to ensure that the procedure goes smoothly.

Centennial Animal Hospital recommends that most female dogs be spayed at about 6 months of age before the first heat cycle. However, this may depend on the breed and size of your dog, so your veterinarian will discuss the best timing of this surgery with you.

Benefits of Sterilization.

Female dogs who are sterilized early in life, before the first heat cycle, have a ~0% chance of developing mammary (breast) cancer. Intact females have a lifetime mammary cancer risk of up to 50%. Many mammary tumours are malignant (cancerous) and can be fatal. Even older females can benefit from a reduction in mammary cancer risk, although the effect is not so great.

Removal of the ovaries and uterus eliminates the possibility of cancer in these organs.

Removal of the ovaries and uterus eliminates the possibility of pyometra, a potentially life-threatening infection of the uterus (pyometra means "pus in the uterus").

Intact females normally come into heat about every 6 months, from puberty well into old age, with each heat lasting about three weeks. This is messy and inconvenient and is always accompanied by the risk of unplanned pregnancy.

Sterilization obviously eliminates the possibility of unwanted litters of puppies. Complications from pregnancy and delivery are also eliminated. Millions of unwanted pets are euthanized every year in North America. Responsible pet owners take this fact very seriously and do everything in their power to help eliminate pet overpopulation.

Are There Any Downsides to the Surgery?

Removal of the ovaries often leads to a drop in metabolic rate. This means that your dog will need less food to maintain a healthy body condition. If you do not reduce food intake after the surgery, weight gain may result.

Any surgical procedure carries some risk. At Centennial Animal Hospital, we believe that, through careful preparation, use of the safest available anaesthetics, and constant patient monitoring, the risk is very, very small.

CANINE OVARIOHYSTERECTOMY (spay)
WHAT TO EXPECT ON SURGERY DAY

1. Your dog is admitted the morning of her surgery. She will be weighed, and you will have a chance to ask any last-minute questions as we go over the **Surgical Consent forms.** Your dog may have access to water, but don't forget- no breakfast! **Please allow 20 minutes for this appointment.**

2. Once your dog is admitted to the hospital, the veterinarian who will be performing the surgery will do a **pre-surgical examination**. This examination includes (but is not necessarily limited to) listening to the heart and lungs, taking the temperature, looking for external parasites, checking mucous membrane (gum) colour and assessing hydration status. Pre-anaesthetic bloodwork (strongly recommended) is performed at this time unless it was already completed (preferred).

3. The first stage of anaesthesia is the administration of a **pre-anaesthetic sedative.** This injection calms your pet, as well as helping to control respiratory secretions.

4. After your dog is relaxed and calm, an **intravenous catheter (IV)** is placed, usually in a front leg vein (you will see a small, shaved area on the leg). This catheter allows for the administration of medication, as well as IV fluids, which are an important part of maintaining blood pressure and circulation under anaesthesia. A calculated dose of an **intravenous anaesthetic** is administered through the catheter.

5. Once your dog is sleepy enough (usually a matter of seconds), an **endotracheal tube** is placed in the trachea. This tube allows for the delivery of oxygen and the gas anaesthetic **isoflurane** (one of the safest of the inhalant anaesthetics), which maintains anaesthesia for as long as required. The endotracheal tube also protects the airways from foreign material, as anaesthesia temporarily inhibits the swallowing reflex.

6. The **surgical site** is shaved, vacuumed, and scrubbed in preparation for sterile surgery by the veterinary technician assigned to care for your dog.

7. Meanwhile, the surgeon is also getting ready for surgery. After doing a surgical hand scrub, the surgeon also dons a **sterile gown and surgical gloves**. All the surgery team wear caps and masks during surgery.

8. A separate **sterile surgical pack** and surgical drapes are used for each patient.

9. After being moved into the surgical suite, your dog is placed on a warming blanket, and connected to the **surgical monitors.** A veterinary technician also remains in the surgical suite throughout the surgery. We monitor heart rate, respiratory rate, blood pressure, blood oxygenation, mucous membrane colour, and depth of anaesthesia. Additional pain medication is administered during the procedure.

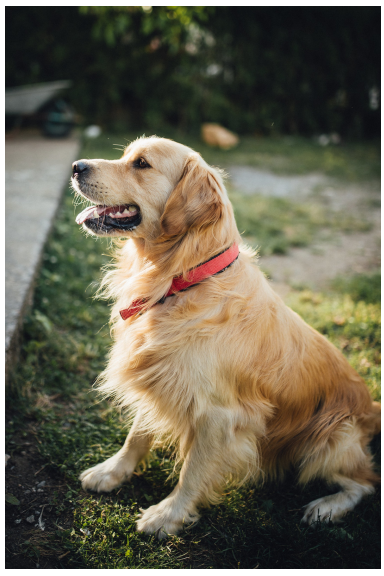
10. An incision is made in the abdominal wall, between the umbilicus (belly button) and the pelvis. The incision may be anywhere from one to six inches long, depending on the size of the dog. The blood vessels supplying the ovaries and the uterus are ligated (tied off), and the whole **reproductive tract is removed**.

11. The incision is sutured closed in several layers. These layers of suture are generally absorbable (they will dissolve over time). The skin layer is sutured, or surgical staples may be used. Skin **sutures and staples** need to be removed, usually 7-10 days after surgery

12. Once the procedure is complete, the anaesthetic gas is turned off, and your dog starts to wake up. The technician stays with your dog until she is awake enough to have her endotracheal tube and IV catheter removed and to be transferred to the **recovery kennels,** where she is wrapped in a warmed blanket. The recovery kennels are constantly monitored.

13. Once your pet is fully awake, she is taken to her **overnight kennel**, where she is fed, watered walked and loved until it is time to go home the next day. Additional pain medication is given as needed.

14. You will receive an update from the veterinary technician once your pet is awake from the anaesthesia. She will schedule a **discharge appointment** with you the following day. At this appointment, the technician will go over the home care instructions with you. If there are skin sutures to be removed, she will also set up a suture removal appointment in 7-10 days. **Please allow 20 minutes for both the discharge appointment and the suture removal appointment.**



PRE-ANAESTHETIC TESTING INFORMATION

Your pet is scheduled for a procedure that requires anaesthesia. We would like to take this opportunity to recommend pre-anaesthetic blood testing and explain why it is important to the health of your pet.

Like you, our greatest concern is the well-being of your pet. Before placing your pet under anaesthesia, the veterinarian will perform a physical examination to identify any existing medical conditions that could complicate the procedure and compromise the health of your pet.

Because there is always the possibility a physical exam will not identify all your pet's health problems, we strongly recommend that a pre-anaesthetic profile (a combination of blood tests) be performed prior to anaesthesia. The tests we recommend are similar to and equally as important as those your own physician would run if you were to undergo anaesthesia.

It is important to understand that a pre-anaesthetic profile does not guarantee the absence of anaesthetic complications. It may, however, greatly reduce the risk of complications as well as identify medical conditions that could require treatment in the future.

The combination of blood tests we recommend for the apparently healthy younger pet is listed below.

1. Creatinine, Alanine Aminotransferase (ALT), Glucose - (giving us valuable information about the kidneys, liver, and blood sugar)
2. PCV, total protein (looking for anemia, assessing hydration + protein level)

Another benefit of these blood tests performed when your pet is healthy, is to provide baseline values for comparison with tests performed later in life.

PET FOOD MYTHBUSTERS

THE MYTH	THE TRUTH
The bag says it is adult food, so it must be formulated for adult pets	Look at the fine print: adequate for "all lifestages" = puppy or kitten food in disguise
Grain Free Foods are healthier and less likely to cause allergies	High quality, properly processed grains are an excellent source of energy, amino and fatty acids, and fibre. Grain free foods still contain carbohydrates from other sources, such as sweet potato. Allergies to grains can occur but are much less common than those to meat proteins. Feeding a grain free food will in no way prevent allergies. Allergies to foods develop as the pet eats the food over
Meat should be the first ingredient	The balance of nutrients is more important than the ingredient list. High meat diets are usually excessive in calcium, sodium and phosphorus which are not appropriate, especially for older pets. Higher protein, meat-based foods do not mean that a food is of higher quality.
Byproducts have poor nutritional value	High quality by-products are an excellent source of protein, minerals, and vitamins. They are from "non-meat" sources of the animal such as liver, kidney, and spleen. Muscle meat alone is deficient in many of these key nutrients.
Gluten-free foods are healthier	Only 1-2% of people have celiac disease, requiring a gluten-free diet, and gluten intolerance in dogs is extremely rare. Celiacs need to avoid gluten from wheat, barley, and rye, but can tolerate corn gluten. Gluten is the highly digestible protein component of grain, and provides essential amino acids, the building blocks of protein
Raw diets are more natural and therefore, best	Raw diets are contaminated with harmful bacteria (Salmonella and E. coli), which puts human family members at risk. It is very difficult to balance a raw diet to avoid dangerous nutritional deficiencies and excesses. Cooking increases digestibility of nutrients
Corn is a poor-quality ingredient, or a "filler" (indigestible with no nutritional value)	Properly processed corn is an excellent source of carbohydrate, protein, essential fatty acids, and is abundant in antioxidants. Corn is in no way a "filler". It is a more nutritionally complete carbohydrate source than sweet potato.

Guaranteed Analysis percentages (%) on the label can be used to determine the levels of important	The Guaranteed Analysis is **NOT** equal to the Nutrition Facts Label on human foods. The Guaranteed Analysis lists only a minimum % of protein and fat and a maximum % of fibre and moisture. You must **ask the company** for the actual nutritional
"Natural", "Holistic ", or "Organic" food is better	Although increasing in popularity, the use of these terms can be misleading or confusing and do not guarantee better nutrition for your pet.

POISONOUS PLANTS

Many plants are considered to be toxic. The following list includes some of the more common ones. A more extensive list may be found at the Cornell University website: http://www.ansci.cornell.edu/plants/

If you suspect your pet has ingested a poisonous plant: Call your veterinarian IMMEDIATELY. Another valuable resource is the **PET POISON HELPLINE: 1-855-764-7661**. The hotline charges a onetime fee for each new case.

COMMON NAME	TOXIC PARTS	EFFECT ON PET
Azalea	entire plant	vomiting, diarrhea, muscle paralysis, central nervous system malfunction, may be fatal
Baneberry	roots, sap, berries	vomiting, diarrhea, dizziness, may be fatal
Bird of Paradise	seed pods	vomiting, diarrhea, nausea
Bittersweet	leaves and fruit	nausea, dizziness, seizures
Black Locust	bark, sprouts, leaves, seeds	depression, vomiting, may be fatal
Calla Lily	(see Lilies)	
Castor Bean	entire plant, especially beans	single bean may be fatal. vomiting, bloody diarrhea, abdominal pain, weakness, incoordination
Cherry Trees (Wild, Black, Bitter, Choke, Pin) Apple, Apricot Trees	pits /seeds (if broken into), leaves , branches	excitement, muscle tremors, breathing difficulties, drooling, seizures, may be fatal
Christmas Rose	entire plant	vomiting, skin irritation, seizures
Crocus (Autumn)	entire plant	drooling, depression, vomiting, diarrhea, weakness, collapse
Cycad Palm	entire plant	drooling, vomiting, increased thirst, anorexia, diarrhea or constipation, jaundice

Daffodil	Bulb	diarrhea, vomiting, seizures, may be fatal

COMMON NAME	TOXIC PARTS	EFFECT ON PET
Daphne	entire plant	burning and ulcers of mouth, stomach, intestines, and diarrhea
Dieffenbachia	entire plant	irritation of mouth, drooling, diarrhea, vomiting, difficulty breathing
Dumb cane	entire plant	irritation of mouth, drooling, swollen tongue +/- suffocation
Easter Lily	(see Lilies)	
English Ivy	leaves, berries	excitement, difficulty breathing, coma
Foxglove	entire plant	vomiting, diarrhea
Jerusalem Cherry	Berries	diarrhea, vomiting, collapse, coma
Holly	Berries	vomiting, diarrhea, weakness
Hydrangea	entire plant, especially if wilted	vomiting, diarrhea, poisoning may be fatal
Iris	leaves, roots	vomiting, diarrhea
Larkspur	entire plant	excitement, depression, staggering, tetany
Lantana	(unripe, green) berries	vomiting, diarrhea, muscle weakness, may be fatal
Laurel	entire plant	(see Rhododendron)

Lilies (all, including Calla Lily, Easter Lily, Lily-of-the-Valley, Day Lilies)	entire plant	Kidney failure dizziness, vomiting, drooling, burns in mouth/esophagus/ stomach
Milkweed	entire plant	vomiting, diarrhea, muscle paralysis, central nervous system malfunction, may be fatal
Mistletoe	white berries	vomiting, diarrhea, seizures
Monkshood	entire plant	numbness, visual impairment, difficulty breathing
Oleander	entire plant	nausea, depression, bloody diarrhea

COMMON NAME	TOXIC PARTS	EFFECT ON PET
Philodendron	entire plant	irritation of mouth, swollen tongue +/- suffocation
Plum Tree	leaves	excitement, muscle tremors, breathing difficulties, drooling, seizures, may be fatal
Poinsettia	leaves, stem, sap	diarrhea, abdominal pain, delirium, blindness (sap)
Poison Oak	entire plant	mouth, skin irritation
Poison Ivy	entire plant	mouth, skin irritation
Pokeweed	entire plant	nausea, vomiting, drowsiness, impaired vision, may be fatal
Privet	entire plant	bloody vomiting, diarrhea
Ranunculus (Buttercup, Crowfoot)	entire plant	vomiting, diarrhea, seizures
Rhododendron	entire plant	vomiting, depression, incoordination, weakness, seizures
Snow-on-the-Mountain	sap	skin blisters

Sweet Potato	leaves	mouth/tongue irritation, drooling, vomiting, diarrhea
Tomato	leaves, stem	mouth irritation, vomiting, diarrhea, abdominal pain
Virginia Creeper	leaves, berries	vomiting, diarrhea
Wisteria	entire plant	abdominal pain, vomiting, diarrhea
Yellow Jessamine	entire plant	dilated pupils, reddened skin, seizures, delirium, coma
Yews	entire plant	vomiting, depression, incoordination, seizures, or instant death

RAT AND MOUSE POISON: WHAT YOU NEED TO KNOW

One of the most common emergencies we see is the pet who has eaten products set out to kill rats and mice (rodenticides). Also dangerous are products meant to kill gophers and moles. Most often the family pet will be **accidentally exposed** while at a cottage or in an unfamiliar environment. The pet owner may be unaware of the toxic product being present or may have forgotten it was there from the year before. A less common route of exposure occurs when a pet eats a rat or mouse that was poisoned. In this case, the risk to the pet depends on the product eaten by the prey and the number of poisoned prey animals consumed by the pet.

Anticoagulant rodenticides have been the most common type encountered up until recent legislation was passed affecting their availability. Vitamin K is the antidote for

anticoagulant rodenticide toxicity. The alternative rodenticides contain more dangerous toxins and they do not have antidotes. Common active ingredients in anticoagulants include: difethialone, brodifacoum, coumarin, warfarin, indandione, diphacinone, and bromadiolone. Active ingredients in the alternative rodenticides include: bromethalin, cholecalciferol, and zinc phosphide. Many dogs will readily eat rodenticides in pellet or block form.

If your pet has been exposed:

1. Take the product away from the pet and save any remnants and the packaging.
2. Call your veterinarian IMMEDIATELY for further instruction.

If you are unable to contact a veterinarian, you may call the
PET POISON HELPLINE: 1-855-764-7661 for advice.
There is a charge for this service, and they will require a credit card number for payment.

What does this poison do to my pet?
Anticoagulant rodenticides do not produce signs of poisoning for **several days** after the toxic dose has been consumed. By the time clinical signs (symptoms) such as weakness, cool body temperature, pale gums, bloody urine, or nose bleeds are present, often irreversible (fatal) internal bleeding has begun.

These products interfere with blood clotting once ingested and absorbed. Normally, clotting factors are produced by the liver and are available to repair damaged blood vessels during normal day to day wear-and-tear or after injury. The anticoagulant rodenticides prevent the normal recycling of Vitamin K in the body, leading to inadequate levels for blood clotting and subsequent internal bleeding. Vitamin K is necessary for the blood to clot.

How Do Other Rodenticides Work?
Bromethalin causes seizures and muscle tremors that can prove fatal if untreated.
Cholecalciferol causes calcium buildup in the bloodstream and irreversible kidney failure.
Zinc phosphide causes toxic gas to be produced in the stomach, leading to bloating. This gas is highly toxic to people, who may be exposed if the dog vomits. Be sure to call your veterinarian or poison control if your dog has ingested a rodenticide with **zinc phosphide.** DO NOT INDUCE VOMITING AT HOME.
Corn cob/cellulose-based rodenticides are the least dangerous to pets, but intestinal discomfort and blockage can result if the pet ingests a large quantity.

What Will the Veterinarian Do to Treat my Pet?
An initial physical examination and consultation will be performed to determine the degree of exposure and risk. Vomiting may be induced in hospital if the pet is seen within hours of ingestion. Medications may be given to help prevent absorption of poison from the gut. Bloodwork may be done immediately and for follow-up during treatment to measure blood clotting times. The **antidote** for anticoagulant rodenticide poisoning is **Vitamin K**. The Vitamin K is given at a specific dose and must be given for an extended period. If a pet

did not receive immediate medical attention after exposure and is presented to the hospital with internal bleeding, an extended hospital stay and lifesaving blood transfusions would likely be needed. These pets may not survive.

Bromethalin rodenticides cause swelling of the brain within 24 hours or over a period of 14 days depending on the product involved. Cholecalciferol rodenticides will cause dangerously high calcium and phosphorous levels in the bloodstream within 12 hours of exposure. The prognosis for pets with bromethalin or cholecalciferol toxicity is much worse even with immediate intervention, as there are no antidotes available.

Our advice to you:
1. If you have pets, consider alternatives to poison for pest control to avoid accidental pet exposure.
2. If you go to a cottage or accommodation where rodents are a problem, be aware that rodenticides may be present, posing a risk to your pet.
3. If you suspect your pet has eaten a rodenticide, seek

EMERGENCY VETERINARY ATTENTION IMMEDIATELY.

RISKY BUSINESS

Common hazards that put our pets at risk for injury or illness

Proper supervision or safe confinement when supervision is not possible, are the best way to keep our pets safe. The following items may be hazardous for any pet, but are especially dangerous for puppies and kittens; they are more likely to explore, chew, and taste things in the world around them:

- antifreeze
- cat litter (puppies)
- Christmas tree ornaments (lights, tinsel especially)
- cleaning products
- clothing/shoes
- compost
- electrical cords
- foods (see list of poisonous substances*)
- poultry bones (may splinter)
- carving knife, wooden skewer
- garbage and recycling
- medication (human or veterinary)
- needle and thread, yarn, ribbon, dental floss
- paints
- plants (see list of poisonous plants*)
- rocks/pebbles

- wood

Other hazards:

- back of a pickup truck (unless in a carrier) or hanging from car window
- blind cords
- burns from hot stoves/barbeques
- car fan belt injury (cats may sleep under the hood near the car's engine)
- car interiors (in hot or cold weather)
- clothes dryer (pet may climb in a warm dryer)
- drowning (covered pools, boating accidents, unsafe ice)
- falls from a window
- fire, burning candles
- insect bite reactions
- road traffic
- sunburn, frostbite

*** Also, please refer to our separate information sh**
Poisonous Plants and Household Toxins.

10 COMMON PET MY

1. **Indoor cats don't need to visit the veterinarian or be vaccinated**
   Living indoors may prevent injuries from dog attacks and being hit by a car, but indoor cats can still be at risk for contagious disease, and parasites, and are at risk for obesity, dental disease, urinary tract disease, and other conditions shared by cats with more adventuresome lifestyles. If ever you introduce a new cat into the household, or your cat must visit the hospital, current vaccination status will help reduce risk. Cats may escape outside, and wildlife may make its way in (i.e., bats in Muskoka), making even indoor cats at risk for Rabies.
2. **Vaccinations are the primary reason a healthy pet should visit the veterinarian.**
   The physical examination and consultation with the veterinarian are the primary reason for the visit. Remember, your pet ages faster than you do. An annual visit to them is like you seeing the doctor every 7 years or so!
3. **If a pet is not whimpering or crying, it is not in pain.**
   It is well-recognized that pets have the same pain pathways as humans do. If it would hurt you, it would hurt your pet. Pets typically hide illness and pain and suffer in silence. This is a natural protective response because "in the wild", an injured animal may be preyed upon.
4. **You should feed the amount of food listed on the bag.**
   Sadly, half of pets today are overweight or obese, mostly due to overfeeding. We recommend you feed the lower end of the feeding guide on the bag based on your pet's ideal bodyweight. Please ask us for advice if you are unsure.
5. **The way to train a dog is to punish him when he does something wrong.**
   No! Pets respond best to positive reinforcement: reward the positive, ignore the negative.
6. **If a pet food is natural, holistic, or organic, it must be better.**
   The terms "holistic" and "natural" are not regulated. This means any company can use them without having to adhere to any standards. "Organic" is regulated; however, you must read the ingredient list carefully to determine what percentage of the food is truly organic. The nutrients provided by the ingredients in either case are what matters to your pet's health. Unfortunately reading the pet food label alone does not help you determine if a food is better for your pet. We can help you make an appropriate food recommendation for your pet based on lifestage, lifestyle and health.

7. **Dogs need more veterinary care than cats do.**
   Cats need just as much care as dogs do. Cats often suffer in silence and hide disease until they just can't hide it anymore. Caught early, the outcome of many of these diseases and conditions can often be greatly improved.
8. **Allergic reactions are caused by new things.**
   Allergies develop after repeated exposure to certain allergens, after the body has been "primed" to react. This applies to food allergies too. Pets are usually allergic to a component of the food they have been eating for years, not a new one they were just switched to.
9. **If a pet is timid, it must have been abused.**
   This is not always the case. Often, fear develops due to inadequate socialization during puppy or kitten hood. Ask us how you can best socialize your new puppy or kitten.
10. **Pets don't need dental care.**
    Seventy percent of pets over the age of 3 years have some degree of periodontal disease. Unless you "flip a lip" and look, dental disease can be easily missed. Bacteria from the mouth can enter the blood stream through inflamed gums, affecting the heart, kidneys, and other organs, possibly shortening lifespan. There are several things you can do to help keep your pet's mouth healthy. Ask us for advice!

10 SIGNS YOUR PET NEEDS AN EMERGENCY VISIT

You may be dealing with an emergency if any of the following occurs:

1. **Persistent Vomiting or Retching** especially if it occurs several times in an hour, there is an inability to hold down water, blood in the vomit, or vomiting along with depression, abdominal pain, **bloating of the abdomen,** or anxiety (pacing, rolling, or hiding).
2. **Obvious hemorrhage or bleeding** that is severe or won't stop.
3. **Difficulty or inability to urinate.** Sometimes pet owners mistake this for constipation, especially with cats (most serious in males). Inability to urinate is an emergency, so you are better to call us if unsure.

> **First Aid:** apply pressure to the area that is bleeding or wrap the area with absorbent bandage or clothing while you make the call to us.

4. **Abdominal or back pain** can cause your pet to become distressed, anxious, and restless or have an abnormal stance.
5. **Change in the colour of gums** from pink to white, yellow, or grey/blue, or if you see bruising (red splotching) of the gums.
6. **Difficulty breathing**, excessive panting, or in cats, continuous breathing with the mouth open.
7. **Seizures** can occur as a single event or can be multiple. Consider any seizure a potential emergency if it lasts for more than 5 minutes or is followed by more seizures.

> **First Aid:** do not put yourself at risk by handling your pet during a seizure. Once it is over you can provide calm reassurance. Your pet will not "swallow" its tongue during a seizure.

8. **Injury to the eyes, sudden blindness, head tilt or inability to walk**
9. **Sudden obvious lameness** or inability to use a limb.
10. **Depression or lethargy** can be a sign of serious illness due to many causes.

First Aid: make sure you are safe when handling an injured pet. Cats can be wrapped in a large towel for transport. You may need to muzzle a dog (use a leash, belt, gauze, rope, or pantyhose as a tie around the muzzle) to handle safely.

If you suspect your pet needs emergency care, please call us IMMEDIATELY at 705-645-3077*

***After our regular business hours, you will be directed to the Huronia Veterinary Emergency Clinic in Barrie (705-722-0377).**