



Congratulations on your new puppy!

Welcome and thank you for choosing the Animal Hospital of Sullivan County to care for your new puppy. This is the first step in practicing good health for your little buddy.

Your new puppy now depends on you for everything- food, water, exercise, training, good health and hygiene practices and above all lots of love and attention. Like you, the Animal Hospital of Sullivan County is committed to the well-being of your puppy and we hope this puppy pack will serve as a guide to the basic care of your little ones needs.

Here's to a happy and healthy life together!

The Animal Hospital of Sullivan County

Pillars of Health Maintenance

- Excellent nutrition to maintain a lean body condition
- Yearly to biyearly physical examinations and early detect lab work
- Yearly vaccinations to prevent contagious diseases
- Maintain dental health to maintain overall health
- Monthly prevention of internal and external parasites
- Lots of tender loving care

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Vaccinations and Veterinary Visits

Puppies are susceptible to many diseases. There are eight vaccines that your puppy should receive between six and 16 weeks of age. The veterinarians at the Animal Hospital of Sullivan County will administer these vaccines at three to four week intervals. It is important to complete the vaccination series as soon as possible so your puppy is safe to go out into the world to socialize with other people and other animals. Some of the vaccinations require booster shots to maintain effective levels of protection. After the puppy vaccine series, your puppy will need to come when it is a year old for annual examinations and vaccinations.

Vaccines that are routinely given:

Canine parvovirus: attacks the lining of the intestinal tract and damages the heart in the very young. Often fatal. Symptoms are loss of appetite followed by vomiting and diarrhea.

Canine hepatitis: affects the liver and can cause loss of vision.

Leptospirosis: causes liver and kidney damage. Contagious to humans. Symptoms range from dullness to vomiting and diarrhea.

Canine distemper: attacks the lungs and affects the function of the brain and spinal cord. Symptoms range from coughing, eye and nasal discharge to vomiting and diarrhea.

Parainfluenza: respiratory virus that causes coughing.

Adenovirus type 2: respiratory virus that causes a severe cough.

Lyme: attacks the joints, heart, kidneys and nervous system.

Symptoms can range from lameness, kidney and heart failure to death.

Rabies: a virus that attacks the nervous system. Always fatal.

If you plan to use a kennel for boarding or use a groomer the bordetella and the influenza vaccines are necessary. Bordetella causes a severe cough (kennel cough). Influenza causes upper respiratory disease and in 20% of the cases pneumonia.

Your puppy will need to see the doctor several times the first year. Please schedule these appointments before you leave the office so we can remind you and so we do not lapse on your puppies vaccines and leave him or her unprotected. We want to help your puppy grow up healthy.

Worms, fleas and ticks

Protecting your puppy from worms, fleas and ticks is essential to its health. Nearly every puppy is born with intestinal parasites from its mother. These internal parasites pose a risk to both the puppy and the owner. Protecting your puppy and yourself is a lifelong commitment.

HEARTWORMS: Heartworms are deadly and one of the most common canine parasites. They are transmitted from an infected dog to a non-infected dog through mosquitoes. It takes 6 months for the larva deposited under the skin by a mosquito to migrate and mature in the right side of the heart. Since mosquitoes get indoors, all dogs are at risk. Symptoms may include vomiting, coughing, difficulty breathing, lethargy, weight loss, collapse or convulsions, even death.

HOOKWORMS: Hookworms can be transmitted when the puppy is in utero, nursing, through skin penetration and later in life as dogs swallow hookworm eggs or larvae. They attach to the intestinal lining and leave bleeding internal wounds. Hookworms are a zoonotic parasite that can be transmitted to people, especially children. Symptoms include weight loss, weakness, haggard appearance, and dull unkempt fur.

ROUNDWORMS: Puppies can acquire roundworms in utero, from nursing or by eating infected animals such as rodents or snakes. Roundworms are a zoonotic parasite and can be transmitted to people, especially children. Symptoms include vomiting, diarrhea, and stunted growth.

WHIPWORMS: Whipworms develop when a dog swallows whipworm eggs passed from an infected dog. Symptoms included diarrhea, anemia and dehydration.

GIARDIA: Giardia is a one celled organism that lives in the small intestines of dogs. A large number of dogs can be asymptomatic while others develop diarrhea. It is contagious to other dogs and people.

COCCIDIA: Coccidiosis is caused by a one-celled organism that multiplies in the small intestines. It is most common in young puppies but has been found in adult dogs as well. Coccidiosis can cause diarrhea. It is contagious to other dogs.

FLEAS: Flea eggs that have fallen off a pet develop into worm-like larvae, which hide in carpeting, furniture, leaves and other dark places. Adult fleas can then easily attach themselves to the pet when the pet comes into contact with these locations. Symptoms may include itching, skin irritation and extreme discomfort. Fleas can transmit tapeworms and other diseases as well.

TICKS: Ticks are virtually a problem everywhere. Besides being annoying pests, ticks may also transmit diseases like lyme, ehrlichia, anaplasmosis and rocky mountain spotted fever.

MITES: Mites are tiny arachnids (like spiders) that are barely visible to the naked eye. Ear mites are the most common mites found on dogs, but they can also have sarcoptic or demodectic mange mites. Severe infestations can cause infections, convulsions, and even death, depending on the type of mite.

RINGWORM: Ringworm is actually a fungus, not a worm, and is not visible to the naked eye, although evidence of the infection is. Pets can catch ringworm through contact with infected humans or animals, soil, grooming tools, or spores in the air. People can catch ringworm from their pet.

ZOONOSIS/PREVENTION

A zoonotic disease is a disease that can affect animals and humans. Rabies, roundworms, hookworms and giardia are an abbreviated list of diseases every pet owner should be aware of.

Protect yourself and your pets by not handling wild and stray animals and by having your dog vaccinated against rabies. A puppy or a dog receiving a rabies vaccine for the first time will receive a one year vaccine. Every vaccine thereafter will be good for 3 years. Reminders are sent out early so that the vaccine never lapses.

Protect yourself, your family and your puppy against roundworms, hookworms and giardia by having a stool examined several times the first year of his life and at least once yearly thereafter. It is also very important to practice strict sanitation in your household. Feces should be removed and disposed of daily. Food and water should be placed so that there is no contamination from feces. Wash your hands after handling feces and before eating or drinking.

RECOMMENDED VETERINARY PRODUCTS:

SENTINELTABS: Sentinel is a once monthly tablet that prevents heartworms, roundworms, hookworms and whipworms and has a birth control for fleas in it. A yearly heartworm test and fecal are needed to monitor effectiveness. The manufacturer will stand behind their product and pay for any treatment failures as long as the product was purchased through a veterinarian and your pet has been on it year round. Sentinel has been proven safe in heartworm negative dogs.

VECTRA 3D: Vectra 3D is a topical medication that is applied once monthly between the shoulder blades and along the back as

directed. It kills 96% of the fleas in 6 hours. It starts killing the fleas in 5 minutes. It repels and kills ticks that may cause Lyme disease, Anaplasmosis and other tick born diseases. It prevents development of fleas, flea eggs, larvae, and pupae for 30 days. It also repels mosquitoes, biting flies and mites. It is gentle enough to use in puppies as young as 7 weeks of age. Vectra 3D is recommended year around because the tick born diseases are most transmitted in November and December and fleas are a warm weather problem.

A note on preventative medicine products sold through your veterinarian:

All medications bought through your veterinarian are 100% guaranteed and backed by the manufacturer. These medications include commonly used products like Heartgard, Sentinel, Vectra, Revolution, Comfortis and Trifexis. If these products are bought through anyone other than a licensed veterinarian the manufacturer will NOT stand behind their product.

DAY TO DAY CARE OF PUPPIES

Bringing a new puppy home is a big exciting change in your life. You want to show the new member of your family to your friends, start showing him some tricks, and have fun interacting with each other. Just remember



that a new environment is a big change for the puppy too, and that he needs time to adjust to it.

A Few Things Your Puppy Should Have:

1. Premium Foods
2. Food and Water Bowls
3. Leash and Collar
4. ID Tag or a microchip
5. Pet carrier or crate
6. Stain remover and odor eliminator
7. Repellents and/or chew stops
8. Shampoo and conditioner
9. Comb
10. Therapeutic Chew Toys
11. Ear cleansing solution for long-eared dogs
12. Heartworm, Flea, and tick control products
13. Dental Kit
14. Obedience Training (formal classes, books, videos)
15. Schedule exam with veterinarian
16. Loving, responsible, informed pet ownership

*In case of emergency: Please call our office (845) 292-6711 for assistance. After 9pm, all emergencies need to be taken to the Emergency clinic in Middletown (845) 692-0260.

Socializing Your Puppy

Dogs have been a domesticated species for thousands of years, but each new puppy still needs to learn how to behave around humans. Socializing your puppy helps him to become a happy, well adjusted member of our society. The first three to four months of a puppy's life are the most critical times for socialization, playing a large role in how the puppy will handle different situations throughout its life. Although your new dog can continue to learn good social skills as it gets older, it is easiest

when it is a puppy to give it good experiences, expose it to different stimuli, and reduce its fear of the unknown when it is still young.

A good way to socialize your puppy with both people and other dogs is to take it to puppy classes, where you can start basic training and socialization techniques. There are some health risks involved in exposing young puppies to other dogs and new environments, so it is best to discuss with your veterinarian what a good age is for starting these classes. When exposing your puppy to new people, you may want to ask each person to give the puppy a little treat. Have them ask the puppy to sit before giving it the treat, so it will learn a proper greeting and be less likely to jump on people. Try to make sure your puppy has plenty of positive encounters with children, as they can seem like a completely different species to your puppy. Puppies that grow up unused to how children walk, act, and talk, may never feel comfortable around them.

Finally, be careful to avoid physical punishment. Swatting the pup, shaking it, thumping its nose or rubbing it's face in a mess is more likely to weaken it's bond with you and teach it not to trust people than anything else. Pets that grow up scared of the human hand may become fear biters. In general, try to avoid forcing your puppy into a situation that will make it feel anxious during its first few months of life.

LEADERSHIP

Although a human household isn't quite the same as a dog pack, dominant displays, postures, or attitudes toward the owners must be discouraged if you are to gain control of your puppy. Having good control of your puppy means you will have a dog which grows up to be a manageable and pleasant addition to your home, rather than one that is difficult to handle.

First, you need to be fair. Never use physical punishment. Be consistent with rewards and corrections; make sure everyone in the household observes the same set of rules. Be generous with praise; puppies respond better to lots of praise rather than lots of scolding.

Second, make the puppy aware that you are important in its life. Feed it on a specific schedule. Make it respond to a command such as “sit”, before it gets anything it wants or needs (dinner, walks, play). Once it learns to stay, ask it to stay a second or two before it follows you through different rooms in your home or in and out of the house.

Third, don’t allow the puppy to take control. Don’t allow it to constantly ask for attention; don’t give into its demands unless it is doing something you want it to ask for (barking to go eliminate outside). Deter excessive barking.

Lastly, train your puppy to learn commands and have them respond immediately to them. If the puppy ignores you, gently but immediately show it what is expected. You should be the one to initiate positive actions. The puppy should get affection, treats, and attention when initiated by you, not when the puppy demands.

CANINE HOUSETRAINING

There are several steps you need to take care of to properly housetrain your puppy.

- 1. Choose the desired location and teach the puppy where to go. Make sure the location is practical and easy to access. Go out with your puppy and enthusiastically praise it when it eliminates in the desired area. Take the pet out when it is**

most likely to eliminate (after play, exercise, meals, naps, and after being released from confinement). Plan to take the puppy out to eliminate within 30-60 minutes after it eats. Consider teaching your puppy to “go” on command by saying “go potty”, for example, as it eliminates.

2. **Maintain a consistent schedule.** Offer food two to three times daily at the same time each day. Only leave food out for 20 minutes or until your puppy walks away. Take away the water bowl one or two hours before bedtime.
3. **Confine/supervise.** Until your puppy has gone one month straight without soiling the house, it should be within eyesight of a family member or confined to a safe puppy-proof area. The confinement area is meant to be a safe, comfortable bed, playpen, or den for the puppy. Do not confine it until after it has eliminated and had sufficient exercise and social interaction. Do not confine it for a period longer than it can control elimination.
4. **If the puppy eliminates in its cage, either it was in there too long, or the cage is too big, and it has enough space to eliminate in one area and sleep in another.**
5. **Use a leash indoors to help supervise the puppy.** Watch closely for pre-elimination signs, try to get it outside in time, and praise it; this way you avoid the need for punishment and the puppy may soon learn to signal when it needs to go out.
6. **The goal is to interrupt the puppy if it is caught eliminating indoors, direct it to the appropriate location, and praise it when it eliminates there.** If you catch your puppy eliminating indoors, say ‘no’ and clap your hands or pull on the leash to interrupt it.
7. **If you find urine or stool on the floor after puppy has finished eliminating, do not punish it for this because it will not associate the punishment with an incorrect behavior.** You can prevent the puppy from re-soiling that area by blocking it off, booby-trapping the space with a repellent or motion detector, supervising your puppy, and rewarding for proper elimination outdoors.
8. **Clean up odors from indoor elimination.** Use products specifically designed to eliminate pet urine odors and follow label directions.

- 9. Paper training is best avoided, but if needed, cover the confinement area floor entirely except for the sleeping area. The puppy can also be trained to use an indoor litter product.**
- 10. In certain communities and households, it may be practical to house the dog in an outdoor run or provide a dog door with outside access if the owner cannot be home to let the dog out when it needs to eliminate.**

MOUTHING, NIPPING, AND BITING

Bite inhibition: Mild attempts at deterring the puppy and physically discouraging the puppy can actually serve to increase the intensity of play and biting. Give an immediate, loud 'ouch' whenever the puppy applies too much pressure and stop playing with it. Once the puppy settles down, you can change to a different form of play.

Avoid tug of war if the pet becomes aggressive, too excited, or out of control. If the puppy is constantly demanding attention or gets overexcited during play, it may be under-stimulated. Try additional or longer periods of play, training, and exercise as further outlets for the excess energy. Also provide other outlets for chewing to pre-empt the puppy's play biting.

If the puppy cannot be quickly calmed, confine it away from the target until it settles, then bring it back to play in an acceptable manner.

Teaching Off: This is taught to get the puppy to stop mouthing or play biting on command.

- 1- Present a piece of food to get the pet's attention, say 'OK' in a friendly voice and give the food.
- 2- Present another piece of food and say 'off' in a firm voice, but don't yell. If the puppy doesn't make contact with your hand or the food for 2 seconds, say 'OK' and give up the food. If the puppy touches your hand before the 2 seconds are up and before you say 'OK', immediately say 'off' loud enough to make the puppy back away without frightening it. Be dramatic, lean toward the pup, make eye contact, and give a forceful command. Repeat, gradually increasing the wait time.
- 3- Once the pup learns to back away from food on command, practice with only your hand, and later when your puppy is more excited. The idea is for your puppy to not take the food or touch your hand, no matter how tempting, once you have said 'off'. Practice every day to attain a dependable response.

PROPER NUTRITION FOR DOGS

What should I feed my dog?

We recommend feeding a dry diet over a wet diet to help maintain optimal dental health. There should always be a source of fresh water available at all times.

Your puppy should be fed a diet that is formulated specifically for puppies. Because large breed puppies can have major problems if fed a diet in excess of certain minerals, they should be fed a large breed puppy diet that is made specifically for them as well.

As your puppy grows and gets older, you will need to change their diet according to their life stage. This is because as they age, their bodies require different nutrients and minerals.

How much should I feed my dog?

We do not recommend feeding your dog free choice. This means leaving food out for your dog at all times. This can lead to obesity. Package feeding guidelines are only a starting point for your dog. The amount fed should be adjusted to produce an optimal body condition. This means the ribs should not be seen but easily felt and your dog should have a waist. For optimal body condition scoring, see the body score sheet found in this packet. Your veterinarian will evaluate your dog's body condition and weight at the time of their yearly wellness exam.

How frequently should I feed my dog?

As discussed before, we do not recommend free choice feeding because this can lead to obesity. We suggest meal-restricted feeding because it is more precise in delivering the required amount of food without overfeeding or underfeeding your dog. Frequency depends on your dog. Active dogs may require more food than a dog that is prone to gain weight. This

is why you need to adjust accordingly. Most dogs will do well on twice daily feeding.

Should I be giving vitamin supplements?

Vitamin supplements are usually recommended when feeding a home-made diet. We do not recommend a home-made diet because it is usually harder to maintain a well-balanced diet. It is better for your dog to feed them a well-balanced diet meant for their specific life stage. As your dog gets older, we recommend Dasaquin and fatty acid supplements in the form of Welactin or Ultra EFA oil. Talk to your veterinarian before starting supplements to make sure you don't over-supplement. If a home-made diet is the only choice recommend using www.balanceit.com and www.petdiets.com to guide you in making a well-balanced home-made diet.

BODY CONDITION SCORE CHART- WHERE DOES YOUR DOG FIT?

TOO THIN	<input type="checkbox"/> 1	Ribs, lumbar vertebrae, pelvic bones and all bony prominences evident from a distance. No discernible body fat. Obvious loss of muscle mass.			1
	<input type="checkbox"/> 2	Ribs, lumbar vertebrae and pelvic bones easily visible. No palpable fat. Some evidence of other bony prominence. Minimal loss of muscle mass.			
	<input type="checkbox"/> 3	Ribs easily palpated and may be visible with no palpable fat. Tops of lumbar vertebrae visible. Pelvic bones becoming prominent. Obvious waist and abdominal tuck.			3
IDEAL	<input type="checkbox"/> 4	Ribs easily palpable, with minimal fat covering. Waist easily noted, viewed from above. Abdominal tuck evident.			
	<input type="checkbox"/> 5	Ribs palpable without excess fat covering. Waist observed behind ribs when viewed from above. Abdomen tucked up when viewed from side.			5
TOO HEAVY	<input type="checkbox"/> 6	Ribs palpable with slight excess fat covering. Waist is discernible viewed from above but is not prominent. Abdominal tuck apparent.			
	<input type="checkbox"/> 7	Ribs palpable with difficulty; heavy fat cover. Noticeable fat deposits over lumbar area and base of tail. Waist absent or barely visible. Abdominal tuck may be present.			7
	<input type="checkbox"/> 8	Ribs not palpable under very heavy fat cover, or palpable only with significant pressure. Heavy fat deposits over lumbar area and base of tail. Waist absent. No abdominal tuck. Obvious abdominal distention may be present.			
	<input type="checkbox"/> 9	Massive fat deposits over thorax, spine and base of tail. Waist and abdominal tuck absent. Fat deposits on neck and limbs. Obvious abdominal distention.			9

PREVENTION AND TREATMENT OF DENTAL DISEASE

Over 85% of all dogs beyond the age of three and 80% of cats beyond the age of five years are affected by some form of dental disease. Manifestations of dental disease include:

- 1- Dental plaque and tartar on the teeth
- 2- Gingivitis (inflammation of the gums)
- 3- Periodontal disease (progressive destruction of the gum and bony tissue)
- 4- Abscesses (pockets of infection associated with the teeth)
- 5- Cavities or cavity-like erosions (in cats)

In addition, pets with dental disease may develop bad breath, bleeding from the mouth, and nasal discharge. These problems are usually interrelated and may result in life-threatening heart, kidney, and liver disease if left untreated.

Initially, dental prophylaxis (cleaning) is recommended in the treatment of a pet with dental disease. This involves the use of hand and ultrasonic or roto-pro scalers and polishing. In addition, pets with dental disease may require gum procedures, root canals, fillings, and extractions. It is necessary to anesthetize the pet in order to perform a thorough cleaning above and below the gum line. Pets may also require pre-operative testing (blood work, EKG, chest x-rays) prior to the use of an anesthetic.

Once the cleaning and any additional treatment needed has been performed, the progression of dental disease may be slowed by feeding hard foods and by brushing the pet's teeth. We recommend daily dental care in one form or another for optimum dental health. You may rotate between dental chews, tooth brushing, and oral rinses in addition to special dental diets such as Hill's t/d, Purina DH diet, Royal Canin Dental diets as part of a daily dental program. You can purchase CET toothpaste, CET oral rinse, Hextra dental chews, Veggie Dental chews and CET Aquadent that you add to the water to help fight bad breath from The Animal Hospital of Sullivan County.

How to brush your pet's teeth:

- 1- Keep sessions limited to one minute each at the same time and place daily.**
- 2- Start by getting your pet used to having something placed in the mouth. Place your finger (unless your pet is a biter), dipped in lukewarm water, inside the cheek along the outer surfaces of the teeth. Follow with praise and reward.**
- 3- Once your pet has accepted this procedure, progress to dampened gauze wrapped around your finger. Follow with praise and continue daily until your pet accepts this routine.**
- 4- Moisten a pet CET toothbrush or an Oral-B 20 soft children's toothbrush with toothpaste or tooth cleaning product appropriate for pets. Gently brush the teeth, concentrating on the area where tooth meets gum, using short, gentle strokes over the external surfaces (especially the molars in the back). Praise your pet during and after each session.**
- 5- Have a veterinary dental exam done on your pet every 6 months to help assure dental health and possibly even prolong the life of your pet.**

The following is a list of products awarded the VOHC seal from the Veterinary Oral Health Council:

- Hills Prescription diet canine/feline T/D, Purina DH**
- Greenies for dogs and cats**
- CET veggies dents for dogs**
- Iams Chunk Dental Defense diet for dogs**
- Eukanuba Adult Maintenance diet for dogs**

For a complete list go to: www.vohc.org/accepted_products.htm.

When Dental Care is Needed

Maintaining the health of your pet's teeth is one the most important thing that you can do to increase the comfort and length of your pet's life.

Pet dental care is important because:

1. Pets with gum infections are very uncomfortable,
2. Pet dental disease leads to endocarditis (heart valve infection), kidney, liver and lung infections.
3. Your pet will be much better company with no "bad breath,"
4. Your pet will enjoy life without the discomfort of sore gums and teeth, and your pet health care cost in later years is drastically reduced.

Cleaning your pet's teeth requires:

LABORATORY TESTING: to determine anesthesia safety. As your pet grows older, internal organs begin to fail. Even though your pet may seem to be in "good health," blood testing often reveals other problems that are treatable when caught in time.

ANESTHESIA: is required for doing a thorough job. The part of the tooth under the gum line must also be cleaned. Our sedatives and anesthetics are chosen with your pet's utmost safety in mind and are dictated by your pet's physical examination and laboratory testing results.

ULTRASONIC SCALING: of the teeth to remove tarter above and below the gum line is done with both hand instruments and ultrasonic cleaning equipment. Polishing is performed at this time to make your pet's teeth much more resistant to additional plaque formation.

ANTISEPTIC FLUSHING: is important after polishing to rid the mouth of ever-present bacteria so they do not invade the gums irritated during the cleaning. Solutions are actually flushed beneath the gum line to get rid of these germs.

FLUORIDE COATING: strengthens tooth enamel, decreases teeth sensitivity, and retards the rate of future plaque formation.

ANTIBIOTICS: are always required in veterinary dentistry because teeth cleaning is usually requested or suggested when tooth and gum disease is already present. Injectable antibiotics are used routinely, followed by oral medication for one week.

PET DENTIFRICES: Once the dental cleaning procedure has been completed it is important that you apply the pet dentifrice recommended, on a routine daily basis, to help prevent more tartar formation. The products we recommend are accepted readily by most pets.

Regular care of your pet's teeth, feeding of Canine Prescription Diet T/D or DH should be able to increase an average pet's active healthy life at least two years.

Dental care is one of the best ways to return the love your pet shares with you!

How to Trim Your Dog's Nails

1. Ideally, your dog will sit still and allow you to trim or file away. As with any interaction, the younger you start dog nail trimming the easier it will be to get them used to it. If your dog is a squirmer, you will either need to hold them down or get someone else to hold them down. If you're flying solo, it's easiest to put them on a table and lean over them so you can use your body weight if necessary.
2. Take a look at the color of your dog's nails. If they are light and you can see the quick inside, use your clippers to cut just below the quick. If they are dark and you cannot see the quick, use the clippers but only cut very small bits off the end at a time. It's time to stop when you begin to see the grayish-colored quick through the cut end of the nail.
3. If you accidentally cut the quick, use the styptic powder or cornstarch to stop the bleeding. The nail should stop bleeding within 5 minutes.
4. Grab your nail file and work the end of each nail until they are soft (do not do this on nails that have bled).
5. Don't forget the dew claws! Those are the nails about 1 to 3 inches above the inside of the front (and sometimes rear) feet. The dew claws never wear down since they don't touch the ground, so you may have a large nail on your hands. If the dew claws have grown into a circular loop, cut them with your scissor-type nail clippers first (being sure not to get too close to the quick), then go to work with the guillotine-type clippers and file as discussed above.



6. Don't forget to praise your dog with their favorite treat after the clipping.

SHOULD I SPAY/NEUTER MY DOG?



Unless you plan to use your pet for breeding, we recommend that your small breed dog be neutered at about 5-6 months of age and your large breed dog be neutered at 12 months of age. There are several health benefits to neutering your dog and the risks of the surgery are minimal, especially when done at a young age.

Females: Spaying (the surgery is called an 'ovariohysterectomy') your dog involves an abdominal surgery where the ovaries and the uterus are removed. There is no scientific evidence that your dog will in any way benefit from having

a 'heat cycle' or a litter before spaying. A female used for breeding should be spayed after her last litter has been weaned. Some of the benefits of spaying a female dog are:

- Eliminates unwanted heats and the inconvenience of attracting stray dogs to your property
- Eliminates the messy discharge and odor associated with estrus
- Done prior to the first heat, spaying greatly reduces the risk of mammary cancer that is so common in older, intact females
- Protects your dog against the risk of ovarian and uterine cancer and uterine infection (pyometra)
- Helps control the pet population crisis by preventing unwanted pregnancies

Males: Castration of a dog is a surgical procedure in which the testicles are removed. Neutering a male at 5-6 months of age will help prevent many annoying behavioral problems and reduce his risk of many medical complications later in life.

The recommended age for neutering large breed male dogs is 12 months. Some of the benefits include:

- Eliminates annoying sexual habits such as mounting behavior or lifting his leg to 'mark' his territory both indoors and out

- Eliminates desire to roam in search of females. If allowed to run loose, he may fight with other males, be injured by autos, or get lost. If confined, he may become hyperactive or aggressive

- Reduces the chance of developing prostate disease. Also reduces perianal cancer, perineal herniation, and eliminates testicular cancer. All of these are problems of older, unaltered males.

- Reduces the chance of your dog later biting or becoming aggressive towards other dogs and humans. Statistics show that most dog bites are inflicted by unaltered males.

A final note on neutering: Neutering your pet will not cause it to become fat or lazy. This is due to overfeeding and lack of exercise. Neutering will not cause a personality change except to help prevent unwanted dominance aggression in some males. Surgical risk, though small, is always present. Surgery is performed under anesthesia and post-surgical pain is minimal.

Not all spays and neuters are equal

We understand that cost is often a factor in choosing your pet's health care. We want you to understand the factors that go into determining the cost of our surgical procedures. Here at the Animal Hospital of Sullivan County we do everything we can to minimize every pet's stress and discomfort by using the safest procedures possible.

Surgical and anesthetic practices can vary widely among veterinary facilities. Did you know that there is no law requiring gas anesthesia, anesthetic monitoring, individual surgery packs for each animal or even pain medication?

Be informed and know what questions to ask when deciding where to have surgical procedures done on your pet.

Our standards for all general anesthesia procedures include:

1. Pre-surgical exam.
2. Pre-anesthetic blood work. This allows us to tailor our drug protocol to any underlying medical problems.
3. IV catheter placement, with IV fluids for adults, older and sick or debilitated patients. This helps maintain blood pressure and prevent organ damage.
4. Balanced anesthesia. This includes premedication (sedative, pain medication), induction agent, intubation for gas anesthesia (isoflurane) and oxygen for maintenance, and pain medication at the end.
5. Intubation. The placement of a tracheal tube for gas anesthesia protects the airway and allows for assisted ventilation if necessary. Gas anesthesia is far safer than injectable anesthesia alone.
6. Electronic monitoring equipment. Parameters such as pulse oximetry, temperature and blood pressure are monitored continuously by a dedicated technician.
7. Sterile procedure is observed. Masks and caps are worn in the surgery suite, with sterile gowns and gloves. All patients are draped in with sterile surgical drapes to maintain a sterile surgical site. New surgical packs are used for each animal. Individual suture packs are used, not a multi-use spool.
8. Injectable antibiotics are given as necessary (with long procedures or with possible infection issues).
9. Pets recover on soft pads, with towels or blankets and a heat source, while being monitored by a technician.
10. Pets go home with pain medication and written instructions.

We take the same care with our dentals as well.

(Parts of this list differ for cat neuters because of the short duration of the surgery).

If safety and good pain control are important to you, talk to us about any procedures your pet may need. Remember: your pet depends on you to provide the best possible care, choose carefully.

KEEP YOUR PET SAFE

Remember these rules:

- 1- Your pet should wear a collar and complete identification tag including your pet's name, your name, address, and telephone number
- 2- Your pet should be either micro-chipped or tattooed. This is permanent and discourages theft
- 3- If you take your pet out, remember to use a leash
- 4- When riding with your pet in the car, remember to keep the windows rolled up high enough so he/she cannot jump out
- 5- During busy times such as holidays and parties, be extra careful. Lots of people and activity in the house can cause your pet to become overexcited and bolt through an open door. It is best to keep your pet confined to a quiet room of the house during these times
- 6- Remember to keep current photographs of your pet (we suggest yearly)

If your pet is lost:

- 1- Check the neighborhood first. Pets often don't stray too far from home. Use your photograph to check if anyone has seen your pet
- 2- Let everyone know your pet is missing- veterinary hospitals, neighborhood children, newspaper delivery person, mail carrier, neighbors, joggers, etc.
- 3- Visit your local animal shelter to see if your pet has been brought there
- 4- Use your photograph and photocopy it. Include your pet's name and information on color, breed, sex, your name, and telephone number. Place flyers in high traffic areas such as supermarkets, drug stores, dry cleaners, veterinary hospitals, and other area merchants.

Use this chart to determine your pet's "true" age.

age	weight			
	0-20	20-50	50-90	>90
1	7	7	8	9
2	13	14	16	18
3	20	21	24	26
4	26	27	31	34
5	33	34	38	41
6	40	42	45	49
7	44	47	50	56
8	48	51	55	64
9	52	56	61	71
10	56	60	66	78
11	60	65	72	86
12	64	69	77	93
13	68	74	82	101
14	72	78	88	108
15	76	83	93	115
16	80	87	99	123
17	84	92	104	131
18	88	96	109	139
19	92	101	115	
20	96	105	120	
21	100	109	126	
22	104	113	130	
23	108	117		
24	112	116		
25	116	120		

COLOR KEY

- adult 
- senior 
- geriatric 



Charts courtesy of Fred L. Metzger, DVM, DABVP

MEDICAL CARE FOR YOUR DOG THROUGH THE YEARS

Dogs age at a faster rate than people so it is important to stay on top of their medical care so that they can live a longer, better quality of life.

As you noticed from the age chart on the previous page dogs are classified as adults, seniors, and geriatrics.

Adult pets should have an annual wellness exam which is a complete physical exam from the tip of his nose to the tip of his tail. They need to have a stool sample examined for intestinal parasites and a blood sample examined for heartworm, lyme disease, and ehrlichia. An adult dog needs to be on heartworm preventative and flea and tick preventative.

Senior and mature senior pets need to be examined biannually. Our pets' bodies age 3 years for every 6 calendar months. This can make a significant difference in early diagnosis of disease in older animals. In addition to the wellness exam and tests done on an adult dogs, seniors and geriatrics need senior and geriatric workups to catch disease in its early stages so that early medical care can be instituted to keep that high quality of life we want for your companion. Ideally the wellness exam and the senior/geriatric workup would be spaced 6 months apart so that your veterinarian can monitor any major body changes that would affect quality of life.

The following are diseases that are common for senior and mature senior dogs.

Dental disease includes periodontal disease, gingivitis, and possibly cancer. Signs you may notice are bad breath, redness or swelling of the gums, or even a mass in the mouth. If not treated, this can lead to heart disease, tooth loss, kidney and liver disorders, systemic infection, and in the case of cancer, it may spread to other parts of the body.

Liver disease can be inflammatory, degenerative, or cancerous. At home you may notice a decrease in appetite, weight loss, vomiting, diarrhea, or increased thirst and urination. This may

lead to low albumin, impaired lipid metabolism, anemia, bleeding disorders, and liver failure.

Kidney disease includes kidney failure, stones, infection, or insufficiency. Your pet may experience increased thirst and urination, decreased appetite, weight loss, vomiting, diarrhea, and back pain. Kidney disease may progress to kidney failure, heart disease, electrolyte disturbances, fluid balance disturbances, and death.

Heart and lung disease includes cardiac disease, pneumonia, bronchitis, and emphysema. Signs include decreased stamina, coughing, difficulty breathing, weight loss, or a pot belly. Heart and lung disease can lead to problems with other organs and eventual death.

Joints may be affected by arthritis, hip dysplasia, and back disease. You may note lameness, reluctance to walk or exercise, decreased appetite due to discomfort and pain. If left untreated, these problems can progress to cause reduced mobility of your pet and possible neurologic deficits.

The endocrine system can be affected by diseases such as diabetes mellitus, hyperthyroidism, hypothyroidism, hypoadrenocorticism, or hyperadrenocorticism. Signs include noticeable weight change, increased appetite without weight gain, vomiting, increase in drinking habits, excessive urination, and a change in activity of the pet. Endocrine imbalances can lead to heart and kidney failure as well as secondary metabolic diseases.

Ocular diseases include cataracts, dry eye, and glaucoma. The eye may become gray or bluish at the center, your pet may rub its eyes, press the head against objects, have swelling, redness, irritation, or tearing of the eyes. Eye disease may cause difficulty seeing, lead to ulceration of the cornea, blindness, and possibly loss of the eye if left untreated.

Gastrointestinal disease includes inflammatory bowel disease, pancreatitis, colitis, and cancer. The signs most noticed are vomiting, diarrhea, weight loss, and fluid gain. If left untreated this may lead to further weight loss and the disease will potentially debilitate the animal to the point of death.

Cancer may affect the skin, spleen, liver, and many other organs. You may notice a bleeding lump, irritated skin, swollen

lymph nodes, vomiting, or diarrhea. Cancer can lead to organ failure or death.

The staff at the Animal Hospital of Sullivan County recommends the following at least annually:

1- Basic dog senior workup:

- Comprehensive physical exam
- Comprehensive blood chemistry and complete blood count
- Urinalysis
- Thyroid testing
- Blood pressure
- Intraocular pressure/Schirmer Tear Test for breeds at risk

2- Comprehensive dog senior workup:

- Comprehensive physical exam
- Comprehensive blood chemistry and complete blood count
- Urinalysis
- Blood pressure
- Thyroid testing
- Intraocular pressure/Schirmer Tear Test for breeds at risk
- EKG
- Chest films +/- Abdominal Ultrasound (especially large breeds)

3- Basic dog geriatric workup:

- Comprehensive physical exam
- Comprehensive blood chemistry and complete blood count
- Urinalysis
- Blood pressure
- Thyroid panel

4. Comprehensive dog geriatric workup:

- Comprehensive physical exam
- Comprehensive blood chemistry and complete blood count
- Urinalysis
- Blood pressure
- Intraocular pressure/Schirmer Tear Test for breeds at risk
- EKG
- Thyroid panel
- Whole body films/ Abdominal Ultrasound(especially large Breeds)

On occasion, our companions become ill. Since they cannot speak to us, recognizing signs of pain can be difficult. The chart below can be used as a guideline. If you believe your dog is in pain or even suspect your companion may be painful, please call the Animal Hospital to make an appointment for an exam.

DOG PAIN SYMPTOMS	
POSTURE	<ul style="list-style-type: none"> Tail between legs Arched or hunched back Twisted body to protect pain site Drooped head Prolonged sitting position Tucked abdomen Lying in flat, extended position
TEMPERAMENT	<ul style="list-style-type: none"> Aggressive Clawing Attacking, biting Escaping
VOCALIZATION	<ul style="list-style-type: none"> Barking Howling Moaning Whimpering
LOCOMOTION	<ul style="list-style-type: none"> Reluctance to move Carrying one leg Lameness Unusual gait Unable to walk
OTHER	<ul style="list-style-type: none"> Unable to perform normal tasks Attacks other animals or people if painful site is touched Chewing painful areas (self-trauma) No interest in food or play

PET INSURANCE OPTIONS

Due to the rising cost of veterinary care, the following is a list of pet insurance companies listed on the web.

1. Pet First Healthcare : www.petfirst.com
2. Trupanion: www.trupanionpetinsurance.com
3. Health Insurance for Pet Alternative: www.petassure.com
4. Free Pet Health Insurance Quotes:
www.pethealthinsurance.com
5. PetCare Pet Health Insurance: www.petshealth.com
6. Pet Insurance Programs: www.petcareinsurance.com
7. Welcome to Pet Plan: www.petplan.com
8. Sheltercare Pet Insurance Programs: www.sheltercare.com
9. Free Pet Health Insurance Quotes: www.free-pet-health-insurance-quotes.com
10. Pet Insurance Finder: www.petinsurancefinder.com
11. Purina Care: www.PurinaCare.com
1-877-8-PURINA (787462)

Another helpful website sponsored by AAHA (American Animal Hospital Association): www.healthypet.com

Animal Hospital of Sullivan County

The Animal Hospital of Sullivan County is an Accredited American Animal Hospital (AAHA) member since 1987. It has voluntarily achieved the high standards of AAHA which pertain to facilities, equipment for medical and surgical management of our patients, practice methods for medicine and surgery and management. The purpose of AAHA is to enhance the abilities of veterinarians to successfully conduct their practices and maintain their facilities with high standards of excellence. Evidence of compliance with these standards is determined through periodic on-site evaluations of the practice by consultants of the Association.

Services:

Well and Sick Care for dogs, cats, birds, pocket pets

Preventative Medicine

- Complete physical exams by the veterinarian
- Vaccination based on the lifestyle of the patient
- Nutrition counseling to maintain a healthy weight
- Nutrition counseling to manage medical conditions
- Dental care
- Safe up to date internal and external parasite control
- Behavior counseling
- Early disease detection through exams and lab work

Surgery

- Soft tissue surgery to include spays, neuters, abdominal surgery, skin and muscle, etc.
- Safe up to date anesthesia to include intubation and gas anesthesia
- Pain management before, during and after surgery
- Anesthetic monitoring to include pulse oximetry, capnograph, blood pressure, EKG, body temperature, technical monitoring
- Clear go home instructions to insure surgery is successful during the healing process

Senior and Mature Senior care

- Twice yearly exams.
- Yearly senior lab work for early detection of disease
- Wellness counseling

Avian Medicine

- Well and Sick care

Other

- In-house laboratory with results within 30 minutes for immediate care
- Hospital services for the sick – IV pumps for fluid therapy, oxygen therapy, body temperature management, licensed veterinary technician for excellent nursing care
- Computerized records and patient report with every visit
- Digital x-ray technology that allows specialty consults within 24 hours
- Ultrasound, Endoscopy by appointment by a Board Certified Internal Medicine Specialist
- Universal Microchips that can be registered on-line
- Pet Portal that is password protected that allows you to access your pets records after hours and to request appointments or a call back from the Staff
- Vet Store with on-line pharmacy that can be accessed through our website at ahofsc.com or through your pet portal – especially good savings for long term medications
- Limited house calls
- After hour emergencies from 7am to 9pm
- Treatment plans
- We Care to help finance treatment plans over time for 0% interest
- Perka program that allows you to build points toward future services (like frequent flier miles)
- Rewards on heartgard, revolution and Vectra products
- Thunder Country Market place vouchers for spay/neuter savings
- A friendly well trained caring staff
- A modern clean facility
- Boarding and limited grooming

Hours by Appointment:

Monday – Thursday 7:30 am - 6pm

Friday 7:30 – 5pm

Most Saturdays 7:30 am – 2 pm

We offer convenient early morning admittance hours six days a week.

In case of an emergency call 845-292-6711 and leave a message and the Doctor will get back with you!

We truly strive to live by our Motto: Service --- Pets --- People

Welcome!

A PET'S PRAYER

By: Beth Norman Hauls

Treat me kindly, my beloved master, for no heart in all the world is more grateful for kindness than the loving heart of me.

Do not break my spirit with a stick, for though I should lick your hand between the blows, your patience and understanding will more quickly teach me the things you would have me do.

Speak to me often, for your voice is the world's sweetest music, as you must know by the fierce wagging of my tail when your footstep falls upon my waiting ear.

When it is cold and wet, please take me inside, for I am now a domesticated animal, no longer used to bitter elements. And I ask no greater glory than the privilege of sitting at your feet beside the hearth. Though had you no home, I would rather follow you through ice and snow than rest upon the softest pillow in the warmest home in all the land, for you are my god and I am your devoted worshipper.

Keep my pan filled with fresh water, for although I should not reproach you were it dry, I cannot tell you when I suffer thirst. Feed me clean food, that I may stay well to romp and play and do your bidding, to walk by your side, and stand ready, willing, and able to protect you with my life should your life be in danger.

And, beloved master, should the great Master see fit to deprive me of my health or sight, do not turn me away from you. Rather, hold me gently in your arms as skilled hands grant me merciful bounty of eternal rest- and I will leave you knowing with the last breath I drew, my fate was ever safest in your hands.

