



FIVE SIMPLE FIRST AID TRICKS EVERY PET OWNER SHOULD KNOW

by Dr. Mary Fuller, DVM

Scenario: Choking

If your pet is choking but he can still breathe, try to keep him calm and get him to a veterinarian immediately. But...if your pet's gums or tongue are turning blue and he's in obvious distress, place your hand over the top of his muzzle and lift it up to open the mouth (don't cover or occlude the nostrils). For an object that is clearly visible, you can use needle-nosed pliers to remove it, but be careful not to force it farther down into the throat. Also, a pet in this situation may panic and bite, so be careful.

If that doesn't work, lay your dog on his side, and then place your hands at the very end of his rib cage. Push down and slightly forward, applying pressure in quick, firm strokes. If you are unable to dislodge the object, get to the veterinarian immediately.

Scenario: Seizures

If your pet has a seizure, try to move furniture and other objects out of the way to prevent further injury. Do not try to restrain your pet, and keep your hands away from your pet's mouth. They will not swallow their tongues, but chances are that you will be bit.

Since pets often lose bladder or fecal control during a seizure, you may want to place a towel under your pet. Talk to your pet in a calm and soothing manner while you time the seizure. Most episodes will last under five minutes. Regardless of how long the seizure lasts, your pet needs immediate veterinary attention.

Numbers You Should Have On Hand

With any luck, you'll never need to use these first aid techniques, but just knowing what to do in an emergency situation can help to reduce your panic level. You can also reduce your stress levels by making a list of important emergency phone numbers:

1. Your veterinarian
2. The closest emergency veterinary clinic
3. The ASPCA Pet Poison Hotline: 888-426-4435

Program these numbers into your phone, as well as post them to the refrigerator for quick access. It's also a good idea to print out the driving directions to your nearest emergency clinic so you don't waste any time. ☐



Seven Dog Choking Hazards To Avoid

by Dr. Mary Fuller, DVM

Sticks

We know your dog might love playing fetch with a stick, and it's hard to keep him from gnawing on the ones he finds in the yard. But Dr. Fuller says sticks are a big problem. Dogs can choke on them and require surgery to remove the foreign body, and sticks can splinter and get stuck in the roof of the mouth, too.

Tennis Balls

The ever-present tennis ball seems harmless, but unless you're supervising the dog's play, it has the potential to cause problems. Your pooch can compress the tennis ball with his strong jaws, allowing it to become lodged in his throat and cutting off his air supply. The balls can also be abrasive to the teeth, and dogs can swallow chewed-up pieces which then have to be surgically removed. To use tennis balls safely, put them away out of reach after you've played fetch, and don't let your pup use one as a chew toy.

Bones

Even though many dogs drool at the sight of a cooked steak or rib bone, you will be doing them a favor by ignoring the temptation to give it to them. In addition to the potential for choking if your dog tries to swallow it whole or in pieces, broken pieces have sharp edges that can cause cuts in the mouth, esophagus and digestive tract, Dr. Fuller says. Dogs can also choke on marrow bones, hooves and horns.

Certain Dog Toys

Dog toys are generally a safer choice but you have to be sure the ones you choose for your dog aren't small enough to be inhaled or swallowed or have parts he can break off easily and swallow. If your dog tends to tear apart squeaky toys to get to the source of the squeak, you should only allow him to have those toys when you can watch him play.

Rawhides

Rawhides are okay only under supervision, and as long as you only give your dog larger bones that don't have little pieces that can be easily torn off, Dr. Fuller says. "I lean to the larger rawhide rolls rather than the

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("Seven Dog Choking Hazards..."cont.)

braided rawhide or pencil-thin ones they can destroy in minutes," she says. "You really have to watch them and take the bone away if it's getting smaller or if they start pulling off pieces."

Dental Treats

Dental chews and dental sticks also require supervision, Dr. Fuller says. She recommends looking for chews that are approved by the Veterinary Oral Health Council. "They should also be highly digestible so, if they do get stuck at some point, they're more likely to disintegrate quickly," she says.

Kids' Toys

There are plenty of other items that might be around your house that aren't meant for dogs and can cause your pet to choke, including children's toys, cats' toys, socks, underwear or certain food items that might be on your counter. "Really, anything that requires chewing or any toy that's small enough to get lodged in the esophagus or trachea can be a choking hazard," Dr. Fuller warns. □

Train You Dog!

(Video: Train Your Dog To "Drop It"!) □

"Drop it" can be a lifesaving command that animal trainer Mikkel Becker ranks as one of the top behaviors every dog needs to know. Training "drop it" can help save a dog from swallowing or choking on an off-limits or dangerous item he picks up. Rather than trying to pry the item from your dog's mouth, "drop it" teaches your canine to willingly let go of the forbidden object. This training encourages cooperation, rather than possessiveness, when you need to take something away from your dog, and it helps make the situation safer for everyone involved, including your dog. Check out Mikkel's advice for teaching this command in the video:

http://www.vetstreet.com/our-pet-experts/video-train-your-dog-to-drop-it#1_xfmdug2 □



Seven Home Remedies For Your Dog

— My Pet MD

When you're feeling under the weather, you might find that the perfect thing for treating what ails you is something you already have in the kitchen. Did you know that you can use similar, simple home remedies to treat allergies in dogs, ailments in dogs and other canine annoyances, too? Below you will find seven great natural remedies for making your dog happy and healthy again, whether they are suffering from allergies, dehydration, fleas and more.

1. Vitamin E for Dogs with Dry Skin

Have you ever wondered how to treat dry skin on dogs? Vitamin E is good for preventing those pesky age lines on your face, and it's also great for your dog's dry skin. You can give your pup a doggy massage by applying vitamin E oil directly to the skin, a soaking bath with vitamin E added to the water, or you can go all "Hollywood" and pop your dog a pill (of vitamin E, that is).

If you give the vitamin orally, check with your vet on the recommended dosage for your specific dog breed.

2. Electrolyte-Replacing Liquids for Diarrhea and Vomiting

Flavorless electrolyte-replacing liquids, such as sports waters or pediatric drinks, not only help athletes to replenish fluids and babies to rehydrate after an illness, they can also supply your sick pooch's body with much needed fluids after a bout of diarrhea or vomiting.

Consult your veterinarian as to the appropriate dosage amounts when giving these types of liquids to your dog.

3. Yogurt and Acidophilus for Dogs

Deliciously plain yogurt is a healthy treat for your dog. Just as with humans, the *live acidophilus* in the yogurt keeps the good bacteria in your dog's intestines in balance, so that bad bacteria is swiftly knocked

out. If your dog is on antibiotics, a little yogurt will also help keep yeast infections at bay (a common side-effect of antibiotic treatment). You can also give your dog acidophilus pills by wrapping the pills in bacon is strictly optional.

Puppies are especially prone to yeast infections, so a little plain yogurt as a snack (or even dessert) can help keep things in balance; especially useful while the intestinal system is building immunities.

4. Chamomile Tea for Dogs

Chamomile tea uses the natural disinfecting effects of the chamomile plant to settle upset doggy tummies. It is recommended for colic, gas, and anxiety. It can also alleviate minor skin irritations. Just chill in the fridge and spray onto the affected area on the dog's raw skin. Your dog should feel an immediate soothing effect as the chilled tea kills the yeast and/or bacteria on the skin. A warm (not hot) tea bag can also be used for soothing infected or irritated eyes.

5. Oatmeal to Stop Your Dog from Itching

An itchy dog can be quite an annoyance, especially as it goes around scratching itself on any piece of furniture it can reach. But don't blame your dog, sometimes they're itchy because of allergies and can't help but to scratch. If your pup is itchy, forget the back-scratcher! Finely ground oatmeal is a time-honored remedy for irritated skin. You can use baby oatmeal cereal or grind it yourself in a food processor. Stir the oatmeal into a bath of warm water and let your dog soak in the healing goodness. Your dog will thank you. Dogs with skin allergies, infections, and other diseases which cause itchiness have been shown to gain immediate relief with this approach, too.

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("Seven Home Remedies..."cont.)

6. Epsom Salt Bath for Dogs' Wounds

Dogs can be like kids at times, and as such they are bound to suffer from wounds and the occasional unexplained swelling. Try treating these ailments with Epsom salt soaks and heat packs next time. A bath consisting of Epsom salt and warm water can help reduce the swelling and the healing time, especially when combined with prescribed antibiotics and veterinary supervision. Be sure that your pet does not ingest Epsom salt, however, as it can be very harmful. Also, do not bathe your pet in Epsom salt if there are open wounds.

If soaking your dog in an Epsom salt bath twice a day for five minutes isn't convenient or practical, a homemade heat pack using a clean towel drenched in the same warm-water solution can be applied to wounds for the same effect.

7. Flea Home Remedies

Does your dog have fleas? Some dogs are allergic to flea bites and just one can cause them to itch for days. Never fear. Before turning to the big guns, try some borax powder. The standard stuff at the store will work wonders on fleas by poking holes in their crunchy insect exoskeletons. A good way to make sure those parasitic suckers get annihilated is to sprinkle the borax on your floor, and then sweep or vacuum up the excess. The invisible borax crystals left behind will kill the fleas and you won't even have to lift a finger. It's inexpensive and practically non-toxic compared to an appointment with the exterminator, just make sure that your dog does not ingest any borax.

To relieve the dog's allergies and repel fleas in its fur, try a simple solution of lemon water. Fleas are repelled by citrus, so this can work both as a flea preventive and for making your dog smell clean and refreshing. A useful solution can be made by pouring boiled water over lemons and allowing them to steep over night. This solution can then be applied all over your dog's skin using a fresh spray bottle. And, the tried and true Brewer's yeast method cannot be left out. Brewer's yeast can be given as part of a regular diet in powdered form, sprinkled over the dog food, or in tablet form, perhaps wrapped in a small slice of bacon or cheese.

ome (or holistic) remedies aren't just for tree huggers anymore. It's important to take care of your dog from day to day, not just when it's feeling a little under the weather, and the best way to maintain the best health is often the most natural way. But most of all, it'll help keeping your "baby" from crying like a hound dog. ☐



How to Break Seven Common Bad Dog Habits

by Shayna Meliker

"No! Bad dog!" How many times have you scolded your misbehaving dog with those words? Probably too many. But before you fly off the handle, one of the most important things to understand about correcting bad behavior is that punishment doesn't work. Many times, dogs don't understand what they're being punished for, and will respond by learning to hide the behavior.

To help you get a handle on your dog's conduct, we've listed common bad habits. We offer tips here and we also link to longer articles on each subject as well. But remember, it is always important to discuss behavior issues with your veterinarian who can determine if they are caused by a medical problem. If he gives you the all clear, consider enlisting the help of a trainer or behaviorist to teach your dog appropriate go-to behaviors.

1. Chewing Inappropriate Objects

Chewing is a natural behavior for dogs, since they explore their environment with their mouth. It also relieves stress and boredom, and helps keep their teeth clean.

When you catch your dog chewing inappropriate objects (like shoes, as many dogs do), redirect the chewing to an appropriate item, like a chew toy or stuffed toy. Then praise your pup for selecting an acceptable outlet for his chewing behavior. Talk with your veterinarian about which chews are safe for your dog.

2. Barking at the Doorbell

Dogs bark at the doorbell for any number of reasons. They could be excited or anxious about visitors, or they might bark as a watchdog tendency. Some dogs even equate their barking with you opening the door, so they think they're training you to open the door when they bark. One of the best ways to stop barking at the doorbell is to teach and reward an alternative behavior, like sitting on a nearby mat and waiting for the door to be opened.

3. Digging in the Yard

Digging is an extremely rewarding activity for dogs, whether they're digging to reach a scent or simply to release pent-up energy. Help your dog practice this behavior appropriately by giving him a sandbox or section of the yard where he's allowed to dig.

Make sure this area has clearly marked visual boundaries, and use treats and toys to make this new digging place more exciting than the old one.

4. Barking in the Car

Those shrill yaps from the backseat can be your dog expressing many emotions, from fear and frustration to exuberant joy. The best way to address barking in the car is to employ restraint equipment, like a harness or a crate to help your pet feel more secure. Other options include using a pheromone spray to help relax your dog, or giving him a chew toy to focus on during the car ride.

5. Begging at the Table

No matter how cute or desperate for food your dog looks, consistency is the key to curbing dinner-table begging. Make sure no one in your family feeds the dog from the table.

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(*How to Break Seven Common Bad Dog Habits* cont.)

Even if his begging only works once in a blue moon, he'll repeat and escalate the behavior until all his barking and whining pays off with a rare food reward. Instead of giving in, provide your dog with an appropriate dinnertime activity, like enjoying his own toys or food puzzles.

6. Urine Marking Inside the House

This is one of the most "eww"-worthy bad behaviors. Dogs pee on things to mark territory or leave messages for canine friends, which is generally acceptable outdoors. If you catch your dog urine marking (or even preparing to mark) inside the house, quickly interrupt him with a "no" or an "oops" and take him outside. Then reward and praise him for choosing to urinate outdoors.

To prevent frequent urination in the same household spot, remove the scent of previous urine marks with a good enzymatic cleaner.

7. Stealing Food Off Counters

Trainers call this bad behavior "counter-surfing." It's one of the more difficult habits to break, since Fido experiences a huge reward for stealing the food: he gets to eat it! The easiest way to solve this problem is to eliminate the opportunity. Don't leave food around, and use baby gates or fencing to restrict your dog's access to the kitchen when you're not there to supervise him. Teaching the "leave it" command is useful for when you catch him in the act of stealing snacks. □

**LOVE IS
HOW EXCITED
YOUR DOG GETS
WHEN YOU COME HOME!**

MEDICAL ALERT, SHELTYE STYLE

by David Kelly

After my final deployment to Afghanistan my mother and sister gave me two Sheltie pups—Ben and Shiloh. I was now out of the service and looking for work so I spend a lot of time with my new pups. Ben and Shiloh worked out a protocol of whose responsibility it was to wake me up at night and in the morning. Shiloh drew the short straw. I would feel a soft tickle on my cheek and when I'd open my eyes I would see Ben and Shiloh sitting side-by-side looking down at me. I'd let them out they'd take care of business and we'd all go back to sleep. There was no escaping the 5:00 a.m. wake-up because the boys were programmed at Seven Oaks Shelties to rise and shine at 5:00 a.m. when the coffee pot went off in Pam's kitchen.



Ben and Shiloh

My diabetes was suddenly giving me trouble. For years I was able to keep it under control with diet and exercise. Then my blood sugar was skyrocketing. My doctor put me on insulin and explained that using too much insulin could cause low blood sugar which was extremely dangerous and he explained the symptoms.

Insulin was a miracle drug for me, but the first week was a major corrective change to my body. I made small adjustments every night keeping records of my blood sugar and the amount of insulin I was taking to get things under control. My Shelties would follow me to the office were I would test my blood sugar and take my insulin every morning and evening. Ben would lay down under the desk and Shiloh would lay across the threshold then follow me back upstairs.

One night at 2:00 a.m. Ben and Shiloh started licking my face and I was exhausted. I pulled the blanket over my face to avoid being drowned by dog slobber, not realizing that I had exposed my bare feet. The next thing I knew I was sitting bolt upright with both eyes bulging out of their sockets as a sharp pain shot straight up my spine. Ben grabbed a hold of my big toe and bit down as hard as he could! Okay, okay, this is not a drill. Since the next action would take considerable amount of clean up I raced to the stairs. The boys didn't race ahead of me. Ben stayed in front and Shiloh was next to me. Usually when I'm on the stairs it is game on and they try to break my neck. I expected the boys to race out into the yard when I opened the door—only to see them waiting by the office door. Oh, I thought, I'll bet either the cat was locked in the office or there is a rat in there. Ben walked in the office and took his usual place under the desk and Shiloh just stood at the door. Just a hunch I decided to check my blood sugar. My meter said "Lo" which meant that my blood sugar was under 40 (normal is 70 to 105). I thought the meter must be out of whack. I wasn't

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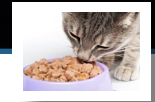
("Medial Alert, Sheltie Style" cont.)

showing any symptoms and just then my hands started to tremble and sweat began to pour off my head. I ate two cans of pears and a spoon full of chocolate syrup. Being a bit dizzy I took a seat on the couch and the boys each jumped up on the couch (one on each side of me and stayed with me until I recovered). Feeling better I went to the back door assuming that that my boys still needed out, but they were half way up the stairs waiting for me.

I wrote the whole event off as just a fluke, then it happen again. Over the next several months as I modified my diet I would have sudden lows while I slept which would prompt the dogs to wake me up. Then my dogs decided they were ENT specialists. I would come home from work and either Ben or Shiloh would try to stick their snout down my throat. That was my que to check my blood sugar which would be high (prompting me to adjust my medication and take note of what I ate for lunch). High blood sugar causes ketoacidosis which can be smelled on a person's breath, and the human body also emits an order when a person's sugar drops low.

The dogs pick up on this the miracle. How do they know to notify the person that he is in danger and just how did they know that my solution was in the office?

(This is an excerpt from "It all started with Reggie.") □



How To Help Your Finicky Cat Eat More!

—<http://petpav.com/>

While dogs eat almost anything, cats are known to be finicky about their food. Some cats are inherently good eaters, while other cats will suddenly turn away from their favorite food or ignore a new food that is healthier or just different. If your cat suddenly decides that your food isn't appealing, there is usually a reason. If your vet rules out any medical condition, then you need to find some ways to get your cat to eat.

Below are some tips to help your finicky cat to eat more!

Many cats become finicky eaters from eating the same food over the long term.

Many cats who have been fed a very enticing single food long-term can develop a food preference for that specific kind of food. While your kitty might enjoy it year after year, it can become problematic if the food's formulation changes (which they often do) or if your cat needs to be placed on a prescription diet for a medical issue. It's always recommended to vary your cat's diet by offering various flavors, textures, shapes and types of food.

Cats love a food with a strong scent.

It's the scent that draws cats to food. Those intensely fish-meat-poultry aromas wafting from cat food bring felines running at the first hint of the pop-top can. The smell of chicken or beef broth is especially enticing to the finicky feline. Try spooning some broth over dry food to gives your kitty an appetizing meal. Few cats can resist a taste of freshly cooked chicken, liver or beef.

Cats love food with the right temperature and freshness.

If you feed your cat food directly from a cold refrigerator, the food can become unappealing. If your cat food is cold, your kitty might not think its fresh! Cold food also releases less aroma so there's a decreased scent appeal. Wet food should be served at room temperature or slightly warmer. Dry food should be room temperature.

Try doctoring up your cat food.

In order to get your finicky kitty to eat, you might try mixing in some goodies such as chicken, tuna or some other tasty morsels. Always do this moderately as you might have now increased your cat's taste expectations and he or she will be less likely to eat your regular food without the added treats.

Below are some other treats you can try to add to entice your finicky kitty:

1. Sprinkle freeze dried chicken or salmon on top.
2. Drizzle a little bit of tuna or clam juice drizzled over the food
3. Add small pieces of cooked meat
4. Spread a spoonful of meat-based baby food (make sure it doesn't contain onion or garlic powder) on top of the meal
5. Add chicken or beef broth to your food
6. Canned parmesan cheese can be spread over the food
7. FortiFlora (a probiotic) is enticing to some cats. Sprinkle just 1/4 or less of a package on top of a meal.

Make sure to have a consistent feeding schedule for your kitty.

If your cat has been eating free-choice (or whenever he or she wants to), try feeding your kitty two meals a day. Most cats are hungry after not eating for twelve hours. They should dive into the first thing you put down after a twelve-hour fast, which should be a small portion of healthy canned cat food. Real hunger is a stimulant and your kitty will probably devour your food on sight!

If you change your cat food, it needs to be done slowly.

When it comes to most things in their lives, cats don't like change. When your cat goes to her food bowl at mealtime, she can become totally thrown off by the aroma, texture and taste of a completely unfamiliar food. Further, abrupt food changes can also cause intestinal upset. New foods should be introduced gradually to your kitty's current food to avoid an upset stomach. □





Help With Pet Veterinary Costs

— <https://petsforpatriots.org/>

Veterinary costs are one of the biggest contributors to the overall costs of owning a pet, which is why Pets for Patriots partners with veterinary practices across the country to provide high quality, discounted care to veterans and service members who adopt through our program.

We often get requests for assistance with individuals' veterinary bills when their dog or cat experiences either a medical emergency or requires extraordinary care, like surgery. Although we do not maintain a veterinary fund, there are excellent local and national resources available to qualifying pet owners:

1. The Pet Fund provides financial aid for pets who need non-basic, non-urgent care.
2. Best Friends Animal Society offers a comprehensive listing of resources by state and breed, as well as for individuals who are disabled or have assistance animals.
3. Dogs On Deployment provides financial assistance to qualifying service members E-6 ranks and below, as well as non-active veterans on an individual basis. Individuals can apply for grants for routine and emergency care, as well as for costs related to PCS travel with pets.
4. Trio Animal Foundation helps shelters, rescues and individuals pay medical bills of homeless pets.
5. Red Rover provides a listing of organizations that provide financial assistance for veterinary care, organized by state/national, disease, breed and other relevant factors.
6. Red Rover Relief Grants provides assistance grants for life-threatening or urgent veterinary needs for pets that have a promising outcome if treated.
7. Feline Veterinary Emergency Assistance (cats only) is for owners who cannot afford necessary, life-saving veterinary care.
8. Humane Society of the United States listing provides both national and state-by-state listing of various organizations, funds, etc. for low/no-cost veterinary care. ↗

("Help With Pet Veterinary Costs" cont.)

9. Care Credit offers payment plans for individuals who need help with various types of bills, including veterinary care.
 10. Rose's Fund offers financial assistance for veterinary bills to pet owners experiencing financial hardship, as long as the animal has a good prognosis if the care is rendered.
 11. Handicapped Pets Foundation donates mobility equipment to pets in need.
 12. Frankie's Friends provides grants for emergency and specialty care for pets with promising outcomes; application must be made by the pet's treating veterinarian.
 13. PetChance uses the power of social media and crowd funding to help individuals raise money for their pets' veterinary bills.
 14. Dog and Cat Cancer Fund works with treating veterinarians to assist low-income individuals with cancer treatment for their pets.
 15. Magic Bullet Fund helps pay for canine cancer treatment only.
- Pets for Patriots members are eligible to receive a 15% discount from Petplan, rated America's number one pet insurance provider and the exclusive pet insurance sponsor of our charity. Whether you choose to insure your pet, set aside medical funds in your family budget — or both — always have a financial plan to care for your pet's veterinary needs. ☐

Amazing Cat Facts

- When cats drink water, their tongue curls under and scoops water into their mouths.
- Cats are either right- or left-pawed (handed), showing a distinct preference for one paw over the other.
- When cats purr, it is an expression of intense emotion, meaning pleasure or pain.
- The domestic cat is the only feline that can hold its tail in a vertical position while walking, wild cats must hold the tail horizontally or tucked between their legs.

- Scent glands are located between the cats eyes and ears, used to mark humans and other cats. Scent glands located on the mouth, lips and under the chin are used to mark inanimate objects.
- The skin glands of a cat are located at the base of their hair and secrete oils to waterproof their fur while grooming (licking).
- A cat's tongue has rows of hooked scales that are used to groom and comb its fur.
- Hair grows for 60 to 90 days then falls out after a 40 to 60 day rest period. ☐



The
**DOG
OWNER'S
ENCYCLOPEDIA**
of
**HELPFUL HINTS
and
TRADE SECRETS**

This handy, one-of-a-kind encyclopedia contains over 2,000 helpful hints and trade secrets for owners of all dogs (show dogs and pets alike) in a single comprehensive book.

Compiled by Nancy Lee Cathcart (the creator, publisher and editor of an award-winning international dog fanciers' publication that spanned over 30 years), this invaluable guide contains amazing secrets and solutions from professionals in the dog-show world and from pet owners. Of the thousands of hints received, those included in this book were carefully selected to best represent the most helpful and informative solutions available. In addition, for 15 years this author owned, bred and showed consistently-winning dogs (breaking several breed records within the competitive world of dog shows), and her background proved invaluable in creating this detailed reference book.

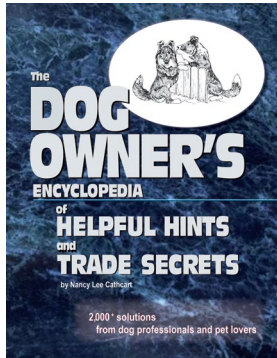
Organized for ease of use, *The Dog Owner's Encyclopedia of Helpful Hints and Trade Secrets* is not only separated alphabetically into categories of hints and ideas, but is cross-referenced into 199 different topics.

It's a true encyclopedia packed with valuable solutions and trade secrets directly from dog professionals and pet owners. This handy reference book will become an integral part of your library.

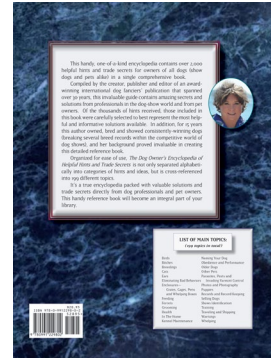
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