

## Pet Health Record

**Primary Care Facility:**

Bellevue Animal Hospital  
 10410 S. 25<sup>th</sup> Street  
 Bellevue, NE 68123  
 (402) 291-1255

**After Hours Emergency Facility:**

Animal Emergency Clinic  
 9664 Mockingbird Dr.  
 Omaha, NE 68127  
 (402)-339-6232

Microchip #:

VACCINATION RECORD:

<u>Vaccine Name</u>	<u>Date</u>											
Distemper												
Hepatitis												
Parainfluenza												
Parvo												
Rabies												
Bordetella (kennel cough)												
Leptospirosis												
Lyme												
Corona												
Weight												

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**Bellevue, NE 68123**  
**(402) 291-1255**  
[www.bellevueanimalhospital.com](http://www.bellevueanimalhospital.com)

## **YOUR NEW DOG OWNERS GUIDE**

At Bellevue Animal Hospital, it is our desire to provide the highest quality care to our patients as well as the best possible service to our clients. We understand that owning a pet is a lot of responsibility and there are many questions you may have about the care of your pet. This information will help you better understand the care needed to raise a healthy, happy pet.

### **Preventative Health Care Recommendations**

Preventive health care can increase the quality and length of your pet's life, and possibly even your own. In general, behavioral and physical health problems are much easier to prevent than to treat. Also, prevention costs substantially less than treatment. The following recommendations will help avoid problems before they occur.

### **Puppy Proofing Your Home**

Like any other intelligent and playful babies, puppies investigate objects by touching, chewing and tasting them. But they need protection from household items that are dangerous if swallowed.

- **Here are some ways to keep your puppy safe:**
  - Get covered trash cans for your kitchen and bathroom.
  - Keep kitchen countertops clean and clear, so your puppy won't get in the habit of jumping up to inspect them.
  - Close toilet lids so your puppy won't fall in or learn to drink from the bowl.
  - Keep electrical cords and wires out of sight, secured to the wall or tucked behind furniture.
  - Shorten dangling blind and curtain cords, and secure them out of reach.
- **Keep these things away from your puppy:**
  - Plastic bags, string, holiday ornaments, sewing supplies, rubber bands, ribbon and twist ties.
  - Paper clips, erasers and staples.
  - Coins, small board game pieces, fragile keepsakes and ornaments.
  - Any medication (this includes Acetaminophen (Tylenol), Ibuprofen), vitamins, & pill bottles.
  - Dental floss, razor blades, socks and underwear.
  - Some houseplants (including: philodendron, mistletoe, poinsettia) and garden plants (such as lily, azalea, daffodil, tomato, foxglove, yew, hydrangea) are toxic to dogs.
  - Grapes, raisins, onions, chocolate, macadamia nuts, and Xylitol (sugar substitute) are also toxic.

## Crate Training

Pups tend to become destructive and chew things if left alone. Plan to spend extra time with your new puppy shortly after they come home with you. (i.e., try to be home for a long weekend). During this time gradually accustom your new puppy to a puppy crate. If crates are used properly, pups enjoy the security and privacy of their own “den”. Your pup can be placed in the crate at bedtime, when you are absent, or when you are too busy to supervise.

## Puppy Training

Puppies are extremely impressionable. How you manage your puppies’ early training will have dramatic and long lasting effects. You can make your puppy a better pet and prevent behavior problems later in life by taking a few precautionary steps.

- **Choose the right collar:**
  - Collars should fit with some slack but not loosely enough to slide easily over the head. Allow two finger-widths of space between the neck and collar.
  - Check the collar’s fit every week during your puppy’s growth and loosen as needed.
  - ID tags and current contact information should be included on the collar.
  - NEVER leave a training collar (choke chain) on when unsupervised.
- **Get the right leash:**
  - A four-foot leash will make it easier to keep your active puppy under control. A longer leash gives him too much room to get into mischief.
- **Training information and contacts are available at the front desk at any time. (402-291-1255)**

## Housebreaking

Establish a routine. Keep the pup’s meals regularly scheduled to encourage more predictable elimination patterns.

- Take your pup out every two hours during the day and as needed at night.
- Select one toilet area.
- Take your pup to the toilet area five minutes after feeding, awakening, riding in a car, greeting new people, and when you see the puppy circling or sniffing around.

When the puppy relieves itself in the appropriate area, immediately reward it. (Positive reinforcement is vastly superior to reprimanding for appropriate housebreaking, unless the event just occurred.)

If you see a puppy eliminate in the house...

- Immediately verbally reprimand it and take it to the toilet area.
- Never punish after the fact as it will be ineffective and confusing to your puppy.
- Never push a dog’s nose in stool or urine as this encourages a puppy to eat its own stool.

Use products such as Urine-Off when cleaning up accidents, avoid products with ammonia.

## Prevent Bad Habits

Provide appropriate objects for chewing. Nylabones, kongs & greenies are excellent choices. Gently punish inappropriate chewing and keep your pup in its crate when you are not supervising. (Do not use the crate for punishment).

Don't allow aggressive behavior: mouthing hands, tug-of-war, jumping up, growling, guarding food and nipping. Competition between dog and owner should never be developed, even when it is playful. Chasing should be avoided. If your pet is 'retrieving' inappropriate items it is best to gently replace it with an appropriate chew toy.

To handle aggressive play, stand perfectly still, and stop playing with the puppy. Walk away and leave the puppy without attention for several minutes.

Don't allow jumping up. Never pet, talk to, or reward a dog that has only two feet on the ground. Turn away and ignore the puppy.

Make definite decisions about manners. Will the new dog be allowed on the furniture? Any rooms off limits? When you tell your dog "no" you must be prepared to enforce your decision immediately.

## Socialization

Dogs, like their wolf ancestors, are pack hunters. Efficient hunting pack requires a high degree of social organization. Dogs relate to people as pack members. It's up to your family to become "pack leaders" by performing simple exercises and stopping aggressive play. Failure to do so may predispose the pup to problems.

1. Introduce your pup to a variety of positive experiences.
2. Visit new places each week and introduce your pup to new people at each place.
3. Introduce your puppy to people of different ages, especially children. Children create their own kind of noise and activity, which pups should be accustomed to.
4. Take your pup on regular car rides; use a carrier or crate at first to insure a safer trip.
5. Brush your pet daily, and at the same time handle its feet and ears, open its mouth for inspection and massage him all over.
6. Gradually acquaint him to very loud noises, like that of a vacuum cleaner. Turn it off and on from a distance at first, then, move the puppy closer to the noise source.

*(For items 2-4 above, these should not be done until your pets vaccine cycle is finished or your veterinarian determines it is OK.)*

If a pup fusses say "NO" firmly, and when he is quiet, talk to him in a soft pleasant voice. Make sure he has good positive experiences; the fear imprint age is generally at 8-10 weeks so be especially careful at that time.

## Additional Training

The preceding ideas will help you lay a good foundation. In addition, your dog should learn to: sit and stay on command, come when called, and walk on a leash. Eight weeks of age is a good time to begin teaching the puppy to come. Never call the puppy by name when you reprimand it; its name should always be associated with good things such as praise or positive rewards. When the puppy is reprimanded it should be told "no" "bad" or "wrong" and try not to use their name. Dogs understand very few words, so do not use too many words when training your puppy. We would be happy to supply you with a current list of qualified trainers in this area.

## Exercise

Every day, your puppy wakes up with a full tank of energy. How that energy gets spent is up to you. Your puppy should have daily opportunities to play with other dogs, take long walks with you, play ball and other people-friendly games, practice obedience skills, and enjoy a chew toy. **Remember with all of the items below it is important that the vaccine cycle be completed or your veterinarian says it is ok prior to interacting with other dogs that you do not know their vaccine or parasite status.**

- **Walking your dog is important because:**

- Regular exercise prevents obesity and its associated health risks.
- Frequent, scheduled walks help maintain housetraining.
- The opportunity to meet all types of people lets you teach your puppy to be well behaved with everyone.
- Daily play with other puppies and dogs lets your puppy express normal dog behaviors, and will promote positive social behavior with other dogs.
- Exercise helps prepare your puppy to cope with your absences. Separation-related misbehavior is reduced in dogs who are ready for a long nap by the time their owners leave.
- You can practice obedience skills with your puppy outside in a more distracting environment.
- You can enjoy additional quality time with your loving puppy.

## Baths

In general, a bath every 3-4 weeks is ok, but your veterinarian may tailor this to your individual pet or the type of shampoo they are using. You will need a mild dog shampoo recommended by your veterinarian and several towels for drying. You can place a cotton ball in the ears, but if this is done remember to remove it after the bath. Fill the sink or tub with lukewarm water to the puppy's chest level. Gently immerse your puppy in the water. Wet your puppy's coat and lather with shampoo avoiding the eyes and ears. Rinse clean. Towel dry and comb again. Keep your puppy indoors to avoid drafts until the coat is dry.

## Ears

A puppy's ears do not normally require cleaning. Check the ears for any debris or redness, particularly if you've noticed your puppy scratching or shaking his or her head. Ear infections need treatment by a veterinarian. Do not use swab sticks at any time. (i.e., Q-Tips)

## Nails

Keeping your puppy's nails trimmed will minimize playful destructiveness. Introduce nail trims gradually. Gently touch the paws as your puppy nods off for a nap. Get him used to your fingers pressing against the footpads or separating the toes. Ask your veterinarian for basic instructions, and how to avoid the nail's blood vessels in the pink base closer to the toe. Don't forget the dewclaws. These can grow into the dog's skin if not kept well trimmed. Use only nail trimmers specifically designed for dogs. It is important that once you commit to a nail trim that you not let your puppy escape from the trim, as this will encourage them to repeat this bad behavior on your next attempt.

## Proper Nutrition

Throughout life, your pet should be fed a nutritionally balanced food specifically formulated for its age, life style, or medical condition. Feeding puppies poor quality foods of low digestibility may slow their growth rate, cause poor muscle and bone development, and decrease resistance to infectious disease. Table scraps and some pet foods may also contain excesses of nutrients that could harm your pet over time.

Proper nutrition, fed in appropriate quantities, is crucial to the healthy development of your puppy. Overfeeding can cause obesity and accelerated growth, and can predispose large breed puppies to malformed joints (hip dysplasia), crooked limbs, and inflamed bones and joints. Too much dietary calcium during growth may also contribute to skeletal abnormalities and lameness.

Therefore, it's important to feed a high-quality food formulated for growing puppies and proven nutritionally adequate by clinical feeding trials. To minimize the skeletal risks from overfeeding, make sure your veterinarian agrees that the feeding recommendation on the label is right for your puppy.

Generally, puppies should be fed at least twice a day (three times for toy breeds & puppies less than 12 weeks of age), but food should not be left out all the time. At each feeding, give your puppy all it will eat in 10-20 minutes, then take up the food until the next scheduled feeding.

If your puppy appears to be overweight (you should be able to feel its ribs) or if skeletal problems arise (signaled by lameness), see your veterinarian. Never supplement a good puppy food with table scraps or other food. Certain breeds will look and feel differently, so ask your veterinarian what your specific puppy should look and feel like.

## Vaccinations

AGE:	VACCINATION:
6-8 Weeks	Temporary DHP-Parvo
12 Weeks	DHP-Parvo #1
16 Weeks	DHP-Parvo #2 Rabies ***
Annual after Distemper-Parvo #2 Given	DHP-Parvo Booster
As Needed (Every 6 months)	Bordetella/Kennel Cough
Ask Dr. to discuss if this vaccine is needed	Lymes Vaccine
Ask Dr. to discuss if this vaccine is needed	Leptospirosis Vaccine

\*\*\* The first Rabies vaccine given is valid for one year. Once the second vaccination is given the term of the rabies vaccine depends on where you live.

### What do the vaccinations protect my dog against?

VACCINATION:	PROTECTS:
DHP-Parvo	<p><b>D = Distemper</b> – A neurological disorder caused by a virus. Symptoms include fever, vomiting and diarrhea, seizures, problems with their eyes, teeth and foot pads. The mortality (death) rate is approximately 50%.</p> <p><b>H = Hepatitis</b> – A virus that targets the internal organs, primarily the liver. Symptoms include fever, vomiting and diarrhea, and abdominal pain. Prognosis is poor. Those that live have chronic liver and kidney problems.</p> <p><b>P = Parainfluenza</b> – An upper respiratory virus. Symptoms include vague respiratory signs including coughing sneezing, and a sore throat. Prognosis is good with supportive care.</p> <p><b>Parvo</b> – A gastrointestinal virus. Clinical signs include vomiting, diarrhea, lethargy, dehydration, and sepsis (blood infection). Prognosis is guarded, and supportive care is required most times.</p>
Rabies	<p>A severe, fatal viral disease of warm-blooded mammals (including dogs, cats and people). Clinical signs include increased salivation, and neurological symptoms such as seizures, paralysis or crazed activity. Transmission is through a bite wound or through mucous membranes (eyes, mouth). <b>This is a zoonotic disease (transmissible to people).</b></p>
Bordetella/ Kennel Cough/	<p>A very contagious respiratory disease with underlying viral and bacterial components. Symptoms include coughing and general respiratory disease. Predisposed by kennel environments, humane societies, and other close confinement areas. Prognosis is good with treatment.</p>
Lymes	<p>The disease is caused by a bacteria-like parasite. Primarily transmitted by the small deer tick. This disease is ZONOTIC (transmissible to humans). Symptoms of Lymes disease in humans are a characteristic red skin rash, fever, lethargy, and headache. It may affect heart and nervous system as well and arthritis may develop over the next few weeks, months, or even years. Dog symptoms include fever, lethargy, and lameness.</p>
Leptospirosis	<p>A bacterial infection. It is spread through the urine of infected animals, which can get into water or soil and can survive for weeks to months. Humans and animals can become infected through contact with this contaminated urine (or other body fluids, except saliva), water, or soil. Clinical signs are nonspecific. Some pets do not have any symptoms. Common clinical signs reported in dogs include fever, vomiting, abdominal pain, diarrhea, refusal to eat, severe weakness and depression, stiffness, severe muscle pain, or inability to have puppies. Can cause significant damage to the kidneys or kidney failure.</p>

## Identifying & Managing Risk Factors in Your Puppy

Your veterinarian can identify any risk factors that are unique to your puppy, the risks listed here have the potential to affect most or all puppies.

### Infectious Diseases Are Very Common in Puppies

Although most puppies are born with antibodies against certain diseases or receive them in their mother's milk, these antibodies disappear after several weeks. Unless your puppy is protected by vaccinations, it will be susceptible to various infectious diseases. Distemper, hepatitis, upper respiratory diseases, parainfluenza, parvo, and rabies are some common examples. Several of these can be fatal. To reduce the risk of infectious disease, follow the guidelines set out in the vaccination protocols located in this packet.

### Parasites at a Glance

Parasites can cause a variety of health problems for your pet – and even death. One of the biggest concerns is the potential for them to spread to humans. This handout lists common parasites in cats and dogs, the signs, detection, and whether they can spread to humans – these are known as ZOO NOTIC parasites.

Veterinarians divide parasites into two main categories – external (ectoparasites) and internal (endoparasites). Fleas, ticks, and mites are ectoparasites. Endoparasites, such as heartworms, roundworms, hookworms, or tapeworms may be harder to detect, and also typically cause more severe disease. Here's a look at both:

### Internal Parasites Affect Virtually All Puppies

Many authorities believe that most, if not all, puppies acquire an intestinal parasite called roundworms from their mothers. Other intestinal parasites that commonly infect young dogs are hookworms, whipworms, giardia, coccidia, and tapeworms. These parasites can debilitate your puppy, causing diarrhea, vomiting, anemia and even death. Heartworms are parasites that live in a dog's blood vessels and heart, and are a major risk factor for the heart, liver, lung, and kidney disease. They can be fatal, but they are preventable! Thus, it is important to follow the control and prevention measures your veterinarian provides you with.

Endoparasites	Signs and Complications	Zoonotic	Detection
<b>Heartworms</b> Transmitted through the bite of an infected mosquito	<ul style="list-style-type: none"><li>• May not exhibit signs until late in the course of the disease</li><li>• Coughing, difficulty breathing, panting, exercise intolerance, decreased activity level, and sudden death</li></ul>	Yes. Possible migration into people's lungs.	Blood test
<b>Roundworms &amp; Hookworms</b> Live in the gastrointestinal (GI) tract; transmitted through fecal-oral contact and from mother to offspring	<ul style="list-style-type: none"><li>• Diarrhea, anemia, and loss of body condition</li></ul>	Yes	<ul style="list-style-type: none"><li>• Fecal examination</li><li>• Observation of worms</li></ul>
<b>Tapeworms</b> Live in the GI tract; transmitted from ingestion of fleas, rodents, and rabbits	<ul style="list-style-type: none"><li>• None to diarrhea, weight loss, and poor body condition</li></ul>	Yes. Generally by accidental ingestion of a flea.	<ul style="list-style-type: none"><li>• Observation of tapeworm segments in freshly passed feces</li><li>• Fecal examination</li></ul>

Endoparasites	Signs and Complications	Zoonotic	Detection
<b>Whipworms</b> Live in the GI tract; transmitted by fecal-oral contact	<ul style="list-style-type: none"> <li>• Diarrhea with blood or mucous, and lethargy</li> </ul>	No	<ul style="list-style-type: none"> <li>• Fecal examination</li> </ul>
<b>Coccidia</b> Lives in the GI tract; transmitted by fecal-oral contact; common in close confinement situations.	<ul style="list-style-type: none"> <li>• Diarrhea. Blood or mucous may occur. Lethargy, inappetance and possible vomiting</li> </ul>	No	<ul style="list-style-type: none"> <li>• Fecal examination</li> </ul>
<b>Giardia</b> Lives in the GI tract; transmitted by fecal-oral contact, or by ingesting contaminated food or water.	<ul style="list-style-type: none"> <li>• Bloody diarrhea, lethargy, inappetance, and possible vomiting.</li> </ul>	Yes	<ul style="list-style-type: none"> <li>• Fecal examination</li> <li>• Fecal Smear</li> <li>• Giardia Snap Test</li> </ul>

## Internal Parasites Q&A

### 1. How does my puppy get worms?:

- Tapeworms are transmitted to your pet if it should swallow a flea, eat a rabbit or rodent. Stepping on stool or contaminated soil usually transmits Hookworms, Whipworms, and Roundworms. Your pet licks his feet or body and inadvertently swallows the eggs. These eggs develop into the mature worm in the intestine. Puppies are often infected by their mother before they are born or through the mother's milk.

### 2. Human Health Hazards?:

- Humans (especially young children) can be infected with roundworms. The eye and abdomen are the primary areas targeted and **vision loss & abdominal pain** can be a result. Humans can be infected with hookworms through ingestion or direct penetration through the skin. Symptoms can include:
  - **Itchy skin lesions**
  - **Abdominal pain and illness.**
- Raccoons also carry a type of roundworm that can affect people, dogs, rabbits, and birds to name a few. This parasite goes to the brain and is often **fatal**. Although these types of parasite infections are rare in people, they are always a potential risk. They are also easily prevented through routine deworming.

## Elimination and Control of Parasites

Your pet should have a stool sample examined for worms at least once yearly. This checks for the presence of eggs (which are microscopic). Occasionally, your pet may pass mature worms in the stool or in vomited food. **If you see worms, please bring a sample of both the stool and the worm in for us to examine.**

We recommend routine deworming starting when your puppy is young. The pet will need to be dewormed more than once. It is also recommended to deworm adult animals at least once yearly. Over-the-counter de-wormers are generally not strong enough to kill 100% of the worms or the medication is not appropriate for the type of parasite your pet has, and we do not recommend their regular use. Additionally, most heartworm preventatives now contain de-worming medication to allow for year-round parasite control.

## Important Preventative Measures Include

- Practicing good personal hygiene.
- Controlling pet parasite infections through internal and external parasite treatment and control.
- Minimizing your children's contact with contaminated or questionable environments.
- Cleaning up pet feces regularly (weekly) to reduce environmental contamination.
- Cover all sandboxes so cats and other wild animals do not use it as a litterbox.
- Use an approved heartworm preventative year-round to allow for intestinal parasite and heartworm control.

## What Are Heartworms and How Do Dogs Get Them?

Whether your pet spends lots of time in the great outdoors or rarely ventures out of your own back yard, it's still at risk for exposure to deadly heartworm disease. Heartworms are a nationally recognized threat to both adult dogs and puppies and to a smaller degree, cats.

Heartworms are parasites that live in the hearts and lungs of infected dogs and puppies. The resulting heartworm disease can cause serious health problems and can eventually lead to heart failure and death.

Heartworm disease has been found in dogs in all 50 States. One reason for the prevalence of these worms in puppies and dogs is that we live in a mobile society – people and their pets travel from place to place, unknowingly taking parasites along for the ride.

The transmission cycle of the heartworm begins when a mosquito bites an infected dog and feeds on blood that contains tiny immature heartworms. As it feeds, the mosquito takes in the immature heartworms. During the next two to three weeks, these tiny worms develop into larvae (the infective stage of heartworms) within the mosquito. If the infected mosquito bites another dog or puppy, it can transmit infective larvae to that healthy animal.

Without the use of a heartworm preventive, the heartworm life cycle will continue. Infective larvae enter the dog's body through the mosquito bite, and they continue to develop over the next few months. They migrate through the dog's tissues, eventually reaching the heart and lungs. Once in the dog's heart, the worms may grow to between 7 and 11 inches in length and can cause significant damage to the heart and lungs. If left untreated, heartworm disease may result in death. The life cycle of the heartworm is approximately 6 months.

All dogs over 6 months of age should be tested for heartworm infection before starting a preventive program. For protection from heartworm and intestinal parasites, we recommend year round prevention with Heartgard Plus chewable, Interceptor, Sentinel or Advantage Multi.

## Prevalence of Roundworm Infection in Humans: A Comparison to Other Important Human Diseases

Reported cases of selected notifiable diseases, United States, 2002\*

	Number of Reported Cases
Salmonellosis	44,264
AIDS	42,745
Lyme disease, human	23,763
Tuberculosis	15,075
Roundworm infection, human	10,000
Pertussis	9,771
Hepatitis A, acute	8,795
Hepatitis B, acute	7,996
Rabies, animal	7,609
West Nile	2,840
Hepatitis C/non-A, non-B	1,835
Rocky Mountain spotted fever	1,104
Listeriosis	665
Mumps	270
Measles	44
Tetanus	25
Rabies, human	3

**\*\*Each year, more than 700 people infected with roundworms experience permanent partial vision loss.\*\***

## External Parasites

External parasites in puppies include fleas, ticks, ear mites, mange mites, and lice.

Ectoparasites	Signs and Complications	Zoonotic	Detection
<b>Fleas</b>	<ul style="list-style-type: none"> <li>Mild to severe itching, scratching, biting, and chewing</li> <li>Flea saliva hypersensitivity or allergy and resulting skin problems</li> <li>The transmission of tapeworms</li> <li>Anemia and possible death in young or small animals</li> </ul>	<p>Yes – for flea bites</p> <p>No – disease transmission</p>	<p>Examination of the animal for adult fleas, or flea dirt (small black specks of dried flea feces). A blood test can detect a flea allergy. The best option is prevention with an approved flea control product.</p>
<b>Ticks</b>	<ul style="list-style-type: none"> <li>Mild local irritation to severe anemia</li> <li>Transmission of other diseases to animals and humans – Lyme disease, Rocky Mountain spotted fever, and Ehrlichia, among others</li> </ul>	Yes	Examination of the animal
<b>Ear mites</b>	<ul style="list-style-type: none"> <li>Ear infection, severe itching, debris and crusts in and around the ears</li> </ul>	Yes, Generally a transient infestation	Examination of the ears or an ear swab and evaluation under the microscope.
<b>Mites</b> <i>The three main types: Sarcoptes, Demodex, and Cheyletiella</i>	<ul style="list-style-type: none"> <li>Itching, hair loss, dandruff or crusty lesions, and bleeding or oozing skin</li> </ul>	Some mites: Yes. Sarcoptes and possibly Cheyletiella	<p>Examination of the animal and skin scrapings</p> <p>Tape impressions, skin biopsy &amp;/or physical exam</p>
<b>Lice</b>	<ul style="list-style-type: none"> <li>Itching, hair loss, dandruff or crusty lesions, and bleeding or oozing skin</li> </ul>	Lice are species specific. Dogs get dog lice, cats get cat lice, & people get people lice.	<p>Examination of the animal may allow direct visualization of the lice.</p> <p>Tape impressions for lice or their eggs.</p>

**\*\*Please see the Frontline Plus brochure for additional information about these parasites and how to control them.\*\***

## Grooming is an Important Part of your Pet's Health

A poorly groomed coat is a risk factor for external parasites and skin problems. Just a few minutes each day will reduce these risks before they become serious and your pet will love the extra attention.

Find a pet brush or comb that works best for your puppy's coat. Brush in the direction of the hair growth. Dogs with thick or long coats may need to be groomed every day to prevent painful mats and knots.

If your puppy needs professional grooming because of breed requirements or special fashion cuts, introduce your pet early to a friendly, experienced groomer. Reward just a few strokes with a special tasty treat and build from there. Don't try to groom a puppy that is in high gear. Wait until your dog is in a more relaxed mood.

## Important Reasons to Spay or Neuter your Pet

Spaying performed before the first heat cycle nearly eliminates the risk of mammary tumors, which are the most common tumors in unspayed female dogs. Dogs often come into heat between 6-12 months of age, therefore, we recommend spaying or neutering your pet at 6 months of age.

Early neutering also improves behavior by reducing roaming, urine marking, and aggression between male animals. Additionally, this will decrease certain prostate conditions as your male pet ages.

Because spayed and neutered pets generally live longer than the non-spayed or neutered pets, failing to do so is an important risk factor that can greatly affect the quality and length of your pet's life. In the U.S., four to six million companion animals end up in shelters each year. You can play an important role in controlling pet overpopulation by spaying or neutering your pet.

<b>Spaying your female pet (Ovariohysterectomy):</b>	<b>Neutering your male pet (Castration):</b>
Removal of the ovaries and uterus. Ideal age is 6 months.	Removal of the testicles and spermatic cord. Ideal age is 6 months.
If spayed before the first heat cycle, your pet has a less than 1 percent chance of developing breast cancer.	Eliminates the risk of testicular cancer, the second most common tumor in male dogs.
If spayed after one heat cycle, your pet has an 8 percent chance of developing breast cancer.	Greatly reduces the risk of prostate cancer and prostatitis.
If spayed after two heat cycles, the risk increases to 26 percent.	Reduces the risk of perianal tumors.
After two years, no protective benefit exists.	Reduces roaming and fighting.
Pets with diabetes or epilepsy should be spayed to prevent hormonal changes that may interfere with medical treatment.	Eliminates or reduces spraying or marking in males neutered at 6 months of age or before the onset of these behaviors.
Eliminates the risk of ovarian and uterine cancer.	Eliminates the risk and spread of sexually transmitted diseases.
Eliminates unwanted pregnancies.	Eliminates unwanted litters.

### Common Myths

Spaying or neutering your pet does **NOT**:

- Cause laziness or hyperactivity
- Reduce its instinct to protect your family and home
- Cause immature behaviors
- Postpone or delay normal behavior maturity
- Alter its personality in any manner
- Alter hunting behavior

Our staff can answer your questions about spaying or neutering your pet or any other procedure your pet may undergo at our hospital. Please don't hesitate to ask.

## Animal Dentistry

Good oral health is essential to your pet's overall health. Your puppy's baby teeth should be completely replaced with adult teeth by six or seven months of age. Most of the baby teeth will be swallowed, but you might find a few. **Do not use human toothpaste.** There are dog toothpastes, brushes and finger brushes available. Report broken teeth to your veterinarian right away. Your veterinarian will examine your dogs' teeth during examinations and can schedule a professional cleaning as needed.

Dental disease is the most common problem seen in our pet population today. Over 85% of all dogs presented to veterinarians are affected by dental problems. This is especially true of the smaller breeds. The great majority of these pets are suffering from periodontal disease (tooth and gum decay).

Periodontal disease is what causes bad breath as well as destruction of the bone supporting the teeth resulting in tooth loss.

Our pet's teeth must be maintained in exactly the same manner as our own. Mechanical removal of plaque is the only true way to prevent dental disease from affecting your pet's mouth. This can be accomplished in various ways, but brushing is by far the most effective means.

### Recommendations for Home Dental Care

#### When to start?

As soon as possible, 8-12 weeks old is the best. Pets don't need brushing this young, but by brushing once or twice weekly they will be familiar with the routine when the permanent teeth erupt.

#### Steps:

1. The first step is to work with your pet's mouth. With a little patience your pet will soon accept your attention. **MAKE IT FUN** for both of you. Use a lot of love and especially praise to gain their confidence.
2. Start by handling the mouth and soon you will be able to rub the teeth and gums with your finger.
3. Put a few drops of water or flavored pet toothpaste on your finger daily. They will soon look forward to this "treat".
4. Finally, use a soft toothbrush or pet finger brush and flavored pet toothpaste or oral gel to brush the teeth. Brushing the tongue side of the teeth is unnecessary. Human toothpaste foams and frightens them, and can cause GI upset if swallowed since they do not spit out the toothpaste

**NOTE:** It's the brushing which does most of the cleaning; the toothpaste helps by use of enzymes to break down the plaque, and also provides a flavored treat for them to enjoy.

Brushing at least twice weekly is recommended (daily is ideal).

It helps to give abrasive foods and toys such as dry kibble, T/D diet as treats, Nylabones, or other chew toys, etc. **DO NOT FEED BONES WHICH THEY CAN CRUNCH UP AND SWALLOW.**

**THE ABOVE CARE WILL GREATLY IMPROVE YOUR PETS DENTAL HEALTH AND INCREASE THE TIME INTERVAL BETWEEN PROFESSIONAL DENTAL CLEANINGS.**

## Dental Disease in Dogs & Cats

Teeth are secured into periodontal tissues consisting of gingival (gums), ligaments, cementum and supporting bone. A majority of pets older than 4 years have some disease of these periodontal tissues. Some breeds of dogs with short noses and toy breeds are especially at risk and need more frequent dental cleaning.

Plaque is a transparent fluid composed of bacteria, food material and exfoliated cells, which adheres to teeth. When not removed by brushing, plaque mixes with salts in saliva to harden and forms visible calculus. As calculus sits on the tooth, irritation to the gums and recession follows which allows the bacteria to irritate the supportive structures. This process leads to pain and eventually destruction of the periodontal tissues. A diseased mouth additionally affects other bodily structures including eyes, heart, liver, kidneys and skin. By intervening in time with a dental cleaning, we may be able to save the teeth and bone from damage. Additionally we can intervene to stop the damage occurring to other organs.

Dental examination is part of a thorough medical history and physical examination. Depending on the age, history or medical examination of your dog or cat, our doctors may recommend pre-anesthetic blood, urine or additional testing prior to a dental cleaning. Using this information as a guideline, we select the appropriate anesthetic protocol for your animal's medical needs. Our reception staff can assist you in selecting a day, which will best suit your needs. Each doctor has days available Monday through Friday to accommodate your needs.

Once a date is selected, your animal needs to arrive between 7:45 and 8:00 a.m. At this time, the doctor will do a pre-anesthetic examination and discuss the plan for the morning. We additionally require a phone contact number to reach you during the procedure if we discover any unexpected dental conditions.

Shortly following admission, your animal will be anesthetized and placed on gas anesthesia. A tube will be placed down the windpipe to deliver anesthetic and oxygen. The anesthesia allows us to work safely, to complete a good oral examination, and protects the airway from bacteria while cleaning the teeth. We also recommend IV Fluids to be administered during the procedure. IV fluids help maintain hydration and major organ function. All surfaces above and below the gum line are cleaned and polished. All teeth are probed for pockets into the gum line, which indicate more serious disease that otherwise, could not be seen. We will evaluate the teeth for evidence of fracture, nerve exposure, or disease. If there is evidence of any of these problems, we will call you to advise the need for X-rays so that we can determine if the problem stems from disease below the gums. If that is the case, additional therapy will be required.

When your pet is discharged we will discuss the procedure and aftercare recommendations for your animal. This may include brushing, diet changes, recommended treats, or if antibiotics are required.

## How to Brush Your Pet's Teeth

A praise after every step of this process. Soon, both you and your pet will look forward to the time you spend together during this important health care procedure.

As with any other routine, it's best to begin a dental care program when pets are young puppies or kittens. Follow up home care with regular complete dental cleaning by your veterinarian.

Prevention of dental disease should be included as part of your pet's overall preventive medicine program, just like vaccinations.

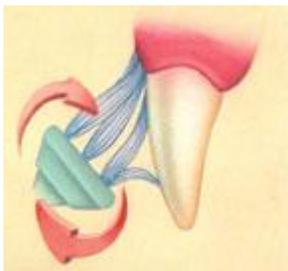
Tooth brushing doesn't happen overnight. It requires training, just like "sit," "stay" and "come." First, select a convenient time when you and your pet are both relaxed. For the first few days, simply hold your pet as you normally do when petting him/her. Gently stroke the outside of your pet's cheeks with your finger for a minute or two. Then, after a few days, place a small amount of C.E.T. Toothpaste on your finger and let your pet sample the flavor. Pets love the flavors of C.E.T. Toothpastes, and soon will consider it a treat.

Next, introduce your pet to a C.E.T. Toothbrush, Fingerbrush, or gauze. Place a small amount of C.E.T. Toothpaste on the brush and gently brush one tooth with a slow circular motion. Gradually increase the number of teeth brushed until you've built up to 30 seconds of brushing per side. It is important to reward your pet with a healthy treat and plenty of praise after every step of this process. Soon, both you and your pet will look forward to the time you spend together during this important health care procedure.

As with any other routine, it's best to begin a dental care program when pets are young puppies or kittens. Follow up home care with regular complete dental cleaning by your veterinarian.

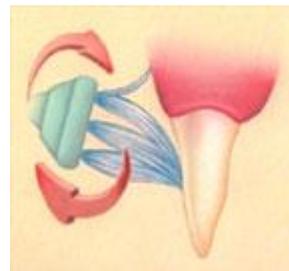
For more information about pet dental health and C.E.T. Home Dental Care for your pets, consult your veterinarian. Ask how you can get on the path to better pet dental health. Your pet will love you longer for it!

### **Canine Tooth**



The brush should be rotated in a circular fashion at a 45 degree angle with emphasis on the stroke away from the gingiva.

### **Feline Tooth**



## Microchipping

### 1. What is microchipping?

Microchipping is a safe, simple and permanent form of pet identification designed to quickly identify lost pets and reunite them with their owners. Over 10 million pets become lost each year based on statistics from The National Humane Society.

### 2. Is microchipping safe?

No bigger than a grain of rice, the microchip is a small, sterile transponder that contains a unique ID code capable of being read by a scanner. The microchip's biocompatible material is extremely safe for the animal. It requires no battery and remains inactive until it is scanned. Anesthesia is not necessary for implantation. Microchipping takes just seconds, is relatively painless and is recommended for all breeds and ages.

### 3. How do recoveries happen?

When you enroll your microchipped pet in the nationwide database, your contact information is safely stored until it is needed to reunite you with your pet. Currently a successful recovery happens approximately every 6 minutes.

**\*\*For more information please see the Home Again brochure.\*\***

## Pet Insurance

Bellevue Animal Hospital has information available regarding Pet Insurance through **VPI Insurance**. Here is some basic information regarding the insurance. We would be happy to provide you with a brochure for contact information and more details.

### 1. What does a VPI policy cover?

Depending on which plan you select, coverage will include: medical treatments and surgeries for minor problems such as ear infections and bee stings, as well as major problems like broken bones, diabetes and cancer. Each policy covers one pet only.

### 2. How much does the insurance cost?

Premiums for the VPI Superior Plan start at less than \$19 per month for dogs. Rates are based on the species, age of your dog, and the plan you select. Multiple pet discounts are available when you insure more than one pet.

### 3. What situations are not covered?

Like most insurance policies, they have some exclusions to help keep your premiums low. These include: elective procedures, pet foods, grooming, behavior problems, congenital or hereditary defects and medical conditions that are present prior to the policy effective date.

Vaccinations, routine teeth cleaning and other annual routine care expenses are not covered under the major medical plans, but are available through optional Vaccination & Routine Care Coverage.

**\*\*For more information please see the VPI brochure.\*\***

## Scheduling Medical or Surgical Appointments

At Bellevue Animal Hospital we see patients by appointment only. You can call our front desk staff during normal business hours to schedule your appointment. Here are some tips regarding your appointment as well as some ways to speed up some other processes...

1. **Well Pet and Ill Pet Exams:** In order to allow the proper amount of time to adequately care for your pet, please inform the front desk of all of your concerns when calling for an appointment. This will ensure the patients scheduled after you do not have to wait for their appointment. Additionally, if you have items of concern that need to be added on beyond what your appointment is scheduled for, you may be asked to reschedule for those items. If the doctor has additional time available, they will do their best to extend your visit and address your concerns.
2. **Pre-anesthetic Exam:** Your pet needs to be seen if they have not had a physical exam by one of our doctors within the last 4 months. During this exam we will discuss the procedure(s), anesthesia, pre-anesthetic recommendations, and the use of IV fluids and pain medication. These recommendations may include bloodwork, blood pressure evaluation, or an ECG (to assess heart health).
3. **Surgeries:** Surgeries are performed Monday-Friday. On the day of your surgery, you will need to arrive between 7:45-8:00 a.m. You will be escorted into an exam room and a veterinarian will check in your pet. The veterinarian will answer any questions you might have and discuss things such as pain management, pre-anesthetic blood work and IV fluids during the anesthetic procedure (if not addressed at a pre-anesthetic exam). Most pets will go home the same day and we will ask you to call in the afternoon to find out your pet's go home time. We will need you to provide a phone number that you can be reached at until 1:00 PM. This is to insure that if we find additional items of concern or problems arise, that we can immediately consult you.
4. **How to Cancel Appointments:** If you need to cancel an appointment you can call us during normal business hours and let one of our front desk staff members know who you are and if possible your appointment time. Appointments not cancelled are marked as a no-show. (See number 5 regarding no-show's).
5. **No-Show Appointments:** If you do not call and cancel your appointment before your scheduled time, you will be marked as a no-show. If this happens 3 times, you will be charged an office call as this takes away the opportunity for the veterinarian to see other patients.
6. **Showing up late:** Our appointment times are tiered based on what you call and request your pet be seen for. Remember, if you are late this causes the veterinarian to run behind schedule and all their subsequent appointments will have to wait. If you have missed all or most of your appointment time we may ask that you reschedule the appointment unless the veterinarian you are scheduled for has an opening at a later time in the day.
7. **Refilling medications:** Please call ahead for any refills of medicine. This will allow us some time to obtain the doctor's approval and fill your prescription. If you do not call ahead you may experience a wait or have to come back a short time later to collect your prescription.

## Senior Wellness Exams

### Here's what you should know about your pet(s) as they age:

#### Senior pets need more care.

- As your pet ages, he or she will need more frequent physical examinations and additional tests. The best kind of health care for senior pets is preventive.

#### Pets age at different rates.

- Aging varies by breed, body size, and individual pet. Larger breeds of dogs typically age more quickly than smaller dogs.

#### Prevention is key.

- Many diseases that older pets are susceptible to are either 100% preventable with the proper preventive care or are easily managed if detected early enough.

#### Keep them fit.

- Proper nutrition and a regular exercise plan can help your pet live a longer, healthier life.

#### Our approach:

We will start by obtaining a detailed medical history. This is based on the information you provide in the history sheet you will be given prior to your exam. Next, we will perform a physical exam and order diagnostic laboratory testing to establish baseline information.

Using this information, we will give you an assessment of your pet's overall health and make necessary recommendations.

#### How to keep your best friend around as long as possible:

- **Bring in your senior pet twice a year**

Older pets should visit their veterinarian at least twice a year. Dogs and cats age 4 to 5 times faster than we do and, as a result, health problems can progress much more rapidly. Ironically, because pets are living longer today, they are increasingly suffering from many of the same chronic diseases that affect humans:

- Cancer
- Diabetes
- Kidney failure
- Liver and intestinal disorders
- Arthritis
- Vision problems
- Behavioral issues related to senility
- Dental disease

Fortunately, today there are many ways we can treat these conditions and improve your pet's well-being. Catching problems early before they become serious often means they will be easier and less expensive to treat or manage.

## Your Pet's Relative Age

Pets Age:	Pets Weight:				Pets Age:	Pets Weight:			
	0-20	21-50	51-90	>90		0-20	21-50	51-90	>90
5	36	37	40	42	13	68	74	82	101
6	40	42	45	49	14	72	78	88	108
7	44	47	50	56	15	76	83	93	115
8	48	51	55	64	16	80	87	99	123
9	52	56	61	71	17	84	92	104	
10	56	60	66	78	18	88	96	109	
11	60	65	72	86	19	92	101	115	
12	64	69	77	93	20	96	105	120	

## Diagnostic tests included in the Senior Wellness Exam

	Problem	Test	Facts	
<b>URINALYSIS</b>	<ul style="list-style-type: none"> <li>Kidney Disease</li> <li>Urinary/Bladder Disorders</li> </ul>	<ul style="list-style-type: none"> <li>Complete Urinalysis (Appearance, Color, Specific Gravity, Occult Blood)</li> <li>WBC (White blood cells)</li> <li>RBC (Red blood cells)</li> </ul>	Urinalysis is a very important means of evaluating overall kidney function, especially when done in conjunction with blood tests. Urinalysis is also a key test for determining if there is a urinary tract infection or if there is inflammation in the urinary bladder. Urinalysis also helps to confirm, along with blood test, whether or not an animal has diabetes (with diabetes, either sugar or both sugar and ketones are present in the urine).	
		<ul style="list-style-type: none"> <li>PH</li> <li>Protein</li> <li>Glucose</li> <li>Ketones</li> <li>Bilirubin</li> </ul>		<ul style="list-style-type: none"> <li>Casts</li> <li>Crystals</li> <li>Epith Cells</li> <li>Bacteria</li> </ul>
<b>BLOOD CHEMISTRIES</b>	<ul style="list-style-type: none"> <li>Kidney Disease</li> </ul>	<ul style="list-style-type: none"> <li>BUN</li> <li>Creatinine</li> <li>Calcium</li> </ul>	<ul style="list-style-type: none"> <li>Phosphorus</li> <li>Potassium</li> </ul>	Tests of kidney function (should be run in conjunction with urinalysis for the most accurate assessment of kidney function). <i>Kidney disease, if diagnosed early, can often be controlled for extended periods of time.</i>
	<ul style="list-style-type: none"> <li>Liver Disease</li> <li>Kidney Disease</li> <li>Intestinal Disorder</li> </ul>	<ul style="list-style-type: none"> <li>Total Protein</li> <li>Albumin</li> </ul>	<ul style="list-style-type: none"> <li>A/G Ratio</li> <li>Globulin</li> </ul>	Protein levels. Albumin may be decreased with disorders of the intestine, kidneys, liver, or decreased nutrient intake. The globulin level may also decrease due to intestinal disease and may increase in response to inflammation.
	<ul style="list-style-type: none"> <li>Liver Disease</li> <li>Inflammation of the Pancreas</li> </ul>	<ul style="list-style-type: none"> <li>ALT</li> <li>AST</li> </ul>	<ul style="list-style-type: none"> <li>ALP</li> <li>GGT</li> </ul>	Liver enzymes. These tests help indicate that there may be a problem with the liver. Liver enzyme levels may also be abnormal with inflammation of the pancreas.
	<ul style="list-style-type: none"> <li>Jaundice</li> </ul>	<ul style="list-style-type: none"> <li>Total Bilirubin</li> </ul>		A test for jaundice. Increased levels usually indicate a liver disorder (with or without concurrent disease of the pancreas) or damaged red blood cells.
	<ul style="list-style-type: none"> <li>Parathyroid Disorder, Cancer</li> </ul>	<ul style="list-style-type: none"> <li>Calcium</li> <li>Phosphorus</li> </ul>		Elevated or decreased calcium levels can be a sign of a wide variety of diseases. The most common cause of increased calcium is lymphosarcoma (a type of cancer)
	<ul style="list-style-type: none"> <li>Diabetes</li> <li>Severe Infection (Sepsis)</li> </ul>	<ul style="list-style-type: none"> <li>Glucose (blood sugar)</li> </ul>		A glucose test will detect abnormally high blood sugar levels, which may indicate diabetes. Low levels may occur with liver disease, severe infection, certain types of cancer and Addison's disease.
	<ul style="list-style-type: none"> <li>Adrenal Disease</li> <li>Decreased Kidney Function</li> </ul>	<ul style="list-style-type: none"> <li>Sodium</li> <li>Potassium</li> </ul>	<ul style="list-style-type: none"> <li>NA/K Ratio</li> <li>Chloride</li> </ul>	Important body electrolytes. It is especially important that potassium levels be monitored in sick animals with decreased kidney function or adrenal disease.
	<ul style="list-style-type: none"> <li>Hypothyroidism</li> </ul>	<ul style="list-style-type: none"> <li>T4</li> </ul>		Thyroid test. In dogs we look for subnormal levels (hypothyroidism). This is a screening test. If the result is abnormal, more detailed thyroid testing may be necessary to determine the best course of treatment.
<b>BLOOD COUNT</b>	<ul style="list-style-type: none"> <li>Infection</li> </ul>	<ul style="list-style-type: none"> <li>WBC (White blood cells)</li> </ul>		White blood cells help fight infection. White blood cell numbers can increase in response to inflammation and infection. In leukemia, which is a cancer of the blood system, either the numbers of white blood cells are increased or their appearance is abnormal, or both. White blood cell numbers can decrease with severe infection or with bone marrow disorders.
	<ul style="list-style-type: none"> <li>Poor Blood Clotting</li> </ul>	<ul style="list-style-type: none"> <li>Platelets</li> </ul>		Platelets help with blood clotting. It is important to make sure that these numbers remain normal or close to normal.
	<ul style="list-style-type: none"> <li>Anemia</li> </ul>	<ul style="list-style-type: none"> <li>Packed Cell Volume (PCV)</li> <li>Hemoglobin</li> </ul>	<ul style="list-style-type: none"> <li>MCH</li> </ul>	Tests for the presence of anemia (low red blood cell levels)  These tests help tell which type of anemia is present.