

Protect your senior dog with early detection.  
**FREE** blood pressure test with your Canine Senior  
 Wellness Exam at Bellevue Animal Hospital!

**Here's what you should know about your pet(s):**

**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 need to fill out upon arriving to your appointment. 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:			
	0-20	21-50	51-90	>90
5	36	37	40	42
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	
18	88	96	109	
19	92	101	115	
20	96	105	120	

**SCHEDULE YOUR PET'S CHECK-UP NOW**

Please call and schedule your dog's Senior Wellness Exam today. To assure accurate blood test results, please make sure your pet has fasted for a minimum of 8 (eight) hours prior to the appointment. Do NOT withhold water, as this can be dangerous for aging pets. If you cannot collect urine, do not allow your pet to urinate for two hours before your appointment.

Senior Wellness Exams are scheduled as 40-minute appointments. If you feel your pet has had many of these tests performed in the last 6 months, please feel free to call us to see if your veterinarian still recommends the exam. You may reach us by phone at 402-291-1255, or email: [bellevueanimal@gmail.com](mailto:bellevueanimal@gmail.com)

Your Senior Wellness Exam at Bellevue Animal Hospital includes a FREE blood pressure test  
Other diagnostic tests that are included in the Senior Wellness Exam are as follows:

	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> <li>• PH</li> <li>• Protein</li> <li>• Glucose</li> <li>• Ketones</li> <li>• Bilirubin</li> <li>• Casts</li> <li>• Crystals</li> <li>• Epith Cells</li> <li>• Bacteria</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).
<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> <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> <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> <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 signs 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> <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> <li>• MCV</li> <li>• MCHC</li> <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.

We also recommend an annual fecal test (ova & parasite test plus giardia test) for all dogs and cats. Fecal tests are done to check for evidence of intestinal parasites (e.g., roundworms, hookworms, whipworms, giardia, and coccidia.) It is important to check periodically for these intestinal parasites (once or twice a year), even if stools are consistently normal and your pet appears healthy. Even indoor-only pets can be affected! Parasites can cause significant health problems in both animals and humans (some parasites can be transmitted from animals to humans.) Specific treatment is prescribed based on the test results.