



fanzine



NUTRITION BY
DR. GERMAN



Help your pet live two years longer

(Plus have less diseases during that time!)

Don't we all want our pets to live longer, healthier lives? This is the number one thing we can do and it doesn't cost a thing. There isn't many things you can do to increase the lifespan by 2 years but there is one proven strategy.....

In a lifetime study using littermates in which one was a healthy weight and the other was overweight it was determined that the healthy weight dogs lived 1.8 years longer than their overweight siblings. Not only did they live longer, they had an overall healthier life.

- The onset of chronic conditions was delayed for 2 years.
- The healthy weight dogs arthritis set in 3 years later than the overweight siblings
- Both groups were fed the exact same food and lived in the exact same conditions. The only difference

How do we determine if your dog is a healthy weight? We use the Body Condition scoring system (BCS).

- There are two main versions used. 1-5 and 1-9. The concept is the same for both. Just different numbers used.
- At Frisco Animal Hospital we use the 1 to 9 system.
- 1 is very emaciated, 9 is very obese.
- Normal is a 4 or 5
- meaning there is a range that is considered normal for your pet. It is never a single specific weight
- The heavier siblings in the above study were a 6 or 7.

More details about each number can be found here:

<https://wsava.org/wpcontent/uploads/2020/01/Body-Condition-Score-Dog.pdf>



NUTRITION BY DR. GERMAN (PT 2)



What is an easy way at home determine if your dog is in a healthy weight range?

Start with a Healthy Hug! A simple rib check is a great way to determine if your dog has a weight issue—and it's a great excuse to give your dog an extra hug today.

HERE'S HOW TO PERFORM A HEALTHY HUG:

1

Place both thumbs on your dog's backbone and run your fingers along the rib cage. If you can't easily feel the bony part of each rib, he may need to lose weight.



2

Stand directly over your dog as he's standing and look down on him. You should see a clearly-defined waist behind the ribs.



3

Check your dog's profile. If you don't see a clearly-defined abdomen tucked up behind his rib cage, he's probably overweight.



Is it always just about the calories? Not necessarily

- There are some health conditions such as thyroid or adrenal disorders that can affect weight outside of calories
- Some pets might do better with certain macronutrient profiles. This seems to be especially true in the cat.
- Newer research does suggest that a health microbiome can affect how the body reacts to calories. It is in the mouse model now but could be proven to be the case in other species soon!

Specifics to Summit County

- Be aware of seasonal changes! It is unlikely that your dog lives the same lifestyle in the middle of winter as it does in the summer which can lead to different caloric needs.
- We tend to see a trend here where dogs gain weight in the Winter. Yes, they do lean out some in the summer but it is usually only about 80% of what they gained. This trend repeats itself every year leading to dogs carrying around a large amount of extra weight by the time they are middle aged.
- There is nothing that says you have to feed the exact same amount (or same food even) every day, all year around.
- I personally change my dogs to a less calorie dense food in the Winter so I can still feed them about the same volume but less calories. It makes it easier to reduce that way and they aren't complaining about less food. And as a side effect they don't gain weight. I learned the hard way just like everyone else the first couple winters living here. Now I am proactive.

If you are unsure if your pet is overweight or want to discuss a plan to get your loved one back into top shape schedule an appointment with us at Frisco Animal Hospital.



FUREVER REMEMBER



CORITZEE TRATTLER



Today we recognize and remember Coritzee - a beautiful 17 year old Tiger short hair that we were blessed to care for for many years. She was such a strong-willed kitty, which is likely why she battled kidney disease for nearly 3 years!! She was always pleasant to see and loved her canine companions - Marlie and Mazie. Despite being the smallest in the house - she ruled the roost, so to speak!



Coritzee will be very missed at Frisco Animal Hospital and by her mom, Rachel.

Rest in Peace sweet girl.



FRISCO FUN FACT



Frisco Fun Fact **Featuring: Megan**

Over the past 7 months, Megan and her dad have been building out her Ram Promaster! Once complete, Megan and her pup, Boulder, will explore the Pacific Northwest and live #vanlife.



HOSPITAL NEWS

HAPPY
BIRTHDAY



We have TWO birthdays this month at FAH!

Happy Birthday to our CSR and Social Media Coordinator, Angela, and our veterinary assistant, Kodi! We hope you have an awesome day celebrating YOU!



What's better than fun in the sun in beautiful Colorado?!

Summer will be here soon, and now when you schedule a surgery for your pet in March, you receive A FREE KAYAK!





LOCAL SHOUTOUT

DOGSONG ANIMAL TRAINING AND BEHAVIOR, LLC

THE R'S AND P'S OF TRAINING AND BEHAVIOR



Behavioral science defines reinforcement (R) as the consequence applied immediately after a behavior, that maintains, increases or strengthens that behavior in the future. Punishment (P) is defined as the consequence applied immediately after a behavior, that lessens or decreases that behavior in the future. Our learners like receiving reinforcement! We like receiving reinforcement! Reinforcement makes us feel good! Our learners do not like receiving punishment. Punishment can hurt, be scary and confusing. Punishment makes us feel uncomfortable. To further explore behavioral science definitions, positive simply means adding something. And negative means taking something away.

Thus **Positive reinforcement**: adding something that is perceived as good that increases the likelihood the target behavior will be repeated in the future. Example: a successful recall, "here!" is immediately followed by a piece of hot dog and "gooooood dog!" Your dog is more likely to return in the future. Take away message: returning predicts good things will happen in the future. Not too many dogs will walk away from a yummy high value treat, enthusiastic praise, or a well-deserved rub.

Positive punishment: adding something that is perceived as bad that decreases the likelihood the target behavior will be repeated in the future. Example: a slower-than-expected recall is immediately followed by a jerk on the leash and "baaaaad dog!" Your dog is more likely not to return in the future.

Take away message: returning predicts bad things will happen in the future.

Negative reinforcement: taking something unpleasant away that increases the likelihood the target behavior will increase in the future. Example: Your dog wears a choke chain that is uncomfortable when s/he is pulling on the leash. When s/he stops pulling, the choke chain loosens. Your dog will be less likely to pull in the future. Take away message: the application of a choke chain is painful for a dog who pulls, and the dog will try to avoid the pain. **Negative punishment**: taking something away that decreases the likelihood the target behavior will be repeated in the future. Example: You walk out of the room when your dog is "demand barking."

Your dog will be less likely to demand bark in the future because it causes his person to go away. Take away message: what s/he really wants is attention!

It is safe to say that of all these choices available when we are training and living with our beloved critters, positive reinforcement stands out as the most effective, least intrusive, and most humane way to get the behaviors we want. Positive reinforcement strengthens trust and the relationship with our pets. With the other three possibilities, we run the risk of damaging trust and the relationship. At the end of the day, it feels great to have the research-based knowledge and appropriate tools to get more desirable behaviors as a result of your positive reinforcement!

LOCAL SHOUTOUT



SUMMIT LOST PET RESCUE



STEPS TO FOLLOW IF YOUR PET WENT MISSING:

- CALL SUMMIT ANIMAL CONTROL TO REPORT LOST- 970-668-8600
- CALL SUMMIT SHELTER TO REPORT LOST- 970-668-3230
- COMFORT/SCENT STATIONS- PLACE OUT OWNER'S DIRTY CLOTHES ASAP IN AREA WHERE DOG WAS LAST SEEN (THEY CAN SMELL FOR MILES, SO THESE SCENTS CAN HELP DRAW THEM BACK). ALSO PLACE OUT THEIR PET BED. IF MISSING PET HAS A SIBLING PET, RUB TOWELS ON THE SIBLING PET AND LEAVE THOSE OUTSIDE AS WELL FOR SCENTS.
- SHARE ON THE FOLLOWING FACEBOOK PAGES:
 - SUMMIT LOST PET RESCUE
 - SUMMIT COUNTY LOVES THEIR PETS
 - DOG GONE SUMMIT COUNTY
 - ONE MAN'S JUNK SUMMIT COUNTY
 - POST A PIC PICTURE AND NAME OF LOST ANIMAL
 - DATE, TIME, EXACT LOCATION LOST
 - PHONE NUMBER OF OWNER TO CALL OR TEXT IF SEEN
 - DESCRIBE ANIMAL- SHY, SKITTISH, FRIENDLY, WHAT COLOR COLLAR, ETC
- SIGNS- HANG NEON FOAMBOARD SIGNS AND WRITE IN BIG BLACK MARKER: "LOST DOG", "TYPE OF DOG", "CALL/TEXT- XXX-XXX-XXXX", "DO NOT CHASE"
- FLYERS- HANG ON BUS STOPS, SUMMIT DAILY BOXES, GAS STATIONS, LOCAL RESTAURANTS & BUSINESSES, NEIGHBORS CARS, AND SHARE WITH FEDEX/UPS/POST OFFICE/MAILMAN/GARBAGE TRUCK DRIVERS, ETC

Those with information about this lost pet should contact Summit Lost Pet Rescue, Inc. ("SLPR") at 970-423-5701. **IMPORTANT:** Those reading this flyer are not authorized to conduct or assist in pet searches for, or on behalf SLPR, without first registering with and executing a waiver and release with SLPR at www.lostpetrescue.org/volunteer. Those who conduct or assist in pet searches without first doing so, do so at their own risk, peril and liability.