



**Puppy Pack
8 weeks**

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10 Easy Steps to House Train Your Dog

IT DOESN'T HAVE TO BE HARD.



1. Prevent undesirable elimination by not allowing your dog to wander all over the house without supervision and by keeping your dog confined in a small area.
2. When your dog sniffs the ground or circles around, quickly but calmly take him to the desired elimination area.
3. Feed your dog a measured amount of food at the same time everyday. When your dog walks away pick up the bowl.
4. Be aware that puppies instinctively desire to eliminate after eating, drinking, playing, resting, sleeping, or being confined.
5. Five to 30 minutes after any above mentioned activities, take your dog to selected place for elimination.
6. Use specific verbal cue that you want your dog to associate with desirable elimination, such as "Go potty" or "Do your business."
7. When your dog begins to eliminate, quietly praise him.
8. When your dog is done, praise him enthusiastically, pet him and reward him immediately. If he doesn't eliminate, return him to his confinement area and try again in about 15 minutes.
9. Reward each time with praise, but as your dog learns, give food intermittently.
10. Remember, it is your responsibility to prevent accidents! Prevention is key to success, but if there is an accident, don't scold the dog and quietly clean up and deodorize soiled area.

Teach Your Dog to Ring a Bell

House training some dogs can be especially challenging because they do not learn to clearly signal when they need to eliminate. Teaching a dog to ring a bell when it needs to go outside can be a huge help when house training. It takes time but is relatively simple if you follow the following steps.



- Purchase a small bell, and set it near the door through which you usually take your dog out for elimination. Ring the bell immediately before opening the door to go outside with the dog. Your dog should already be leashed so that you can step outside with her as soon as you ring the bell. Do this every time you take your dog outside for several days. Allow your dog to only explore the designated elimination area, otherwise your dog may associate ringing the bell with play time instead.
- Next suspend the bell at the height of your dog's nose right next to the door. Gently touch the bell to your dog's nose, causing it to ring, every time you take her outside. Repeat this step for several days.
- At this point, depending on how quickly your dog makes associations, she may begin approaching the bell on her own when she needs to eliminate. If she doesn't, smear a little bit of cheese or peanut butter on the bell each time you prepare to go outside, and use this to lure your dog toward the bell. Allow your dog to lick the bell, causing it to ring, and then praise your dog as you take her outside. Once your dog begins ringing the bell on her own, you must take her outside every time so that she learns that making the bell ring reliably predicts being allowed outside.

Play Biting in Puppies

Why is my puppy nipping and biting family members?



- Although often thought to be a teething behavior, nipping, mouthing and biting in young dogs is generally a form of social play. Teething is more likely to involve gnawing or chewing on household objects. The first thing you must do is to provide a regular daily routine that includes ample opportunity for play. Social play with people could involve controlled chase and retrieve games, as well as long walks or jogging. Many dogs also enjoy engaging in tug games. If the puppy becomes too rambunctious or aggressive, these games may not initially be acceptable.
- Puppies need to learn to limit the force and strength of their bite so if mouth contact is utilized, the message is communicated with minimal damage, commonly known as bite inhibition. This is something they start to learn while with their littermates and reason that puppies should not go to new homes until 7 to 8 weeks old. After puppies have been adopted into the new home, it can be extremely beneficial to have regular interactive social play periods with other dogs or puppies in the home or in the neighborhood. All family members must consistently follow the rules for the puppy to understand and learn what is considered desirable behavior and what is not. If the puppy persists, chases, or immediately repeats the behavior, closing a door and walking out of the room can help to teach the puppy that biting leads to immediate inattention.
- If ignoring a puppy and walking away does not stop the biting, then you will need to work on training desirable behaviors and discouraging undesirable behavior. Having a leash attached at all times during interactions and play can be an excellent means of preventing undesirable behavior. Having a leash attached at all times during interactions and play can be an excellent means of preventing undesirable behavior and prompting desirable behaviors.

What if my puppy keeps biting?



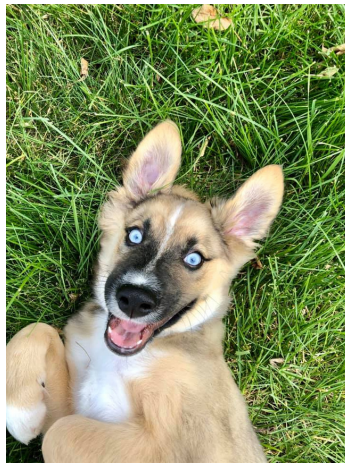
- Another technique is to emit a sharp "yip" or "ouch" as soon as biting begins so that the puppy backs off. Any contact with the skin should lead to an immediate cessation of play and attention. Alternately, a sharp "off" command and quickly backing away can be effective.
- Other techniques are often suggested for play biting. Some involve harsh discipline, like slapping the puppy under the chin or forcefully holding the mouth closed. Remember, pain can cause aggression and cause the puppy to become anxious, fearful, defensive or perhaps more excited. These techniques also require that you grab an excited puppy, which some puppies may interpret this attempt as rough play and in turn, might lead to an increase in the behavior. Physical methods are not recommended. Owners who cannot inhibit the puppy with a yip could consider a shaker can, water or air spray, noise alarm or ultrasonic device as soon as the biting becomes excessive. The loud noise or spray will likely startle the puppy and it will likely back up and stop biting. When that happens the puppy should immediately be praised.

Dog Behavior and Training - Play and Exercise

Why are play and exercise important?



- Play with owners and with other dogs provides your dog not only with an outlet for physical exercise, but also helps to fill your dog's social needs.
- Insufficient exercise can contribute to problem behaviors including destructiveness (chewing and digging), investigative behaviors (garbage raiding), hyperactivity, unruliness, excitability, attention getting behaviors and even some forms of barking.
- It is especially important to ensure that a dog's need for exercise and social interaction have been met prior to leaving the dog alone at home and prior to lengthy crating or confinement sessions.



What are good ways to play with and exercise my puppy?



- Taking your dog for a walk is good exercise and can be enjoyable and healthy for you as well. From an early age, you should accustom your puppy to a collar or and leash. Since socialization at this age is very important, ensure as much play and exercise with healthy, vaccinated dogs is possible. A puppy class might be a good place to meet and play with other puppies and their owners.
- Practice walking skills in your own yard first. Put your puppy on a leash and, with your voice or a small tug, or perhaps a food or toy reward as a prompt, encourage it to follow you. Reward the good behavior with praise. Keep initial walks short to encourage compliance. For adult dogs that pull excessively, a head halter or a no-pull harness may help settle the dog and make walks more pleasant. A short 10-15 minute "sniff" walk can be very enjoyable for your dog. Even on longer walks you can alternate periods of controlled walking at a heel with periods where the dog can explore and sniff the environment.
- Playing with your pet is an enjoyable activity for both of you. Not only does your dog get exercise, but also positive interactions take place.
- Selecting an appropriate amount and type of play and exercise will depend on the type of dog. Puppies and adult breeds that have been bred for their stamina or are "working breeds" often have higher exercise requirements. For purebred dogs, consider their traditional purpose and normal amount of energy that would be expended in that occupation.

How can I keep my dog occupied when I am away?



- When you are out, or you are busy at home with other activities and responsibilities, it would be ideal for your dog to be relaxed and sleeping, but this will not always be the case. Try to follow a regular daily routine that includes walks, exercise, play time, feeding times, as well as some time that your dog spends on its own (e.g., playing with its own toys or napping in its bed).
- Object play and feeding toys can be used to help keep your dog occupied and stimulated at these times. Dogs that are housed outdoors might prefer an opportunity to dig. Some dogs enjoy watching pet videos and some do best when housed with another dog for play and companionship, although this can result in rowdy activity in your absence.
- It may also help to keep the dog away from windows where the dog might engage in territorial displays as people and cars pass by the house. Dogs should not be left outside while you are not home. Not only is your dog subjected to the elements (heat, cold, rain, snow) but there is also a risk that your dog could escape and be lost or injured. In addition they may engage in inappropriate barking and territorial behaviors that have the potential to develop into problem behavior without the benefit of owner direction or control.

What other games can I play with my dog?



- Hide and seek, where one family member goes off and hides and the puppy is called to "come" and gets a treat and praise when he finds the person.
- Search games where you set out small bags, boxes or bowls with a flavored treat or favored toy inside and have your dog search for these.
- "Drop" or "give" which is an exercise that helps to teach your puppy to give up toys for something even more valuable. This can also be practiced during tug and fetch games.

What type of play should be avoided?



- Try to avoid games that pit your strength against your puppy or dog. Tug games seem to be an enjoyable diversion for many puppies and dogs and they do help to direct chewing and biting toward an acceptable play object, rather than an owners hands or clothing. On the other hand, some pets get very excited, overly stimulated and begin to grab the owners or their clothing during the game. At this point the game must immediately cease and only resume if the dog can learn to keep its mouth on the toy. In addition, don't allow your puppy to demand or initiate tug games since this could escalate to pulling on you or your clothing or stealing towels or clothing items to try and get you to play. You should always schedule and initiate these games.
- Teaching the dog "drop" on command before beginning the tug games can help to ensure that you remain in control of object play sessions.

Ticks in Dogs

What are ticks?



- Although ticks are commonly thought of as insects, they are actually arachnids similar to scorpions, spiders and mites. All adult ticks have eight legs and have no antennae. Ticks are parasites that feed on the blood of their host, which can be an animal or a human. Ticks are efficient carriers of disease because they attach firmly when sucking blood, feed slowly and may go unnoticed for a considerable time while feeding. Ticks take several days to complete feeding.
- There are two different types of ticks. Hard and soft ticks. Hard ticks have a hard shell just behind the mouth parts (sometimes incorrectly called the head); unfed hard ticks are shaped like a flat seed. Soft ticks do not have a hard shield and are shaped like a raisin. Soft ticks prefer to feed on birds or bats and are seldom found on dogs or cats.

How did my dog get ticks?



- Ticks wait for host animals on the tips of grasses and shrubs. When the plant is brushed by a moving animal or person, the tick quickly lets go of the vegetation and climbs onto the host. This is a process known as questing. Ticks can only crawl; they cannot jump or fly. Some species of ticks will crawl several feet toward a host. Some tick species can be active on winter days if the ground temperatures are above 32 degrees Fahrenheit (0 degrees celsius).
- Although there are at least 15 species of ticks in North America, only a few of these species are likely to be encountered by your dog. They include the American dog tick, lone star tick, deer or black legged tick and brown dog tick.



Lone Star Tick

Lone star ticks live in wooded and busy areas. They are various shades of brown or tan. The female has a single silvery-white spot on their back and males have scattered white spots.



Deer or Black Legged Tick

All 3 active stages of the deer or black-legged tick will feed on a variety of hosts including dogs and people. Adults are reddish brown and have a dark brown or black shield-like shape. They are usually found in wooded areas. It can transmit Lyme and possibly Ehrlichia and Anaplasma to dogs and people.



Brown Dog Tick

Can transmit Ehrlichia. This tick feeds on dogs but rarely bites people. Is reddish brown and usually attaches around the ears or between the toes of a dog.

Ticks

How can ticks be prevented



- There are many types of tick preventatives available. Some products are available over the counter, while others are only available through your veterinarian. There are effective monthly preventatives that are typically applied to the skin at the back of the neck and represent a convenient method of control for these external parasites. We recommend Bravecto, which is a chewable given every 3 months, Nexgard chewable which is given monthly, or Simparica chewable which is given monthly. Your veterinarian will make specific recommendations to keep your pet parasite free.

What should I do if I find a tick on me or my dog?



- Use fine tipped tweezers or disposable gloves to handle the tick. If you must use your fingers, shield them with a tissue or a paper towel. Infectious agents may be contracted through mucous membranes or breaks in the skin simply by handling infected ticks. This is especially important for people who de-tick pets because ticks infesting dogs and other domestic animals can carry multiple diseases capable of infecting humans.
- Grasp the tick as close to the skin surface as possible. This reduces the possibility of the head detaching from the body upon removal.
- Pull the tick straight out with a steady, even pressure. Continue applying steady pressure even if the tick does not release immediately. It may take a minute or two to cause the tick to release. There are also tools available called Tick Twisters or Tick Keys which can be useful. However, take care to use them cautiously as twisting or jerking can cause the mouth parts to break off and remain in the skin, increasing chances of infection.
- After removing the tick you may want to preserve it in rubbing alcohol for identification. Be sure to label the container with information about the time and place where the tick bite occurred. This will help you to remember details should a rash or other symptoms appear later.

Flea and Tick Prevention

What is flea and tick prevention?



- Flea and tick prevention consists of a variety of products used to control flea and or tick infestations on your pet and to prevent infestations inside your home. Fleas are small insects that are parasitic; they feed on blood from animals and/or people.

How can my pet get fleas or ticks?



- Fleas and ticks can be found worldwide. Fleas can live in many climate zones, but they prefer humid and shady areas, such as under a leaf. They can also be carried by many different wild animal hosts, such as foxes, skunks, raccoons, birds, and rodents. They have incredible jumping ability and can easily jump onto you or your pet as you walk by.
- Ticks can also live in many climate zones and prefer humid and shady environments, especially areas with woods, shrubs, weeds, and tall grasses. Ticks can be carried by a variety of wild animal hosts such as deer, horses, and rodents. Ticks cannot jump like fleas, but will grab you or your pet as you walk by via a behavior called questing.
- Fleas and ticks can cause two specific problems. One, they can cause discomfort and skin irritation through their bites, and in some cases can cause severe allergic reactions in both pets and people. Two, they both can carry diseases and can cause illness both in pets and people. Some of these diseases can be deadly and others can cause severe, chronic, lifelong illness. Prevention is key to avoid these problems.
- Prevention is also important because both fleas and ticks can infest the home. Because they have different life cycles, treating an infestation is much more difficult (and costly) than preventing an infestation.

Flea and Tick Prevention

What are the different kinds of prevention?



Topical flea products

Activyl

Oral Flea Products

Capstar

Topical Combination Products

Bravecto, Revolution

Oral Combination Products

Bravecto, Nexgard, Simparica

Internal Parasites in Dogs

What are the different kinds of parasites?



- **Roundworms**- If a growing puppy is infected with a large number of roundworms, the worms can stunt the puppies growth, cause serious digestive upset, and result in excessive gas formation. These puppies often have a characteristic 'pot bellied' appearance. Roundworms are free living in the intestines. They do not require an immediate host to spread from dog to dog, but can be transmitted by ingestion of eggs that are shed in the feces of infected dogs.
- **Hookworms**- One of the most significant intestinal parasites of the dog. The hookworm attaches to the lining of the small intestines, where it feeds on blood. As a result of this blood sucking, hookworms can cause severe anemia. The larvae enter the host either by mouth or through the skin, particularly feet.
- Eczema and secondary bacterial infection can result due to irritation as they burrow through the skin.
- **Whipworms**- Small worms. They live in the large intestine, where they cause irritation and inflammation. Symptoms of whipworm infection include chronic watery diarrhea, bloody diarrhea, and weight loss.
- **Tapeworms**- Tapeworms require an intermediate host such as a flea, a bird, or a certain species of rodents in order to complete their life cycle. Your dog cannot get tapeworms directly from another dog or cat.
- **Heartworms**- Heartworms are spread by mosquitoes; a mosquito, when feeding on a dog, may inject heartworm larvae into the bloodstream. These larvae mature and ultimately travel to the heart, residing in the major vessels of the heart and lungs. The typical clinical signs of heartworm infection are fatigue, coughing, and poor physical condition. They are primarily located in the right ventricle of the heart and adjacent blood vessels.

How can I prevent or treat these parasites?



- Speak to your veterinarian about the most appropriate parasite control program for your dog. Prompt treatment for worms should be given when any intestinal parasites are detected; periodic routine deworming may be appropriate for dogs at risk for re-infection. Controlling fleas will prevent infection of certain types of tapeworm. You can prevent your dog from getting heartworms by using a heartworm preventative.

Vaccinations

What vaccines are recommended for my dog?



- Puppy shots are typically administered beginning 8 weeks old and boosters are given every 3 or 4 weeks. In some cases your puppy will already have received some of these vaccines before you pick them up.
- **Bordetella**- Bordetella is a vaccine given to healthy dogs at 12 weeks and older as an aid in preventing kennel cough. It is a highly infectious bacterium that causes severe fits of coughing, whooping, vomiting, and in rare cases seizures and death. It can be administered orally, by injectable or intranasal. If you plan on boarding your puppy in the future, attending group training classes, or using doggy day care services, often proof of this vaccination is required.
- **DA2PPV**- Distemper vaccine is a combination vaccination that protects against Distemper, Adenovirus, Parainfluenza, and Parvo. It is a severe and dangerous disease caused by a virus that attacks the respiratory, gastrointestinal, and nervous system of dogs, raccoons, skunks and other animals. Distemper spreads through airborne exposure (coughing or sneezing) from an infected animal. It can also be transmitted through shared food and water bowls and equipment. It causes discharge from the eyes and nose, fever, coughing, vomiting, diarrhea, seizures, twitching, paralysis, and often, death. This disease used to be known as "hard pad" because it causes the footpad to thicken and harden. There are no cures for distemper. Treatment consists of supportive care and efforts to prevent secondary infections, control symptoms and more. If the animal survives the symptoms, it is hoped the dog's immune system will have a chance to fight it off. Infected dogs can shed the virus for months.
- **Leptospirosis**-It is caused by bacteria and some dogs may show no symptoms at all. Lepto can be found worldwide in soil and water. It is a zoonotic disease, meaning that it can be spread from animals to people. When symptoms do appear, they can include fever, vomiting, abdominal pain, diarrhea, loss of appetite, severe weakness and lethargy, stiffness, jaundice, muscle pain, infertility, kidney failure. Antibiotics are effective and the sooner they are given, the better.
- **Lyme Disease**- Unlike the famous 'bulls eye' rash that people exposed to Lyme disease often spot, no such telltale symptoms occurs in dogs. Lyme disease is an infectious, tick borne disease. Transmitted via ticks, an infected dog often starts limping, his lymph nodes swell, his temperature rises, and he stops eating. The disease can affect his heart, kidney, and joints, among other things or lead to neurological disorders if left untreated. If diagnosed quickly, a course of antibiotics is extremely helpful, though relapses can occur months or even years later.
- **Parvovirus**- Parvo is a highly contagious virus that affects all dogs, but unvaccinated dogs and puppies less than four months of age are at the most risk to contract it. The virus attacks the GI system and creates a loss of appetite, vomiting, fever, and often severe, bloody diarrhea. Extreme dehydration can come on rapidly and kill a dog within 48 to 72 hours, so prompt veterinary attention is crucial. There is no cure, so keeping the dog hydrated and controlling the secondary symptoms can keep him going until his immune system beats the illness.
- **Rabies**- Rabies is a viral disease of mammals that invades the central nervous system, causing headache, anxiety, hallucinations, excessive drooling, fear of water, paralysis and death. It is often transmitted through the bite of a rabid animal. Treatment within hours of infection is essential, otherwise death is highly likely. Most states require a rabies vaccination.



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Life Threatening Behavior Myths

Does your dog act angry with you? Do you punish your dog? Do puppy classes pose health risks? If so, read on to hear the truth.

By Valerie V. Tynes, DVM, DACVB



Myth #1

I'm embarrassed to talk to my veterinarian about my pet's behavior. I'm afraid that I'm the problem!

A variety of factors play a role in the development of behavior problems, including genetics, early experiences, and environment. While you can certainly worsen a pet's behavior problem with inappropriate training methods, it is unlikely that you caused your pet's behavior problems. Many medical conditions and medications can contribute to behavior changes, so your veterinarian is the best person to consult first when your pet exhibits worrisome behaviors.

FACT: Don't hesitate to ask your veterinarian about any problem that may affect your pet's health and well-being. Most behaviors are at least manageable- if not always curable. The sooner you seek qualified advice, the higher the likelihood you can successfully treat the problem.

Myth #2

Puppies shouldn't go to puppy classes until they have had all of their shots or they will get sick.

The critical period for socialization in dogs lasts from the fourth to the 14th week of life. During this time, dogs learn about their environment, other dogs, and people. Poorly socialized dogs are more likely to exhibit behaviors that make them unsuitable as a pet and result in relinquishment to an animal shelter or euthanasia. Thus, the likelihood of death due to poor socialization is greater than the likelihood of illness or death due to contagious disease- as long as the puppy class is managed properly. All puppy classes should:

- Only mix puppies of similar age
- Require all puppies to have their first vaccination several days before the beginning of class
- Be held on an indoor surface that can be sanitized
- Clean all puppy waste immediately and disinfect soiled area
- Not allow any puppies into the class that show signs of illness

FACT: Proper early socialization can save a dog's life and is the best way to ensure that you end up with a pet that is well adjusted and a joy to live with for many years.

Myth #3

My dog is aggressive/ fearful/ shy because he/she was abused as a puppy.

While this may be a possibility in the case of some re-homed dogs whose exact histories are unknown, the most common cause of fearful behavior in dogs is inadequate or inappropriate early socialization. Fearful behavior is also heritable, so some dogs are born with a predisposition to shyness or fearfulness. Proper socialization may be even more critical in these individuals.

FACT: No matter the cause, dogs that exhibit fearful or anxious behavior frequently may be suffering and should be evaluated by a veterinarian. These animals can be helped in many different ways.

Myth #4

I want that new medication I heard about to treat my pet's <insert behavior>.

Medications alone rarely completely solve a behavior problem. Behavior modification and environmental modification are usually necessary to achieve long-term lasting improvement. Some medications have been shown to increase the speed with which the behavior modification takes effect and can be considered another useful tool in treating behavior problems, but they are not the sole remedy.

FACT: Medications can play an important role in the treatment of a behavior problem but only if used appropriately as a part of a complete treatment plan.

Myth #5

Dogs that are aggressive are acting dominant.

While some dogs truly exhibit dominance aggression, they are much rarer than the popular media would have you believe. The problem with outdated dominance theories is that they result in the recommendation of confrontational styles of training based on the erroneous belief that owners have to physically dominate their dogs. Not only is this dangerous, but it is usually ineffective and has resulted in damage to the human-animal bond far more than it has led to success.

FACT: Most dogs with aggression problems are anxious or afraid and are more likely to respond to reward based training under the supervision of a qualified animal behaviorist or board certified veterinary behaviorist.

Myth #6

If you use treats to train a dog, you will always need them to get the dog to obey your commands.

The principles that govern the laws of learning have shown this to be completely untrue. Treats are an excellent means of reinforcing a behavior. Clear and consistent reinforcement is necessary when you initially begin teaching any animal a new behavior. For some animals, a vocal reward, toys, or petting may serve as good reinforcers, but food is for many animals the most salient reinforcement there is. The rules of learning show that when first teaching a new behavior, reinforcing every single time the behavior is performed on cue will lead to the fastest rate of learning. Once a behavior is learned, intermittent reinforcement is the best means of maintaining the behavior and making it most resistant to extinction. This means that you only have to use the treats periodically once the behavior is learned. It is common for pet owners to think that an animal has learned a command long before it actually has.

FACT: Medications can play an important role in the treatment of a behavior problem but only if used appropriately as a part of a complete treatment plan.

Myth #7

Some punishment is required to teach dogs proper behavior.

Punishment should never be used as the first or only method of dealing with an unwanted behavior. Punishment can cause far more problems than it solves, especially if applied incorrectly or used on a dog with fear- or anxiety-related problems. It is extremely difficult for most people to use punishment effectively, since punishment is only effective if administered within one or two seconds of the unwanted behavior and is administered every time the behavior is performed. Inappropriately used punishment can severely damage your relationship with your pet and worsen many behavior problems.

FACT: It is much easier and more effective for you to teach your dog what behaviors you want it to perform and reward it for those behaviors than it is to punish your dog for unwanted behaviors.

Chew on this!

You can keep your pets' teeth strong and healthy at home - and positively impact their overall health - with these tips for home dental care and pet toothbrushing.



1. **Start brushing their teeth as soon as possible** -- If you brush every day your pet will become familiar with the routine when their permanent teeth erupt. Please note: You may need to stop brushing while your pet is losing its baby teeth. Their mouth will be a bit sore and handling may cause more pain. Continue once all the permanent teeth come in.
2. **Work with your pet's mouth.** Be patient and make it fun. Use love and praise, and try to practice at the same time each day to establish a routine. Choose a quiet time, such as late in the evening, or if your pet is highly motivated by food, try just before dinner so your pet will be rewarded for cooperation.
3. **Handle the muzzle and touch your pet's lips** and work up to rubbing the teeth and gums with your finger. Put a few drops of water flavored with low-sodium chicken or beef bouillon for dogs and tuna juice for cats in their mouth and they'll begin to look forward to these sessions.
4. **Use a bouillon or tuna flavored washcloth** or a piece of gauze wrapped around the end of your finger to rub teeth gently.
5. **Finally, use a finger brush or a soft veterinary or human toothbrush** to brush the teeth using the bouillon water or tuna juice. Hold the brush at a 45-degree angle to the tooth and brush gently back and forth or in a circular motion from gum to tip. Brushing the tongue side of the teeth is less critical, but still good. Offer rewards and treats when your pet allows you to brush to keep it a good experience.
6. **Consider other dental aids.** A large selection of veterinary toothpastes, oral rinses, and gels are available to you. Our veterinary team can help you select the one right for you and your pet. These products all enhance your home care program, but daily brushing is best. Avoid human toothpaste because fluoride and detergents can be harmful if swallowed. Hydrogen peroxide can be harsh on the gums and shouldn't be swallowed either, Baking soda has a high calcium content and should be avoided in older pets.
7. **Pick kibble and rubber chew toys** that will help keep the teeth clean. Avoid natural bones, which are hard enough to fracture teeth. Your veterinarian can recommend a complete and balanced professional diet to use at feeding time as a treat.

Thank you for letting us help improve your pet's dental health. Following a consistent home care program will safeguard your pet's dental health and result in fewer professional cleanings, less tooth loss, and a happier, healthier pet. Just remember there's no substitute for professional veterinary care. Work with your veterinary team to ensure a long, happy life for your pet.

Parasites at a glance

You can keep your pets' teeth strong and healthy at home - and positively impact their overall health - with these tips for home dental care and pet toothbrushing.

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 zoonotic parasites.

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

Ectoparasites	Signs and complications	Zoonotic	Detection
Fleas	<ul style="list-style-type: none">> Mild to severe itching, scratching, biting, and chewing> Flea saliva hypersensitivity or allergy and resulting in skin problems>The transmission of tapeworms>Anemia and possible death in young or small animals	No	Examination of the animal for adult fleas, flea dirt, or small black specks of dried flea feces. A blood test can detect a flea allergy.
Ticks	<ul style="list-style-type: none">> Mild local irritation to severe anemia>Transmission of other diseases to animals and humans-- Lyme disease, Rocky Mountain spotted fever, and ehrlichia, among others	yes	Examination of the animal
Mites and lice	<ul style="list-style-type: none">>Itching, hair loss, dandruff or crusty lesions, and bleeding or oozing skin	Some mites: Yes Lice: No	Examination of the animal and skin scrapings
Endoparasites			
Heartworms	<ul style="list-style-type: none">>May not exhibit signs until late in the course of the disease>Coughing, difficulty breathing, panting, exercise intolerance, decreased activity level, and sudden death.	No	Blood test
Roundworms and hookworms	<ul style="list-style-type: none">>Diarrhea, anemia, and loss of body condition	yes	Fecal Examination and observation of worms
Tapeworms	<ul style="list-style-type: none"><None to diarrhea, weight loss, and poor bodily condition	yes	Observation of tapeworm segments in freshly passed feces or fecal exam

Parasitic Treatments

Our practice offers both preventative and curative treatments for parasites. Of course we prefer to prevent parasites, to save your pet the discomfort or parasite infestation and minimize your family's risk. Speak with your veterinarian to learn which products are right for your pet.

Signs Your Pet Needs to See the Vet



- Vomiting
- Diarrhea
- Unintended weight loss
- Change in appetite - decreased or increased
- Change in normal activity level: lethargy, hyperactivity, or restlessness
- Limping
- Sudden inability to move back legs
- Crying in pain when touched
- Clumsy or disoriented behavior
- Seizures
- Any loss of consciousness
- Coughing, especially at night
- Panting in a cat
- Any difficulty breathing or labored breathing
- Any blue, purple or pale hue to the tongue and gums
- Sudden collapse
- Excessive drooling
- Straining in the litter box without producing any urine
- Crying out while urinating
- Change in urination: location, frequency, amount, color, smell
- Bloated abdomen
- Sneezing excessively
- Uncontrolled bleeding
- Nose-bleed or bruising anywhere on body
- Any unusual odor
- Hair loss
- Runny eyes or nose
- Squinting



Puppy Pack 16 weeks

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Spaying or Neutering Your Dog

Part of being a conscientious dog owner is considering the importance of spaying or neutering your pup. Read on for more info on this surgery and the truth behind some common myths

Spaying and neutering your dog

If you've ever visited an animal shelter, you've seen some of the thousands of pets each year who are homeless. And many of those pets run out of time for adoption and are euthanized. You can't save them all, but you can help prevent pet overpopulation by spaying or neutering your dog.

Need more reasons to "fix" your pet Besides preventing unwanted litters, spaying or neutering helps prevent many life threatening diseases and can head off some irritating behaviors.

Spaying

Although it's commonly referred to as a spay, this surgery is actually a complete ovariectomy, or the removal of both ovaries and the uterus. Spayed dogs are at much lower risk for ovarian cancers and cysts, mammary gland tumors and uterine infections.

Neutering

Neutering is the removal of both testicles. It sounds worse than it is-- and no, he won't miss them! Neutered males are less susceptible to prostate disease and testicular cancer. They're also less likely to act aggressive or to wander away from home.



Common Myths

Often people worry that their spayed or neutered pet will get fat. However, the aging process probably affects weight gain more than anything- as many of us are painfully aware from our human experience. It's true that lowered hormone levels may decrease your pet's activity. The key to this problem is simple- give your pet less food and more exercise.

It's also a myth that females need to complete a heat cycle before being spayed. There is no medical reason for this old wives' tale. In fact, the fewer heat cycles your pet goes through before getting spayed, the better her protection against mammary cancer.

Worried that your male dog will lose his personality or spunk after being neutered? Don't! If he loses anything, it'll be the potential for bad behavior.

5 Secrets to a well-adjusted new puppy

Socializing your new furry bundle of joy (and energy!) is something you can do with your veterinarian's help

Did you know that puppies learn and develop a big part of their adult personality by 16 weeks of age?

It's true, and if you want a happy dog that takes life in a joyous stride, the clock is ticking. The positive (or negative) associations that young dogs develop during this critical stage of brain development can last a lifetime...for better or worse. So let's make it better!

Note: Don't force things! Make sure these exposures are done in a way that's comfortable for the puppy. Don't keep exposing a puppy to a new experience if the dog is scared. Talk to your veterinarian for guidance.

1. Handle your puppy-literally

Make a point to touch your puppy all over. Don't ever be forceful or push to the point of struggle. Just touch and hold gently and reward his acceptance with a special treat. Remember, over time, you'll need to be able to trim toe nails, clean ears and brush teeth. If your new puppy actually enjoys these rituals, life is better for both of you.

2. Socialize with your puppy

Let your puppy meet people of all shapes, sizes and mannerisms to learn there is nothing to fear from people of all kinds. Introduce children, men, and women, and even people with hats or costumes- Halloween comes around once a year! Don't forget to use treats to help make the scary fun.

3. Play Dress Up

If your dog is ever going to need a sweater or coat- or even a bandage - now's the time to teach him about them. Even if you just tie an adult t-shirt around him and let him get used to the feeling. Best of all, if you can help your new puppy learn about an E-collar, your veterinarian team will really appreciate it!

4. Make noise with your puppy

Expose your pup to loud noises and novel objects, like the vacuum cleaner, the doorbell, and even sudden rattling, such as a can with coins. Show that these things aren't harmful and reward her only when she is calm. Startling at a loud noise is typical, but your puppy can learn there is nothing to fear and recover quickly from a startle. Noise phobias are real, and you can do your part to prevent them.

5. Adventure with your puppy

You and your pup will experience all life has to offer together, but the experiences won't be as fun if your pup is afraid or difficult to handle. Take him everywhere you can for exposure to new places. Visit your vet on a day just for a visit- and some friendly treats. Science shows it is easier for brains to remember bad experiences than good ones, so make sure the foundation for your puppy's brain is filled with terrific associations.



Important reasons to spay or neuter your pet

Around 1.5 million pets are euthanized in the U.S. animal shelters yearly simply because they have no home.

Spaying your female (ovariohysterectomy)

Removal of the ovaries and uterus.

Talk with your veterinarian about the ideal age for this procedure

- Eliminates the risk of ovarian or uterine cancer.
- Eliminates unwanted pregnancies.
- If spayed before the first heat cycle, your pet has a less than 1 percent chance of developing breast cancer. If spayed after one heat cycle, your pet has an 8% chance of developing breast cancer. If spayed after 2 heat cycles, the risk increases to 26%. After 2 years, no protective benefit exists.
- Pets with diabetes or epilepsy should be spayed to prevent hormonal changes that may interfere with medication.

Neutering your male (castration)

Removal of the testicles and spermatic cord.

Talk with your veterinarian about the ideal age for this procedure

- Eliminates the risk of testicular cancer, the second most common tumor in male dogs.
- Greatly reduces the risk of prostate cancer and prostatitis.
- Reduces the risk of perianal tumors.
- Reduces roaming and fighting.
- Eliminates the risk and spread of sexually transmitted diseases.
- 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 behavioral maturity
- Alter its personality in any manner



Guide to crate/confinement training

Confinement training is intended to provide a comfortable and safe area or "den" for the dog, while restricting access to areas where it might house-soil, do harm to itself, or cause damage. Crate training should be considered akin to placing a young child in a playpen or crib for playtime or sleeping. Other alternatives for confinement include housing the dog in a pen, run, or dog-proofed room, where it might have more freedom to stretch out, chew, or play with its toys. If you don't provide a safe confinement area at times that you cannot supervise, your dog may engage in stealing, chewing, or ingesting household possessions, eliminate in undesirable locations, and get into potentially dangerous situations.

The location and methods should be designed to keep the experience positive. For example, the dog should be encouraged to sleep, nap, or play with its chew toys in its confinement area. On the other hand, if the dog is confined at a time when it is in need of play, attention, or elimination, then escape attempts and anxiety are to be expected. If a dog's attempts at escape are successful, then future, more ambitious attempts to escape are likely to occur; therefore always use a secure, inescapable form of confinement.

Benefits of a crate/confinement trained dog

1. Security- a specific area that serves as a den or resting area for the dog
2. Safety for the pet
3. Prevents damage (chewing, investigation, elimination) to the house
4. Aids in the training of proper chewing and elimination by preventing failure and encouraging success
5. Traveling: accustoms the dog to confinement for travel and kenneling
6. Improved bond: fewer problems, less discipline for the pet and less frustration/anxiety for the owner

Crate Training

1. A metal collapsible, crate with a tray floor or a plastic traveling crate works well, provided it is large enough for the dog to stand and turn around. Some dogs adapt quicker to a small room, run, or doggy playpen.
2. Because dogs are social animals, an ideal location for the crate is a room that the family frequents such as a kitchen, den or bedroom, rather than an isolated laundry room or bathroom until it is calm.
3. A radio or television may help to calm the dog and may help mask environmental noises that can trigger barking. A pheromone spray (Adaptil) in the crate or a diffuser in the room may help to calm the puppy as well.

Puppy Crate Training

1. Introduce the puppy to the crate as early as possible. Place a variety of treats, toys, or food in the crate so that the puppy is motivated to enter voluntarily. Training to respond to a cue (e.g. "go to your kennel") can also be useful.
2. The first confinement session should be after a period of play, exercise, and elimination. Place the puppy in its crate with a toy and a treat and close the door. If you remain close by and the puppy is tired it might soon settle and nap. Alternatively, if the puppy lies down to take a nap, move the puppy to the crate for the duration of the nap.
3. Leave the room but remain close enough to hear the puppy. Some degree of distress vocalization may be expected. Always reward the pet when it is calm with quiet praise.
4. If crying does not subside on its own, a mild interruption may be useful.

Any interruption that causes fear or anxiety must be avoided since it is not physiologically healthy for the pet and could aggravate the vocalization or cause elimination in the crate. During the interruption, you should remain out of sight, so that the puppy does not learn to associate the interruption with your presence. A sharp noise, such as that provided by a shake can containing a few coins can be used to interrupt the barking. Then, after 5 seconds of quiet behavior, reward the puppy for being quiet by softly praising.

5. Repeat the cage and release procedure a few more times during the day, including each naptime and each time your puppy is given a toy or chew with which to play. Always give the puppy exercise and a chance to eliminate before securing it in the crate.

6. Prior to bedtime, the puppy should be exercised, given a final chance to eliminate for the night, and secured in its crate. Do not go to the pup if it cries but ensure that the puppy is not hurt or overly distressed. If the puppy cries in the middle of the night, it should not be ignored if it is indicating that it needs to toilet. Release the puppy when it is quiet and time to get up. Puppies under 4 months of age may not be able to keep their crate clean for the entire night, so it may be necessary to get up during the night initially as well as provide an early morning walk for the first few weeks. Sometimes the best way to reduce distress vocalization is to locate the crate in the bedroom.

7. Never leave the puppy in its crate for longer than it can control itself or it may be forced to eliminate in the crate. If the pup must be left for longer periods, a larger confinement area with paper for elimination, a puppy litterbox, or access to an elimination area outdoors through a dog door will be necessary.

8. Until a puppy has been housetrained (no accidents for a least 4-6 consecutive weeks) and no longer destroys household objects in your absence, it should not be allowed out of its confinement area except under supervision. During supervision, desirable behaviors should be rewarded and undesirable behaviors prevented or redirected.

Adult Dogs

1. The two most important principles for effective crate training include locating the crate (or confinement area) in a location where the dog feels comfortable without sleeping or napping and gradually introducing the dog to confinement in a positive manner.
2. Set up the crate in the dog's feeding area or sleeping area with the door open for a few days. Place the dog's food, treats, and toys in the crate so that it enters the crate on its own.
3. Once dog is regularly entering the crate voluntarily, begin closing the door for very short periods of time and follow the same principles as puppy training above.
4. At this point, the dog could be left in its crate during bedtime or during short departures.
5. Some dogs may adapt quicker to crate training by having the dog sleep in the crate at night.
6. If you are leaving your pet in a crate be certain to determine how often it needs to eliminate and how long it can be confined without social contact or exercise. While some dogs may manage for a full work day, it is likely in most dogs' best interest to arrange for a midday dog walker if you are going to be gone for more than 4-6 hours.

If your dog is particularly anxious or eliminates in its crate, then it may be an indication that some part of the crate-training technique needs to be revisited. It may be possible that the dog is being left in the crate longer than it can control elimination. If the crate is overly large, some dogs may sleep in one end and eliminate in the other. If your dog is anxious or attempts to escape then it may not have been accustomed in a gradual positive manner. Some dogs adapt better to other types of confinement such as a pen, dog run, small room or barricaded area.

Pet Obesity

An estimated 45 percent of all U.S. pets are overweight or obese, according to the Association for Pet Obesity Prevention. While the best treatment, it's never too late to help your pet stay in better shape. Obesity is the most common nutritional disease in dogs and cats. It's more common with advancing age and in females. Obese animals - those with a 15 percent increase over optimum body weight - have a much higher incidence of arthritis, heart disease, diabetes and impaired reproductive ability and great risks with surgery and anesthesia. Most research in both people and animals suggests that increased weight shortens life.

Ideal pet weight ranges

Labrador retriever.....	55 to 80lbs
Golden Retriever	55 to 75lbs
Yorkshire Terrier.....	8lbs
German Shepherd.....	70 to 95lbs
Beagle.....	26 to 31lbs
Dachshund.....	< 16lbs
Boxer.....	53 to 70lbs
Poodles(miniature).....	11lbs
Shih tzu.....	8 to 18lbs
Miniature Schnauzer.....	11 to 15lbs
Domestic Cat.....	8 to 10lbs
Persian Cat.....	10 to 11lbs
Siamese Cat.....	5 to 10lbs
Maine coon cat.....	11 to 15lbs

Daily caloric needs for pets*

10-pound cat.....	275 calories
10-pound dog.....	300 calories
20 pound dog.....	500 calories
50 pound dog.....	1,200 calories

***Caloric needs may change based on the pet's age and activity level.**

How do I know whether my pet is overweight?

If you're unsure what your pet's optimum weight should be, perform this simple test: Place your hands on your pet's rib cage with your thumbs on the back.

- If you feel the ribs easily, your pet is considered to be normal weight.
- If you can feel fat between the skin and ribs or the ribs are difficult to feel, your pet is overweight.
- If you can't feel the ribs, your pet is definitely obese. In some pets, particularly cats, a large abdomen that hangs down may indicate obesity. Its important to have this judgment confirmed by your veterinarian; he or she can rule out other diseases that look like obesity such as heart, kidney, or glandular disease.



Your pet is a healthy weight if...

- You can easily feel its ribs.
- It has a tucked abdomen and no sagging stomach.
- You can see its waist from above.



How can I help my pet lose weight?

If your animal is overweight, there are usually painless methods for losing those unhealthy pounds. With careful dietary management and oversight by your veterinarian, changes in diet and lifestyle can lead to a much more productive life. There are prescription diet formulas available from your veterinarian that can make your pet's weight loss easy for you and your pet. Routine walks and playtime combined with sensible feedings can avert the need for medical intervention. As your pet ages, we recommend changing to a low fat, high fiber senior maintenance diet. Contact your veterinarian for professional recommendations.

FAQs about microchipping

What is a microchip?

The microchip is a tiny computer chip, about the size of a grain of rice, programmed with an identification number. The chip is enclosed in biocompatible glass and is small enough to fit into a hypodermic needle. Once an animal is injected with a chip, it can be identified throughout its life with this one of a kind number.

What is the benefit of a microchip?

Microchips are permanent and cannot be lost, altered or destroyed. Pet owners have been reunited with chipped pets that have been missing for years or that have traveled thousands of miles.

How does it work?

A special scanner is used to send a radio signal to the chip to read the identification number. The pet feels nothing when the scanner is placed over it. The number is displayed on the scanner, and the person reading the scanner can contact a national registry to find out who the pet belongs to.

How early can they be injected?

Young pets can be microchipped as early as 6-8 weeks of age.

How is the microchip implanted?

Microchips are implanted with a needle beneath the skin and between the shoulder blades. They cannot be felt or seen.

Could my pet be allergic to the microchip?

No. The microchip is inert, smooth, non-toxic, and non-allergenic.

Does my pet need to be sedated to receive it?

No. Anesthesia is not required or recommended.

Does implantation hurt my pet?

Most pets react the same way as they would a shot.

How long does the microchip last?

It is designed to last the life of the pet.

If veterinary clinic or shelter finds a microchip, how will they know who to call?

Clinics and shelters are in contact with the national registries regularly to obtain owner information regarding the pet. They then contact owners to advise them their pet has been found.

How do I update information in the registration?

After your pet is chipped, you will be given information about how to contact the national registry to update your information. Remember to do this whenever you change your address or phone number.

Do shelters scan animals for microchips?

Yes, it is standard practice.