La Cumbre Animal Hospital

Puppy Packet



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ANIMAL HOSPITAL

Why Annual Exams?

Why?

- To identify and solve potential problems before serious consequences and/or suffering occurs.
- Pets age faster than humans do. Two years is 10-20% of a dog's or cat's lifespan.
- Waiting 2 years to bring a pet in for an exam means 10-20% of the pet's life has gone by without veterinary care. For a 10-year-old cat, this would be similar to a 70-year-old person not seeing a doctor for 7-14 years.
- Animal organs aren't genetically programmed to last as long as those of humans. This means health problems manifest themselves faster in animals.

Older Pets

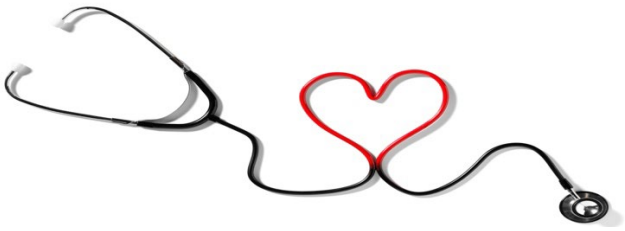
- Around the age of 8, pets enter their senior years
- Older pets and pets with medical problems **should be seen at least twice a year** to evaluate kidney, thyroid, liver, heart, and eye functions more closely. Routine blood work, urinalysis, blood pressure, and EKGs are recommended.

Younger Pets

- Sometimes, clients ask why we recommend yearly exams when their pet is "perfectly healthy."
- Younger pets should be **seen at least once each year** to evaluate diet, hip development, mouth health, weight control and behavior problems, in addition to overall health.
- Sometimes a pet that appears to be healthy has problems that are not outwardly apparent. Common problems are related to obesity, oral health, inner ears, and in older pets, heart, kidney and cancer.

An approximate "Age Equivalent" chart is shown here:

* The size of your pet may increase or decrease the human age equivalency



*DOG AGE	HUMAN AGE	CAT AGE	HUMAN AGE
6 months	10 years	1 year	7 years
1 year	15 years	2 years	13 years
2 years	24 years	4 years	26 years
4 years	32 years	6 years	40 years
6 years	40 years	8 years	48 years
8 years	48 years	10 years	56 years
10 years	56 years	12 years	64 years
12 years	64 years	14 years	72 years
14 years	72 years	16 years	80 years
16 years	80 years	18 years	88 years
18 years	88 years	20 years	96 years
20 years	96 years	24 years	112 years

What happens during an annual exam?

- **We ask questions** about your pet's diet, medications, and "life style" e.g. travel, boarding, wildlife contact, etc. as well as gather information about any problems you have noticed or any concerns you may have.
- **A comprehensive physical examination is performed** to check eyes, ears, nose, mouth, teeth, heart, lungs, skin, hair, reproductive organs, abdomen, muscles, joints, and lymph nodes. Your pet is weighed.
- **Lab work, including blood and urine is recommended** for senior pets, pets with chronic health issues, and pets on chronic medications. For younger pets it helps establishes a baseline for health. This allows for easier comparison if your pet shows any signs of illness in the future.
- **A fecal sample is checked** for parasites, internal and external parasite control is discussed and deworming medication is usually given.
- **Vaccinations are updated** as needed
- **ECG and blood pressure are checked** as needed

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LCAH Core Vaccination Recommendations

Core vaccinations recommended for **Dogs** in Santa Barbara, California:

DAPP

Distemper, Adenovirus, Parvovirus, Parainfluenza (DAPP): This combination vaccine protects dogs against:

D: Canine Distemper:

Is a highly contagious and serious viral disease that attacks multiple systems in dogs including:

- **Respiratory system:** causing cough, discharge, and pneumonia.
- **Gastrointestinal system:** leading to vomiting, diarrhea, and dehydration.
- **Nervous system:** resulting in tremors, seizures, and potentially death

- **Puppies and unvaccinated dogs are most at risk. While some cases may be mild, distemper can be fatal. Vaccination is essential for prevention.**

A: (H) Canine Adenovirus (Hepatitis):

Canine adenovirus type 1(CAV-1) cause's infectious canine hepatitis (ICH), a serious liver disease.

- **Spread:** Through feces and contaminated fluids from infected dogs.
- **Symptoms:** Can vary widely, from mild fever to severe liver failure and death.
- **Common signs**: Include lethargy, loss of appetite, vomiting, diarrhea, and jaundice.
- **Risk: Young, unvaccinated dogs are most at risk**.
- **Prevention:** Vaccination with DAP (distemper, adenovirus, parvovirus) is highly effective.

P: Canine Parvovirus:

Often called "parvo", is a highly contagious and serious virus that attacks dogs. It primarily affects young puppies and unvaccinated dogs.

- **Targets:** Intestinal tract and bone marrow, especially in young pups
- **Spread:** Through contact with infected dog's feces or contaminated environment.
- **Very persistent virus**
- **Symptoms:** Vomiting, diarrhea (often bloody), lethargy, loss of appetite.
- **Prevention:** Vaccination is crucial, especially for puppies.
- **Treatment:** Veterinary treatment is critical and often involves hospitalization.

- **Parvo can be fatal if left untreated, so vaccination is the best way to protect your dog.**

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LCAH Core Vaccination Recommendations

P: Parainfluenza in Dogs:

Canine parainfluenza virus (CPIV), highly contagious and airborne.

- **Symptoms:** Similar to kennel cough - dry cough, low-grade fever, nasal discharge, lethargy, decreased appetite.
- **Risk factors:** Puppies, older dogs, dogs in shelters/kennels, and those with compromised immune systems.
- **NOT the same as canine influenza**, though symptoms can be similar. They require different vaccines.

- **These are all highly contagious and potentially fatal diseases**.

Rabies:

Rabies is a deadly virus that can infect both animals and humans.

Vaccination is essential to protect your dog and yourself.

- **Spread:** Transmitted through saliva, usually by bites from infected animals (raccoons, skunks, bats, etc.)
- **Symptoms:**
  Early: Fever, unusual sensations at the bite site
  Later: Behavioral changes (aggression, fearfulness), difficulty swallowing (hydrophobia), seizures, paralysis
- **Outcome:** **Nearly always fatal once symptoms appear**

- **Important: Rabies vaccination is required by law in California for dogs.**

Leptospirosis:

Leptospirosis is a bacterial disease that can be transmitted through contact with contaminated water or soil. It can cause serious health problems like:

Kidney failure
Liver failure
Vomiting
Diarrhea
Lethargy
Dehydration

- The severity of symptoms varies depending on the strain of bacteria and the dog's immune system. Some dogs may show no signs at all.
- Vaccination is recommended for dogs at risk, especially those who spend time outdoors or around wildlife.

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LCAH Core Vaccination Recommendations

Bordetella:

(Kennel Cough): Caused by Bordetella bronchiseptica bacteria. Bordetella is a highly contagious respiratory infection that can cause coughing, sneezing, and discharge from the nose and eyes.

- **Spread:** Highly contagious through coughing, sneezing, or shared objects
- **Symptoms:** Hacking cough, sometimes gagging or snotty nose (often mistaken for something stuck in throat)
- **Severity:** Usually mild, but can be more serious in young puppies, old dogs, or those with weak immune systems
- **Treatment:** Antibiotics in severe cases, but most recover on their own
- **Prevention:** Bordetella vaccination
- **Risk factors:** Social dogs at boarding facilities, dog parks, or doggy daycare

Discuss with your veterinarian which vaccinations are right for your pet based on their age, health, lifestyle, and risk factors.

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Comprehensive Labwork

Pets age faster than humans do, especially in the early years. This means they reach adulthood much quicker, and their bodies go through changes at an accelerated rate. Annual comprehensive labwork can help identify potential health problems early on. Comprehensive labwork plays a vital role in preventative healthcare for all pets; senior pets, those on chronic medications, pets with existing chronic health issues and young pets. Here's a breakdown of why**:**

Senior Pets:

- **Early Detection:** As pets age, their risk of developing underlying diseases increases. Regular labwork can detect these issues early, before they cause noticeable symptoms. This allows for earlier intervention and potentially better treatment outcomes.
- **Baseline Values:** Having a baseline established through bloodwork in healthy senior years provides a reference point for future comparisons. This helps veterinarians identify any changes that might signal a developing problem.
- **Monitoring Organ Function:** Many age-related health problems affect organs like the kidneys and liver. Blood tests can assess organ function and identify potential decline.

Pets on Chronic Medications and/or with Chronic Health Issues:

- **Monitoring Side Effects:** Certain medications can have side effects on organs like the liver and kidneys. Regular lab work helps monitor for these potential complications, allowing adjustments to medication if necessary.
- **Disease Management:** Labwork plays a crucial role in managing existing chronic conditions. It helps monitor the effectiveness of treatment plans and identify any changes in the disease progression.
- **Identifying Complications:** Chronic health issues can sometimes lead to secondary problems. Labwork can help detect these complications early on.

Overall, comprehensive labwork for these groups is a proactive approach to pet healthcare. By catching problems early and monitoring existing conditions, veterinarians can potentially improve a pet's quality of life and lifespan.

Young Pets:

- **Baseline Health:** A blood test establishes a baseline for your pet's health. This allows for easier comparison if your pet shows any signs of illness in the future.
- **Pre-Anesthetic Screening:** Bloodwork is required before anesthesia for procedures like spaying/neutering or dental cleanings. It helps ensure your pet can safely handle the medication.
- **Early Disease Detection:** Bloodwork can pick up on underlying issues even before your pet shows symptoms. Early detection of conditions like kidney disease or diabetes allows for better treatment outcomes.
- **Medication Monitoring:** If your pet needs medication, bloodwork can help monitor how their body is processing it and identify any potential side effects on their organs.

While routine checkups for younger pets might not always involve comprehensive labwork, there are several reasons why your veterinarian might recommend it. Discuss your pet's specific needs with your veterinarian to determine if comprehensive labwork is recommended. **Common lab testing recommendations may include the following:**

- **Complete blood count (CBC):** This test evaluates the different types and numbers of blood cells, which can indicate infection, anemia, or other problems.
- **Chemistry profile:** This test assesses the function of your pet's organs, such as the liver, kidneys, pancreas, thyroid and other organs.
- **Urinalysis:** This test analyzes your pet's urine and can reveal information about hydration status, kidney function, and urinary tract infections.
- **4Dx Heartworm and tick borne disease test**: This test checks for heartworms, Lyme, Ehrlichia and Anaplasmosis.
- **Fecal parasite testing:** This test checks for intestinal parasites such as tapeworm, roundworm, hookworm, whipworm, coccidia and giardia.

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TWELVE WARNING SIGNS THAT MEAN CALL OUR HOSPITAL



• **Bleeding**	**Bleeding from any part of the body. Blood in urine or stool.**
• **Vomiting or Diarrhea**	**Many repeated episodes in a short period or intermittently over a period of days or weeks.**
• **Convulsions**	**Violent shaking of the head or body with uncontrolled spasms.**
• **Lethargy**	**Lack of normal energy or playfulness. Reduced tolerance of exercise.**
• **Pain**	**Limping or favoring a leg. Crying or showing indications of pain when touched or lifted. Difficulty in getting up after rest.**
• **Eye Problem**	**Redness, discharge, squinting, any film over the eye, or difficulty seeing.**
• **Lumps/Bumps**	**Any new lump or one that is bleeding or growing rapidly.**
• **Scratching**	**Frequently scratching or biting any body area; pawing at face or ear, shaking or tilting head.**

<u>Changes in:</u>

• **Eating**	**Refusing food or eating significantly more or less than usual.**
• **Thirst**	**Drinking significantly more or less than usual.**
• **Urination**	**Increase in the volume or frequency of urination; straining or inability to urinate; urinating in the house; any other change in urinary habits.**
• **Weight**	**Dramatic, unexplained loss or gain in body weight over a short period of time.**

DON'T WAIT TO CALL US IF YOU THINK YOUR PET IS ILL!
Early treatment reduces seriousness, hastens recovery, and can make the difference between life and death.

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Parasite Control for Dogs

Flea, Tick, Heartworm, Intestinal Worms

Parasite control is possible, easy, and extremely safe. Environmental treatment of house and yard is usually not necessary nor is the use of sprays or dips. This means that toxins are dramatically decreased for you, your pet, and the environment.

For a PARASITE FREE pet and household using safe, fast and effective, long lasting parasite control, see our tips and product information below.

TIPS: Prevention is the key!!!

- Use effective flea, tick & parasite control on all dogs and cats in the household and yard year round.
- Use heartworm preventative year round.
- **Use Sentinel Spectrum OR Proheart Injection OR Credelio Quattro whether or not you see fleas**.
  - If using Sentinel Spectrum or Proheart injection when live fleas and/or ticks are suspected, add Bravecto, Credelio, Simparica or Vectra 3D.
  - Capstar can be used in addition with any of the products listed on this page.

When flea infestation is suspected: It can take SEVERAL MONTHS to rid your environment of fleas.

- Thoroughly vacuum your home, pay special attention to areas where dog jumps up and down.
- Wash pet bedding in hot water regularly

Use Sentinel Spectrum Year Round

Available by prescription only

For prevention of Heartworm disease, Intestinal parasite infestations & prevents flea eggs from hatching

DOES NOT KILL ADULT FLEAS or TICKS

Heartworm testing is necessary prior to starting and yearly thereafter.

- Administer **orally** each month, year round
- Non-Toxic to pets and people
- Safe for the environment
- Covers 4 types of intestinal parasites including tapeworms, roundworm, whipworms and hookworms
- Available by 6 pack (singles until in stable weight range)

OR

Use Proheart 12 Injection for a full year of heartworm prevention

Available by prescription only and administered by your veterinarian in the office

For prevention of Heartworm disease and treatment of existing larval and adult hookworm

DOES NOT KILL ADULT FLEAS or TICKS

Heartworm testing is necessary prior to starting and yearly thereafter

- Provides continuous heartworm prevention for a full year with a **single injection,** eliminating the need for monthly doses.
- Use in healthy dogs **12 months of age and older**.
- The active ingredient is contained in slow-dissolving microspheres that are stored in your dog's fat-storing connective tissue. The medicine is then released evenly over 1 years' time
- Demonstrated to be safe for most types of dogs over 12 months, including pregnant or nursing dogs and collies sensitive to ivermectin.
- Covers heartworms continuously for 12 months and hookworm at time of injection

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Add in ONE of the following to kill live fleas & ticks

BRAVECTO:
Administer every 3 months to kill adult fleas & ticks
Available by prescription only

- **Oral chew** for dogs and puppies
- Kills adult fleas and ticks for 3 months or 1 month for growing puppies.
  - (Switch to Bravecto 3 month once in stable weight range)
- Fleas start to die in 2 hours
- Safe for breeding, pregnant and lactating dogs
- Give with a full meal

OR

BRAVECTO 1 month for Puppies:
Administer monthly to kill adult fleas & ticks
Available by prescription only

Credelio: Administer every 30 days to kill adult fleas & ticks
Available by prescription only on our online pharmacy

- **Oral tablet** that kills adult fleas & ticks for 30 days
- Starts killing fleas in 3 hours
- Starts killing ticks in 3 hour
- Available by 6 pack

VECTRA 3D: Apply every 30 days to kill adult fleas & ticks
Available over the counter from your veterinarian

- Ok for puppies 7+ weeks old & 2 ½ pounds
- Vectra 3D is a **topical "spot-on"**
- Kills & REPELS adult fleas, ticks, flying insects.
- Starts killing fleas within 2 hours
- Available in single doses

CAPSTAR: Use as needed to kill adult fleas
Available over the counter from your veterinarian

Capstar is not a "stand alone" flea control product.

- Oral tablet that kills adult fleas. Is "flea specific" (toxic only to fleas)
- Safe for pregnant and nursing pets and puppies 4+ weeks old and 2+ lbs
- Starts working in 30 minutes, lasts about 24 hours & can be used daily if needed
- Ok to use in addition to other flea control products
- Leaves no residue on either the pet or in the environment

No known adverse side effects

OR

Use Credelio Quattro Year Round
Available by prescription only

For prevention of Heartworm disease, some Intestinal parasite infestations & kills flea and ticks

Heartworm testing is necessary prior to starting and yearly thereafter.

- Administer a single chew orally each month, year round.
- **Oral tablet** for dogs that kills adult fleas & ticks for 30 days
- Starts killing fleas and ticks in 4 hours
- Covers Heartworm
- Covers 3 types of intestinal parasites including roundworms, hookworms & tapeworms
- Available by 6 pack

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Heartworm Disease in Santa Barbara

Recommendations for Testing and Treatment

Heartworm disease is a life-threatening disease and it is easily prevented.

Heartworm disease is a major problem in much of the USA and in many parts of California. To Date, Santa Barbara has been a low threat area. However, there have been locally reported heartworm cases and some dog fatalities.

The number of cases is increasing.
The incidence of heartworms in the Santa Barbara area is changing. Please be aware of this issue and ask periodically for our recommendations.

- Heartworms are a type of roundworm found in an infected dog or cat's heart, lungs and adjacent blood vessels.
- Heartworms are passed from an infected animal (dog, cat, coyote, fox, etc.) to a non-infected animal by a mosquito bite.
- Left untreated, heartworm disease can be fatal.
- Usually symptoms don't appear until it is too late to treat the disease.



It only takes ONE infected mosquito to transmit heartworm disease to your pet! PREVENTION is key!



Heartworm Lifecycle:

A mosquito ingests microfilariae while Sucking blood from an infected animal.

↘↘ The microfilariae develop into infective larvae inside the mosquito

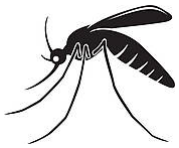
↓↓ The mosquito feeds on an animal and deposits infective larvae via the bite.

↙↙ After developing in an animal's tissue, Larvae migrate to the heart.

↖↖ Young worms develop into *large adult worms

*Adult heartworms can be up to 14 inches long!

↑↑ Adult female heartworms shed microfilariae into bloodstream.



OUR RECOMMENDATIONS (based on guidelines from Parasitologists and the American Heartworm Society)

- **Start your puppy or dog on Sentinel Spectrum (OR Simparica Trio now).** (Puppies under 6 months can start medication without a heartworm test. Dogs over 6 months need a heartworm test first.)
- **Test your dog for heartworm once a year.** This is a blood test done here at LCAH.
- **Give your dog Sentinel Spectrum (OR Simparica Trio) once each month all year**.
  Sentinel Spectrum & Simparica Trio are prescription medications available from us.
  - **Sentinel Spectrum** treats 4 types of intestinal parasites and controls fleas by keeping flea eggs from hatching in addition to preventing heartworm disease.
  - **Simparica Trio** treats 2 types of intestinal parasites and kills adult fleas & ticks in addition to preventing heartworm disease.
- **Recommendations for cats vary. Please ask one of our doctors.**

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Heartworm disease can be treatable; however, treatment can be risky, involved, expensive and not always successful.
The key is prevention…Start prevention now!

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Dental Health and Tooth Brushing "How To's"



Most cats and dogs have teeth. Their teeth need to be cared for just as your teeth do. Good oral care is as important to good health as are diet, vaccinations, parasite control & annual health examinations.

WHY DOES ORAL HEALTH MATTER?

- Gum disease is the most common infection in pets.
- About 80% of cats and dogs over 3 years of age have gum disease.
- Gum disease hurts.
- Gum disease infection can eventually cause tooth loss.
- Gum disease infections can spread to organs and cause kidney, liver and heart disease.

WHAT CAN YOU DO?

- Feed a high quality diet. We recommend Hill's Prescription Diet t/d for most healthy pets. It comes in both dog and cat formulas.
- Schedule regular health examinations (at least once a year). We will check your pet's mouth at that time.
- Schedule professional teeth cleaning with your veterinarian when recommended. Help keep little problems from becoming big problems and causing pain and potential tooth loss.
- Watch for signs of dental disease: Bad breath, tartar build-up, red line along gums, a decrease in eating, drooling and/or bleeding gums.
- BRUSH your pet's teeth regularly (daily is best). This is the single most important thing you can do to maintain good mouth health. (Imagine never brushing your teeth!) Start this when your pet is young. Can't brush? Ask us about alternatives.

HOW DO YOU BRUSH?

- Teaching your pet to accept tooth brushing is done in several steps and may take some time and patience. Select a time when both you and your pet are relaxed and can stay relaxed for a few minutes.
- Start by gently rubbing the outside of your pet's cheeks for a minute or two. (You may need to begin with a shorter duration if your pet isn't used to having its muzzle handled).
- When your pet is comfortable with this (usually within a few days), place a small amount of pet toothpaste (not human!!) on your finger and let your pet taste it.
- Then place a little toothpaste on a soft toothbrush (pet toothpaste and toothbrushes are available at our front desk) and gently brush one tooth for a few seconds using a slow circular motion.
- As your pet becomes accustomed to the brushing, gradually increase the number of teeth you brush until you are brushing for 30 seconds on each side. In general, only the outside surfaces of the teeth need to be brushed. Remember to brush the teeth way in back of the mouth.
- Note: If you have a cat, there is very helpful video instruction on how to brush at the Cornell Feline Health Center (www.felinevideos.vet.cornell.edu).

IMPORTANT:
Be sure to reward your pet with plenty of praise and treats after every step.
Keep all the introductory stages very brief. Make it a fun and positive time!
Although brushing can be a challenge initially, your pet will benefit by being healthier, having sweeter smelling breath, and needing less frequent professional dental cleaning. After the initial "training" period, many pets enjoy having their teeth brushed.

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Chew Toys

There are a variety of chew toys available for your pet's enjoyment. Some pose no health concerns and others are best to avoid. A few of each are listed below.

As a general guideline, select toys that are big enough so your pet cannot get the entire toy into his or her mouth and those without removable parts (eg. button eyes).

Chew Toys that are **OKAY** to use and that many pets enjoy include:

- **Kong toys** (Puppy Kongs available in our office)
- **Nylabones "FLEXIBLE"** (formerly Gumabones) or any brand that is soft enough to be able to make a "divot"
- with your finger nail. (**Do NOT use Nylabone "Durable"** - These are too hard.)
- **Rope chews** (Remember to dispose of them when they start to fray.)
- **Veggie Dent Chews.** These are available in our office.
- **Pressed rawhide in large** pieces (not "sticks"), such as Enzydent chews or C.E.T. Chews. These are available by weight range in our office.
- **Oravet Dental Chews. Starting at 7 months old.** These are available by weight range in our office.



Chew toys to **AVOID** include:

- **Bone:** Fresh or sterilized (can BREAK teeth)
- **Cow Hoofs** (can BREAK teeth)
- **Nylabones "Durable"** (can BREAK teeth)
- **Tennis balls** (can be ABRASIVE and WEAR DOWN teeth)
- **Non-pressed rawhide including rolled, twisted, or knotted rawhide** (can unravel, be ingested and cause intestinal BLOCKAGE)
- **Small rawhide sticks, etc.** (can be swallowed and get STUCK in throat or GI tract)
- **Human stuff** (old socks, shoes, shirts, etc—pets cannot tell the difference between "old" stuff & "good" stuff)
- **Pig ears** (can BREAK teeth and cause vomiting and diarrhea)
- **Bully Sticks** (Bull-e sticks or Bull sticks) (can BREAK teeth and cause intestinal BLOCKAGE)

Our thanks to UC Davis School of Veterinary Medicine Dental Department for the information on chew toys as they affect dental health.

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Puppy Socialization Checklist

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Places

- Shopping mall
- Supermarket
- School
- Restaurant
- Busy street
- Playground
- Construction site
- Veterinarian's office

Different Types of People

- Adults: all ages, sizes, ethnicities, genders
- Kids: all ages, sizes, ethnicities, genders, temperaments
- Babies
- Men with beards or bald heads
- People in coats, hats, sunglasses, uniforms, costumes
- People in wheelchairs, walking with crutches, and walkers
- Repairmen, delivery people

Sounds

- Car engine
- Doorbell/knocking at door
- Fireworks
- Wind/thunderstorms
- Vacuum
- Party noises-clapping, cheering, etc
- Musical instrument and singing
- Gunshots
- Sirens
- Radio/television

Environment

- Rain (including umbrellas)
- Snow
- Beach/Lake/Riverbank
- Swimming pools/people swimming
- Darkness

Different Walking Surfaces

- Floor: tile, concrete, vinyl, wood
- Gravel, grass, wood chips
- Leaves
- Mud/puddles
- Sand
- Grates, manhole covers
- Stairs

Other Animals

- Different kinds/sizes of dogs
- Farm animals
- Rabbits and small pets
- Cats
- Birds
- Reptiles

Handling

- Leash/collar/harness/muzzle
- Reaching/looming overhead
- Open mouth, touching teeth
- Touching ears/toes
- Being picked up
- Having ears/eyes/teeth cleaned
- Having body handled
- Trimming nails
- Brushes/clippers/hair dryer

Objects That Move

- People on bikes, skateboards, etc
- Car/truck/motorcycle/bus/train
- Motorboat
- Airplane/helicopter
- Elevator/escalator
- Lawn mower/leaf blower
- Remote control toy
- Ceiling fan
- Garage door
- Helium balloons
- Swinging/rolling gates

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CRATE TRAINING



Crate training is an excellent way to teach your dog good behavior, as well as give your dog his own special space. Benefits of crate training include:

- Prevents damage to your furniture and other household valuables while you are away or sleeping
- Helps you teach your dog proper chewing and elimination (bathroom) behavior
- Provides security for your dog and safety for young children in your home
- Easy traveling
- Improves your relationship with your dog
- Gives your dog a den which is the natural habitat for dogs

Before you begin crate training, make sure that the crate is large enough for your dog to stand up and turn around in. When using the crate for house training it is important to make sure the crate is only large enough for your pet to stand up and turn around in, because any larger and they can potty in one area and sleep in the other. Pet stores carry many different sizes of crates so you can find the one that best fits your dog.

Because dogs are social animals and need interaction to be happy, place the crate in a room where it is bright and there is lots of activity, i.e. your family room. If you put the crate in an area that is dark and lonely the dog will feel it is being punished and will learn to hate the crate. Finally, the crate should be used as your pet's retreat, or "sanctuary" – it should not be used for punishment (the crate should contain his favorite safe and suitable toys). Use the crate to avoid problems such as chewing and jumping before they occur, and use a separate space if you wish to put your dog in "time out."

Crate Training Puppies

Begin crate training with your puppy early in the day so he has the whole day to adapt to the crate. Place his favorite treats, toys or food in the crate to motivate him to enter the crate on his own. The first time you confine your puppy to the crate he should be ready to take a nap, so schedule this for after a play or exercise session and after he has gone to the bathroom. Leave the room but stay close enough to be able to hear him. It is normal for your puppy to cry or whine at first, but never reward him by letting him out when he cries. It may be difficult, but you must ignore his cries until they stop before you release him form the crate.

Playing "crate" games can help dogs learn to love the crate. One such game is to teach your dog to lie down and stay when you open the door to the crate. Once the dog has done this they are given a "release cue" and are given a treat for their good behavior. Other games include "go to your crate" game. This game is done by hiding treats in the crate or throwing treats in the crate when the dog goes in so that they associate going into the crate with rewards. It is important that the dog not see you put the treats in the crate.

Crate Training Adult Dogs

Crate training an adult dog is similar to crate training a puppy except for the introduction of your dog to his crate. Set up your dog's crate in his feeding area and leave the door open for a few days. Place food, treats and toys in the crate so the dog is motivated to enter on his own. Close the crate door only after your dog fully enters the crate on his own.

As with puppies, your dog may cry or whine at first (remember not to reward them by going to them when they cry). Gradually increase the amount of time that your dog must remain quiet in the crate before you release and reward him. With patience and lots of treats your dog will learn to love his den and will go to it whenever he wants some personal time.

Printed off of AAHA HealthyPet.com Note: All content provided on HealthyPet.com is meant for educational purposes only on health care and medical issues that may affect pets and should never be used to replace professional veterinary care from a licensed veterinarian. This site and its services do not constitute the practice of any veterinary medical health care advice, diagnosis, or treatment.

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La Cumbre
ANIMAL HOSPITAL

HOUSETRAINING

"To a puppy, all the world is a toilet." (…with apologies to William Shakespeare)

House soiling quickly becomes a bad habit for a puppy. Each time your new puppy eliminates inside, he/she strengthens his/her preference for your floor as a marvelous indoor toilet, especially those nice spongy carpets.

There are two steps to housebreaking your puppy:

1. **Manage your puppy inside the house, so that he/she does not have an opportunity to make a mistake.**
2. **Reward your puppy every time he/she defecates or urinates outside.**

Manage Your Puppy Indoors

Short-Term Confinement

When you are at home, but not interacting with your puppy, put him/her in a dog crate that contains a pad or dog bed. Your puppy will not want to soil his/her den (dog crate). You can leave your puppy in the crate for up to an hour, in which time he/she will likely develop the need to eliminate. As soon as you release your puppy from the crate, hurry him/her outside. Don't forget to have a tasty treat in your pocket, which you give him/her as soon as he/she eliminates, along with generous praise. This will develop the "good" habit of eliminating outside.

What about when you are away from home, or during the night, when you can't put the puppy outside every hour?

Long-Term Confinement

For long term confinement, select an area in your home that has an easy-to-clean floor. You might use a kitchen, bathroom, or utility room, or create a space using a small pen. This area will contain your dog's crate, and his/her food and water bowls and chew toys. Leave the door to the crate open so your puppy can use it as his/her bed.

Create a toilet by replicating the surface you want your puppy to use when he/she is outdoors. The toilet can be sheets of newspaper sprinkled with soil, a small tray in which you put soil or a piece of turf, or a slab of concrete.

With your doggie toilet, you achieve two goals: your puppy will eliminate on an easy to clean surface in your house and your puppy will develop a toilet preference for the same surface he/she will use outdoors.

Reward Your Puppy

Put a leash on your puppy and accompany him/her when you go outside. You want to be there to praise him/her and present her with a tasty treat.

Tips for Successful Housetraining

Use the right size crate – If the crate is too large, your puppy may use a corner for him/her toilet.

Keep up the housetraining – Wait until your dog has not had an accident indoors for three weeks before you give her run of the house.

Make the crate a "happy" place – Put treats or toys in the crate. Close the door so your puppy can't get to them, then let him/her in. When he/she is in the crate, close the door for a couple seconds, hand him/her treats through the bars, and then let him/her out. Continue, gradually increasing the time of confinement. Don't respond if your puppy barks or whines while in the crate (this will happen!). Let him/her out only when she is quiet.

Keep your puppy close by – When your puppy is out of his/her indoor confinement area, you must keep your attention on him/her so you can rush him/her outside if he/she shows signs of wanting to eliminate. Having your puppy loose while you read or watch television will usually result in an unnoticed accident. To keep track of your puppy while you are involved in other activities, tether him/her to your belt with a leash or cord, safely attached to your puppy's collar or harness.

Reprinted with permission of Perfect Puppy Academy © 2010. Perfect Puppy Academy offers off leash classes for puppies and classes for older dogs in Santa Barbara. Contact us at 805-569-5450 or perfectpuppyacademy.com.

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Dog/Puppy Training Resources 

Dogs want to please, humans want to be pleased – and a well-behaved pet is an important part of this equation. So, we recommend training!!! Our 1st choice for training is taking your puppy to a class. Although other training resources are also helpful, nothing replaces the socialization with other puppies and people that classes provide.

GROUP TRAINING

The group training class we highly recommend for puppies and adolescent dogs is:

The Perfect Puppy Academy (David Chubb, DVM, Anne Swann)
Phone: 805-569-5450
perfectpuppyacademy.com

- In a fun atmosphere, puppies become confident, well-mannered, and well-socialized.
- All classes are indoors.
- Participating puppies have had veterinary exams/initial vaccinations.
- Classes are also available for adolescent and adult dogs.

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INDIVIDUAL TRAINING

Anne Swann
Phone: 805-705-6847

- Training is in your home

We recommend calling each trainer for his/her qualifications, references, and to inquire about the training methods used.

Puppies are in their primary socialization period from about 4 to 14 weeks of age.

- This is the age when it is easiest to learn about their environment, form lasting relationships with people and other dogs, and learn about situations they might experience as adults.
- These early learning experiences are vital to prevent adult behavior problems.
- Attending indoor classes where participating puppies have had veterinary exams and initial vaccinations provides a safe environment for this initial socialization to occur.
- Effective socialization after 14 weeks is also possible. So, even if your dog is beyond the optimum socialization time, we recommend training. A dog is never too old to be trained.

There are many other puppy training aids available including, books and the internet. A great resource for training and toys is www.patriciamcconnell.com.

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Drills for Puppy Training

- Hand biting is common puppy behavior that becomes potentially dangerous in adult dogs. To start correcting this behavior, **each time you are bitten or even if your dog's teeth only touch you, say "Ouch!" as though you have been badly hurt. Then ignore your puppy. Reward NON-hand biting with lots of praise**. For puppies that are more nippy or mouthy, in a positive, calm manner hold your puppy's mouth shut. Try to hold until a quiet point (just a few seconds) and then lavish praise for a short time.

- **Play with mouth, ears, feet, and tail constantly**. Put your fingers in the mouth often and massage teeth. Play gently with ears; put your fingers in ears and softly massage. Touch and play gently with feet and tail so your puppy gets used to being handled. Doing these things will make future nail trims, ear treatments, teeth brushing, etc. much easier.

- **Always have your pet sit before receiving anything**. No food, treats, petting, getting in a car, etc. without sitting first. This creates a pet that will come to you and sit when attention is desired.

- **Visit Dr. Ian Dunbar's websites for excellent resources in dog and puppy behavior and** training. Dr. Dunbar is a world respected expert on dog training and behavior.

  www.siriuspup.com

  www.dunbaracademy.com

- **Purchase and use a GENTLE LEADER brand EASY WALK HARNESS** (or, for challenging puppies/dogs, a PREMIER brand GENTLE LEADER HALTER). These will prevent your pet from pulling you while on a leash. They are available from pet stores or online. We do not recommend the use of prong collars.

- **Behaviorists recommend that dogs not be left off leash** until they are dependably well trained.

- **Investigate and enroll in a puppy training class**. Choose one that is held indoors by a certified trainer who uses positive reinforcement. Participating puppies should have received an initial veterinary examination and initial vaccinations. We highly recommend the Perfect Puppy Academy. Other training opportunities are also available. See our client information sheet on Dog/Puppy Training Resources.

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FAQ's About Microchipping

Adapted from: Los Angeles County Department of Animal Care and Control

What is a microchip?



The microchip is a tiny computer chip, about the size of a rice grain, programmed with an identification number. It 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. THIS IS NOT A GPS TRACKER

What is the benefit?

Microchips are permanent and can't be lost, altered or destroyed. Pet owners have been reunited with chipped pets that have been missing for years. Our microchips can also relay body temperature info when scanned.

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 is it implanted?

Microchips are implanted with a needle beneath the skin between the shoulder blades. They can't be felt or seen.

When can it be done?

Pets can be microchipped as early as 6 to 8 weeks of age.

How long does it last?

The microchip has no power supply, battery, or moving parts and is designed to last the life of the pet. Once injected, the microchip is anchored in place as a thin layer of connective tissue forms around it. It requires no care and will not pass through or out of the body. Microchip registration is good for life.

Does it hurt?

Most pets react the same way to this injection as they do to any other. The microchip contains nothing that will burn or irritate tissue; it's completely biocompatible.

Is sedation needed?

No. Injecting a microchip is just like any other injection or vaccination. Anesthesia is not required or recommended.

Could my pet be allergic to it?

The microchip is inert, smooth, nontoxic, and non-allergenic. Microchip companies say there is virtually no chance of the body developing an allergy or trying to reject the microchip.

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

Animal shelters and veterinarians are finding chips in more and more pets. The national registries are contacted to obtain owner information regarding the pet. The owners are then contacted if their pet has been found.

I have tiny toy breeds. Can I still have them microchipped?

Absolutely. Puppies can be chipped as early as 6 weeks old. The same sized microchip and needle are used in pets even smaller than puppies and toy breeds, including mice, baby birds, and even fish.

How do I update registration information?

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

Do shelters scan pets for microchips?

Yes, scanning pets for microchips has become standard practice in animal shelters.

Remember to register your microchipped pet and update the national registry with new contact numbers.
****Without this information, the microchip is useless and your pet can't be positively identified.**

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FOXTAILS

Foxtails are grassy weeds that grow in yards, ditches, vacant lots, or almost any crack or crevice that has some soil in it. There are several different varieties and sizes, but they all cause similar problems.
Foxtails can enter any opening on your pet's body (ears, eyes, nose mouth, anal glands, penis, vulva, vagina, etc.). They can also penetrate the skin (even under heavy, thick fur or mats in the fur), between the teeth, into the junction of the jaw inside the mouth, between toes into the foot, or, in other words, anywhere. Foxtails are particularly troublesome for dogs. In cats, they are most often found under the eyelid.

Once in the body, the foxtail starts causing moderate to severe irritation and tissue reaction (pain) as the body tries to reject it. Symptoms include head shaking, "pawing" at an ear, gagging, sneezing, or excessive licking/chewing of a foot. The only effective treatment is removal. This usually requires a sedative or anesthetic. Foxtails in the ears and nose can be illuminated with an otoscope making removal easier. Foxtails in other locations cannot be illuminated. When a foxtail has penetrated soft tissue, removal involves opening the trail where the foxtail entered and probing with a small tweezer-like instrument. Foxtails can be elusive and sometimes it is not possible to find them during the initial examination.

Failure to remove foxtails can cause serious damage such as loss of eyes, deafness, and deep painful abscesses inside the body. If you suspect a foxtail problem, prompt attention is always the best course to take. In the vast majority of cases, a foxtail doesn't go away—it must be removed.

Since foxtails are an annual plant, the easiest way to rid your yard of them is in the early spring when they are green. Mowing or cutting them down then removing the cuttings from your yard will give your pets a safe, foxtail-free place to be. The beach, mountains, and many trails are also full of foxtails. Take adequate precautions when returning form outings in these areas.

Recommendations to Prevent Foxtail Problems & Pain

- **Remove foxtails from your pet's environment**
- **On long-haired dogs, clip the hair under the ears and between the toes before going out.**
- **After outings into "foxtail territory," check ears, coat and between the toes. Remove all visible foxtails.**
- **Comb or brush deep into the coat to help remove foxtails that may have already buried themselves.**

IMPORTANT: By taking these actions immediately after your pet has been where there are foxtails, you increase the possibility of finding foxtails before they have a chance to penetrate the body.





REMEMBER: If you think you have missed a foxtail that has now penetrated your pet's body, please make an appointment for an exam to check or and remove the foxtail. Occasionally foxtails can be removed during a regular office appointment, but usually the use of a sedative or general anesthetic is necessary. In these cases, we will request that you leave your pet with us for a few hours. If general anesthesia is needed and your pet has recently eaten, we may delay the exam until the next day so the stomach will be empty. (This is easily accomplished by not feeding after 8:00 PM the night before the procedure.) Also, if general anesthesia is needed, lab tests will be completed prior to administration of the anesthetic. Fasting and lab screening prior to general anesthesia help to insure your pet's safety. As always, please call us with any questions. Updated 06/11/2024//dao

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Meeting the Cost of Pet Care

Our pets provide us with fun, companionship and unconditional love. In return, we incur the responsibilities that go along with pet ownership including providing veterinary care.

Wellness and preventive care and keeping pets in a safe environment significantly reduce the risk of illness and injury. Nevertheless, pets do occasionally become sick or injured. Thankfully, the veterinary profession is capable of providing virtually the same kinds of care and procedures as are available for people.

The cost of high quality medical care can be significant. It can be met in a variety of ways. The American Animal Hospital Association (AAHA) and La Cumbre Animal Hospital strongly suggest that all pet owning families assess their financial situation and consider their ability to meet both routine and unexpected expenses.
Resources might include:

- **Existing savings**
- **Additional budgeting and/or savings**
- **Credit card reserves**
- **Help from a friend or family member**
- **Pet health insurance policies**
- **Care Credit**



If you decide to consider pet health insurance:

- **Be sure to understand what the policy does and does not cover**
- **Understand the exclusions.** Almost all policies exclude pre-existing conditions (such as eating toys or trash) and some exclude hereditary conditions. Some may exclude certain conditions unique to certain breeds.
- **Some policies (but not all) cover some preventive care**, such as vaccinations, but there may be additional cost for this coverage.
- **Almost all policies have a deductible and a co-pay requirement**. Some pay according to a set schedule of "usual and customary fees" while some pay based on the actual incurred expense. **Be sure you understand how expense reimbursement will be calculated.**
- **Ask whether or not the policy allows you to seek care from a veterinarian of your own choosing** or whether you must go to a veterinarian that participates in the company's network of providers. When faced with a pet's serious illness, most pet owners want to be able to obtain care from their regular veterinarian.
- **Ask if a "high deductible" policy is available if this option is of interest to you**.

La Cumbre ANIMAL HOSPITAL

Should You Trust Pet Healthcare Websites?

The popularity of the Internet has made it easier and faster to find health-related information. Although much of it is valuable, some of it is false and misleading. This fact sheet can help you decide whether information you find on the Internet or receive via e-mail is likely to be reliable.

Who runs the website?

Any website should indicate clearly and often who is responsible for the site and its information. The American Animal Hospital Association's consumer website (www.healthypet.com), for example, clearly notes its affiliation on every major page and includes a link to the AAHA homepage.

Who funds the website?

It costs money to run a website. The source of funding should be clearly stated or readily apparent. For instance, web addresses ending in: ".gov" are sponsored by the federal government; ".edu" indicates educational institutions; ".org" is often used by noncommercial groups; ".com" denotes commercial enterprises. The source of funding can affect what content is presented, how it's presented, and what the site owners want to accomplish.

What is the purpose of the website?

Many sites include an "About this site" or "About us" link, which should clearly state the purpose and help you evaluate the trustworthiness of the information.

What is the original source of information?

Many health and medical websites post information collected from other websites or sources. If the person or organization in charge of the site did not write the material, the original source should be clearly identified.

How is the information documented?

In addition to identifying the original source of the material, the site should identify the evidence on which the material is based. Medical facts and figures should include references such as citations or articles in medical journals. Also, opinions or advice should be clearly set apart from evidence-based information (information based on research results).

How current is the information?

Websites should be reviewed and updated regularly. It's particularly important that medical information be current and that the most recent update or review date be posted. Even if the information hasn't changed, it's helpful to know that the site owners have reviewed it recently to ensure that it's still valid.

How is information reviewed before it's posted?

Health-related websites should provide information about the medical credentials of the people who prepare or review the material. Veterinarians in the United States are doctors of veterinary medicine (DVMs) or veterinary medicine doctors (VMDs) – the equivalent of an MD in human medicine. Common specialist credentials include DACVIM (internal medicine), DACVS (surgery), and DACVD (dermatology).

How does the website choose links?

Reliable websites usually have a policy about how they link to other sites. Some medical sites take a conservative approach and don't link at all. Some link to any site that asks or pays for a link. Others link only to sites that have met certain criteria.

How does the website manage interactions with users?

There should be a way for you to contact the site owners with problems, feedback and questions. If the site hosts a chatroom or other online discussion areas, it should tell you about the terms of using the service. Is the service moderated? If so, by whom and why? Before you participate, spend some time reading the discussion without joining in.

How can you verify the accuracy of information you receive via e-mail?

Any e-mail messages should be carefully evaluated. Consider the origin of the message and its purpose. Some companies or organizations use e-mail to advertise products or attract people to their websites. The accuracy of health-related information may be influenced by the desire to promote a product or service. It's important to carefully consider the source of e-mail and other internet-based information and to discuss the information with your veterinarian.

This form is adapted from information provided by the Cancer Information Service, part of the National Cancer Institute. Visit cis.nci.nih.gov to learn more.

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Traveling with Your Pet

FIRST THINGS FIRST

- **Research far in advance of travel plans**
  - Some dog and cat breeds are banned from entering certain countries and some airlines do not allow certain dog and cat breeds to fly with them.
- **Visit our travel page at LCAH.com.**
  - Complete our Travel Responsibilities Form
  - Complete & submit our International or Interstate Travel Questionnaire
- **Check with the USDA website, and/or the State Animal Health Official for the dog and cat entry requirements of the destination country or state you are traveling to. Individual countries & states all have different requirements**. Some countries require preparation that can take almost a year to complete. Most countries require a pet travel exam and health certificate with USDA endorsement. Some states require a pet travel exam and health certificate for dogs and cats to enter.
- **If flying-check with your airline,** their requirements may differ from your destination
- As you plan your trip**, schedule any necessary appointment(s)** with one of our veterinarians to make sure that your pet's vaccinations are up to date and that he/she is healthy and to complete a travel exam & health certificate when needed.
- **Ask about health concerns specific to where you're traveling** since certain diseases and parasites are more prevalent in some areas of the country.

- **For international travel check the CDC website for requirements on pet RE-ENTRY to the United States**



TRAVEL CHECKLIST

- Any required travel documents
- Secure collar with current ID tags
- Microchip
- Leash
- Crate, safety harness, or other restraining device
- Litter box and poop bags
- Food, water and snacks, dishes, and can opener
- Medications and copies of written prescriptions
- Vaccination records, especially rabies certificate
- Familiar blankets and toy

Microchip your pet before traveling.
If already microchipped, make sure the microchip company has all your current information.

CAN I SEE SOME ID, PLEASE? Make sure your pet is wearing a secure collar with current ID tags that include your cell phone number. It's also a good idea to have your pet microchipped – this way, even if the collar is lost, animal recovery facilities can access your contact information with a quick scan. If you're flying and your pet will be traveling in the cargo hold, attach your name and phone number to the crate.

DON'T GET LEFT OUT IN THE COLD Be sure to call your destination ahead of time and get information on pet policies to be sure your pet will be welcome. Many websites offer an extensive database of pet-friendly accommodations.

NO FUNNY TUMMIES Riding with a car-sick pet is no fun for anyone. If your pet isn't used to taking car rides, try these simple steps:

- Go through a few practice runs in the car, gradually increasing the distance each time.
- Since stressed animals can be prone to motion sickness, feed your pet only a small meal at least two to three hours before your trip.
- Don't forget to put a few towels and other clean-up items in the car when you pack.

BUCKLE UP While in the car, dogs and cats should ride in a crate or carrier or be restrained with a pet restraint belt. These precautions help protect the driver from distraction and also protect your pet during sudden stops, turns, or in the event of an accident. It is critical that pets are never left unattended inside the car, even for a short amount of time. Temperatures can rise or drop to dangerous levels inside a locked car in a matter of minutes.

FLYING THE FURRY SKIES Every airline has different rules when it comes to traveling with pets so be sure to do your research before booking your flight. In addition to certain federal regulations, most airlines require a health certificate before allowing pets on a flight. Make an appointment with your veterinarian for a pet travel exam and to obtain a health certificate within the specified time period required by the airline. Also, keep in mind that seasonal restrictions may apply with pet air travel.

CARRY ON OR STOW BELOW? Smaller animals that meet size and weight requirements are sometimes allowed to travel in the cabin though they must be in an airline-approved carrier. Crate requirements vary – be sure to get specifics from your airline. If you have a larger pet that must travel as cargo, be sure the kennel is large enough for your pet to sit, stand, turn, and lie down easily. Buy the crate well in advance of your flight and encourage your pet to become accustomed to it.

RELAX, YOU'VE MADE IT! Once you arrive at your destination, allow your pet to examine and explore the new surroundings and remain with them until they settle in and feel at ease. If you're staying in a hotel and have to leave your pet alone in the room, hang the "Do Not Disturb" sign on your door.

Adapted from brochure published by Veterinary Pet Insurance 2008

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