

CANINE COMPANION HEALTH



AMC

SINCE 1910

ANIMAL MEDICAL CENTER

The Elmer and Mamdouha Bobst Hospital | Caspary Research Institute | The Institute for Postgraduate Education
510 East 62nd Street, New York, NY 10065
212-838-8100 | www.amcny.org

COMMUNITY PRACTICE

PARTNER WITH A VETERINARIAN

Regular veterinary visits should begin as soon as you acquire your new dog. Puppies should be vaccinated against canine diseases and checked periodically for worms and other parasites. Your adult dog should also receive regular vaccinations on a timetable determined by your veterinarian. Dogs of all ages should have an annual medical examination. This will enable your veterinarian to note any changes occurring from year to year, catch any issues early and keep your pet on a healthy track.

THE ROUTINE EXAM

During your dog's routine examinations, your veterinarian will listen to his chest for heart and breath sounds, feel his abdomen, check the condition of his coat, and inspect his eyes, ears and mouth.

The routine exam also may include examination of the feces to check for internal parasites, in which case you will be asked to bring a stool sample.

A thorough dental checkup should also be included in your dog's regular exam. Dental health is important for your pet's overall health.

VACCINATIONS

Newborn puppies receive disease-fighting antibodies in their mother's milk, but these normally last only six to 16 weeks. After that, vaccinations protect your puppy by stimulating him to produce his own antibodies.

Diseases are easily transmitted between pets. Your veterinarian will recommend a timetable for the vaccinations your dog needs to prevent these diseases. Most vaccinations are given in a series over a period of time, with boosters at regular intervals. Always follow your veterinarian's recommendation and schedule.

Cover photo courtesy of Corey Towers | hoofphoto.com

CANINE VACCINATION PROGRAM

Regular physical examinations and vaccinations can help your puppy live a healthy, happy life. You can help protect your puppy from the following common infectious diseases by following your veterinarian's recommended immunization schedule.

Veterinarian's Name: _____

Phone Number: _____

Pet's Name: _____

Birth Date: _____

DISTEMPER: A highly contagious, often fatal virus that affects a dog's respiratory, gastrointestinal and nervous systems. The distemper virus generally spreads as an airborne infection, so vaccination is the only effective control.

HEPATITIS: A viral disease that affects the liver and cells lining the blood vessels, causing a high fever, edema and hemorrhage. This disease is very serious in puppies and older dogs.

LEPTOSPIROSIS: An extremely contagious disease that spreads through contact with nasal secretions, urine or saliva of infected animals. Rats, mice and other rodents are common carriers. Symptoms include fever, vomiting and diarrhea. This disease can cause permanent kidney damage.

PARVOVIRUS: A highly contagious viral infection spread by contact with virus infected body secretions. This disease strikes quickly, causing damage to the lining of the gastrointestinal tract and can cause sudden death in some cases. This life threatening disease most frequently affects puppies.

PARAINFLUENZA: A highly contagious disease that spreads via contact or airborne transmission. This disease attacks the respiratory system.

RABIES: A fatal viral infection of the central nervous system that affects mammals, including humans. Though it is usually transmitted through the bite of an infected animal, it can be spread when the saliva of the rabid animal comes in contact with broken skin. Rabies vaccinations are required in most states.

BORDETELLA: A bacterial infection involved in infectious tracheobronchitis (kennel cough) and spread by airborne bacteria. A dog may catch this disease through contact with other dogs at places like kennels, grooming facilities and dog shows. Puppies are more susceptible to this disease, but adult dogs can contract bordetella as well.

LYME DISEASE: A tick-borne disease that affects both dogs and humans. Many dogs experience recurrent lameness due to inflammation of the joints. Some dogs may also develop kidney problems.

FEEDING YOUR NEW DOG

WHY DOG AND CAT FOODS ARE NOT INTERCHANGEABLE:

- Although a dog can live on cat food alone, it's not considered advisable. The caloric density, high protein levels, and heavy doses of fat aren't ideally suited to all canine gastrointestinal tracts – or to their waistlines.
- More than anything else, cat food-eating dogs tend towards the obese and suffer more gastrointestinal ailments than others. Diarrhea, vomiting and even pancreatitis (which can be life-threatening) are possible outcomes for either short- or long-term feeding of cat food to dogs. Kitten food, with its even higher protein and fat levels, is even less appropriate for dogs.

THE IMPORTANCE OF MANAGING YOUR PET'S WEIGHT

According to researchers at the Association for Pet Obesity Prevention, an estimated 58% of cats and 54% of dogs in the United States are overweight or obese. Animals gain fat around their internal organs before they begin to show signs of excess weight on the outside. By the time you see the extra weight, your pet's health may already be in danger. Talk to your veterinarian about choosing the right diet for your pet and get into the habit of tracking/measuring your pet's food intake from the start. The primary risks of excess weight in pets are:

- Cranial cruciate ligament injury
- Decreased life expectancy (up to 2.5 years)
- Heart and respiratory disease
- High blood pressure
- Insulin resistance and type 2 diabetes
- Kidney disease
- Many forms of cancer
- Osteoarthritis

Daily Caloric Needs for Average Indoor Dogs	
Size	
10 lbs.	200 to 275 calories*
20 lbs.	300 to 400 calories*
50 lbs.	700 to 900 calories*
Daily Caloric Needs for Humans	
Male	2500 calories
Female	2000 calories
*Please note that the calorie counts provided are guidelines for average, lightly active adult spayed or neutered dogs or cats (1 to 7 years old receiving less than 30 minutes aerobic activity per day). The caloric needs of a particular pet may differ depending on such factors as lifestyle, genetics, activity level and medical conditions. Your pet will likely be fed fewer calories if you are attempting to reduce weight and improve fitness. Note that many dogs do not receive adequate daily physical activity. We recommend a structured routine exercise and nutritional program for both you and your pet.	

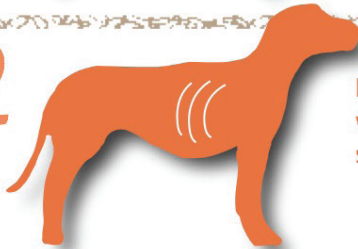
Body Condition Scoring

1



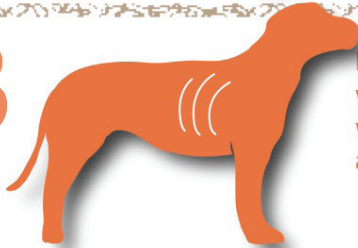
Ribs, spine and bony protrusions are easily seen at a distance. These pets have lost muscle mass and there is no observable body fat. Emaciated, bony, and starved in appearance.

2



Ribs, spine and other bones are easily felt. These pets have an obvious waist when viewed from above and an abdominal tuck. Thin, lean or skinny in appearance.

3



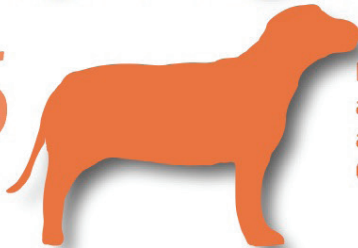
Ribs and spine are easily felt but not necessarily seen. There is a waist when viewed from above and the abdomen is raised and not sagging when viewed from the side. Normal, ideal and often muscular in appearance.

4



Ribs and spine are hard to feel or count underneath fat deposits. Waist is distended or often pear-shaped when viewed from above. The abdomen sags when seen from the side. There are typically fat deposits on the hips, base of tail and chest. Overweight, heavy, husky or stout.

5



Large fat deposits over the chest, back, tail base and hindquarters. The abdomen sags prominently and there is no waist when viewed from above. The chest and abdomen often appear distended or swollen. Obese.

PET TREAT COMPARISON CHART



Dog Treat Translator

A cookie or a piece of cheese may seem like a little treat, but it's like a whole meal for dogs.

Too many unhealthy snacks can add up fast!

Snacks & Scraps

(as fed to a 20 lb dog)

Human Caloric Equivalent

(average size woman)



Just one little cookie



1 oz piece of cheddar cheese



One hot dog

(if used as training treats,
cut into tiny pieces)



Cat Treat Translator

A cup of milk or a piece of cheese may seem like a little treat, but it's like a whole meal for cats.

Too many unhealthy snacks can add up fast!

Snacks & Scraps

(as fed to a 10 lb cat)

Human Caloric Equivalent

(average size woman)



Just one potato chip



1 oz piece of cheddar cheese



One cup whole milk

(causes weight gain and upset tummy!)



SPAYING & NEUTERING

WHY SPAY & NEUTER?

Spay is the colloquial term for ovariectomy. Neuter, sometimes called altering, is the surgical removal of male reproductive organs or testicles. Both procedures have the same result: they prevent unwanted pregnancies.

These procedures have added health benefits beyond preventing unexpected litters of puppies and kittens. The Animal Medical Center staff gives these seven reasons to “fix” your pet:

1. Prevent pyometra, a common life-threatening infection of the uterus in unspayed dogs.
2. Eliminate the risk of testicular, uterine and ovarian cancer.
3. Decrease the risk of prostatitis, a bacterial infection of the prostate.
4. Decrease aggressive behavior, especially in male dogs, helping to prevent dog bite injuries.
5. Decrease the risk of breast cancer in females, especially if spayed before six months of age.
6. Avoid marking or spraying, i.e., male cat urine on your walls, drapes or bed.
7. Save approximately 4 million lives annually. These lives belong to unwanted dogs and cats euthanized in America’s animal shelters.



GUARDING YOUR DOG AGAINST HEARTWORM & PARASITES

HEARTWORM

Transmitted by the bite of a mosquito, heartworms are extremely dangerous and can even be fatal. Unlike intestinal parasites, heartworms live in a dog's heart or near the heart in major blood vessels. Heartworm disease is difficult to cure, but easy to prevent with medication from your veterinarian. It is detected by a blood test; ask your veterinarian about heartworm prevention medication and annual screenings to help protect your dog.

PARASITES

Parasites are organisms that can live in or on another living thing. Parasite checks must be conducted early and often since parasites can be transmitted to puppies from their mothers. In both puppies and adult dogs, parasites can come from a number of sources, including ingesting inappropriate materials, coming in contact with other dogs, or environmental factors.

If left unchecked, parasites can make life miserable for you and your dog. As with most health problems, prevention of parasites is easier and less expensive than treatment, so be alert for early symptoms.

EXTERNAL PARASITES

External parasites live on a dog's body. They are diagnosed by physical examination and skin tests. The most common external parasites in dogs are:

- Ear mites
- Fleas
- Lice
- Mange mites
- Ticks

INTERNAL PARASITES

Most internal parasites live in a dog's intestines and are detected by an examination of the animal's stool. Treatment for worms and parasites can begin at two weeks of age and be repeated every two or three weeks as determined by your veterinarian. The most common intestinal parasites in dogs are:

- Coccidia
- Giardia
- Hookworms
- Roundworms
- Tapeworms
- Whipworms

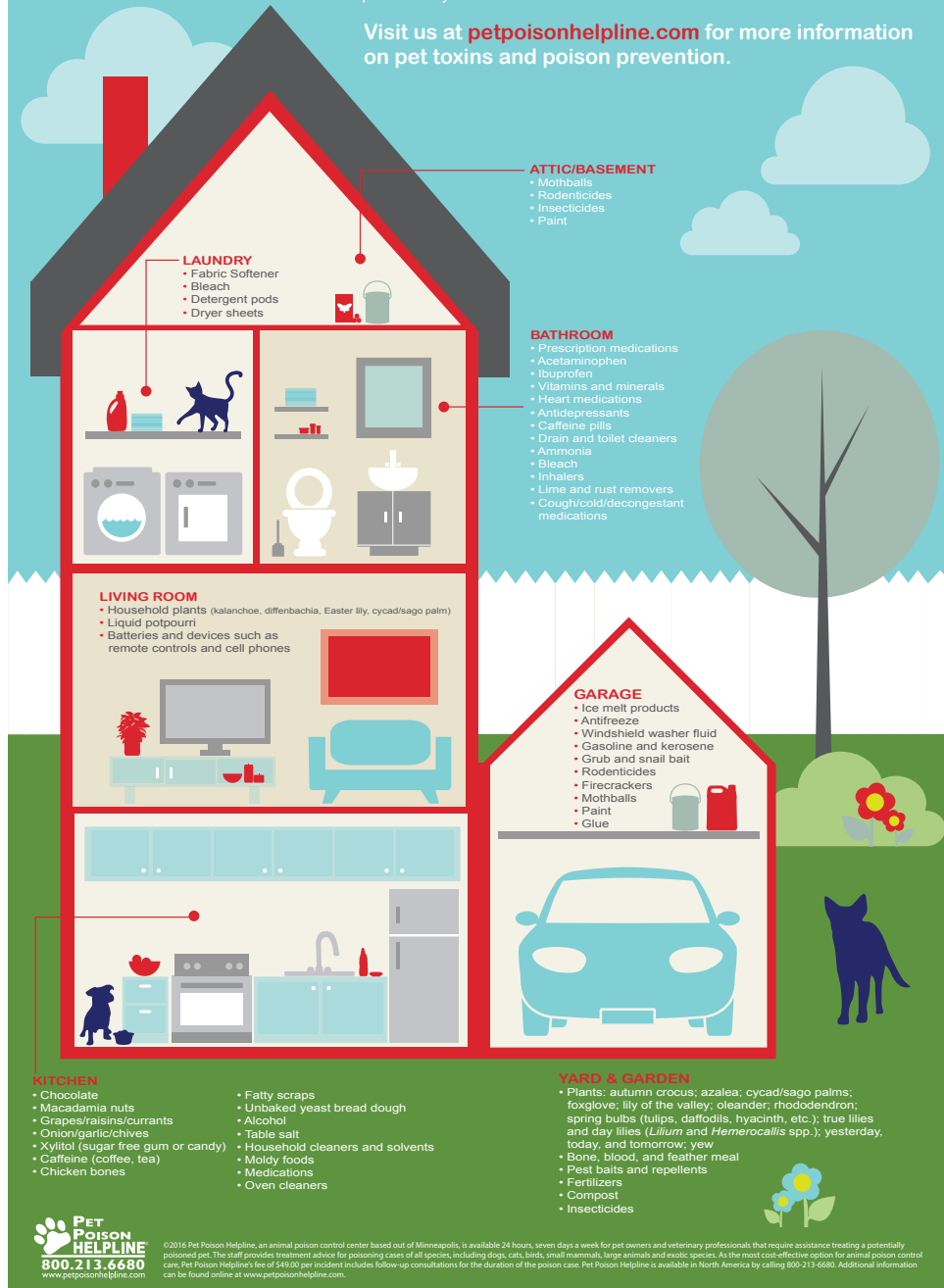
COMMON HOUSEHOLD PET POISONS



SPOT THE PET POISONS IN YOUR HOME

Pet-proofing your home is one of the first steps in keeping your pets happy and healthy. There are common household and yard items that can harm your pet if swallowed and each year, many dogs and cats suffer from accidental ingestion of these substances. Follow this guide to spot the pet poisons in your home.

Visit us at petpoisonhelpline.com for more information on pet toxins and poison prevention.



LAUNDRY

- Fabric Softener
- Bleach
- Detergent pods
- Dryer sheets

ATTIC/BASEMENT

- Mothballs
- Rodenticides
- Insecticides
- Paint

BATHROOM

- Prescription medications
- Acetaminophen
- Ibuprofen
- Vitamins and minerals
- Heart medications
- Antidepressants
- Caffeine pills
- Drain and toilet cleaners
- Ammonia
- Bleach
- Inhalers
- Lime and rust removers
- Cough/cold/decongestant medications

LIVING ROOM

- Household plants (kalanchoe, dieffenbachia, Easter lily, cycad/sago palm)
- Liquid potpourri
- Batteries and devices such as remote controls and cell phones

GARAGE

- Ice melt products
- Antifreeze
- Windshield washer fluid
- Gasoline and kerosene
- Grub and snail bait
- Rodenticides
- Firecrackers
- Mothballs
- Paint
- Glue

KITCHEN

- Chocolate
- Macadamia nuts
- Grapes/raisins/currants
- Onion/garlic/chives
- Xylitol (sugar free gum or candy)
- Caffeine (coffee, tea)
- Chicken bones
- Fatty scraps
- Unbaked yeast bread dough
- Alcohol
- Table salt
- Household cleaners and solvents
- Moldy foods
- Medications
- Oven cleaners

YARD & GARDEN

- Plants: autumn crocus; azalea; cycad/sago palms; foxglove; lily of the valley; oleander; rhododendron; spring bulbs (tulips, daffodils, hyacinth, etc.); true lilies and day lilies (*Lilium* and *Hermercallis* spp.); yesterday, today, and tomorrow; yew
- Bone, blood, and feather meal
- Pest baits and repellents
- Fertilizers
- Compost
- Insecticides



©2016 Pet Poison Helpline, an animal poison control center based out of Minneapolis, is available 24 hours, seven days a week for pet owners and veterinary professionals that require assistance treating a potentially poisoned pet. The staff provides treatment advice for poisoning cases of all species, including dogs, cats, birds, small mammals, large animals and exotic species. As the most cost-effective option for animal poison control care, Pet Poison Helpline's fee of \$49.00 per incident includes follow-up consultations for the duration of the poison case. Pet Poison Helpline is available in North America by calling 800-213-6680. Additional information can be found online at www.petpoisonhelpline.com.

TIPS ON AVOIDING INGESTION EMERGENCIES

Swallowed objects can be dangerous to pets, often requiring x-rays, testing and surgery. Avoid hazardous situations by familiarizing yourself with common household/kitchen items that are toxic to your pet, maintaining a tidy living space, and pet-proofing your home.

PET-PROOFING YOUR HOME

Pet-proofing your home is one of the first steps in keeping your pets happy and healthy. There are common household and yard items that can harm your pet if swallowed and each year, many dogs and cats suffer from accidental ingestion of these substances.

Be on the lookout for the following:

- Cabinets and drawers that are easily opened
- Garbage cans and laundry hampers without lids
- Decorative items that can be knocked over
- Loose cords and wires, including cords on curtains and blinds

SIGNS THAT YOUR PET MAY HAVE INGESTED A FOREIGN OBJECT

- Refusal to eat
- Repeated vomiting
- Dry heaving or coughing
- Difficulty breathing or swallowing

TOP 10 DOG TOXINS

- Chocolate
- Mouse and rat poisons
- Vitamins and mineral supplements
- NSAIDs
- Cardiac medications
- Cold and allergy medications
- Antidepressants
- Xylitol
- Acetaminophen (e.g., Tylenol)
- Caffeine pills

TOP 10 HUMAN MEDS TOXIC TO DOGS

- NSAIDs
- Acetaminophen
- Antidepressants
- ADD/ADHD medications
- Benzodiazepines and sleep aids
- Birth control
- Ace inhibitors
- Beta-blockers
- Thyroid hormones
- Cholesterol lowering agents

FOR AN A-Z LIST OF PET TOXINS
AND OTHER RESOURCES, PLEASE VISIT:
petpoisonhelpline.com

MEDICATION SAFETY

KEEP THE FAMILY PETS SAFE FROM MEDICATIONS BY FOLLOWING THESE SIMPLE STEPS:

1. Childproof does not mean pet proof: Despite the fact that you cannot pry a prescription bottle open with your own two hands, between their teeth and nails, your pet will be able to open a bottle in only a few seconds. Don't count on the safety lid to protect your pet; keep medications stored in a pet proof area.
2. Pet proof storage: Your dresser, the nightstand, and the bathroom counter are not pet proof areas. If you have a curious pet, be sure medications are kept in a cabinet with a tight latch. Try the childproofing aisle in your local hardware store for ideas on how to prevent unauthorized cabinet entry by your pets.
3. Don't shake, rattle or roll: Shaking a pill bottle to get your pet's attention or giving your pet a treat after they come for the rattle of pills in the container will make your pet very interested in the pill bottles themselves. Promote safe behavior and clicker train your pet.
4. Team approach to toxicity: If you have more than one pet, keep in mind that they may take a team approach when getting into the medication stash. For example, the pill bottles on your dresser are quickly knocked down by your agile cat and can find their way into the jaws of your clever dog. Once the bottle is open, everyone can help themselves to the surprise inside.
5. Travel inspection: We all love to take our pets everywhere we go, but friends and family may not have their homes pet proofed. Scout out counters, nightstands and dressers for dangerous bottles of medication. Confine your dog in his crate or stroller if the home is filled with dangerous medications. For the traveling cat, consider a kitten playpen.
6. Keep important phone numbers handy:
 - Animal Medical Center Emergency Room, 212-838-8100
 - Pet Poison Helpline, 800-213-6680 (fee applies)
 - ASPCA Animal Poison Control, 888-426-4435 (fee applies)

SIGNS OF ILLNESS

Even the best cared for dog may become ill or injured, so it's a good idea to be aware of the following signs of illness. Often a change in behavior is the first indication. If your dog exhibits these or other unusual symptoms, call your veterinarian.

- Loss of appetite for more than one day.
- Diarrhea, constipation or difficulty urinating. Take your dog to the veterinarian immediately if he is unable to urinate or defecate, but continues to try, or if there is blood in the urine or stool. If possible, take a stool sample with you when you visit your veterinarian.
- Vomiting. Take your dog to the veterinarian immediately if vomited material contains blood or other unusual contents or if vomiting persists.
- Excessive panting or difficulty breathing. Immediate care is required if there is noisy respiration, blue tongue or gasping for breath.
- Constant scratching or biting. This may require immediate care if it is so severe that the dog risks self-mutilation.
- Biting and other aggressive or unusual behavior by a normally even-tempered dog.
- Listlessness or hiding.
- Bad mouth odor.
- Lumps beneath the skin.
- Dull hair coat.
- Anything that is unusual for your dog.



DOG PARK SAFETY TIPS

Off-leash dog parks are becoming increasingly popular in cities across the nation, and for good reason: they're a great place to let your dog run around, play and socialize. But keep in mind, dogs will be dogs – which is why owners need to be extra vigilant about common dog park-related injuries and diseases.

CUTS, SCRATCHES & EXPOSURE

Sometimes even the friendliest wrestling match between dogs can turn into a tussle. Cuts and scratches are common dog park injuries, so keep your pooch away from aggressive dogs and look out for foreign objects like fallen branches that could cause harm while dogs are at play. Be aware of any chemicals used by park maintenance crews, like fertilizers or pesticides. If these chemicals are in use, visit another park or return another day. If you suspect that your dog has been in an area where chemical treatments have been used, clean paws and legs thoroughly with soap and water, and watch carefully for signs of exposure.

PREVENTING BITE INCIDENTS

The best defense against dog bite injuries is prevention:

- Train your dog: Obedience trained dogs are less likely to bite
- Keep your dog in control: Use a leash when walking on the street and keep your eyes on them when loose in the dog park
- Leave your sick dog home: Sick dogs are prone to biting because, just like you, they are cranky when they are not feeling their best
- Neuter your male dog: Unneutered male dogs are more often involved in bite incidents than those that are neutered
- Learn dog body language

FLEAS & TICKS

Regular flea and tick preventive treatment is critical for every dog, especially those that frequent dog parks. Also, be a good park patron by picking up after your dog and reminding others to do the same; internal parasites, viruses and bacteria can be easily transmitted by contact with fecal matter from other dogs.

HYDRATION

No matter what time of year, always have plenty of water on hand to quench your dog's thirst and prevent overheating. Be sure to take frequent water breaks so your dog can stay hydrated. Keep your dog away from standing pools of water as they can serve as a breeding ground for parasites. If your dog shows any signs of overheating, such as excessive panting, vomiting or sluggishness, contact your veterinarian immediately.

CANINE HEALTH RECORD

AGE	DATE DUE	DATE GIVEN	WEIGHT											FECAL EXAM	HEARTWORM EXAM
														+/-	+/-
__wks															
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__wks															
__wks															
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1 Year															
2 Years															
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14 Years															
15 Years															
16 Years															

CANINE HEALTH RECORD

DEWORMING					
DATE	TREATMENT	NEXT EXAM	DATE	TREATMENT	NEXT EXAM

HEARTWORM					
DATE	PREVENTATIVE	NEXT EXAM	DATE	PREVENTATIVE	NEXT EXAM

MEDICAL / SURGICAL HISTORY	
DATE	HISTORY