



**HVERFORD
ANIMAL HOSPITAL**



A PET-LOVING PUBLICATION FROM YOUR FRIENDS AT HAVERFORD ANIMAL HOSPITAL • SUMMER 2011

Haverford Animal Hospital offers some safe fun under the sun

We all love spending the long, sunny days of summer outdoors with our furry companions, but hot weather can be a bit dangerous if a few precautions aren't taken to avoid spoiling a perfect day. We'd like to offer some tips for a happy and safe summer.

An early summer check-up is a good idea. **Make sure your pets get tested for heartworm if they aren't on year-round preventive medication.** And if other pesky parasites present a problem, ask your doctor to prescribe a safe flea and tick prevention program.

Make sure pets have a shady place to relax, be careful not to over-exercise them, and keep them indoors when it's extremely hot.

NEVER leave your pet alone in a parked car. (See article on heatstroke on page 2)

ALWAYS have fresh, clean water available.

Do not leave pets unsupervised around a pool; not all pets are good swimmers.

All pets should wear a collar and ID tag.

Do not apply any insect repellent to your pet that is not labeled for use on animals. The misuse of insect repellent that contains DEET can lead to neurological problems.

Commonly used chemicals, rodenticides, and lawn and garden insecticides can be harmful to pets if ingested, so keep them out of reach. **During walks, steer clear of areas that have been sprayed with chemicals.**

Keep citronella candles, oil products and insect coils out of pets' reach as well.

Never use fireworks around pets, which can result in severe burns or trauma to curious pets. Even unused fireworks can contain toxic substances such as potassium nitrate, copper, chlorates and arsenic.



With a little love, you can make your furry friend the best a pet can be.



All we need is love ... and maybe a few treats

So get ready – here are some ways you can show your pet just how much you love them.

WHAT A NICE COAT

Groom your pet often to keep his coat healthy, soft and shiny. This helps prevent pests and the diseases they bring. Hair that becomes matted cuts off circulation to the skin, causing lesions. When cats groom themselves they ingest a great deal of hair, which often leads to hairballs. Help out; it's a great way to bond. Professional grooming can accomplish even more. So maybe you need ...

GROOMINGTAILS

Professional groomers not only improve your pet's appearance, but also pride themselves on their knowledge of anatomy, nutrition, dermatology, fitness and behavioral modification.

BARK BLING

A plethora of pet accessories is just

a click away on your computer, or at your local pet boutique, including diamond collars, leather coats and cashmere sweaters. You can locate anything from a formal tuxedo to a Harley jacket. immortalize them by having an original pet portrait painted. Designer cat and doggie duds are all the rage.

TRIM AND FIT

Regular nail trimming reduces stress on the joints of the paws. It also reduces stress between you and your pet. Monthly trimming is the rule, but age and activity level can vary the frequency. Dogs that spend more time outdoors, for example, will require fewer sessions with the clipper. Another thing to trim is weight. Three extra pounds on kitty is like 40 on an adult human. A nutritionally balanced diet provides many benefits, not the least of which is a strong immune system. Choose high-quality pet foods and avoid table scraps.

THE TOOTH

Dogs and cats can get cavities, but more commonly they can suffer painful gingivitis and periodontal

disease. Talk to your veterinarian about a special pet toothbrush and toothpaste, and brush their teeth daily. Look for foods that help control plaque and tartar. And watch for indications of oral disease such as bad breath, inflammation or bleeding of the gums, or any change in eating habits.

OH BEHAVE

Dogs that are properly socialized and supervised rarely bite. Start obedience training early in life to give your dog the manners and poise it takes to cruise Bark Avenue. With a little love, you can make your furry friend the best a pet can be.

FROM YOUNG TO GOLD

An annual wellness exam is the most important – and loving – thing you can do for your pet. It gives your veterinarian the chance to evaluate your pet's overall health and detect problems before they become serious. For senior petizens reaching their golden years, wellness exams should be scheduled more frequently.



IS YOUR CAT
TRYING TO
MAKE
HERSELF
UNDERSTOOD
BY LESSER
MORTALS?

**Cat
Chat**

Felines have a wide variety of ways to make their moods and needs known, but they're apparently too subtle for most of us to grasp.

The squint of an eye, the twitch of the tail – these non-verbal signals come through loud and clear to another cat, but are typically overlooked by the rest of us. They have therefore condensed seven simple messages – fear, anger, excitement, affection, defense, aggression and enthusiasm – into 10 sounds and variations that they hope you can somehow figure out.

UNDERSTANDING HER EVERY MEOW

Meowing comes in numerous forms, differentiated by pitch, rhythm and volume. Cats meow to say hello, to make a demand or suggest aggression. Sometimes they'll open their mouth without uttering a sound. This "silent meow" usually means they want something, but in rare instances can be a sign of choking. Murmuring is softer and lower than the meow, and

can also indicate a greeting, a request or general contentment. Moaning occurs prior to coughing up a hairball.

Purring has different meanings depending on their purpose. Generally indicating contentment or relaxation, purring has also been shown to be a method of self-healing or comforting when the cat is in pain.

Growling is an obvious warning that registers anger. Hissing may take it a step further, with teeth bared and ready for action. Spitting, used along with the hiss, is a more intense indication that kitty's quite upset. Shrieking is heard during a catfight or to show pain, and needs no translation.

Caterwauling, a form of yowling, demonstrates strong emotion, from confusion to sexual desire. You may also have seen her at the window chattering in rapid-fire fashion. She could be expressing frustration at being unable to get at something – or someone – outside, which could also account for the caterwauling.

STOP, LOOK AND LISTEN

Observe your cat carefully. Her body

language is just that, an intricate method of communication all its own.

The tail, for example, is a virtual vocabulary of emotions. The twitching tail can convey excitement, but can also indicate territorial arousal and lead to aggression. A tucked tail suggests fear. Broad swishing shows annoyance, while small motions signify curiosity. The quivering tail is a gesture of affection she saves only for her favorite human.

TROUBLE SIGNS

Body language may also be her way of communicating an urgent need for medical attention. Sudden non-stop meowing while eating, grooming or using the litter box could indicate illness. Refusing to eat or groom might also be a symptom of disease. Watch for repeated scratching or sneezing, and especially for any trouble urinating or breathing.

You don't need a Berlitz course to master Cat Chat. Just pay attention, and you'll soon find that every sound and motion has a meaning, and they're all meant just for you.



Did You Know That...

Three out of every four dog owners purchase gifts for their pets.

Dogs have about 220 million olfactory receptors to help them smell, roughly 40 times more than humans.

Dogs and cats, like humans, are either right- or left-handed. 40% of all cats are ambidextrous.

A grown cat can run about 12 miles per hour.

More than 5 million puppies are born in the United States each year.

Cats spend 30% of their waking hours grooming themselves.

Dogs have about 100 different facial expressions, most of them made with the ears.

39% of U.S. households own at least one dog.

34% of U.S. households own at least one cat.

One female dog and her offspring can produce 67,000 puppies in 6 years.

One female cat and her offspring can produce 420,000 cats in 7 years.

HeatStroke

Prevention and Treatment

It ain't no sweat - if you take these precautions

Hot weather can pose certain risks to your pet's health. Even the healthiest pets can suffer from dehydration, heatstroke and sunburn if overexposed to the heat. Take these simple precautions to help your pet beat the heat. And if you suspect your pet is suffering from heatstroke, get help from your veterinarian immediately.

Don't Forget, We Don't Sweat

Dogs and cats do not perspire to cool their bodies the same way people do. This means that they can't tolerate exposure to hot temperatures. Dangerous heat exhaustion occurs in only a few minutes if proper care is not taken.

Made in the Shade

Pets can get dehydrated quickly, so give them plenty of fresh, clean water when it's hot outdoors. Make sure your pets have a shady place to get out of the sun, be careful not to over-exercise them, and keep them indoors when it's extremely hot. Consider where the shade may move to when the sun's position changes throughout the day.

When it's hot and humid, exercise

your pet in the cooler morning or evening hours, and don't let your dog linger on hot asphalt, where sensitive paw pads can burn.

Never leave animals alone in a parked vehicle. On a hot day, a car can become a furnace in no time. Even with windows partially open, the inside temperature can reach over 110 degrees in a matter of minutes.

Giving your dog a lightweight summer haircut can help prevent overheating. Trim down to a one-inch length, never to the skin, so your dog still has some protection from the sun. Brushing cats more often than usual can prevent problems caused by excessive heat.

Watch Out for Heatstroke

In most cases, rest and a drink of cool water is all your pet needs to recover from the heat. But if he gets too hot, he could develop heatstroke, which occurs when a dog's or cat's temperature rises above 104 degrees. Signs and symptoms of heatstroke include:

- Heavy panting
- Difficulty breathing

- Staring
- Anxious expression or behavior
- Rapid heartbeat
- Vomiting and/or diarrhea
- Weakness/Stupor
- Collapse

Heatstroke can cause brain damage or death very quickly, so if you suspect there's a problem, get medical care at once. In the meantime, you must attempt to lower his temperature by dousing him with water and then wrapping him in cool, damp towels. Encourage him to drink, but don't force it. Some animals with heatstroke may not be able to swallow properly and forcing liquids could actually make him drown. Even if your pet seems to respond to this treatment, his temperature can easily soar again, so it's imperative that he get to the vet immediately to have his condition professionally evaluated and treated.

Follow these tips to beat the heat and survive the dog days of summer like a couple of cool cats.



TAMING THE SEMI-SPOILED DOG

NOTHING IN LIFE IS FREE

“Nothing in Life is Free” is a simple training technique for the spoiled family pet. It’s a way of living with your dog that will help him behave better because he trusts and accepts you as his leader and is confident knowing his place in the family.

Here’s how it works. You have resources – food, treats, toys, and attention. Your dog wants those resources. Make him earn them. That’s the basis of “Nothing in Life is Free.” When your dog does what you want, he gets rewarded with what he wants.

First, use positive reinforcement methods to teach your dog a few commands. “Sit,” “Down,” “Come,” and “Stay” are the most essential commands. Make sure your dog knows the command well and understands what you want before you begin practicing “Nothing in Life is Free.”

Stop giving away resources. Do you mindlessly pet your dog for no reason? Stop. Your attention is a valuable resource to your dog. Don’t give it away. Make him earn it.

Before you give your dog anything

(food, a treat, a walk, etc.) he must first perform one of the commands he has learned. For example:

- **In order for you to put your dog’s leash on to go for a walk, he must sit until you’ve put the leash on.**
- **When you feed your dog, he must sit and stay until you’ve put the bowl on the floor.**
- **Play a game of fetch after work and make your dog sit each time you throw the toy.**
- **Rub your dog’s belly while watching TV, but make him lie down before being petted.**

Once you’ve given the command, don’t give your dog what he wants until he does what you want. If he refuses to perform the command, don’t give in. Be patient and remember that eventually he will have to obey your command to get what he wants.

The benefits of this technique

Requiring your dog to work for everything he wants is a safe, positive, non-confrontational way to establish your leadership position.

Even if your dog never displays aggressive behavior such as growling, snarling, or snapping, he can still manipulate you. He may be affectionate to the point of being “pushy,” such as nudging your hand to be petted or “worming” his way onto the furniture to be close to you. This technique gently reminds the dog that he must abide by your rules.

Fearful dogs may become more confident by obeying commands. As they succeed in learning more tricks, their continued success will increase confidence and ultimately lead them to feeling more comfortable and less stressed.

Why this technique works

Dogs want good stuff. If the only way to get it is to do what you ask, they’ll do it.

Good leadership encourages good behavior by providing the guidance and boundaries dogs need.

Practicing “Nothing in Life is Free” gently and effectively communicates to your dog that you are the leader because you control all the resources. 🐾

DON’T FORGET POOCH PAMPERING WHEN PACKING

When you’re thinking of hitting the road with your best friend, don’t forget to pack these essential items for a happy and safe journey

- **CRATE, LEASHES, COLLARS AND IDENTIFICATION**
- **DOG’S PERSONAL BOWL.**
- **EMERGENCY PET FIRST AID KIT**
- **DISPOSABLE “DOGGIE BAGS”**
- **OLD TOWELS**
- **FAVORITE TOYS AND BLANKETS**
- **FOOD AND TREATS**
- **YOUR VET’S PHONE NUMBER**
- **A COPY OF THE DOG’S MEDICAL HISTORY JUST IN CASE A VISIT TO A LOCAL VETERINARIAN BECOMES NECESSARY.**

CRATE TRAINING

What you and your dog must realize is that a crate is not a jail. It is, however, a proven way to teach him proper behavior both in the home and on the road. It provides security for him and safety for your children. In fact, crate training makes for a better relationship all around.

Choose the right size and style for your dog, and place it in an active area of the house. Place his favorite treats, toys or food in the crate to motivate him to enter the crate on his own. Never use it for punishment, but don’t give in by letting him out when he whines.

Once you all get used to it, your dog will learn to love the crate as a personal “sanctuary” that’s his alone.

5

Things You Should Do For Your Pet Every Day

1. Give your pet high-quality food that is nutritionally complete. Stick with well-known brand names or ask your veterinarian for a recommendation.
2. Make sure that fresh, clean water is always available for your pet. Rinse bowls and change water often.
3. Allow your dog adequate time to exercise and relieve himself. Cats need playtime too, as well as a clean, well-maintained litter box.
4. Groom often. Proper maintenance of coat, skin and nails helps ensure your pet’s overall health and well-being.
5. Offer unconditional love at all times. Give plenty of hugs, pats and kind words every day. 🐾



HAVERFORD ANIMAL HOSPITAL

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Front Office Hours

Mon, Tue, Thur, Fri- 9:00 am 8:00 pm

Doctors hours by appointment only

Boarding hours for Drop off and Pick up

Mon, Tue, Thur, Fri 12:00pm- 7:30pm

Wed & Saturday 10:00am - 2:30pm

All boarding arrangement must be made two weeks in advanced.

All vaccinations must be up to date.

R.L. Royster, DVM

Vaccinations Surgery/Orthopedics
Canine & Feline Medicine

Allergy Treatment Boarding Spay & Neuter
Perscription Food Dental Care

Heartworm Prevention Geriatrics Radiology
Preventive Medicine Radio Wave Surgery

Videoscope Diagnostic E.C.G.
Ultrasound



"It's always 'good dog' this, and 'good dog' that. Never 'great dog.'"



Ask Your Paw

**Dear Paw,
When should my puppy start eating adult food?**

- Chow Time

Dear Chow,

Growing puppies should only be fed a high-quality, growth-type diet which you continue feeding until your dog reaches 80 to 90 percent of his anticipated adult weight. For most dogs, this occurs around 9 months of age.

Giant breed dogs pose a special problem. These breeds are prone to skeletal problems if not fed properly during their growing phase. There are now special diets

for giant breed puppies. For optimal health, feed your giant breed pup this special diet until he is 12 to 18 months of age.

Once your puppy has reached the age for a diet change, gradually begin changing his diet by feeding ¼ adult food and ¾ puppy food for a few days. Then add ½ adult food and ½ puppy food. After a few more days, feed ¾ adult food and ¼ puppy food.

- Your Paw