



Schedule

8 weeks

Physical Examination
First Vaccine: Distemper, Adenovirus,
Parvovirus, Parainfluenza
Nexgard Spectra for parasite control

10 weeks

Weight and social visit (optional)
Dolpac for parasite control

12 weeks

Physical Examination
Booster Vaccines: DAPP, Bordetella,
Leptospirosis, Lyme, Rabies
Nexgard Spectra for parasite control

14 weeks

Weight and social visit (optional)
Dolpac for parasite control
(if 10 week dose is not given)

16 weeks

Physical Examination
Final Vaccine: DAPP, Leptospirosis, Lyme
Nexgard Spectra for parasite control
Fecal Test

20 weeks

Weight and social visit (optional)
Nexgard Spectra - continue with this
monthly

Notes

WHEN SHOULD MY DOG BE NEUTERED OR SPAYED?



MALE



FEMALE

Is your dog a male or female?

How much do you think your dog will weigh when fully grown?



Less than 45 lbs / 20 kg



More than 45 lbs / 20 kg

Neuter at 6 months of age

Spay before first heat cycle (5–6 months of age)

Neuter after growth stops (9–15 months of age)

Spay between 5-15 months of age

WHY IS THE RECOMMENDED AGE RANGE SO WIDE?

Different breeds stop growing at different ages.

Delaying neutering until after growth stops may decrease the risk of certain cancers and bone, ligament and joint problems in some breeds of male dogs.

In addition to differences in the age of maturity among breeds, there are **competing risks** depending on your female dog's breed and lifestyle.

WHAT ARE THE COMPETING RISKS?

Spay before first heat cycle (5–6 months of age)

↓ risk of breast cancer

Prevents unwanted litters

Spay after growth stops, but likely after first heat cycle (5–15 months of age)

↑ risk of breast cancer

↓ risk of certain other cancers and bone, ligament and joint problems

May ↓ risk of urinary incontinence

Talk to your veterinary team about how this evolving information can be applied to your dog as an individual.

Welcome Home: How to Crate Train Your New Dog or Puppy

By Kim Butler

You've just brought your new dog or puppy home. It's been a big day and it's time to give everyone a break. After all, there's dinner to prepare for the humans, laundry to do, errands to run, and your favorite TV show comes on at 8, but don't forget about that new dog.

A dog or puppy left unattended to roam around your house is an invitation for trouble. Not only could this result in damage to a favorite piece of furniture, it could result in your dog getting hurt or sick. When you can't supervise your new dog, it should be in a crate.

Crate training is one of the easiest ways to help your new dog be successful in your home. It is not cruel to put your dog in a crate. In fact, most veterinarians and breeders recommend crate training your dog from the puppy stage up through the senior years. Crates provide a den-like, safe space to contain your dog when you're not home and when you are busy with kids or other daily life happenings.

Plus, just like you, your dog needs a quiet place they can go when they need to decompress and get away from the hustle and bustle of your household. Remember to teach children that the dog's crate is off limits. That's where the dog goes to have some quiet time and they need to respect that. When the dog wants to play, he will come out and find your kids.

We always want the crate to be a positive place, so here's a list of 10 dos and don'ts for crate training your dog:

- Give your dog a food dispensing toy in their crate.
- Try feeding your dog its meals in the crate in the first few days, as he's getting used to it. Your dog will love to eat and eating in the crate makes the crate a pleasurable experience.
- Line the bottom with a soft blanket or mat.
- Place a toy inside the crate for your dog to play with.
- Reward your puppy with a food treat and lots of praise every time they go in the crate.
- Associate a single word, like "crate," to the act of your dog going in its crate. Always follow with a treat and lots of praise. Make sure everyone in your household uses that word, and only that word.
- Don't use the crate as punishment. You want the crate associated with good things, not bad ones.
- Don't leave your new puppy or dog in the crate all day. He will need bathroom breaks, play breaks, and feeding breaks, throughout the day.
- Remember patience and consistency. Each dog learns at their own pace and it might take awhile for your dog to get the hang of going into their crate on command and laying down quietly.
- Always take your new puppy to the bathroom each time you take them out of their crate.

Crate training can help minimize the stress your dog will go through in the first days and weeks of being in a new home. Expect a little whining or crying the first couple of days, but stay strong, and know that your dog's crate is really the safest place for your dog to be at night or when you're not supervising.

If you have any questions about crate training, be sure and ask your veterinarian. Your dog's vet is a great resource for behavioral and training issues, including crate training.

For more information, visit: [Fear Free Happy Homes](https://www.fearfreehappyhomes.com/welcome-home-how-to-crate-train-your-new-dog-or-puppy/) online for helpful videos and tools.

- Adapted from https://www.fearfreehappyhomes.com/welcome-home-how-to-crate-train-your-new-dog-or-puppy/?gclid=CjwKCAjwp9qZBhBkEiwAsYFsb_uKI8HdRGuclcdC9Lc0xGKOOtOpJfdmomDWwN7AilWBIZ1xenhe4hoC6D8QAvD_BwE

DENTAL HEALTH

Pets are unable to care for their own teeth, so it falls to us as pet owners to look after them. The buildup of plaque and tartar in their mouths over time can cause serious health

problems such as:

- Painful mouth and Gingivitis
- Cavities, worn or dead teeth
- Loss of jaw bone density
- Nasal infections
- Increased risk of oral cancer
- Kidney, heart and liver damage

Some telltale signs of oral disease are: bad breath, excessive drooling, red or swollen gums, loose or missing teeth, difficulty eating or avoiding chewing their food.

Our goal is always to prevent disease rather than treat disease.

Routine annual dental cleanings are strongly recommended.

DID YOU KNOW?

By the age of 3, 80% of dogs and 70% of cats have some form of oral disease

DID YOU KNOW?

It only takes 48 hours for plaque to calcify into tartar



Flip the lip – routinely look at your pet's teeth and mouth for redness, damaged teeth, tartar etc. Be patient and make oral health fun. Use love and praise, followed by a dental treat for pets motivated by food.



Consider other dental aids – tooth brushing isn't for everyone or every pet. Dental kibble is available from your veterinarian that is proven to assist in the reduction of plaque and tartar. Water additives can also help to reduce plaque formation.



Start brushing their teeth as soon as possible – 8 to 12 weeks old is best. If you brush every day, your pet will become familiar with the routine and plaque is greatly reduced. Do not brush teeth that are painful – look for gingivitis, tartar and damaged enamel prior to brushing.



Avoid bones and antlers – chewing both bones and antlers are a common cause of fractured teeth. Use softer rubber chews (with supervision) and dental-specific chews.



Avoid anesthesia-free dental procedures – they have been proven ineffective and can cause significant damage to the enamel of the teeth.

For more information: www.presquileanimalhospital.com/cohat/
www.vohc.org

<https://www.toothythomson.ca/pet-parent-resources>



Resources

We are always happy to help navigate any concerns you have with your pet. Here is a list of resources that you may find helpful. We recommend visiting these sites to see which ones appeal to you.



Pet Nutrition

<https://petnutritionalliance.org/chart/>

<https://www.purinainstitute.com/centresquare/life-stage-nutrition>



General Information Sheets

<https://veterinarypartner.vin.com/>



Parasite and Infectious Disease Info

<https://www.wormsandgermsblog.com/resources-pets/>



AMERICAN
HEARTWORM
SOCIETY
EST. 1974

Heartworm Information

<https://www.heartwormsociety.org/pet-owner-resources>



Pet Insurance

<https://petinsuranceinfo.com/about>

<https://trupanion.com/>

<https://www.petsecure.com/>



Preventive Healthcare Guidelines

<https://www.aaha.org/aaha-guidelines/preventive-healthcare/summary/>



Socialization, Training, Behavior Support

<https://www.fearfreehappyhomes.com/>



Puppy Training App

<https://www.puppr.app/>

Microchip Information

<https://www.aaha.org/your-pet/pet-microchip-lookup/faqs/>

PARASITE PREVENTION

We recommend annual fecal testing and routine deworming for our patients. All pets are at risk for parasites, including those living indoors. Exposure to house flies, plants and other household pets who go in and out of the home are just a few of the ways that a pet can be infected while living indoors.

Some parasites can be transmitted from animals to humans, such as roundworms (can cause blindness in children) and giardia.

Many young puppies and kittens will have exposure to parasites and it is important to practice good hygiene and refrain from sleeping with pets in our beds.

Heartworm is a parasite that lives in the heart and lungs of our pets. It is transmitted by mosquitoes, and can be fatal. Treatment is risky and costs upwards of \$2,000 in most cases. Prevention is strongly recommended.

We have diagnosed patients with heartworm in this hospital recently, and cases are on the rise.

External parasites (such as fleas and ticks) are very common in our area. Fleas are common carriers of roundworms and tapeworms, so when a pet has been exposed to fleas, it is important to treat for internal parasites as well.

Ticks are very commonly infected with Lyme disease, and may also carry Anaplasmosis, Ehrlichia and other pathogens. Monthly, year-round prevention with a veterinary-approved product is strongly recommended.

We recommend the Nexgard family of products as it provides a wide-range of coverage for both internal and external parasites, including heartworm, fleas, ticks and intestinal worms.

For more information about prevalence and recommendations:

Companion Animal Parasite Council

<https://capcvet.org/maps/#/2022/all-year/giardia/dog/canada>

<https://capcvet.org/guidelines/>

Worms and Germs Blog

<https://www.wormsandgermsblog.com/resources-pets/>



NUTRITION & HOW TO FEED YOUR PUPPY



Our priority with nutrition is ensuring we are feeding a food that will meet each individual pet's needs.

Some general tips and recommendations:

1. Feed puppies 3-4 times daily until they are 16 weeks of age, then decrease to 2 times daily.
2. Use kibble to train puppies rather than treats. Puppies can become overweight or obese quite quickly.
3. Use a proper measuring cup or food scale to measure meals.
4. Free feeding is not recommended for the majority of patients - this can make it difficult to monitor food intake and can contribute to fluctuations in weight.
5. Feed a food that meets the AAFCO standard for a puppy's growth and development. Remember that All-Life-Stage diets are technically puppy food, so they may not be an ideal option for adult or senior dogs.
6. Encourage pets to try both canned and dry food regularly - if a pet must eat a canned food in the future for medical reasons and they have never had it before, this can make feeding difficult.
7. Avoid mixing foods and switching protein sources (chicken, beef, bison, duck etc). Changing diets can cause diarrhea, pancreatitis, poor digestion and other concerns.
8. Grain free diets are not recommended as there is a potential correlation with DCM (Dilated Cardiomyopathy), which is a serious heart condition.



Resources

General Nutrition

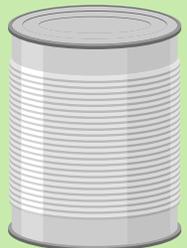
<https://acvn.org/nutrition-resources/>
<https://wsava.org/global-guidelines/global-nutrition-guidelines/>
<https://www.aaafco.org/Consumers/What-is-in-Pet-Food>

Raw Feeding

<https://www.wormsandgermsblog.com/files/2008/04/M2-Raw-Meat-Owner1.pdf>

Home Cooked Recipes and Information

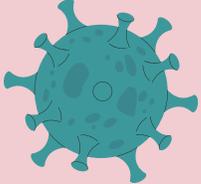
<https://hilarysblend.ca/>



VACCINATIONS AND VIRUSES



Distemper, Hepatitis/Adenovirus Type 2, Parainfluenza, Parvovirus



Rabies



Bordetella, Lyme and Leptospirosis

Puppies require a series of vaccinations in their first 4 months of life. Nursing pups receive antibodies from their mother's milk (maternal antibodies) that protect them from disease during the first weeks of life. These antibodies can prevent a vaccine from being totally effective.

As the antibodies decrease, our vaccinations become effective and provide the necessary protection.

Vaccinations for the core viruses (Distemper, Adenovirus, Parainfluenza, Parvovirus and Rabies) can be administered on a 3 year rotation after completion of a proper initial vaccine series.

Bordetella, Lyme and Leptospirosis vaccinations are for bacterial infection and must be administered every year for proper protection.

How Common are Reactions to Vaccines?

Like a drug, a vaccine can cause an adverse reaction. These reactions range from mild (some discomfort, lethargy or loss of appetite for a day) to more severe (allergic reaction/anaphylaxis). If a vaccine reaction occurs, we can use medications to control symptoms, pain and allergic response. It is important to report any suspected reaction to our team right away.

Puppies should not be exposed to unvaccinated dogs, sick dogs, or places where many dogs congregate (eg off-leash parks) until they have completed their full series of puppy vaccinations.

Resources:

<https://publications.ovma.org/i/995096-ovma-doghandbook/19?>

<https://www.aaha.org/aaha-guidelines/2022-aaha-canine-vaccination-guidelines/home/>



PET INSURANCE

Pet Insurance can save lives. We have personal experience with patients who need significant medical treatments, hospitalizations and surgeries who would not have received that care without insurance coverage. Consider if your pet was hit by a car and needed to have their pelvis repaired, or if they need joint repairs or even replacements - can you cover the \$10,000-\$30,000 at a specialty hospital? These are real case scenarios.

The more common scenarios are pets ingesting things they shouldn't and needing surgery to have it removed, chronic allergies and ear infections, and injuries.

Pet Insurance is offered by several companies and each one is a bit different. We recommend researching each one and choosing the right product for you. Here are some tips and tricks for selecting and working with an insurance company.

Questions to Ask Pet Insurance Companies

1. Can we utilize any veterinarian and hospital? Is coverage provided when I travel? Is after-hours emergency care covered?
2. What are the coverage plan options and what is included in each one?
3. What are the deductible options? Is the deductible per year or per condition?
4. How much will my premium increase each year and why?
5. What is the process for preapproval and how long does it take to receive a decision?
6. What are the policy limits? Is there an annual or lifetime cap for a particular condition?
7. Can my pet be dropped from coverage? What is the criteria for doing so?
8. What is the process for filing a claim? What is the turnaround time for processing/payout?
9. Do you pay direct to the veterinary hospital, or do I have to pay initially and apply for reimbursement?
10. What is the formula for calculating reimbursement on a claim?
11. Is there a list of diseases excluded from coverage? Is there a list of breed-specific conditions that are excluded from coverage?
12. How do I know if there are pre-existing conditions that would be excluded?
13. Are complementary and alternative medicines covered? Ex. acupuncture, rehabilitation therapy, massage therapy, chiropractic
14. Are costs associated with wellness and preventive care covered? Ex. vaccinations, wellness testing, dental cleanings, parasite prevention

Some Common Policy Definitions:

Co-insurance: The percentage of your claim that you must pay before any applicable Deductible applies.

Deductible: A fixed amount of your insured expenses which is deducted from your claim after Co-insurance has been applied. This amount is held back from reimbursement and must be satisfied by one or more claims prior to insurance paying claims .

Exclusion: An illness, injury or other condition that will not be covered under an individual pet's policy.

Pre-existing or Foreseeable Condition: A condition which first occurred or showed clinical signs before your pet's coverage started or within the policy waiting period, with or without a confirmed diagnosis. Pre-existing or Foreseeable Conditions will include conditions previously treated by a Veterinarian or associated with treatments provided through a shelter, breeder, or other resources, including the pet owner.

Body Language of Fear in Dogs



Slight Cowering

Major Cowering

More Subtle Signs of Fear & Anxiety



Licking Lips
when no food nearby



Panting
when not hot or thirsty



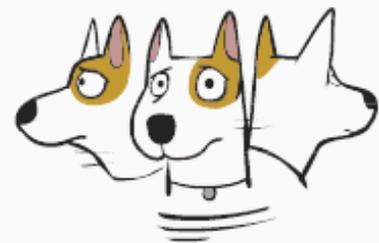
Brow Furrowed, Ears to Side



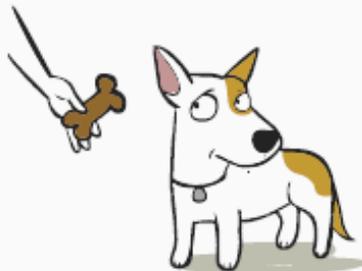
Moving in Slow Motion
walking slow on floor



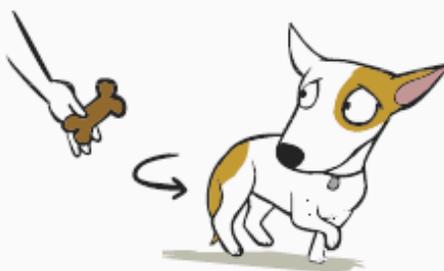
Acting Sleepy or Yawning
when they shouldn't be tired



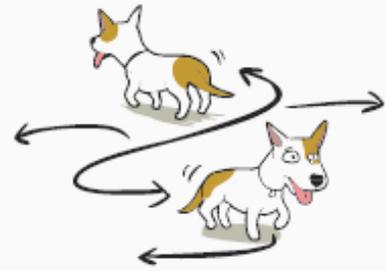
Hypervigilant
looking in many directions



Suddenly Won't Eat
but was hungry earlier



Moving Away



Pacing

The Learn to Earn Program

Dr Yin's Program for Developing Leadership in Humans and Impulse Control in Dogs

From excessive barking, to jumping to aggression and separation anxiety, one of the common issues is that these dogs tend to lack impulse control and their humans need to find better ways to provide guidance and leadership. Fortunately humans can develop the needed communication skills while training dogs to have self-control and emotional control in Dr Yin's fun, reward-based version of the Learn to Earn Program.

Become a Leader Your Dog Can Trust

Once owners set guidelines and communicate the rules by consistently rewarding desired behaviors while removing rewards for unwanted behaviors until the desired behaviors are a habit, then the owners are seen by the dog as the leader whom they can trust to guide them. Alternatively, when rules change randomly or the messages are garbled the dog may view the owner the same way you might view an indecisive boss who mumbles.



Throw Away the Food Bowl



For the fastest training, dogs should earn their meal throughout the day when you are home. That means no food in the food bowl, instead you'll carry food around with you in a belt bag, your pockets, or have it available in easily accessible containers throughout the house. Then, throughout the day, when you are home, you'll reward appropriate behavior. Now your dog will get 100 rewards for desired behavior instead of a free meal.

Require the Dog to Say Please By Sitting

In this program we turn the house rules into their head. Whereas taking things without asking worked before, the only thing that works to get the dog what she wants now is to automatically say please by sitting.



FREE!

VS.



100 x REWARDS!

Use All Motivators to Your Advantage

If on top of that you require her to sit for other resources such as petting, attention, and play, when she wants these things, you'll increase your toolbox of rewards even more. Add to this, removal of all rewards for undesired behavior and now you have a formula for changing the dog's behavior patterns virtually overnight (meaning days to weeks instead of weeks to years).

Keep Your Dog Attached to You

Tethering to you teaches your dog that when she doesn't want to pay attention to you, she can't just blow you off and walk away and then get rewarded by something else, such as food that she grabs off a table. That is, tethering her to you helps prevent rewards for undesirable behavior. Plus, if your dog's near it's easier to reward good behaviors as they occur. Otherwise you tend to forget and miss opportunities, which makes the training take weeks or months longer.



Walk with a Loose Leash

When your dog's attached to you on leash, she should sit and remain seated when you are stationary and then walk by your side on a loose leash (not ahead of you) when you move from place to place.



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Dr. Sophia Yin, DVM, MS

The Art and Science of Animal Behavior

For additional free educational resources and more dog behavior books and products, visit www.drsophiayin.com.



Our Recommendations (for pets in our area)

1. Keep all pets on tick prevention year-round (we recommend Nexgard products)
2. Use a tick repellent spray, such as Tick End before going for hikes, during camping trips or visits to wooded or grassy areas.
3. Consider a monthly topical in addition to a monthly oral product for dogs who spend a great deal of time outdoors. We recommend K9 Advantix in combination with Nexgard
4. Use a sticky roller on yourself and your pet when you return home or to your vehicle after spending time outside.
5. Remember that ticks are present year-round and they will travel on snow, if the temperature is above 0 degrees Celsius.
6. If a tick is attached, remove it carefully with tweezers, a tick key or tick twisters. Do not apply anything to the tick or agitate it in an effort to remove it. This may upset the tick and increase the speed of disease transmission.
7. After a tick is removed, ensure the site is kept clean and dry using a mild soap and water. Some swelling is expected for a day or two at the site.
8. Ticks in this area can carry not only Lyme, but also Anaplasmosis and Ehrlichia. Anaplasmosis is transmitted quickly, and the oral preventives may not stop transmission.

Tick Talk

Eastern Canada



MALE



FEMALE

BLACKLEGGED OR DEER TICK (*Ixodes scapularis*)



MALE



FEMALE

AMERICAN DOG TICK (*Dermacentor variabilis*)



MALE

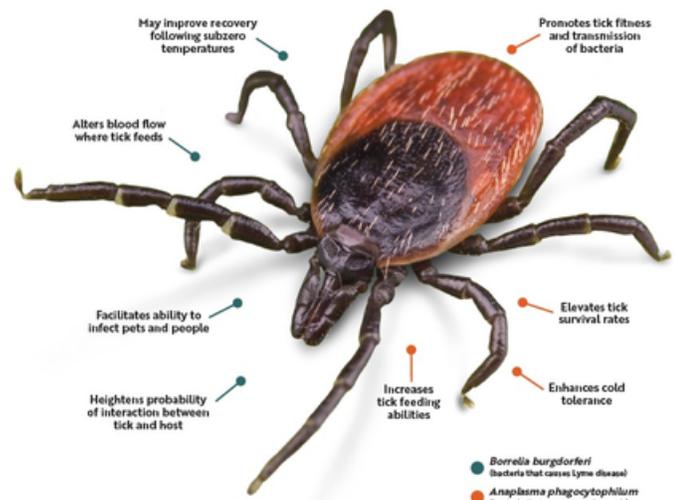


FEMALE

GROUNDHOG TICK (*Ixodes cookei*)

A recently published Canadian study showed that blacklegged ticks infected with the Lyme disease causing bacteria are more likely to survive winter temperatures and are the first ones to “wake up” on warmer days during cooler months.

FITTER, BETTER, FASTER, STRONGER. INFECTED TICKS MEAN MORE RISK



For more information: ticktalkcanada.com