

# Animal Kingdom Veterinary Care Center

*"caring pet care..."*

*Our mission is to be the best provider of caring pet care to area families and their pets.*

*We will accomplish this by practicing these values every day:*

- *Our attitude will be that of friendliness, competence, and compassion.*
- *We will provide valuable services, information, and products to our clients that will enrich their lives by enhancing the lives of their animal companions.*
- *We will receive a fair value for our goods and services so that we may maintain a healthy business and provide for our staff members.*
- *We recognize that the backbone of the business is our people. Our common efforts will make this clinic a fun and comfortable place to work. We will cooperate and support each other as we strive to learn and improve every day.*



# Animal Kingdom Puppy Veterinary Schedule

One of the great pleasures of being a veterinarian is to help welcome a puppy into their new family. We can assist with this by performing a thorough physical examination and then recommending a series of basic vaccinations to help protect the puppy from contagious diseases. Our intention is to lay a good foundation of immunity that can be maintained throughout their lifetime. We will also recommend other procedures and treatments that should be done within the first year of the puppy's life.

## 8 WEEKS

Vaccination Exam  
1<sup>st</sup> Puppy DAPP (Distemper Combo vaccine)  
Fecal Exam  
Dewormer  
Heartworm/Flea/Tick Prevention

## 12 WEEKS

Vaccination Exam  
2<sup>nd</sup> Puppy DAPPL4 (Distemper with Leptospirosis)  
Dewormer  
Bordetella Oral (Kennel Cough)  
Lyme Vaccine #1  
Heartworm/Flea/Tick Prevention

## 16 WEEKS

Vaccination Exam  
3<sup>rd</sup> Puppy DAPPL4  
Rabies Canine 1 year  
Lyme Vaccine #2  
Dewormer  
Heartworm/Flea/Tick Prevention.  
Continue Prevention monthly year-round.

## 6 MONTHS

Spay/Neuter  
Microchip

## ANNUAL EXAM AT 14-16 MONTHS

Vaccination Exam  
DAPPL4  
Rabies Canine 3 Year  
Lyme Vaccine  
Bordetella Oral (Kennel Cough)  
Fecal Exam

Heartworm Testing starts at 2 years, as long as dogs are kept on Heartworm prevention year-round.



## Routine Care

Routine care refers to the non-emergency care that is needed to keep your dog healthy its whole life. This includes vaccinations, spay/neuter, microchipping, and flea/tick/heartworm prevention.

**DAPPL4:** This vaccine is given to your puppy at 8, 12, and 16 weeks, and then needs to be boosted every year. The diseases that this vaccinates against can be severe and sometimes deadly.

- \*Distemper – Viral infection that spreads and affects the whole body
- \*Hepatitis – Viral infection spread by contaminated bodily fluids that can affect the eyes, liver, and kidneys.
- \*Leptospirosis – Bacterial infection that affects the whole body
- \*Parvovirus – Viral disease which severely affects the gastrointestinal tract
- \*Parainfluenza – Viral infection that will severely affect the respiratory system

**Bordetella:** This vaccine is for a respiratory disease called kennel cough. If your dog is boarded, groomed, goes to the dogpark, or puppy classes, it would probably be required to have this. It is also a good idea if your dog will be around other dogs. This is optional and given at 12 weeks and then boosted annually.

**Lyme:** This vaccine is for Lyme disease, which is transferred from ticks. This is another optional vaccine, but it is highly recommended if your dog is in or near wooded and tick infested areas. It's given at 12 weeks, boosted again at 16 weeks, and then another annually after.

**Rabies:** Vaccination for rabies will be given to your puppy at 16 weeks of age, which will last 1 year. Then vaccinate 1 year later, which then lasts 3 years. It is required by law in Iowa that your puppy be vaccinated for this as it is very fatal if contracted.

**Spay/Neuter:** This procedure prevents unwanted puppies and avoids potentially serious future medical problems. The spay or neuter procedure is usually done when puppies are around 6 months old. It is a one day procedure, so your puppy can come home later that day.

**Microchipping:** This is a simple procedure in which a small microchip, the size of a grain of rice, is injected beneath the skin. If your pet is lost and someone finds it, he/she can be brought to a vet clinic or shelter and scanned to see if they have a microchip. This can be done at any time, but we recommend doing this at the time of the spay/neuter.

**Heartworm Test:** This is a ten minute blood test run on a small sample of blood from your dog. It detects antibodies to adult heartworms. These are actual worms that develop within the heart and are transmitted from dog to dog by mosquitoes.

## Rabies

### What is rabies and what causes it?

Rabies is a severely fatal viral disease that can affect all mammals, including humans. Infection results in damage to the nervous system and death. Rabies occurs worldwide. In the U.S. only 2 or 3 human cases of rabies occur each year and are usually associated with exposure to bats. In animals, over 7,000 cases are reported each year in the U.S., primarily in wildlife species such as raccoons, skunks, and bats.

### What animals get rabies?

All mammals can get rabies. In the U.S., wildlife species such as raccoons, skunks, foxes, and coyotes are the major reservoirs for the virus. Rabies in domestic animal species has been reported for dogs, cats, cattle, horses, but any mammal can get the disease if exposed to the virus. Bats are another important reservoir for rabies.

### How can my animal get rabies?

Rabies is most commonly spread by the bite (**direct contact**) of an infected animal whose saliva contains the virus. It has also been spread between animals by the ingestion (**oral**) of unpasteurized milk. The virus is not thought to be spread by blood, urine or feces.

### How does rabies affect my animal?

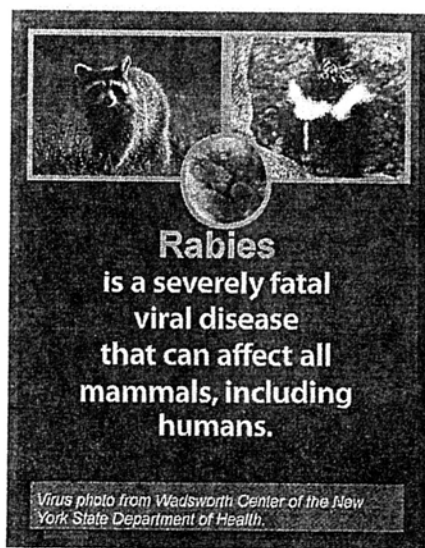
Since the rabies virus affects the brain of animals, signs of rabies involve changes in behavior. Infected animals may show unusual aggression, friendliness or be fearful. Other signs include restlessness, paralysis of their legs, difficulty swallowing,

drooling and a change in the sound of their voice. They may overreact to stimuli such as noises or lights. Any animal infected with rabies will die in 7 to 10 days.

### Can I get rabies?

Yes. People can get rabies from the bite (**direct contact**) of an infected animal. Other less common routes of exposure include contact with the brain or spinal cord fluid of infected animal or **inhaling virus aerosolized** from infected tissues. A limited number of human cases have occurred from organ transplants.

In most human cases, signs of rabies do not develop until 1 to 3 months after exposure. Early symptoms include fever, headache, itching at the site of the bite, confusion and abnormal behavior. Infected people will be overstimulated by light and sounds and have difficulty swallowing. Once signs of disease begin, recovery is very rare and death usually occurs within 2 to 10 days. Fortunately, treatment before signs develop is highly effective and life-saving.



### Who should I contact, if I suspect rabies?

**In Animals** – Contact your veterinarian immediately.  
**In Humans** – Contact your physician immediately.

### How can I protect my animal from rabies?

Prevention is the best way to stop rabies. Animals should be vaccinated for rabies and kept away from wildlife. Bats caught by cats should be sent in for testing. Dogs, cats or ferrets that have bitten humans and show no signs of illness may be observed for rabies under veterinary supervision for 10 days. If signs of rabies develop during this time, the animal must be euthanized and tested.

### How can I protect myself from rabies?

Do not contact, handle or feed wildlife. Animals behaving abnormally (nocturnal animals wandering around in the daytime or wildlife acting exceptionally friendly) should especially be avoided. Do not pick up bats that are laying on the ground. If you are bitten by any animal, wash the wound well with soap and hot water. If you suspect rabies in the animal that bit you, contact your physician immediately, so post-exposure treatment can be started.

### For More Information

CFSPH Technical Fact Sheets. Rabies at <http://www.cfsph.iastate.edu/DiseaseInfo/>

CDC website. Rabies at [http://www.cdc.gov/ncidod/diseases/submenus/sub\\_rabies.htm](http://www.cdc.gov/ncidod/diseases/submenus/sub_rabies.htm)

# Ticks

Ticks are hard-shelled, blood sucking parasites that are very prevalent in Iowa.

Despite the common misconception, they do not drop from trees, but live in grasses, shrubbery and woody areas, and attach themselves to any warm blooded mammal that they encounter.

There are multiple tick species in Iowa, including: the Deer tick (aka Brown legged tick), Brown dog tick, Lone Star Tick and the American Dog tick. The nymph stages of all ticks are quite small, about the size of the end of a ball-point pen. Adult ticks vary in size, and can become quite enlarged after they have attached and begun feeding from their unsuspecting host. Ticks can carry disease to both our pets and ourselves including Lyme disease, Ehrlichia, Anaplasmosis, Babesia and Rocky Mountain Spotted Fever. The Deer Tick and the Western Black Legged Tick (found in the NW, Western Coast of the US) can carry Lyme Disease.

There is a vaccination that protects against Lyme disease – this is a very good vaccine, and requires two initial vaccinations given about 1 month apart, and then requires a single booster injection on a yearly basis.

There are no vaccinations against the other tick borne diseases.

For protection against all ticks, and helping to minimize the ticks that your dog may carry into the house on their fur, we recommend systemic tick control. This can come in 3 forms for dogs:

**Topical:** monthly applications of products including Frontline Plus and Vectra – both labeled to prevent and control fleas and ticks

**Oral:** monthly administration of a chewable treat: NexGard. NexGard is labeled for control and treatment of both fleas and ticks.

**Collar:** Seresto collar – prevention and treatment of ticks and fleas. Lasts for 8 months, under “normal conditions.” If the dog swims more than once a month, the effectiveness of the collar is reduced to 5 months. The dog cannot be bathed more than once a month in order to maintain an 8 month effectiveness. This collar may not be the best option for families of small children, as the label states “to not let children play with the collar”



# Ticks and Lyme Disease

## What Are Ticks?

Ticks are external parasites that feed on the blood of unlucky host animals such as our canine companions. The brown dog tick, the deer tick, and the American dog tick are examples of ticks that commonly attach to dogs.

## How Are Ticks Transmitted To Dogs?

Ticks are most active from spring through fall and live in tall brush, grass, and wooded areas, where they may attach to dogs playing on their turf. This is why we recommend you to keep your dog on a preventative from April through December. They prefer to stay close to the head, neck, feet, and ear areas, but can be found anywhere on the dog.

## How Do I Know If My Dog Has Ticks?

Ticks are visible to the naked eye, and during the warmer weather, it is a good idea to check your dog regularly if he is in exposed areas. If you spot a tick, take care when removing it. Treat the area with rubbing alcohol and pluck the parasite with tweezers, making sure you've got the head and other parts. It usually takes about 18 hours for Lyme disease to be transmitted from an attached tick.

## My Dog Has Been Bitten By A Tick! What Should I Do?

Remove the tick, and if you are worried, call your veterinarian to schedule an appointment. Your vet may also perform a blood test to rule out other diseases, as well as Lyme, that are transmitted by ticks.

## What is Lyme Disease?

Lyme disease is a bacterial infection that can affect humans, dogs and other mammals. Its primary carrier is the deer tick, which often feeds on rodents. Later, the tick can attach to a dog or human and transmit the bacteria that causes Lyme disease. Clinical signs include depression, swelling of lymph nodes, loss of appetite, fever, lameness and swollen painful joints.

## What Should I Do If I Think My Dog Has Lyme Disease?

Bring your pet to a veterinarian, who will evaluate your dog. This includes a physical exam and blood tests, with possible dispensing of medications.

## How Is Lyme Disease Prevented and Treated?

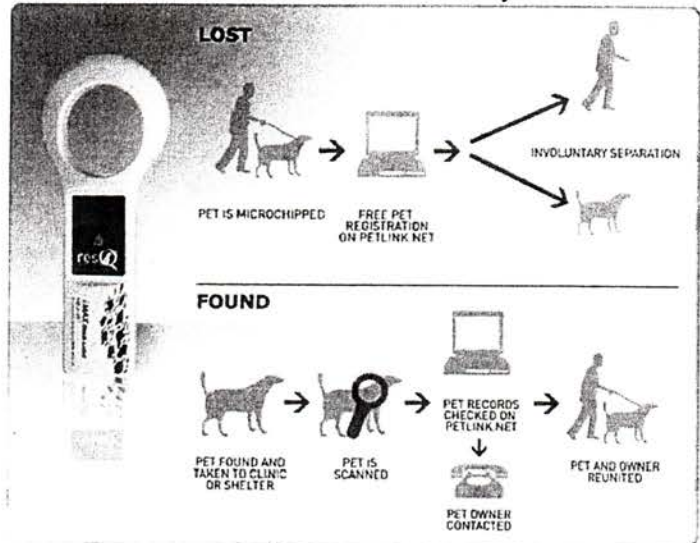
The most important thing is to keep your dog on tick preventatives, such as Frontline, Vectra, or NexGard, which are also used in repelling and killing fleas as well as ticks. We recommend keeping them on it from April through December for proper coverage. A vaccination for Lyme is also recommended. If your dog is exposed to heavy tick areas, it's a good idea to get this vaccine. If your dog does test positive for Lyme disease, the most effective treatment is antibiotics. With prompt, proper treatment, your dog's condition should start to improve within 48 hours.

# Why Microchip Your Pet

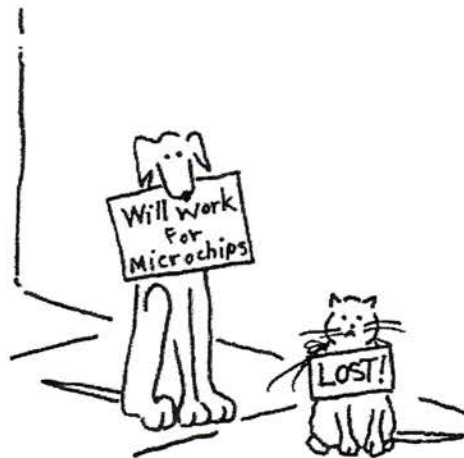
Microchipping is the best way to help reunite lost pets with their owners. On average, 8-10 million pets are lost in the US each year. Only a fraction of those pets, about 22%, find their way back home after they've reached a shelter. That is a large part due to a lack of pet identification.

There are different methods of identifying your pet, including collar tags and tattoos, but neither provides a complete solution for lost pets. Collars can be lost, and tattoos can be altered, but microchips are permanent.

Not only is microchipping permanent, but it's also safe and convenient. It's as easy to administer as a vaccine, and the microchip will last your pet's lifetime. The microchip is approximately the size of a grain of rice, which is implanted into a pet using a single-use syringe. Each microchip contains a code that is unique and readable by scanners. When a lost pet arrives at a shelter, the serial number can be identified and the pet can be traced back to its owner. We have donated a ResQ universal chip reader to the North Liberty Police Department, allowing them to scan local lost pets as soon as they are picked up.



The microchip that we use is a true, no-cost pet registration database. It is very easy to register; you can go online by using the provided website or call the number. There will be just a few simple questions about you and your animal. If you move, it's free to change your information. All you need to do is log back on or call the number with your new information.





# Top Reasons to Spay or Neuter Your Pet

**1. Your female dog will live a longer, healthier life.**

Spaying, the removal of the ovaries and uterus, is a procedure performed under general anesthesia that usually requires minimum hospitalization and helps prevent pyometra (pus-filled uterus) and breast cancer. Spaying your dog before her first heat offers the best protection.

**2. There are major health benefits for your male companion, too.**

Besides preventing unwanted puppies, neutering, the surgical removal of the testicles, prevents testicular and prostate cancer, if done before 6 months of age.

**3. Your spayed female will not go into heat.**

Female canines usually go into heat twice a year, or every 6-8 months and can last 2-4 weeks. In this time, you will see a bloody discharge from the vulva, increased urination, and a change in behavior.

**4. Your male won't need to roam away from home.**

An intact male in search of a mate will do just about anything to get one! Once he is free to roam, he risks injury in traffic and fights with other animals.

**5. ... and he will be much better behaved!**

Unneutered dogs may mark their territory with their urine. Many aggression issues can be avoided by neutering your puppy early!

**6. Spay/neuter decreases your pet's calorie requirements, but they don't have to gain weight!**

Lack of exercise and overfeeding will cause your puppy to gain weight, not the spay/neuter. Your pet will remain fit as long as you continue to provide exercise and monitor food.

**7. Spay/neuter is highly cost-effective.**

The cost of the surgery is much less than having and caring for a litter. It's also cheaper than other vet bills for the diseases and injuries your animal has due to non-fixing.

**8. It packs a powerful punch in the fight against pet overpopulation.**

Millions of cats and dogs of all ages and breeds are euthanized annually or suffer as strays. These high numbers are the result of unwanted, unplanned litters that could have been prevented by spaying or neutering your pet.



# Your Dog's Dental Health

Did you know that regularly brushing your dog's teeth and providing it with a healthy diet and plenty of chew toys can go a long way toward keeping their mouth healthy? Many dogs show signs of gum disease by the time they're four years old because they aren't provided with proper mouth care—and bad breath is often the first sign of a problem. Give your dog regular home checks and follow the tips below, and you'll have a very contented pooch with a dazzling smile.

## 1. The Breath Test

Sniff your dog's breath. Normal dog breath isn't particularly fresh-smelling, but if it's especially offensive and is accompanied by a loss of appetite, vomiting or excessive drinking or urinating, it's a good idea to take him to the vet.

## 2. Examine the Mouth

Once a week, with your dog facing you, lift their lips and examine the gums and teeth. The gums should be pink, not white or red. They should be clean without any brownish tartar.

## 3. Signs of Oral Disease

The following are signs that your dog may have a problem and should be checked by a vet

- Bad Breath
- Excessive drooling
- Inflamed gums
- Tumors in the gums
- Cysts under the tongue
- Loose teeth

## 4. Tooth Decay

Bacteria and plaque-forming foods can cause build-up on a dog's teeth. This can harden into tartar, possibly causing gingivitis, receding gums, and tooth loss.

## 5. Tooth-Brushing Kit

Get yourself a toothbrush made especially for dogs. Ask your vet for toothpaste made especially for dogs. Never use human toothpaste, which can irritate the dog's stomach.

## 6. Make Brushing Easier

First get your dog used to the idea of having their teeth brushed. You may need to massage their gums/lips/teeth in order for them to warm up. When your dog seems comfortable, you may put a little dog formulated toothpaste on their lips so they can get used to the taste. Next, introduce a toothbrush. They come in actual tooth brush sizes, or a little tip you can wear on your finger. A veterinary exam beforehand may be helpful to find out if your dog's gums are inflamed. If there is mild gingivitis, brushing too hard may hurt their gums.

## 7. Brushing Technique

Place the brush or your finger tip and clean the teeth in small, circular motions. Work on one area of the mouth at a time, lifting the lips as necessary. The side of the tooth that touches the cheek usually has the most tartar, and giving a final downward stroke can help to remove it. Once you are comfortable with this technique, try brushing two or three times a week.

## 8. Know the Mouth Disorders

-Periodontal disease is a painful infection between the tooth and the gum that can result in tooth loss and spread infection to the rest of the body. Signs are loose teeth, bad breath, tooth pain, sneezing, and nasal discharge.

-Gingivitis is an inflammation of the gums caused mainly by accumulation of plaque, tartar and disease-producing bacteria above and below the gum line. Signs include bleeding, red, swollen gums and bad breath. It is reversible with regular teeth cleanings.

-Halitosis or bad breath, can be the first sign of a mouth problem and is caused by bacteria growing from food particles caught in the teeth or gums. Brush the teeth regularly for prevention.

-Swollen gums develop when tartar builds up and food gets stuck between the teeth. Regularly brushing your dog's teeth at home and getting annual cleanings at the vet can prevent tartar and gingivitis.

-Mouth tumors appear as lumps in the gums. Some must be surgically removed.

## 9. Chew Toys

Chew toys can satisfy your dog's natural desire to chew, while making their teeth strong. Gnawing on a chew toy can also massage the gums and keep the teeth clean by scraping away soft tartar.

PS: Gnawing also reduces your dog's overall stress level, prevents boredom and gives him an appropriate outlet for his natural need to chew.

## 10. Diet for Healthy Teeth

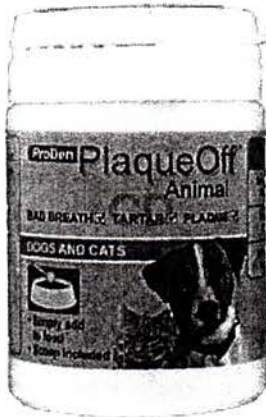
Ask your vet about a specially formulated dry food that can slow down the formation of plaque and tartar. Also, avoid feeding your dog table scraps, instead giving him treats that are specially formulated to keep teeth healthy!



## Dental Care

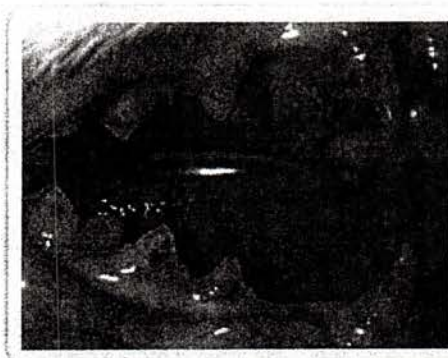
Did you know that over 85% of dogs and cats over the age of four suffer from periodontal disease? This can be prevented with daily dental care. Your pet will accumulate plaque five times faster than us. One milligram of dental plaque contains over one trillion bacteria. Bad breath, discoloration, and tartar are all problems that could lead to serious health risks. When tartar (created by food debris, saliva, and bacteria in the mouth) is allowed to build up, it can accumulate causing tooth loss and result in infection that could enter the bloodstream and spread to the heart or other organs.

Examine your pet's teeth regularly for signs of decay and oral disease. Some dogs can tolerate tooth brushing, but an alternative is **VetzLife**, which helps prevent tartar buildup as well as breaks down existing tartar. This is a gel product that is placed on the gums or under the lip; it does not need to be brushed onto the teeth. **Plaque Off** is a completely natural product which is suitable for both cats and dogs. It is a special type of seaweed which has been found to have specific beneficial effects for oral care. It comes in a granulated form which is easily added to food every day. Once this reaches the saliva, it helps prevent bacteria from building up plaque and tartar. Existing tartar becomes loosened up, which makes it easier to remove while your animal is eating.



It is necessary to feed your dog crunch food because the abrasive texture of kibble can keep teeth clean. Also consider crunchy treats.

Regular visits to your vet office should include a complete checkup of your pet's teeth. They should clean plaque and tartar off the teeth, which anesthesia is necessary. Sometimes the condition of the tooth might be so bad that it be necessary to pull it.



Before

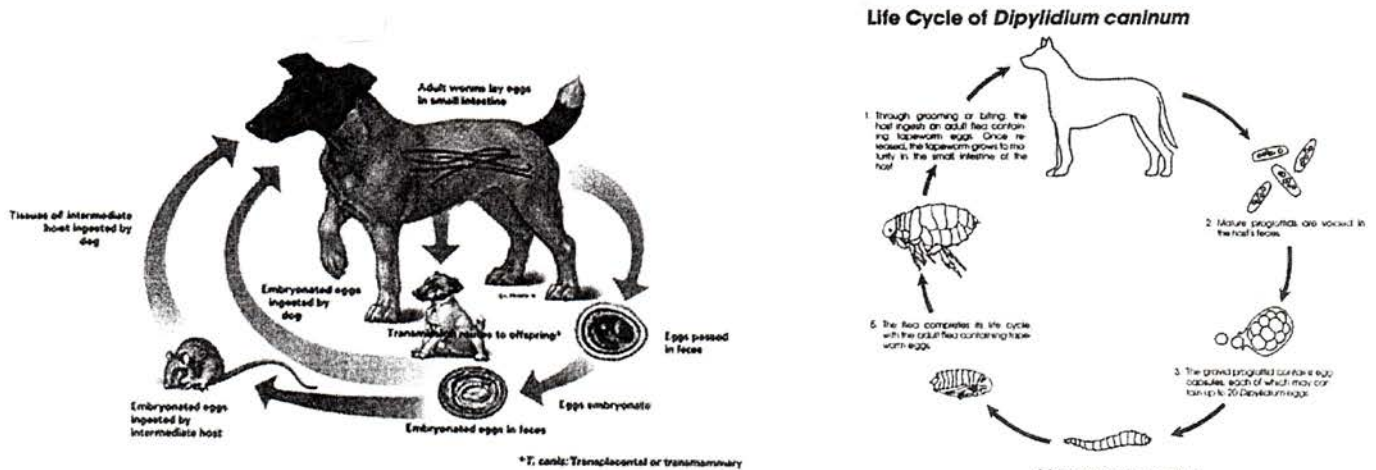


After

# Internal Parasites

**Roundworms** (*Toxocara canis*, *Toxascaris leonina*): Most common worm that you will see in your puppy. They are usually 2-4 inches long and are "spaghetti-like" when found in stool. They are directly transmitted through ingestion of eggs in feces, or through the milk passed from mother to puppy. Roundworms cause damage to the digestive tract and loss of nutrients. Humans can get these, too, so remember to wash your hands after handling any fecal matter.

**Tapeworms** (*Dipylidium caninum*): Segments of this worm look like dried rice and are usually found around the anus or in the feces. They are transmitted by ingestion of secondary hosts, such as fleas or prey animals, such as mice and rabbits. Tapeworms will cause the puppy to lose their much needed nutrients. Tapeworms are also zoonotic, which means that humans can ingest and get infected as well.



**Hookworm** (*Ancylostoma caninum*): These internal parasites are known for causing anemia and cannot be seen by the naked eye. They are also zoonotic if fecal matter is ingested or by burrowing into the foot if feces is not picked up in the yard.

**Whipworms** (*Trichuris vulpis*): This is the most difficult parasite to identify and eradicate. Symptoms consist of diarrhea, flatulence, and weight loss.

**Coccidia** (*Isospora canis*): This is a single cell protozoan that causes watery diarrhea, vomiting, and dehydration. It is very common in puppies.

**Giardia**: Another protozoan parasite that causes weight loss, diarrhea, vomiting, lack of appetite, and greasy stools. Disease usually occurs after being in lakes and other bodies of water that are infested by this. They are zoonotic, so do not drink out of streams and lakes while hiking!

**Getting rid of these parasites:** Numerous deworming products are effective. Some are over the counter and some are prescription. Many flea and heartworm prevention products also provide a monthly deworming. The best way to see if your dog has a parasite, is to bring in a fresh stool sample.



# Fleas

Fleas are a small, wingless, leaping, bloodsucking external insect. The adults feed off of the blood of mammals and birds but are carried by a number of different animals. Fleas start from eggs, which fall off infested animals and develop into larvae and pupae indoors (they can be found in carpeting, cracks in flooring, bedding, and upholstery) and outdoors (under shady, protected areas such as decks, crawl spaces, and shrubs). This is a site of a flea infestation. Immature stages of fleas already present in an environmental infestation continue to develop into new adult fleas long after the adult fleas on the pet are killed. It can take several weeks for these immature stages that are already in the environment to complete their development, potentially exposing the pet to new fleas every day until it runs its course. It is important to keep your pet on a monthly flea preventative from April to December.

## Fleas Effect on Health

May cause skin damage, itching, secondary skin infection, flea allergy dermatitis, and secondary blood borne diseases (for example – infectious anemia transmitted by the fleas). Fleas are also carriers of the internal parasite, tapeworms.

## What if my dog has fleas?

There are a number of products that you can use to treat your dogs:

1. **Frontline Plus:** can be used on dogs older than 8 weeks for fleas and ticks. It is good for 30 days and waterproof after 24 hours of application. It is administered topically between the shoulder blades.
2. **Revolution:** can be used on dogs over 8 weeks for fleas, ear mites, hook worms, round worms, and heartworm. Your dog needs his heartworm test in order to use this and is given topically between the shoulder blades.
3. **Capstar:** once a day oral medication 4 weeks of age or older and at least 2 pounds of body weight.
4. **Vectra:** can be used on dogs older than 7 weeks for fleas and ticks. It is good for 30 days and is administered topically between the shoulder blades.
5. **NexGard:** can be used on dogs 8 weeks of age or older, weighing at least 4 pounds of body weight. Kills adult fleas and is indicated for the treatment and prevention of flea infestations and the treatment and control of the American Dog Tick. It is a beef chewable that is given orally once a month.
6. **Sentinel:** can be used on dogs 8 weeks or older. It is given orally once a month to prevent heartworm disease and to be used to treat fleas, adult hookworms, also to remove/ control adult roundworm and whipworm infections. Heartworm test required.

# Heartworm Disease in Dogs

Heartworms are actual worms that develop in the heart and blood vessels of dogs. The adult worms will grow up to six inches in length, and over time will interfere with the heart's function and circulation. At maturity, the adult heartworms release thousands of microscopic larvae called microfilaria, which circulate in the bloodstream.

## Transmission

Heartworms are spread from dog to dog by mosquitos. As a mosquito bites an infected dog, it draws up the microfilaria in a drop of blood. The mosquito then bites another dog, injects the larvae, and the cycle continues as the microfilaria develop into adult heartworm.

LIFE CYCLE OF THE HEARTWORM



## Prevention

Dogs can be protected against the risk of heartworm disease by the administration of a monthly preventative. This dose of medication clears the body of any exposure to microfilaria that may have been introduced by a mosquito in the past thirty days. Modern preventatives also contain a second ingredient that serves as an intestinal dewormer, effective against roundworms, hookworms, and often whipworms.

Our recommendation to you in this part of Iowa is to give the preventative monthly *at least* from April 1<sup>st</sup> to December 1<sup>st</sup>. This not only covers mosquito season, but also provides additional protection against intestinal parasites that may be picked up before the ground freezes. Ideally, dog owners will give the prevention all year to make sure there is no gap in protection.

## Heartworm Testing

Because no medication is 100% effective and none of us have perfect memories, dogs should be tested in order to catch slip-ups in the effectiveness of the medication. The heartworm test is performed by using a few drops of blood and will detect the antibodies from the adult heartworms. While the official suggestion is to test dogs every year, we believe that every two years is sufficient, assuming the owner is giving the monthly preventative as suggested. To avoid an adverse reaction, dogs must have a negative heartworm test in order for the owner to purchase the prevention medication. Puppies only a few months old or have just gone through the winter with no mosquito contact may be started without a test.

Animal Kingdom offers two different tests:

1. Heskia Heartworm Test: one-step test that involves a few drops of blood. This test only looks for the heartworm antibodies.
2. 4DX Snap Test from IDEXX: test that involves a few drops of blood mixed with a conjugate. This tests for Heartworm and three tick borne diseases – Ehrlichiosis, Lyme's Disease, and anaplasmosis. We recommend this test if your dog is active and spends a lot of time off the path in the trees and brush.



# Heartworm Prevention and Treatment

## Prevention

There are a number of successful preventatives that we offer here at Animal Kingdom. While all of the heartworm preventatives that we carry also treat intestinal parasites (roundworms, and hookworms). There are some combinations that also are effective against fleas as well. All of these preventatives require that your dog has a negative heartworm test. Ideally these parasite preventatives should be given year round. Practically speaking, with our typical Midwestern winters, giving it April thru December is also effective.

1. Heartgard Plus: can be given to dogs older than 6 weeks and is used for heartworm, roundworms, and hookworms. Comes in a tasty beef chew that is given every 30 days.
2. Iverhart Max: can be given to dogs older than 8 weeks and is used for heartworm, roundworms, hookworms, and tapeworms. Comes in a chew tablet and is given every 30 days.
3. Revolution: can be used on dogs older than 8 weeks and is used for heartworm, fleas, ear mites, hookworms, and roundworms. This is topically applied between the shoulder blades every 30 days.

## Treatment

There are several strategies used to treat heartworm in your dog, but it will depend on the severity of the infection. Prior to therapy, the heartworm patient is assessed and rated for risk. Important factors include: how many worms are thought to be present based upon the tests performed, the size of the dog; the age of the dog; concurrent health factors; severity of the heart disease; and the degree to which exercise can be restricted in the recovery period. Tests we might perform on your dog to detect heartworm are radiographs, blood work, and physical examinations.

Once the heartworm is detected, the most common method of treatment is by using a medication called *Immiticide*, an arsenic-containing compound used to kill immature (4+ month old) and adult heartworms. This is given deep in the lower back muscles of your dog twice 24 hours apart. We do the treatment in our clinic and keep them here to monitor. There may need another treatment in 4-6 months depending on repeated test results. We recommend another heartworm test at the time.

The best way to avoid a heartworm infection is to keep your dog on a monthly heartworm preventative all year round.

## Nutrients Your Dog Needs

Nutrients are substances obtained from food and used by an animal as a source of energy and as part of the metabolic machinery necessary for maintenance and growth. Barring any special needs, illness-related deficiencies or instructions from your vet, your pets should be able to get all the nutrients they need from high-quality commercial pet foods, which are formulated with these special standards in mind. If you would like to learn about what your pet's body needs, and why, here are the six essential classes of nutrients fundamental for healthy living:

1. **Water** is the most important nutrient. Essential to life, water accounts for between 60 to 70 percent of an adult pet's body weight. While food may help meet some of your pet's water needs (dry food has up to 10 percent moisture, while canned food has up to 78 percent moisture), pets need to have fresh clean water available to them at all times. A deficiency of water may have serious repercussions for pets: a 10-percent decrease in body water can cause serious illness, while a 15-percent loss can result in death.

2. **Proteins** are the basic building blocks for cells, tissues, organs, enzymes, hormones and antibodies, and are essential for growth, maintenance, reproduction and repair. Proteins can be obtained from a number of sources. Animal-based proteins such as chicken, lamb, turkey, beef, fish and egg have complete amino acid profiles. (Please note: Do not give your pet raw eggs. Raw egg white contains avidin, an anti-vitamin that interferes with the metabolism of fats, glucose, amino acids and energy.) Protein is also found in vegetables, cereals and soy, but these are considered incomplete proteins.

3. **Fats** are the most concentrated form of food energy, providing your pet with more than twice the energy of proteins or carbohydrates. Fats are essential in the structure of cells and are needed for the production of some hormones. They are required for absorption and utilization of fat-soluble vitamins. Fats provide the body insulation and protection for internal organs. Essential fatty acids must be provided in a pet's diet because they cannot be synthesized by a dog in sufficient amounts. A deficiency of essential fatty acids may result in reduced growth or increased skin problems. **Linoleic acid** is an essential fatty acid for dogs. **-Omega-6 and omega-3 fatty acids** play a vital role in healing inflammation. Replacing some omega-6 with omega-3 fatty acids can lessen an inflammatory reaction—whether it is in the skin (due to allergies), the joints (from arthritis), the intestines (from inflammatory bowel disease) or even in the kidneys (from progressive renal failure). The optimal ratio of omega-6 to omega-3 fatty acids for dogs is between 5 and 10 to 1.

4. **Carbohydrates** provide energy for the body's tissues, play a vital role in the health of the intestine, and are likely to be important for reproduction. While there is no minimum carbohydrate requirement, there is a minimum glucose requirement necessary to supply energy to critical organs (i.e. the brain). Fibers are kinds of carbohydrates that modify the mix of the bacterial population in the small intestine, which can help manage chronic diarrhea. For dogs to obtain the most benefit from fiber, the fiber source must be *moderately* fermentable. Fiber sources that have low fermentability (e.g. cellulose) result in poor development and less surface

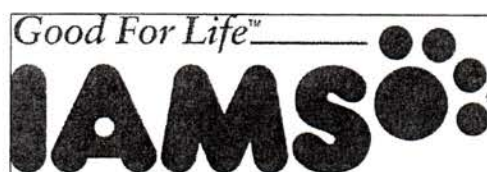


area of the intestinal mucosa. Highly fermentable fibers can produce gases and by-products that can lead to flatulence and excess mucus. Moderately fermentable fibers—including beet pulp, which is commonly used in both dog foods—are best, as they promote a healthy gut while avoiding the undesirable side effects. Other examples of moderately fermentable fibers include brans (corn, rice and wheat) and wheat middlings. Foods that are high in fiber are not good for dogs with high energy requirements, such as those who are young and growing.

5. **Vitamins** are catalysts for enzyme reactions. Tiny amounts of vitamins are essential to dogs for normal metabolic functioning. Most vitamins cannot be synthesized in the body, and therefore are essential in the diet.

-When feeding a complete and balanced diet, it is **unnecessary** to give a vitamin supplement unless a specific vitamin deficiency is diagnosed by a veterinarian. Due to the practice of over supplementation, hypervitaminosis—poisoning due to excess vitamins—is more common these days than hypovitaminosis, or vitamin deficiency! Excess vitamin A may result in bone and joint pain, brittle bones and dry skin. Excess vitamin D may result in very dense bones, soft tissue calcification and joint calcification.

6. **Minerals** are inorganic compounds that are not metabolized and yield no energy. These nutrients cannot be synthesized by animals and must be provided in the diet. In general, minerals are most important as structural constituents of bones and teeth, for maintaining fluid balance and for their involvement in many metabolic reactions.



# Fun for Your Dog

## **Furry Friends Need Fun, Too! How to Keep Your Pet Happy and Active**

It seems like the most natural thing in the world—our pets need food, water, medical care and lots of love. But dogs have other needs, too. Our furry friends need ample physical exercise and mental stimulation to lead truly full and happy lives.

Dogs need to stay busy and engaged, but unfortunately most pets are unemployed—daily they sit at home, chronically bored and waiting for their humans to return from work. And as we all know, an idle pet can quickly turn into a naughty pet when restlessness becomes overwhelming.

With nothing to do, dogs and cats are forced to find ways to entertain themselves. Their activities of choice often include behaviors we find problematic, like excessive barking or meowing, gnawing on shoes, raiding the garbage, eating houseplants and scratching furniture.

To prevent behavior and health problems, we recommend the following physical and mental workouts—both when you're there to join the fun and when your pet is home alone.

-Move it! Healthy adult dogs need at least 30 minutes of aerobic exercise twice a day. Jogging, swimming and playing at the dog park are all great ways to burn excess energy.

-Engage in structured games, like fetch and tug-of-war—they're not only great exercise but also teach your pet impulse control and strengthen the bond between you.

-Keep your dog occupied when he's home alone by giving him a food-stuffed puzzle toy, like the Kong, or some tasty chew toys.

The bottom line is that *you're* responsible for enriching your pet's life. Providing opportunities to exercise your dog's mind and body will keep your pet healthy and happy—and enhance your relationship, too.



### Dog Parks

Thornberry Dog Park  
Iowa City, IA 52245

Cheyenne Park, Off-Leash  
1650 Cedar Bend Lane SW, Ely, IA

Remember, if you take your dog to the park, all vaccinations must be current! Make sure you take a copy of the vaccinations with. Bring your own water if your dog has a sensitive stomach.



# Training

Adopting a dog carries the responsibility of keeping that dog from getting hurt unnecessarily, or from injuring people or other animals. Some dogs don't require a lot of training to keep them out of trouble, but others need homes where training is a way of life. If you have a dog now, which kind of dog do you have? If you're thinking of getting a dog, which kind is right for your home?

## The Basics

The term obedience training used to be synonymous with basic dog training, and implied that training a dog and military boot camp had a lot in common! Military dog training did influence early training techniques for family dogs. When obedience trials became a popular sport with dogs, classes continued to use the term obedience.

Dog training has advanced due to the generations of trainers refining their techniques more and more. People still train their dogs for obedience trials, but they also train for other purposes such as hunting, search and rescue, police work, assistance to people with disabilities, therapy work and much more.

Along with the refinement of other dog training have come specific classes for family dogs. These classes may provide you and your dog with the skills you need to live successfully in your community, or you and your particular dog may need to go further with training. Other types of classes as well as private trainers and behavior specialists are available.

When you and your dog train together, you deepen your ability to communicate. Instead of trying to control your dog physically, you'll be able to tell the dog what you need. This is less stressful and safer for you both. Here are some of the skills a trained dog needs in order to live successfully with a typical family:

1. *Come when called.* Like all other training, this skill must be practiced in your life with your dog at home and everywhere you go together. Having a dog who comes when called doesn't mean you'll let your dog run loose, but it's life insurance when your dog accidentally gets out. It's also important in day-to-day as well as emergency handling.
2. *Sit and/or down.* Many things you need to do with your dog start by having the dog get still in a seated or lying-down position. A sit gets the dog anchored in one place, and a down lets the dog relax there. The sit is not comfortable for dogs to do for very long, and some find it painful. You don't want to require your dog to do anything that is going to cause the dog pain, so you may at times need to have your dog do a down instead, or remain standing.
3. *Stay.* Practicing stays with your dog helps your dog learn composure and the ability to remain calm. Too many dogs lack this ability, and it makes their lives harder for them as well as for their families. The stay exercise is also a way to become your dog's leader without making a fight of it.

4. *Walk on a loose lead.* Trainers argue about what collars are most effective and most humane. Actually, keeping tension on the leash makes any collar both less effective and less humane. If the leash is loose, the collar (or head halter or harness) is putting less pressure on the dog, most of the time no pressure at all. A dog conditioned to work with the leash loose is easier to handle and easier to train. Instead of being dragged around by the leash, the dog learns to pay attention to the handler. Keeping the leash loose spares the dog potential injuries from training devices that can rub off hair and abrade skin.

5. *Housetraining.* Lack of reliable housetraining is a major cause of small dogs losing their homes. Possibly you don't care whether or not your dog is housetrained, but think about how you'll feel in the future and what the dog's chances will be in the world without housetraining. The habits a dog forms while someone is too busy to worry about housetraining can be powerful habits to change later, especially if they've been formed during puppyhood.

6. *The ability to rest calmly in a safe, confined area.* A dog crate is the logical confinement area for many situations, but it's possible for some dogs to do well in other confinement. One way or another, you need to be able to leave your dog alone someplace safe without the dog stressing.

7. *Not to bite humans.* For family dogs, your best bet is to teach the dog not to put teeth on human skin. If the dog will work in some protection capacity that involves biting, you'll need to do management, handling, and training to keep innocent people safe.

### **For More Serious Dogs**

If your dog is large, rowdy, or has powerful drives, you'll both be happier with further training. The following trained skills will help:

1. *Greet people with four feet on the ground.* Jumping up on people sometimes seems like a minor problem, considering the friendliness of the typical jumping dog. The whole idea from the dog's point of view is to get closer to the face and hands for greeting, but people don't want to be knocked over or get their clothing torn or dirty.

2. *Chew on dog toys.* If a dog has a concept of property, it's not the same as a human concept. A dog can't understand that something of yours would be difficult to replace, or costs money. Even without understanding why, a dog can learn—with your help over time as the dog gains maturity—to focus chewing on specific items. For a power-chewer, this is an important skill!

3. *Refrain from chasing vehicles and children.* Dogs bred to have high drives for following moving objects (herding, hunting, etc.) may fall into dangerous habits without your guidance. Your best bet is to get good training help with this sort of dog early, before the chasing habit has a chance to start. To do their jobs properly, these dogs are carefully trained. Untrained, the instincts essential to their work can be turned in destructive directions.



4. *Retrieve*. The best game to play with a dog is also the foundation for much advanced dog training as well as a great solution to quite a few dog problems: retrieving. Ideally you'll want to start shaping it in your dog soon after the dog comes to live with you, no matter what age the dog is at that time. Work on it a little every day.

### **Training Doesn't Count until It's Reliable**

Many people will tell you their dogs are "trained" to certain behaviors, and yet the dog will not perform the behavior in the face of excitement or distraction. Sometimes when a dog shows some understanding to put rear down and head up on hearing the word "sit," maybe four times out of ten, the person considers the dog trained." This is a dangerous assumption.

Training needs to be reliable where it is needed most often, around distractions and stress, and in emergencies. Not only does your dog need to reliably come when called to dinner, but also to come in from the backyard when the dog is out there barking at a teasing child on the other side of the fence.

If you had an accident away from the house with your dog and the dog was running, frightened, near a busy street, your dog would need to be able to reliably come when you call in spite of the fear. In case there is a car coming, the dog also needs to be able to stop and wait on your cue, until it's safe to continue. Much of this depends on your learning how to handle the dog, so that you will react correctly in an emergency. That takes training for you both, and lots of practice.

Training happens when you practice properly, repeating the practice until the proper behaviors become deeply established habits. The most important behaviors such as coming when called need to be so strongly conditioned that the dog's first impulse will be to just do it, not stop and think first.

Your role as handler also needs to be thoroughly practiced so that you will automatically use the tone of voice your dog will recognize as the cue to carry out that behavior. This can require an incredible amount of self-control from you, but most of all it requires plenty of practice.

### **Training is Discipline at Its Best**

When people hear the word discipline, they often think of a cruel overseer administering a beating. Have you ever been in a marching band, drill team, team sport, or any other unit that requires unified action? That's real discipline, and there's nothing cruel about it.

Disciplined activities build self-esteem. Dogs are quite capable of taking pride in doing a good job. Training builds your bond with your dog, and gives your dog a better chance at a long and happy life.

## HOW PETS learn: REINFORCEMENT & PUNISHMENT

Whether it's jumping on a visitor or digging up a flowerbed—maybe a flowerpot, in the case of a cat—there are reliable methods for changing your pet's behavior. There are two ways to do this: reinforcement and punishment.

**REINFORCEMENT** is anything that increases the chances of a behavior being repeated.

- » **Positive reinforcement** is when you introduce something *pleasant* to increase the chance of a behavior being repeated. Positive reinforcement often can include food treats, petting, time for play, or even vocal praise. But it's important to know what's truly rewarding to *your* pet. Some dogs don't consider toys much of a reward, but give them a bite of chicken and they'll eagerly repeat the behavior that earned it.
- » **Negative reinforcement** is when you remove something *unpleasant* to increase the chance of a behavior being repeated. This happens when an animal successfully struggles and fights to escape an unpleasant procedure. (Think of trimming toenails, cleaning ears, or bathing.) Some pets struggle and avoid the procedure, thus *increasing the likelihood* that they'll struggle and fight again in the future. Applied properly, negative reinforcement can play a safe and useful role in training your pet. But if it's too similar to punishment, it can do more harm than good.
- » **Continuous reinforcement** is the best way to teach most *new* behaviors. Give the reinforcement or reward every single time your pet performs the behavior upon your request.
- » **Intermittent reinforcement** is the best way to maintain a behavior *after* it is learned.

**PUNISHMENT** is anything that decreases the chance of a behavior being repeated.

- » **Positive punishment** is when you introduce something (usually *unpleasant*) to decrease the chance of a behavior being repeated. Yelling, hitting, swatting with newspapers, and squirting with water are all positive punishments. No matter how benign or harmless a positive punishment seems to you, if it's applied after a behavior to decrease its repetition, it's considered a punishment. Using punishment the right way—without causing harm to your pet or the bond between you and your pet—can be difficult for most people and should be considered a method of last resort for changing your pet's behavior.
- » **Negative punishment** is when you remove something (usually *pleasant*) to decrease the chance of a behavior being repeated. If you walk away and ignore your dog every time he barks at you for attention, you have applied negative punishment. You have removed your attention (something your dog values) in response to the unwanted behavior (barking). Negative punishment can play a useful role in training dogs and is usually safer than positive punishment, but proper timing is equally important. For example, if you pick up your pet's leash and tell it to sit, but instead the pet runs around jumping and barking in excitement, you can immediately put down the leash and walk away. By removing the potential for a walk (usually a good thing in the pet's view), you have increased the chance that the dog will sit next time you pick up the leash and say "sit."



# Grooming

Ever watched your dog roll on the ground, lick her coat or chew at a mat on her fur? These are her ways of keeping clean. Sometimes, though, she'll need a little extra help from you or the groomer to look their best.

Grooming sessions should always be fun, so be sure to schedule them when your dog's relaxed, especially if she's the excitable type. Until your pet is used to being groomed, keep the sessions short—just 5 to 10 minutes. Gradually lengthen the time until it becomes routine for your dog. You can help her get comfortable with being touched and handled by making a habit of petting every single part of your dog, including such potentially sensitive areas as the ears, tail, belly, back and feet.

And here's one of our most important tips of all—pile on the praise and offer your pooch a treat when the session is finished!

## Brushing

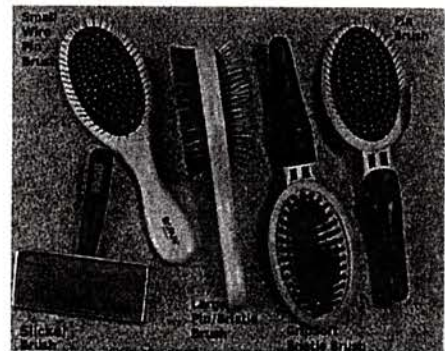
Regular grooming with a brush or comb will help keep your pet's hair in good condition by removing dirt, spreading natural oils throughout her coat, preventing tangles and keeping her skin clean and irritant-free. And grooming time's a great time to check for fleas and flea dirt--those little black specks that indicate your pet is playing host to a flea family.

If your dog has a smooth, short coat (like that of a chihuahua, boxer or basset hound), you only need to brush once a week: - First, use a rubber brush to loosen dead skin and dirt.

- Next, use a bristle brush to remove dead hair.
- Now, polish your low-maintenance pooch with a chamois cloth and she's ready to shine!

If your dog has short, dense fur that's prone to matting, like that of a retriever, here's your weekly routine:

- Use a slicker brush to remove tangles
- Next, catch dead hair with a bristle brush
- Don't forget to comb the tail



If your dog has a long, luxurious coat, such as that of a Yorkshire terrier, she'll need daily attention:

- Every day you'll need to remove tangles with a slicker brush.
- Gently tease mats out with a slicker brush
- Next, brush her coat with a bristle brush.
- If you have a long-haired dog with a coat like a collie's or a hound's, follow the steps above, and also be sure to comb through the fur and trim the hair around the hocks and feet

## Bathing

We recommend bathing your dog every 6-8 weeks or so; your pet may require more frequent baths in the summertime if she spends lots of time with you outdoors. Always use a mild shampoo that's safe to use on dogs, and follow these easy steps:



- First, give your pet a good brushing to remove all dead hair and mats.
- Place a rubber bath mat in the bathtub to provide secure footing, and fill the tub with about 3 to 4 inches of lukewarm water.
- Use a spray hose to thoroughly wet your pet, taking care not to spray directly in her ears, eyes or nose. If you don't have a spray hose, a large plastic pitcher or unbreakable cup will do.
- Gently massage in shampoo, working from head to tail.
- Thoroughly rinse and avoid ears, eyes, and nose
- Check the ears for any foul odors or excessive debris; if you choose to use a cleansing solution on a cotton ball, take care not to insert it into the ear canal.
- Dry your pet with a large towel or blow dryer, but carefully monitor the level of heat.

Please note: Some animals seem to think that bath time is a perfect time to act goofy. Young puppies especially will wiggle and bounce all over the place while you try to brush them, and tend to nip at bath time. If this sounds like your pet, put a toy that floats in the tub with her so she can focus on the toy rather than on mouthing you.

## Nail Clipping

It's a good idea to get your dog used to having their feet touched before you attempt a nail trim, so start this at a young age. Rub your hand up and down her leg and then gently press each individual toe—and be sure to give her lots of praise and some food treats as you do this. Here's how to do it:

-Begin by spreading each of your dog's feet to inspect for dirt and debris.

- Use sharp nail clippers to cut off the tip of each nail at a slight angle, just before the point where it begins to curve.

- Take care to avoid the quick, a vein that runs into the nail. This pink area can be seen through the nail. If your dog has black nails, however, the quick will not be as easily discernible, so be extra careful.

- If you do accidentally cut into the quick, it may bleed, in which case you can apply some corn starch or cooking flour to stop the bleeding

- Once the nails have been cut, use an emery board to smooth any rough edges.





# Housetrain Your Puppy

## Key Steps Ensure Proper Housetraining for Dogs

The first step in turning an adult dog into a reliable house pet is to embrace a key concept: There's no such thing as a "partially" house-trained dog. He either is house-trained or he isn't.

Why is this so important? Because if you have a dog who is "sometimes" reliable, you have a dog who really isn't getting the picture, probably because no one took the time to teach it to him properly in the first place. And that's what you'll have to do.



Before you train him, though, make sure you're not dealing with a sick dog. If you have a dog who was perfectly house-trained and isn't any longer, you must determine that what you have really is a behavior problem, not a medical problem. So check with your veterinarian. If you've just adopted an adult dog, you should have him checked out, too, before assuming he's not house-trained. Not only is ruling out medical problems the fair thing to do, it's also the only

sensible route: You won't be able to change the habits of a dog who can't help what he's doing wrong.

Once you've ruled out medical problems, house-training an adult dog uses the same principles as house-training a puppy, except that you have to be even more diligent because you'll be doing some untraining, too. You need to teach your dog what's right before you can correct him for what's wrong. To do this, spend two weeks ensuring he has nothing but successes by never giving him the opportunity to make a mistake. Here's how:

-- Leash him to you in the house, so you can monitor his every move during his training period. If he starts to mess, correct him with a sharp "no," take him outside, give your "go" command -- I use "hurry up" with my dogs -- and praise him for doing right.

-- Use a shipping crate to contain him whenever he's not on leash with you. A grown dog can be confined a lot longer than a puppy can, and it's not unfair to confine him for four or five hours at a stretch -- assuming, of course, that he's getting his regular exercise at other times. If you go to work, you can leave him in the crate with a couple of chew toys to keep him busy and a radio playing to keep him company.

-- Take him outside first thing in the morning, as soon as you get home from work and just before you go to bed, when you put him in his crate for the night. Always remember to give your "go" command, and praise, praise, praise when he does as you wish.

The most difficult part of house-training an adult dog is often the owner's attitude toward limiting the pet's options in such a way as to make success possible. And that means a crate and a leash. People seem able to accept a crate more with puppies, perhaps because they enjoy the respite they gain when their little terror is confined. You may not like the idea of crating and leashing your adult dog, but bear in mind you won't need to do it forever. But you will need to do it for now.

If you've been consistent, your dog will likely have a good idea of what's expected of him at the end of the two weeks, and you can start to give him a little freedom. Don't let him have the run of the house yet. Keep his area small and let him earn the house, room by room, as he proves his understanding of the house rules.

Accidents will happen. If you catch him, correct him with a sharp "no," take him outside and give him the chance to set things right. Give your "go" command, and praise if he does. Clean up the mess promptly and thoroughly, so he won't feel so inclined to refresh his smell there. If you aren't catching him but you're still finding messes, you're not keeping close enough tabs on him. Go back to the crate and leash and start over.

Consistency and patience are necessary for house-training an adult dog. If you have both, you will likely succeed. Without them, you'll have a very difficult time getting the results you're hoping for. If after a couple of weeks you still seem to be getting nowhere, ask your veterinarian for a referral to a qualified behaviorist.





# Puppy Biting

Puppies bite. This is not a form of aggression, but a form of play and communication. It's important to train a puppy not to bite in play or to communicate, as this behavior can become unacceptable and even dangerous in an adult dog. This is a very important lesson for a puppy to learn.

For many puppies, all it takes is the owner "Yiping" when puppy teeth touch human skin for them to stop this behavior. Give a "Yipe!" and stop the game for about 15 minutes after you've had to yipe to get pup to take teeth off you. That's what another puppy would do, and it helps the puppy understand. This sound needs to be what a puppy would do when the idea is "Ouch! That hurts! I don't like it! Stop it right now!"

In the litter, that offended puppy would then retaliate in some way, or refuse to play with the rough puppy for awhile. Some puppies have strong predatory instincts that are overstimulated when a person yipes, and for these puppies this would then not be an appropriate method.

Also, make sure no one is playing "mouth games" with the puppy, encouraging it to put teeth on humans for any reason. You need to react with your "yipe" or other intervention every time teeth touch a human, whether it hurts or not, so the puppy will understand this vital concept: no teeth on people. Even a gentle touch could get someone hurt if they jerk their hand away, and people will do that, especially kids.

My favorite intervention for a dog putting teeth on people in play is not a quick fix, but it has nice benefits and is very safe to do with most dogs. I simply hold the mouth closed for 15 seconds (work up to this time--at first it might frighten the dog to hold for more than about 5 seconds), while praising the dog. I say "[Dog's name], Close Your Mouth. GOOD Close Your Mouth!"

This teaches the dog the words for the behavior I want--and eventually you can remind the dog about the mouth by just saying those words. But that stage won't last long, because if you are very consistent about doing this intervention every time the puppy puts teeth on people, eventually the puppy will never do so at all.

By handling the mouthing from a positive point of view with praise--although it's still a correction: done every time the dog mouths a person's skin, it shows the dog the correct behavior of keeping teeth off people and praises the dog for doing it--you gain other benefits, such as accustoming your dog to being comfortable having someone control its mouth.

You do have to be consistent and stay with this over a period of time to get really solid results. Dogs not taught about teeth on people do not automatically outgrow it, so this is time very well spent training your dog. This method works on adult dogs as well as puppies, and is much safer for both you and the dog than harsh corrections.

Teaching a dog never to put teeth on humans is for family dogs. For some types of work dogs might do, the trainer may not want to create this strong inhibition against putting teeth on human skin. In those cases, the trainer may manage the puppy mouthing behavior by simply putting a toy in the dog's mouth. We can definitely take a cue from these trainers by redirecting our dogs' mouthing behavior into their toys, after we have carefully shown the dog not to mouth us.

I also find it useful to teach the dog the word "Kiss" for licking. When the dog is highly stimulated in play and seems to need to touch me in some manner, I can remind the dog "Kiss" and then praise the dog for licking me.

In the early stages of working on mouthing behavior with a puppy or new dog, keep in mind that you want to teach any new behavior/command in a quiet situation with minimal distractions. So start teaching "Close Your Mouth" with the praise at times when the dog is quiet. Soon you can do it quickly and smoothly whenever mouthing occurs, even if the dog is excited. But you will in the process be bringing the dog's excitement level down and helping your dog develop self-control.

The praise is important to helping the puppy or dog learn to have no fear of a human taking control of its mouth. You are praising the puppy for accepting the restraint at that instant, not for the mouthing done 3 seconds ago.

And be sure you don't cause your dog to bite its lips or tongue when you restrain the mouth--it should be comfortable for the dog, as it should be any time you require your dog to obey any command of yours.



## Car Travel Tips

Traveling can be highly stressful, for you and your canine companions. With thoughtful preparation, you can ensure a safe and comfortable trip for everyone. Traveling with a pet involves more than just loading the animal in the back seat and motoring off—especially if you will be driving long distances or plan to be away for a long time. Here are some tips to help you prepare for a safe and smooth car trip:

1. Keep your pets safe and secure in a well-ventilated crate or carrier. There are a variety of wire mesh, hard plastic and soft-sided carriers available. Whatever you choose, make sure it's large enough for your pet to stand, sit, lie down and turn around in. And P.S., it's smart to get your pet used to the carrier in the comfort of your home before your trip.
2. Get your pet geared up for a long trip by taking him on a series of short drives first, gradually lengthening time spent in the car. And please be sure to always secure the crate so it won't slide or shift in the event of a quick stop.
3. Your pet's travel-feeding schedule should start with a light meal three to four hours prior to departure. Don't feed your furry friend in a moving vehicle—even if it is a long drive.
4. Never leave your animal alone in a parked vehicle. On a hot day, even with the windows open, a parked automobile can become a furnace in no time, and heatstroke can develop. In cold weather, a car can act as a refrigerator, holding in the cold and causing the animal to freeze to death.
5. What in your pet's traveling kit? Try including things like travel papers, food, bowl, leash, a waste scoop, plastic bags, grooming supplies, medication and a pet first-aid kit.
6. Make sure your pet has a microchip for identification and wears a collar with a tag imprinted with your home address, as well as a temporary travel tag with your cell phone, destination phone number and any other relevant contact information.
7. Don't allow your pet to ride with his head outside the window. He could be injured by flying objects. And please keep him in the back seat in his crate or with a harness attached to a seat.
8. Traveling across state lines? Bring along your pet's rabies vaccination record, as some states requires this proof at certain interstate crossings. While this generally isn't a problem, it's always smart to be on the safe side.
9. When it comes to H<sub>2</sub>O, we say BYO. Opt for bottled water or tap water stored in plastic jugs. Drinking water from an area he's not used to could result in tummy upset for your pet.
10. If you travel frequently with your pet, you may want to invest in rubberized floor liners and waterproof seat covers, available at auto product retailers.

# Canine Mounting

Mounting can often be an embarrassing topic to confront, and often dog owners assume that this behavior is sexual in nature and will cease once the pet has been neutered. Another assumption is that mounting is a dominance gesture. Mounting may be sexually based or it may also signal a dominant-subordinate relationship. But like many other behaviors, mounting can be attributed to various motivations that cannot be identified without observing the events surrounding the activity.

## Reasons For Mounting

*Anxiety/Arousal* – This is probably the main reason pet dogs engage in mounting behavior, especially if the dog is mounting objects or people. Mounting is a form of displacement behavior, that is, a behavior that occurs out of context in response to an internal emotional conflict. Sometimes dogs mount an object if an event has excited them. In other instances, dogs mount a person because they are unsure of how to interact with them. This can be considered an outlet for the dog's emotional arousal, relieving tensions.

There can also be an attention-seeking component to the mounting behavior; mounting the visitor may be an outlet for the dog's excitement but it also draws immediate attention to the dog, satisfying that need as well. Finally, mounting can be an anxiety response to punishment. For example, a dog may be experiencing anxiety secondary to a scolding.

*Sexual* – Some mounting behaviors are sexual in nature, as male and female dogs (both fixed and intact) can continue to engage in sexual behaviors. However, castration does not eliminate either sexual motivation or ability. Regardless, most mounting behavior is not simply a response to sexual arousal, even if it is accompanied by pelvic thrusting or penile erection.

*Dominance* – Some theories suggest that everything a dog does is linked to striving for dominance. Owners may think that their dog is "dominant" because it mounts other dogs, visitors, or objects. Sometimes a dog mounts another dog to establish or remind the other dog of its status. But this is not necessarily a problem if the other dog defers and allows the mounting as normal social behavior.

It is important to review all the situations surrounding the mounting behavior and the other interactions between the individuals to determine whether mounting is a dominance gesture, as it can occur in many contexts. Dominance is a relationship between two individuals, and mounting inanimate objects never reflects an individual's need to strive for dominance.

*Play* – In a dog's world, play involves more than fun in that it represents an important way for them to interact. Individuals that play together are able to cooperate and get along in other situations. Many behaviors displayed during play occur in other contexts as well. It is not unusual to see a dog that is normally subordinate mounting a dog that never defers.



*Self-Soothing Behavior* – Mounting may also occur as a self-soothing behavior. In this context, the dog may mount an object before settling to sleep. This may not occur every time the dog rests, but it's similar to thumb sucking in humans.

### **How to Deal with Mounting**

Mounting can be a sign of behavioral problems if a certain situation may be too stressful or exciting. Behavior modification to diminish mounting in stressful and exciting situations may help curb the activity.

When mounting activities are repetitive, they can develop into compulsive behavior; the behavior has changed from a response based on stimuli to one performed throughout the day at the exclusion of other behaviors. In addition to a diminished quality of life, the dog can develop secondary physical problems such as rubbing-associated skin issues.

As with other problem behaviors, there may be many approaches:

- If mounting is a new behavior, rule out possible physical causes (ex, urinary tract disease, dermatitis, changes in hormonal status).
- Simply understanding the reason your dog is engaged in mounting activities might be sufficient for some owners, as long as the behavior is occasional, self-limited, and not harmful.
- One approach involves redirecting the mounting behavior to a more appropriate target such as an object rather than another dog or human.
- Avoidance is another approach; if the dog is not placed in situations that lead to the behavior, then the behavior will not occur. This is a good tactic to implement when dogs that are not in the same household engage in these activities.

### **Dominance & Mounting**

Which comes first?

- It is important to distinguish whether mounting is an attempt to establish dominance or if the dogs already have a stable relationship.
- The mounting behavior is not based on or reflective of dominance if the dog also mounts inanimate objects.

# A Poison Safe Home

## Foods to Avoid Feeding Your Pet

- Alcoholic beverages
- Avocado
- Chocolate (all forms)
- Coffee (all forms)
- Fatty foods
- Macadamia nuts
- Moldy or spoiled foods
- Onions, onion powder
- Raisins and grapes
- Salt
- Yeast dough
- Garlic
- Products sweetened with xylitol (especially found in gum)

Search the following link for explanations on the above list:

<http://www.asPCA.org/pet-care/poison-control/people-foods.aspx>

## Warm Weather Hazards

- Animal toxins—toads, insects, spiders, snakes and scorpions
- Blue-green algae in ponds
- Citronella candles
- Cocoa mulch
- Compost piles Fertilizers
- Flea products
- Outdoor plants and plant bulbs
- Swimming-pool treatment supplies
- Fly baits containing methomyl
- Slug and snail baits containing metaldehyde

## Cold Weather Hazards

- Antifreeze
- Liquid potpourri
- Ice melting products
- Rat and mouse bait



## **Medication**

Common examples of human medications that can be potentially lethal to pets, even in small doses, include:

- Pain killers
- Cold medicines
- Anti-cancer drugs
- Antidepressants
- Vitamins
- Diet Pills

Search the following link for explanations on the above list:

<http://www.asPCA.org/pet-care/poison-control/top-10-human-medications-that-poison-our-pets.aspx>

## **Common Household Hazards**

- Fabric softener sheets
- Mothballs
- Post-1982 pennies (due to high concentration of zinc)

## **Holiday Hazards**

- Christmas tree water (may contain fertilizers and bacteria, which, if ingested, can upset the stomach.)
- Electrical cords
- Ribbons or tinsel (can become lodged in the intestines and cause intestinal obstruction—most often occurs with kittens!)
- Batteries
- Glass ornaments

## **Non-toxic Substances for Dogs and Cats**

The following substances are considered to be non-toxic, although they may cause mild gastrointestinal upset in some animals:

- Water-based paints
- Toilet bowl water
- Silica gel
- Poinsettia
- Glow Jewelry
- Glue traps

# What To Do If Your Pet Is Poisoned

Don't panic. Rapid response is important, but panicking can interfere with the process of helping your pet.

Take 30 to 60 seconds to safely collect and have at hand any material involved. This may be of great benefit to your vet and/or APCC toxicologists, as they determine what poison or poisons are involved. In the event that you need to take your pet to a local veterinarian, be sure to take the product's container with you. Also, collect in a sealable plastic bag any material your pet may have vomited or chewed.

If you witness your pet consuming material that you suspect might be toxic, do not hesitate to seek emergency assistance, even if you do not notice any adverse effects. Sometimes, even if poisoned, an animal may appear normal for several hours or for days after the incident.

## **Call the ASPCA Animal Poison Control Center**

The telephone number is **(888) 426-4435**. There is a \$65 consultation fee for this service. The Poison Control Center is available 24/7.

Be ready with the following information:

- The species, breed, age, sex, weight and number of animals involved.
- The animal's symptoms.
- Information regarding the exposure, including the agent (if known), the amount of the agent involved and the time elapsed since the time of exposure.
- Have the product container/packaging available for reference.

Please note: If your animal is having seizures, losing consciousness, is unconscious or is having difficulty breathing, telephone ahead and bring your pet immediately to your local veterinarian or emergency veterinary clinic. If necessary, he or she may call the APCC.

## **Be Prepared**

Keep the telephone number of the ASPCA Animal Poison Control Center, your local veterinarian (319) 626-2999, or the Emergency Clinic (319) 338-3605 (EIVSC).



## **We Recommend Pet Insurance**

Although pet insurance has been available for approximately 20 years, many pet owners have never heard of it and are surprised that such a thing would even exist. After all, insurance is for people, right? Well, if you have ever had to empty your savings account in order to pay for a pet's surgery, then you can absolutely testify to the usefulness and worth of pet insurance.

As is the case with most other health-related expenses, the costs associated with an average pet's medical care – preventative, emergency, and catastrophic – are rising all the time. When deciding whether or not to buy health insurance for your pet, you have to ask yourself a few questions. Do you consider your pet to be a member of the family? Would you be able to pay for thousands of dollars in medical bills if your pet needs long-term medical care? If you answered yes, then you may consider purchasing an insurance policy for your pet!

### **What kind of Pet Insurance is available?**

Pet insurance is now available through a multitude of specialty companies; and, just as with your average health insurance plan, the higher the premium, the greater the range of benefits you will receive. The average plan costs anywhere from \$20-40 a month and has no annual benefit limit or a limit of approximately \$15,000-20,000. Many plans offer discounts for coverage of multiple pets. Your deductible will be determined by the plan you choose, but the average is about \$100 a year.

### **What sort of restrictions are there?**

You may be willing to pay for your pet's health insurance, but that doesn't mean an insurance company will automatically cover him. If your pet is over a certain age, he may be denied coverage. Even if you find insurance for your pet, there are always certain coverage limits. Most policies will not cover the treatment of a pre-existing condition or genetic effects. Sometimes cancer is also excluded from the coverage.

Beware of any waiting periods that are written into your pet's policy. The waiting period determines when the coverage actually begins – they can last anywhere between two weeks to six months.

### **Pet Insurance Companies**

-Trupanion: [www.trupanion.com](http://www.trupanion.com) -Petplan: [www.GoPetplan.com](http://www.GoPetplan.com)

Here is a good website that discusses pet insurance and compares the different companies:  
-Insurance Review: [www.petinsurancereview.com](http://www.petinsurancereview.com)

# Animal Kingdom Online

[www.akvcc.com](http://www.akvcc.com)

Please check out our website for current clinic information as well as informative articles and links to our online partners.

## Online Store

We have established an online store and pharmacy for your shopping convenience. It's similar to other veterinary internet sites offering pet care products, supplies, toys, and prescription items, including popular heartworm preventatives, flea and tick products, and Science Diet/Hills prescription diets, all at competitive prices delivered directly to your home.

Our online store is also available from our website by clicking on the "Shopping" icon at the top of our website. As a reminder, in order to authorize prescription orders, we much have a valid patient-client-doctor relationship.

## PetPartner App

We also have established a free app for your pet. On this app you can request appointments 24/7, receive reminders, save notes, pictures, and tasks, you also can access your pet's vaccine history. You can search for this app in your app store or play store on your smartphone. Make sure to use your email address on record with your provider during sign up.



[www.theanimalkingdomvetcarecenter.com](http://www.theanimalkingdomvetcarecenter.com)



# BOARDING/TRAINING/GROOMING

## BOARDING FACILITIES:

**Pepper Hills Kennels**  
1858 Curtis Bridge Rd. NE  
North Liberty, IA 52317  
(319) 626-2622

**Camp Bow Wow**  
860 N 20<sup>th</sup> Ave.  
Hiawatha, IA 52333  
(319) 393-DOGS (3647)

**Just Dogs Playcare**  
4100 Westcor Ct.  
Coralville, IA 52241  
(319) 545-7111

**Half Moon Kennels**  
3181 Half Moon Ave. NW  
Tiffin, IA 52340  
(319) 545-3031

**Pooch Palace**  
1938 Utah Ave. NE  
Solon, IA 52333  
(319) 624-5164

**Cedar Run**  
2705 Stonegate Ct.  
Hiawatha, IA 52233  
(319) 393-1362

**Heartland Kennels**  
4008 80<sup>th</sup> St.  
Fairfax, IA 52228  
(319) 846-2009

**Apple Creek Kennel**  
650 51<sup>st</sup> St.  
Marion, IA 52302  
(319) 784-7372

**Canine Country Cottage**  
20607 Co. Rd. E-45  
Anamosa, IA 52205  
(319) 489-2256

**Two Sister's**  
52 280<sup>th</sup> St.  
West Branch, IA 52358  
(319) 371-3200

**Adam & Tina's Puppy Love**  
(No overnight boarding)  
2391 Mehaffey Bridge Rd.  
NE  
North Liberty, IA 52317  
(319) 535-3861

**Beds & Biscuits Boarding Kennel**  
1986 Paris Rd.  
Central City, IA 52214  
(319) 438-6263

**Diersen's Canine Country Club**  
721 N. Market St.  
Solon, IA 52333  
(319) 310-4136

## PUPPY/BEHAVIORAL CLASSES:

**Just Dogs**  
4100 Westcor Ct.  
Coralville, IA 52241  
(319) 545-7111

**Best Friends Dog Academy**  
4852 Sand Rd. SE Building C  
Iowa City, IA 52240  
(319) 321-4092

**Diersen's Canine Country Club**  
721 N. Market St.  
Solon, IA 52333  
(319) 310-4136

**Knallhart Kennels & Training**  
4434 Taft Ave SE  
Iowa City, IA 52240  
(319) 573-2133  
[www.knallhartacademy.com](http://www.knallhartacademy.com)

**King's Creatures Animal Training**  
(319) 249-0023  
[laura@kingscreatures.com](mailto:laura@kingscreatures.com)

**Apple Creek Kennel**  
Amanda Kacena  
650 51<sup>st</sup> St.  
Marion, IA 52302  
(319) 784-7372

**Spot & Co.**  
123 Stevens Dr. #1  
Iowa City, IA 52240  
(319) 354-0885

## GROOMING:

### **Alicia's Sirius Styling**

220 S. Dubuque St.  
Solon, IA 52333  
(319) 624-4122

### **Apple Creek Kennel**

650 51<sup>st</sup> St.  
Marion, IA 52302  
(319) 784-7372

### **Ay Da's Grooming**

3432 Terrace Hill Dr. NE  
North Liberty, IA 52317  
(319) 491-4981

### **Beds & Biscuits**

**Boarding Kennel**  
1986 Paris Rd.  
Central City, IA 52214  
(319) 438-6263

### **Cedar Run**

2705 Stonegate Ct.  
Hiawatha, IA 52233  
(319) 393-1362

### **Pawz Grooming Salon**

1601 N. Highway 965  
(Renshaw Way)  
North Liberty, IA 52317  
(319) 861-8699

### **Heartland Kennels**

4008 80<sup>th</sup> St.  
Fairfax, IA 52228  
(319) 846-2009

### **The Grooming Den**

702 S. Gilbert St. #101A  
Iowa City, IA 52240  
(319) 351-4875

### **Yuppy Puppy**

3710 Crippen Ct. NE  
North Liberty, IA 52317  
(319) 665-6192

### **Diersen's Canine Country Club**

721 N. Market St.  
Solon, IA 52333  
(319) 310-4136

## IN-HOME PET SITTING:

### **Pals 2 Paws**

(319) 331-1809  
[info@pals2paws.com](mailto:info@pals2paws.com)

### **The Pet Sitters LLC**

(319) 351-1456  
[icpetsit@yahoo.com](mailto:icpetsit@yahoo.com)

## EMERGENCY SERVICES:

### **Eastern Iowa Veterinary Care Specialty Center**

755 Capital Dr. SW  
Cedar Rapids, IA 52404  
(319) 841-5161

### **Emergency Veterinary Service of Iowa City**

3030 Northgate Dr.  
Iowa City, IA 52245  
(319) 338-3605