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The Golden Paw

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Health Issue



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Thanks to the following for proofreading the draft: Debbie Ball, Teri Guilbault, Connie McCabe, Larry Orwig and Liz Tataseo

Editor's Assistants' Notes



Dallas, Mufasa, Vin and Duffy Orwig

Training and the exercise it entails are good for us canines and for you humans, too. It makes us more alert, tunes us in to what's important (our trainer/handler), helps us learn to ignore things that aren't (all kinds of distractions) and tones up our muscles. New routines cause us to think and to adapt – good exercise for our brains – all of which lead to better health for all of us. Remember, if you have a fat dog, you aren't getting enough exercise (and you're feeding the dog too much)!

Speaking of training, we want you to know that our "brother" **Dallas** completed Level 1 Obedience at **Partners Dog Training School**. **Cody** and **Joey Brown** did, too. They all did very well, and most likely would have gone on to Level 2, but the class was to be held outdoors and it was getting too hot.

We want to discuss one of our favorite subjects: food. **AGR** Rescue volunteers, especially the ones who do home evaluations, transports, and Meet-and-Greets, frequently get asked, "What should I feed my dog?" They always recommend using a good quality food. We know that grocery store dog food is usually not very good quality, but there are so many different foods at the pet supply stores these days. How do you choose one?

For a new dog, **AGR** recommends using a good-quality food. The best advice we can give you is to feed your dog something he or she will eat and that does not give him or her the itches or the runs. Surprisingly, research has shown that the most common allergy offenders (in order) are beef, dairy products, chicken, lamb, fish, chicken eggs, corn, wheat, and soy. So, you might want to try a venison or bison-based food, if there is a problem.

When our transporters deliver a dog to a new family, they give the family a copy of **AGR's Your New Dog** manual. In that publication, which is available on **AGR's** website, is a page entitled "How to Grade Your Dog's Food." Using that rating system, you can decide for yourself if the food you are using or intend to use is a good one. Any food rating 90 or better is considered a really good quality food. For the health of your dog, do your dog a favor and rate the food you are using. You might be surprised to find that some of the really good foods are not the most expensive ones.

Treats are important for us, too! Don't forget to look at the ingredients in those, as well. If your dog is sensitive or allergic to something in dog foods, be sure that ingredient is not included in the dog biscuits and cookies you buy or make.

Treats for Allergy Dogs or Others on a Special-Foods Diet

Recommended by a vet tech at **Academy West Animal Hospital**: Take the dry kibble you use for your dog's meals, add water and stir it up into a dough, shape into balls, flatten and bake for 15 minutes at 350° to make treats out of whatever special food your dog eats.



Wags and Woofs

By Deb Orwig, President

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"Health" is the theme of this issue of *The Golden Paw*. It has been three years since our last Health issue, so it was time to produce one again. The word has many ramifications when it comes to Rescue and all that the organization encompasses. As a nonprofit animal rescue group, **Arizona Golden Rescue's** health is dependent upon the quality of the organization, the strength of its volunteer force and the organization's financial well being.

We have a very well-run organization. I am frequently told "**AGR** really has its act together" by people who contact us to ask questions or to adopt a dog. Every member who does home evaluations, transports, or Meet-and-Greets is well trained. We provide that training through our mentoring program. We require new evaluators and transporters to do at least two ride-alongs with experienced members. We encourage "newbies" to come to Meet-and-Greets with their newly-adopted dogs and position themselves next to an experienced member to listen to the responses when the public asks questions. We also give them copies of our informational brochure to read, and, of course, they have already read our *Your New Dog* manual. A well-informed representative will always make a good impression. Our best impression is often the one made by Sharon Flores, our Co-Intake Manager, who answers the **AGR** telephone. She is really wonderful and patient with the many callers who need information from **AGR**. We often get compliments on the fact that we have a live person answering calls rather than an answering machine. Thank you, Sharon!

While I am thanking members for their service to **AGR**, I want to mention some others. Denise Padavano, Cindy Tigges and Connie Wozniak have all been busy on their sewing machines making things for **AGR** to sell. Denise is now a master at sewing microwave bowl cozies, our hottest-selling item. Not only has she made dozens of them, but she has also sold several hundred dollars worth to ladies who frequent the hair salon she uses. Cindy Tigges has spent the summer making Kleenex tissue holders from fabrics other than golf-themed ones. She also bought and donated

the tissue packs – a rare find these days when people are hoarding such items as Kleenex and toilet paper! Cindy is next going to tackle some holiday-theme dog collar covers. Connie Wozniak has created quite a few more of the stunning totes/purses she makes. I can't wait to display all these beautiful bags when we start offering them at public events. They make fabulous, unique gifts for yourself or someone you care about.

I also want to thank Carolyn Brown for running the online Mother's Day and Father's Day sales of bowl cozies and oven mitts. She spent many hours cataloging and photographing everything and posting the photos and descriptions on Facebook and also composed messages for Adam Cardinal to send out to the membership. The sales collectively raised over \$1,300 – terrific!

In addition, Carolyn discussed *AGR* with the new owner of *Little Bite of Italy* restaurant in Sun City and he agreed to host our *Paws & Pasta* fundraiser! In addition, she has nailed down two gift wrapping dates at the Arrowhead *Barnes & Noble Booksellers*, December 20 and all day Christmas Eve Day. Thank you for your efforts, Carolyn! Proposed gift wrapping dates have been submitted to the Happy Valley *Barnes & Noble*, but we have not yet had confirmation that our proposal has been accepted.

Many of you are aware that our website and database are not working as they should. The company that created them for us did not renew our security certificates when we paid for them. So, it appears that the software systems can't be used. Adam Cardinal, Kathy Blue, Connie McCabe, Sharon Flores and I have all been trying to find work-arounds until we can get a new database and website created by a new company. Adam did much research and has settled on working with *Rescuegroups.org*, a company that has been in business for a long time and which numerous Golden Retriever Rescue groups around the country are using for their information management. Hopefully we will have a new, usable system in the not too distant future. Thanks to all of you for your help and your patience.

Most of the health-related articles that are presented in this issue have been published in various previous issues of *The Golden Paw*, so some may be familiar to you. I have included them so they are all in one place – in your hands – hoping this issue will be a good resource for you. For those of you who are reading these articles for the first time, I want to say that they are not included to intimidate you or make you paranoid about a disease or condition your dog might develop, but to inform you enough so that you hightail it to your vet if you suspect anything going amiss with your dog's health. In this case, a little knowledge is NOT a dangerous thing and may help you save your dog's life. My thanks to Liz Tataseo, who has been *AGR's* Health Care Manager for the past six years, to Linda Knight Gage before Liz and to Teri Guilbault, who held the position before Linda, for researching and writing many of these informative articles.

Is your dog healthy? Do you wish your dog could live forever, or at least as long as you do? I certainly do. However, it is a sad fact that their lifespans do not even begin to last as long as ours. Of the 20 dogs who have been my companions during the past 42 years, 16 have passed away, with an average age at demise of 12¼. That average is skewed, however, because one of them left me at age 5½. At *AGR* events and during home evaluations I have done, there have been many occasions when I have told someone who says they want a young dog that there are no guarantees as to how long any one dog will live. Not counting the 3 puppies born into Rescue in January 2016 that did not survive very long after whelping, *AGR* has lost dogs as young as 5 weeks of age (**15-010 Fiah**), 10 weeks (**19-057 Aspen**), 3 months (**20-024 Captain**) and 3½ years (**13-120 Bella-Holly-Eureka-Rooter**). However, **09-002 Goldie**, lived for over 17 years, and many of our rescued dogs have lived to 13, 14, 15 or 16.

Basically, a dog's genetics determine the length of its lifespan. But, we can help our dogs live as long as their genetics dictate. How do we do that? We give them a high-quality food. We provide them with a nice bed and toys to keep them entertained. We see to it that they get exercise. We walk them on leash (and not on an extendable one that gives us no control) so that they cannot bolt and run out into traffic. We ensure that they have a safe environment in which to live, with no toxic chemicals, poisonous plants or cacti within reach. We train them to stay off counters and people, not to chew up things, and to otherwise be well-behaved. If we live near a preserve or an undeveloped desert area, we get the dog snake-trained. We see to it that our dogs have an annual check-up by our veterinarian, vaccines when they are due, tests for valley fever and heartworm, and, here in Arizona, we keep them on Heartgard® or another heartworm preventative year round. It is a big job – and can be an expensive one – to be a responsible dog owner. Hopefully, some of the information presented in this issue of *The Golden Paw* will help you take good care of your dog so that he or she lives as long and healthy a life as possible.



Goldens on the Go!

**By Carolyn Brown
Director of Activities**

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“Hey Mom and Dad, can I go out and play?” PLEASE!

With all the quarantines and lock downs and now triple-digit temperatures, I am sure we have all heard those words, not only from the two-legged people who share our homes, but also from the four-legged residents, as well – Goldens do speak a special language. The coronavirus has made it a challenging several months for all of us. But in true Golden spirit, we look forward with hope and optimism that fall will arrive with opportunities to once again

safely see each other and “come out and play”.

This “quiet time” has allowed **AGR** to become active in new ways of fundraising and also to explore potential fall and winter activities, as well as to schedule old tried-and-true events.

Since we had no outdoor **PACC911** events, we took to our Facebook pages, along with an e-mail to all members, to promote the beautiful hand-made bowl cozie sets and BBQ mitts that Deb Orwig and several others of our members make. Our Mother’s and Father’s Day blasts brought in over \$1,300 dollars! This included sales generated on Facebook to friends and family and even numerous customers at the salon where Denise Padavano has her hair done. Did you get yours? We have a new supply now because our seamstresses keep sewing! If you have a set, have you tried using one to hold a bowl of ice cream? Keeps hands from freezing – fantastic!

I am exploring online auction sites and local neighborhood online sales opportunities to be able to promote our hand-crafted items, as well as some new and gently-used items that were donated for the garage sale we had planned to attend last November. I am open to comments and suggestions from anyone who has used such sites.

Look for more detailed information on the events we are planning on for the fall. Our Facebook page will always have announcements as we confirm events assuring any appropriate health and safety concerns are addressed. Our website is currently “under construction,” so stay tuned for its grand re-opening.

Our *Paws and Pasta* event is tentatively scheduled for **Sunday October 25th**, so mark your calendars! Bryan Foley sold *Little Bite of Italy*, but we are working with the new owner to develop a format that will benefit all of us. The new name of the restaurant is *Paulie’s Little Bite of Italy*, and it is located at 99th Avenue and Greenway in Sun City. Unlike previous years when **AGR** served a spaghetti-salad-dessert dinner, this year everyone will choose from the menu (lots more variety) and *Paulie’s* employees will be doing all the cooking, serving and clean up. Reservations will not be required. *Paulie’s* will donate a portion of all the sales generated by **AGR’s** supporters, including food and liquor purchases, dine-in or carry-out, to **AGR**. They will do all the work. We will still have our silent auction items, raffle baskets, 50/50 cash raffles, merchandise sales, entertainment and, of course lots of Golden retrievers who can enjoy the great patio and dine with their owners and work the crowds. We will need volunteers to help with the event to handle the merchandise and raffle sales, so please consider volunteering. We will have the entire day to sell, from noon until 7:30 PM, so several shifts will be available. MORE INFORMATION TO FOLLOW.

Barnes & Noble Holiday Gift Wrapping will once again help **AGR** raise money to help with the medical costs of our rescued friends. Beginning the weekend before Thanksgiving and various weekend days through Christmas Eve, we will be at either the

Happy Valley or Arrowhead location. Schedules are being confirmed as we go to print. **Barnes & Noble** will not allow us to have any dogs with us this year, so it is even more important to have enough volunteers to talk to people as they have their packages wrapped. We will have a few “life-size” plush-stuffed Golden retrievers with us to help you start the conversation!

If you have never joined us, this is your year to dive in. It is always a fun time with great stories, sharing of ideas and traditions and always some homemade munchies to fuel our efforts. Don’t worry if you think you can’t wrap or tie a bow. If you can talk about your Golden, WE NEED YOU! We will also need help at Happy Valley with merchandise sales. Different shifts will be available, so please look for more information on the **AGR** website and Facebook page as the time gets closer.

Other events that will be resuming as safe reopening allows include our Meet-and-Greets at **Petco** and **PetSmart**, **PACC911** Adopt-a-thons, the *Glendale Hometown Christmas Parade*, *Photos with Santa* and a few others under consideration. All of these will, of course, always have the health and safety of our members as our first concern.

Please consider volunteering and becoming an active part of Arizona Golden Rescue. Your efforts and ideas are always welcome. Please send e-mail to AZgoldenlady@gmail.com, call or text me at 602-781-1001 if you want information on volunteer opportunities or have ideas about activities or fundraising. .

UPCOMING ACTIVITIES

Regular Meet-and-Greets at *Petco* and *PetSmart* stores once we are allowed to do these again
Check website calendar (www.arizonagoldenrescue.org) and *AGR’s* Facebook page for dates, times and locations

SAVE THE DATES...

Paws & Pasta

Sunday, October 25, Noon to 7:30 PM
Paulie’s Little Bite of Italy, Sun City

Fall Fest at Sun City Grand

IF it happens,
it will most likely be on November 7, 9 AM - 2 PM

Arts & Crafts Fair at Advent Episcopal Church
Sun City West, November 20, 9 AM - 4 PM and
November 21, 9 AM - 3 PM

PACC911 Adopt-a-thons 10 AM - 3 PM
All Saints Episcopal Church, Phoenix, November 21
Aviano Community Park, Desert Ridge, December 5

Position
OPEN

Director of Dog Care

By Deb Orwig

From Sue Vallie, who was Director of Dog Care in 2017: *Vigilance is key, no matter the age. Just as with people, when a problem is caught early, there is a much better chance for effective treatment. Are there new lumps or bumps? Are they drinking excessively (although at this time of year, that is really hard to evaluate) or not enough? Are they lethargic? Are they not eating well? Are their gums pale? Have they developed a limp? While the heat takes its toll on all of us, making both man and beast less energetic and possibly reducing our appetite, being aware of what “normal” is can let you know how far off the current behavior is. Our suggestion is know what is normal for your dog, and check out things that are unusual. Peace of mind is worth the cost of a vet visit.*

Sue had a really good point. A couple months ago, I noticed that my middle boy, **Duffy**, was not “acting himself.” It’s hard to describe what I mean by that, though. He normally is a rather placid dog who does not really connect with people. “Aloof” is a word I have used as his label sometimes. But, he was acting a little more mopey than usual and seemed to want to sleep more. I mentioned his lack of enthusiasm to our vet and told her I wanted to have a senior panel done even though he is only 7½. This blood work includes analysis of the thyroid function. Hypothyroidism is rather common in older Golden Retrievers, so I thought that might be his problem. Nope. There was a medical issue, but it wasn’t thyroid. Rather, **Duffy** has valley fever with a titer of 1:16. **Vin**, who went everywhere I took **Duffy** before events were closed, and **Mufasa**, who often went, too, do not have valley fever. The three all live in my house and all play/swim in my back yard. All three have been on daily Sam-E supplement (**Vin** 200 mg twice a day, **Duffy** and **Mufasa**, who are bigger, 400 mg twice a day) for years. **Duffy** gets valley fever and the other two don’t. Go figure. When the test results came back, Dr. Ferguson said, “You sure know your dogs!”, meaning I knew something was wrong, but I just didn’t know what. So, now **Duffy** is taking fluconazole. Living in Arizona since 1997, Larry and I have had 14 Golden Retrievers over the years, and **Duffy** is the only one to contract valley fever. Guess we’ve been lucky!



On Another Paw



Quite a few of you who are reading this publication have lost a dog within the last year or two. You feel you are finally ready to bring another furry companion into your life, so you have applied – or tried to – to adopt from **AGR**. You submitted your application, had your home evaluation done virtually or an update of same by phone, and may have been asked to submit photos of your back yard. You have done all that we require; you have been approved. Since then, you have been waiting... and waiting... and waiting for “the call” from Placement telling you we have a dog

for which we feel your household would be a great match.

Why haven’t you gotten that call? It is not because you are “way down on the list.” **AGR** does not keep a list by chronological date of approval. We base our placements on which approved-to-adopt family would be the best family for a particular dog and his/her needs – that family could have been approved a week ago or a year ago. No, placement calls have not been made primarily because we have not taken in very many dogs so far this year – only 29, and of those, we have lost three before they could be placed. So, we have had only 26 dogs available for placement. By this time of year in previous years, we would have rescued about twice that many dogs.

2020 has been an unusual year in more ways than one. I am a member of a Golden Retriever Rescue Presidents e-group. I have learned it is a nationwide trend that intakes of Golden Retrievers have significantly decreased. We think this trend is due to the fact that so many people have had to stay home – either to work from home (if they are lucky), or because they have lost their job and *have* to stay home because they have no work to go to, or because they have gotten sick. When people stay home, they realize they really want to be around their dogs; they realize they can take care of them; they realize the dog behaves better when she gets attention. So, people are keeping their dogs, and that is a good thing. In addition, the local shelters have been closed for months, so we have not been able to rescue any shelter dogs except two earlier this year (one in late February, one in early March); we lost one of them because she was so sick we couldn’t save her. Also this year, due to travel restrictions and health concerns, none of the Golden Retriever Rescues in the U.S. have been able to bring in any dogs from outside our country. We brought ten here from China last year, but we will not be getting more any time soon.

So, to all of you who are waiting for “the call”, have patience and hang in there. To those of you who are contemplating submitting an adoption application, do so. We will continue to rescue dogs that need rescuing – they are out there somewhere – and you just may be the perfect match for one of those dogs.

Easy Help for AGR

With the holiday season of gift buying and entertaining fast approaching, please do the following if you have not already:

- Link your Fry’s Grocery VIP card to **Arizona Golden Rescue**; **AGR** will then get a small % of your sales; your personal rewards points for gas and other products will not be affected. To sign up go to <https://www.frysfood.com/community/community-rewards>
- Shop at Amazon? If you use smile.amazon.com and choose **Arizona Golden Rescue** as your charity to support, the AmazonSmile Foundation will donate 0.5% of eligible purchases to **AGR** at no extra cost to you.



The Information Highway

By Adam Cardinal,
Director of Information Management

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Website Health

I'll bet you've learned more about personal protection equipment (PPE) in the past few months than you ever hoped to know. If you wait til the end of this article, I promise to give you a nugget of information that will help you in our new mask-wearing world. It's the least I can do because I'm going to attempt to inform and educate you on one of the more complex aspects of Internet technology and security – Digital Certificates. Digital certificates can be a little complicated, but it's worth learning about what they are and how they help us.

When you access a website where you need to log in and manage an account, it's important to protect communications between you and the service. This service could be your bank, an online store or e-commerce website, PayPal, your e-mail, or your private blog.

When you access these kinds of websites, you'll notice the URL starts with a lock icon and "https://" instead of just "http://". This extra "S" means you're using HTTPS (Hyper Text Transfer Protocol Secure). Secure Socket Layer/Transport Layer Security protects an HTTPS connection.

Do you remember the old Drano ads when they had clear, see-through pipes that allowed you to watch a clog dissolve in real time? Well that glass pipe is somewhat like what HTTP traffic is. Were someone interested, they could look at the pipe and look at what is flowing in and out of the pipe. Now, this isn't like the pipe in your bathroom or kitchen. Rather, it's more like the pipe in the major street or roadway near your home. It's lots of people's information traveling back and forth through the pipe. If an individual with malicious intent is monitoring that data as it travels the pipe, it's possible for them to focus on specific source / destination information to extract the data that is most valuable – and that's going to be user IDs and passwords for banking and brokerage accounts and credit card data. When the website is secured with HTTPS that glass pipe becomes a traditional lead / copper / PVC pipe. It's a secure pipe – the data sent between you and the website isn't encrypted – it travels via a secure encrypted pipe that secures the data sent between you and the website, keeping the information private.

You don't need to know what Hypertext is, or Transport Layer – the most important thing to focus on is the "S" – when you see S – think Secure.

Much like how you log in to a website to prove you're who you say you are, a website also has to prove to you that it's the website you

were planning to visit. It does this by showing an Internet security certificate to your browser. If the browser accepts the certificate, it indicates to you that the site is legitimate with the lock symbol.

If a secure website is missing the HTTPS protocol or its certificate, you may be looking at a fake. Logging into this website may be sending your data to the wrong people, which would make you a victim of a man-in-the-middle attack.

If you want to check if everything is up to par, you can click on the padlock to see more details on the certificate. This padlock icon will also change to inform you if a problem occurs.

Those of you who visit the **AGR** website may be aware that there has been a problem with our digital certificate. **AGR** wants to always demonstrate to our members and adoptees that we do our best to keep their information secure. Many rescue organizations don't encrypt all interactions with the public, only the sensitive parts like donations, fees, i.e. any activity that involves money and payments. **AGR** made a decision many years ago to encrypt all our interactions with all traffic to and from our website. We purchase digital certificates from an industry recognized certificate authority so that the web browser you use (Internet Explorer, Chrome, Safari, Firefox, Edge) can perform an independent check that the certificate is valid.

AGR owns two digital certificates – one for our database and one for our website. Our database certificate was to expire end of February, so I worked with the certificate authority to renew our certificate in early February. I had difficulty getting in contact with our hosting provider. When I did reach them they tried but were unsuccessful in getting the certificates installed. They remained unresponsive – but this only affected our volunteers so we took a wait and see approach – we hoped whatever issue we were having would be resolved and the provider would resume contact and provide service as they had for the past 8+ years. It hasn't happened. In May, our website digital certificate was up for renewal. This should not have been an issue, as our certificate is set to auto-renew so as to avoid any outage of our public-facing website. But our certificate did expire – and it didn't match the certificate authority from which I purchased certificates. I immediately began contacting the service provider regularly and urgently – and got no response from my calls or e-mails. Deb and I drafted a formal demand letter, which was never accepted when we sent it certified mail. Since then, we have been actively looking for a way to move our website and, if not our database the data stored on the database, to a new provider – a provider who would be cost effective but could also support us in getting our information out without the support of our current hosting provider. We've made good progress and we should have some news to share soon.

So what does **AGR's** digital certificate issue alert mean to our members and adopters? **AGR** still has a digital certificate – but

the certificate authority that has issued it – and was paid for it – doesn't see the renewed certificate we bought – they see the old certificate. So they tell your browser that the certificate has expired – and the certificate authority can't (or won't) state the certificate is valid – so they generate a warning to visitors. The data is still in the secure pipe – they are alerting you that the certificate is expired – it's no longer in the date range for which they've been paid by us to guarantee the certificate is valid.

AGR does not process financial transactions on our website. If you pay a membership fee or adoption fee using a credit card, **AGR's** website re-routes you to **PayPal**. When we pass you to **PayPal**, your transaction is secured under **PayPal's** security umbrella – which is independently assessed for security practices as part of Payment Card International (PCI).

There is the possibility that an attacker might create a clone of **AGR's** website to intercept data intended for us – there was a point in time where this was happening for banks – which is why certificate authorities were created to begin with – but it's a rare occurrence now. **AGR** is also not an attractive target for attackers – the amount of website traffic we support and the amount of that traffic that contains sensitive data valuable to an attacker doesn't justify the effort when performing a cost-benefit analysis.

So, if you feel comfortable about your ability to view information and share basic information with us (name, address, email address and phone number) you can rest assured that the information is traveling within a secure pipe. Transactions are being processed under PayPal's security structure. If you prefer not to take the risk, Deb, our amazing **AGR's** volunteers, and I are ready to help you apply for adoption, become a member or renew an existing member. We can process any of these transactions over the phone.

The data we store in the database contains my data, Deb's data, and the data of all our volunteers. We always remember that the data we are handling is our data – and we handle that data the way we'd want our data handled. Operating an animal rescue does present some risks – but we do our best to reduce those risks whenever possible. We do it in the way we perform intakes, the way we verify potential adopters and the way we select households that will be good candidates to provide a forever home to our rescues awaiting placement. And we do it with your personal information. It's an essential part of our mission.

As promised here's my helpful tip for mask wearers. I learned this when I was going through Fire Fighting Academy and again when I became a certified scuba diver. Shallow breathing is the reason why you feel like your breathing is impacted – not the protective device. Getting breathable air doesn't start at the lips or nostrils, it starts where the air exits the source – in this case either my PPE tank (Scott Pack air bottle) or my scuba tank and regulator.

Since the breathable air source is further away, shallow breathing

gets me exhaled air (air I've breathed back into the system – air I've already depleted of most available oxygen). If I want normally oxygenated air I must breathe from the source – that means breathing deeply, drawing air in from the RIC hose¹ like a straw, and then exhaling deeply, pushing air out so it exits through the regulator and is expelled.

With masks it's a small but noticeable difference. Shallow breathing keeps drawing air in and out from inside the mask. Deep breathing will draw fresh air from outside the mask, through the filter and into your nostrils and/or mouth, and pushes exhalation outside of the mask. Shallow breathing makes you feel short of breath, tired, anxious and stressed. Deep breathing decreases stress and increases calm. Taking deep breaths slows your heart rate. More oxygen enters your blood stream and ultimately communicates with the brain to relax and reduce your body's feelings of stress and anxiety. Surgeons, nurses, veterinarians and EMS personnel wear masks daily and have done so for years. They've adapted their behaviors to function effectively wearing a mask – you can too.

¹ Rapid Intervention Crew/ Company Universal Air Connection System (RIC. UAC)-3M / Scott Product Specifications

Benefits of Exercise

When animals do not get enough exercise, they can become obese, develop heart problems, and experience physical pain and even emotional problems. Frequent exercise promotes self confidence, bone density, joint health, a strong heart, and healthy bones.

Squeaky Toys

The excitement your dog feels when he plays with a squeaky toy is instinctual. It goes back to a time when dogs had to hunt and kill prey to survive. The squeaky noises of prey animals would help dogs locate their prey, and the noises the prey animals made during the kill were very satisfying to a hungry dog. "Hunting" a squeaky toy gives your dog the same type of satisfaction. And the more the toy squeaks, the more excited your dog becomes. That's why so many dogs will try to "kill" the toy by destroying it and pulling out the squeaker. When you purchase a squeaky toy for your pet, be sure to put safety first. Finding the right squeaky toy can be hard work. First, examine the toy and confirm that it does not have a lot of pieces that can be chewed off and swallowed. Next, look for features (eyes, nose, etc.) that are embroidered onto the toy, not attached. Check the seams and fabric to determine how easily your dog might chew through them. Swallowing squeakers or stuffing can be life-threatening and can happen very quickly. For this reason, it is very important to always supervise your dog's play. From Dr. Jon's petplace.com column



The Human Connection

By Connie McCabe,
Human Resources Director

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“It’s all about the dogs.”

We say that a lot, because that is why we are all part of this wonderful group. You would not be reading this if it were not for your love for the dogs. But as much as that is true, it takes a lot of hard work from a lot of people to keep this organization, and therefore the dogs, alive and thriving.

Since this is the “Human Connection” column, in every issue I am going to continue to mention a few interesting facts and stories about some of the people you might know. Hopefully, you will learn something new about them and gain more insight into how they got here. If you are interested in getting to know some of the members I have featured in this column and you have not received previous issues of this newsletter, you can download them from the Information tab on our website.

Since this quarter’s issue is devoted to medical information, let’s get reacquainted with our Healthcare Team members.



Liz with her two Goldendoodles, Watson (lying down) and Emma

McKayla, Reba, Trip and most recently, Watson, from AGR. Trip is a “tripawd” and is not able to go to events anymore, but the other four get to rotate their public appearances at our AGR events.

Liz Tataseo is a retired principal and the current AGR Health Care Manager and Vet Records Manager. Many of you have spoken to her on the phone, as she is also very active doing home evaluations. She served as Director of Dog Care in the past and currently does fostering and transports, along with hosting the Northern Avenue Petco events. Liz is seen at almost every event and helps to organize many of them. She has adopted all of her current dogs –

Emma, McK-



McKayla with Liz at Petco Meet-and-Greet

Since Liz ended up graduating during summer session (she missed a semester with pneumonia and valley fever), she started teaching in a very small school in Bowie, Arizona (which is about 105 miles SE of Tucson). She taught Earth science, biology, math and English (even though it was not her major), was the yearbook advisor, Cheer and Pom coach and even “boys” PE, when they

couldn’t get anyone else. She spent three years there and had to leave for a bigger city, where she got her own first personal pets, a hamster and a kitten that was given to her by a student. The kitten grew up and lived peaceably for 18 years with several dogs. Liz is interested in all sports: tennis (she coached tennis in Bowie also), football, basketball, track, hockey and Olympics. Her father was a boxer and wrestler – he and Liz were the sports people in the family! Liz also is a diehard *Arizona Diamondbacks* fan!



Teri getting hug from Khalee

Teri Guilbault is also one of the Healthcare team members and over the years has adopted all but one of her pack from AGR. Teri and her husband, Jeff, along with their daughter, Michelle, were lifelong Michigan residents until they moved to the Valley in the summer of 2007. Teri worked for over 30 years as a legal assistant for one of the largest law firms in Michigan and Jeff was a large claims insurance adjuster. They were both active with their church and spent many hours a week volunteering in that capacity. After their first dog,

Sandi, an Irish/English Setter mix, went to the Bridge, it was decided that a Golden Retriever puppy to keep their oldest son company was in order. Back then, Rescues weren’t very common, so Sandy (with a “y”) was purchased from a very reputable breeder. Sandy was followed by Allie and then Blossom, all of whom came from the same breeder. Allie and Blossom, along with three cats, traveled across the country to Arizona.

At the time of their move West, Allie was 9 and Blossom was only 2 and full of energy. Once they settled in, Teri and Jeff discussed getting Blossom a buddy to keep her active, as Allie was starting to slow down and was not very interested in the type of play that Blossom wanted.

One Saturday afternoon, Michelle and Teri decided to take a trip to PetSmart with the girls. While they were checking out, the cashier commented that she had just rescued a Golden Retriever from a Golden Retriever Rescue in the Valley and told Teri that Rescues were pretty active in this area. Teri immediately went home, got on the internet and found RAGofAZ, submitted their application and soon their first Rescue, Jesse, became part of the family. Jesse was only 7 months old and scared of his own shadow, but he and Blossom immediately bonded and he began to feel at home. Of course, Rescues are always looking for volunteers, so Teri joined up with them as a vet liaison until Arizona Golden Rescue was formed in 2009. She then moved to volunteer with AGR, as she was so very impressed with the dedication and drive of co-founding member, Debbe Begley. Teri had met Debbe at RAG meet-and-greets and knew that it would be fun to associate with her in her new endeavor.

The rest, as they say, is history. Jeff and Teri joined AGR on the



Jeff and Teri with Lizzie, Jackson, Khalee (in cone), Jesse and Rosey

day of our first organizational meeting, and she offered her assistance as Organization Secretary, since she had done that for their church in MI. From there, she branched out to vet liaison, then Health Care Manager, then Director of Dog Care – all the while dragging Jeff and Michelle along to meet-and-greets, picnics, holiday events and the like.

They adopted **Goldie**, who was **AGR's** second rescue, and their first “foster failure,” then **Jackson**, another “foster failure” and then **Fresno**, their wonderful tri-pod. Later came **Rosey**, **Layla**, **Lizzie** and most recently, **Khalee**. Of course, Jeff just couldn't just sit idly by, so he became involved, too. He is now a Santa at the **Petco** holiday picture events, after many years of doing the same for **PetSmart**, and he loves to barbeque at our picnics and other outdoor functions as needed.

Now, let's meet another Healthcare Team member, Amy Maynard (photo at right), and her husband, Steve Deschler. Amy tells us:



Steve and I never thought we were “dog people.” Even though Steve had had a Yorkshire Terrier years ago, neither one of us really thought of taking on the responsibility of having a dog. We were both fairly busy Chicagoans, living and working in the city for over 25 years – Steve working in broadcasting and me selling residential real estate. Besides, people in big cities don't really have time or the space for dogs, right? I should also mention that I did not grow up with animals and have always been afraid of large dogs and large animals of any kind.

*So, a few months before my 40th birthday, I got a condo listing in Chicago where the owner had a Golden Retriever. I was a little fearful at first, I will admit. But it didn't take long for **Buddy** to win me over. He always was so ecstatic when I came to do a showing that he wouldn't let me leave afterwards – he would run to the door and stick his paw in it so I couldn't leave and even run out the door and into the hallway. So, I started throwing the ball for him in the long hallway. Then I couldn't get him back in the condo so I could leave. And I felt a little guilty about leaving him. He was home alone in a condo with no outdoor space for about 10 hours a day. Well, it couldn't hurt to take him for a little walk, right? Even though I'm pretty sure I had never walked a dog. So he walked me.*

*Then I began going to the condo where **Buddy** lived every day while the owner was at work just to see **Buddy** and walk him. Oh, and to take him back to my office. He became the realtor dog-*

*gie. We became kind of famous in that South Loop neighborhood where my office was and where **Buddy** lived. This went on for a few months. Finally the condo sold and the owner was going to move away with **Buddy**. **Buddy** and I had become really attached. I was able to give him a better life outside of that small condo. So I asked her if she would sell **Buddy** to me. She absolutely would not do that so they moved.*

*After a month, I got a call from **Buddy's** owner. **Buddy** was miserable and was destroying her new place, including the small backyard that he now had. It was my 40th birthday, and she asked me if I still wanted him. I said absolutely! And when she delivered him to us the next day, he never looked back. We had **Buddy** for 7 years before he passed away unexpectedly in the middle of the night in July 2008, two weeks after my 47th birthday.*

*After **Buddy**, I couldn't live without a Golden Retriever, so we ended up adopting a five-year-old Golden that we named **Barney**. Unfortunately, his life was cut short from a rare neurological disease, but we were able to give him 4½ great years, including 1½ years here in Arizona where we have a big yard and a swimming pool. Very soon thereafter, I found out about **Arizona Golden Rescue**, who rescued **Bentley** for us from a puppy mill in Oklahoma. He had some issues after being in a cage for the first two years of his life but now at eight, he has been such a joy to us and we can't imagine not having him. Thank you, **AGR**, we couldn't be happier!*



Amy Maynard and Steve Deschler with Bentley



Woo Hoo! Anyone want to go for a ride? You will want to join **Riley, Bowie and Jackson McCabe/Dodson when you see the cover of **AGR's** new 2021 calendar! Order yours today with the insert in this newsletter. Calendars still only \$12 (postage extra)!**



Health and Safety

By Liz Tataseo
Health Care Manager

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Editor's Note: In her regular column each quarter, Liz presents information on health subjects that are unusual, or about an issue we have encountered recently (like this one), or one that is new to us.

Eating stuff around the house: BAD!



What is this a picture of? It is what a 12-week-old puppy (**20-024 Captain**) had in his intestines after chewing up someone's underwear. Think of how small a 12-week-old puppy is and he had this spread throughout his intestines! He had surgery to remove it and then was surrendered to **AGR** because he needed a second surgery. He did not do well, and after four days another surgery was attempted. Too many lesions, no motility and too late to save him. Whether it is a puppy, a 1-year-old, or a mature Golden Retriever, many of them will chew up anything if they can get their jaws around it. Blockages happen and can be resolved if everything goes right with the surgery. But once is enough and none would be better. Intestinal surgeries are difficult and bad things can happen. "Potential complications abound, including shock, leakage, ileus (no motility), dehiscence (splitting open), perforation, peritonitis, adhesions, stenosis (narrowing), obstruction, short bowel syndrome, recurrence, intussusception (telescoping on itself), and death."¹

The more often a dog needs surgery for a blockage, the greater the chance is these complications will increase exponentially. A method of trying to prevent further issues is Enteroplication, a technique that is designed to promote the formation of controlled adhesions between adjacent loops of small intestine. This too can cause its own complications.

So what's the best thing to do? Watch your dogs, see if they are dumpster divers, like to chew up your clothes, your shoes or eat anything they can get in their mouth. Maybe they'll grow out of it, but probably not. If you are blessed with a dog that touches nothing, congratulations! I have four that are very good about not chewing, but I can't say that about the fifth one.

Reba (in column header photo with Liz) chewed up dog beds, clothes, whatever she could get in her mouth when she was younger. No bedding in her crate was safe, no being left alone when I wasn't in the house. She also enjoyed sprinkler drip heads and plants – now parts of the backyard are blocked off from her and the other dogs as she still loves the drip system. Now at age 7, she's good in the house (so far!). Fortunately she has a large-sized intestinal system, but she needed to have assistance getting stuff out the natural way a couple of times.

An **AGR** dog named **Jimmy (09-023)** ate his foster's eye mask and needed intestinal surgery. The foster had cleared the house of all items he wanted to eat but this one slipped onto the floor one night and he found it. He had already had one surgery to remove a sock he had ingested at the previous foster's. Fortunately, he was fine after his surgeries.

Lilly (19-001), a 10-year-old Golden was surrendered to **AGR** because she was having complications after several intestinal surgeries for ingestion of foreign objects, the most recent being a towel. We took her to the ER and they tried to save her, but leakage and peritonitis had taken hold and we had to let her go to the Bridge.

A female Golden (**19-031 Daisy**) surrendered to us had several health issues but upon X-ray, it was discovered that her intestines were full of gravel and rocks. Fortunately, the vet had a way to get them to move out naturally over a few days.

These are just a few examples; many dogs fall into this category and you must be vigilant, especially early on after you get a dog.

Things to consider about foreign substances that a dog might eat: "The problems that are caused vary with the:

- duration that the foreign body has been present
- location of the foreign body
- degree of obstruction that is caused
- problems associated with the material of the foreign body

"Some ingested items, such as older pennies or lead material, can cause systemic toxicities. Others may cause regional damage to the intestinal tract itself due to compression or obstruction.

"Gastrointestinal foreign bodies, especially strings, can often lead to perforation of the intestinal tract and spillage of intestinal contents into the abdomen. This condition quickly leads to inflammation of the abdominal lining (peritonitis) and allows bacterial proliferation and contamination (sepsis), which are both life-threatening complications."²

Learn your dog's habits, watch for items disappearing. One thing it can do is make you neater, but beware the counter-surfers when you prepare food, and don't leave medications – yours or the dog's – where the dog can reach them.

¹ www.ncbi.nlm.nih.gov/pmc/articles/PMC6668353/

² www.acvs.org/small-animal/gastrointestinal-foreign-bodies

Goal: Keeping Pets Safe
An Ounce of Prevention is Worth
a Pound of Cure

Be mindful of exposing your furry friends to substances and other items that may prove harmful. Every year thousands of animals are hurt or seriously injured by poisonous items, many as seemingly innocent as a plant. To help pet owners identify potentially dangerous objects, the *ASPCA* has the following tips. Visit <http://www.aspcapet-care/animal-poison-control> for more information.

1) Dogs can eat most foods that humans can eat. However, there are several foods you should NEVER give to dogs, because they are toxic. Toxic foods include ALCOHOL, AVOCADOS, CHIVES, CHOCOLATE (including baking, semi-sweet, milk, and dark), COFFEE (grounds, beans, chocolate-covered espresso beans), GARLIC, GRAPES (as few as seven grapes have been reported to cause death in some dogs), HOPS (used in home beer brewing), MACADAMIA NUTS, MOLDY OR SPOILED FOODS, ONIONS (including dried onion flakes, onion powder and onion salt), RAISINS, RHUBARB LEAVES, TEA (caffeine), SALT, TOMATO LEAVES AND STEMS (green parts) XYLITOL (a sweetener used in gum, candy, baked goods and toothpaste) and YEAST DOUGH. You should not give your dog turkey except in small quantities ("just a taste" is OK). Also, dogs do not produce significant amounts of lactase, the enzyme that breaks down milk sugar (lactose), so limit milk products. In addition, keep salt intake to a minimum (i.e., keep those salty chips and fries to yourself!).

2) Keep all medications out of your dog's reach, preferably in closed cabinets. Pain killers, cold medicines, anti-cancer drugs, antidepressants, vitamins and diet pills are human medications that can be lethal to animals even in small doses.

NEVER give your dog any medication without first consulting your veterinarian. Medications that should NOT BE GIVEN to dogs include aspirin (except coated), acetaminophen, and ibuprofen. Aspirin toxicity may cause gastrointestinal problems, respiratory difficulties, neurological problems, bleeding disorders and kidney failure. Ibuprofen also causes bleeding ulcers, and in increasing doses eventually leads to kidney failure that is fatal if not treated early. Symptoms include poor appetite, vomiting, black tarry stools, vomiting blood, abdominal pain, weakness and lethargy. Dogs are less sensitive to acetaminophen than cats are. A 50-pound dog would need to ingest more than seven 500 mg tablets to suffer toxic effects. If you ever suspect that your dog has ingested any amount of these medications (or any other human meds), please contact your family veterinarian or local veterinary emergency facility immediately. To ensure the safety of your dog, give him only medications prescribed by your veterinarian and only in the dosage prescribed.

3) Be aware of the plants you have in your home and yard. Some plants, such as Sago Palm, oleander and rhododendron, can be toxic to pets if ingested. Lilies can be especially toxic to cats.

4) Do not allow your pets to have access to the areas in which cleaning agents are being used or stored. Cleaning agents have a variety of properties. Some may only cause mild stomach upset, but others can cause severe burns of the tongue, mouth and stomach.

5) Be careful when using rat and mouse baits. The most common active ingredients found in rat and mouse baits are anticoagulants, which interfere with blood clotting processes. Ingredients of this type include warfarin, brodifacoum, bromadiolone, difacinone and difethialone. Other formulations can contain bromethalin, cholecalciferol, zinc phosphide or strychnine, which are designed to kill rodents by affecting various other critical body systems. Some baits also contain inactive ingredients meant to attract rodents, and these ingredients can sometimes be attractive to pets as well.

6) Always read the label *first* before using flea products on or around your pets. Some flea products for dogs can be deadly if given to cats.

7) Common household items can be lethal to animals. Many liquid potpourri formulations contain ingredients such as essential oils and detergents that could be quite hazardous to pets. Due to the risk for serious illness, pet owners should place potpourri simmer pots and unused liquid in rooms where pets cannot gain access. Also consider using relatively safer alternatives, such as plug-in or solid air fresheners used in out-of-reach locations, not in close proximity to pets with sensitive respiratory tracts such as birds. Other items potentially dangerous to pets include mothballs, pennies, tobacco products, homemade play dough, fabric softener sheets, dishwashing detergent, and batteries.

8) Automotive products such as gasoline, oil and antifreeze should be stored in areas that are inaccessible to your pets: As little as one teaspoon of antifreeze can be deadly to a cat. Less than one tablespoon can be lethal to a 20-pound dog.

9) Be sure your pets do not walk on lawns or in gardens treated with fertilizers, herbicides or insecticides until these have dried completely. Always store such products in areas that are inaccessible to your pets. If you are uncertain about the usage of any product, contact the manufacturer for clarification before using it.

Health Tip: Play Dough

At all costs, keep homemade play dough, the kind made with flour and salt, away from your dog. The salt content is so high that it will cause severe dehydration, which can lead to brain hemorrhage and death if your pet eats it.

The Financial Picture

By Deb Orwig

Reporting period: January 1, 2020- June 30, 2020

Total Assets as of July 15, 2020: \$218,368.23

	<u>Income</u>	<u>Expenses</u>
Adoption Application Fees	\$ 2,225.00	
Adoption Income	10,234.00	
Adoption Fee Refunds		\$ 400.00
Bank Charges (PayPal)		363.29
Calendars – Sales & Sponsorships	312.00	
Credit Card Expense		260.20
Donation Income	30,704.64	
Honorary	6,892.50	
Memorials	3,634.00	
Summer Fundraiser	200.00	
Dues and Subscriptions		
Event Expense		50.00
Grants	7,110.15	
Insurance		615.98
Interest	15.11	
Legal and Professional Fees		10.00
Membership Income	10,749.00	
Merchandise	4,872.55	667.30
Office Expenses & Supplies		492.38
Paws At The Park Picnic	1,784.12	792.37
Postage		679.34
Rent or Lease		1,606.16
Santa Claus Photos	638.80	
Stationery and Printing		2,808.40
Telephone and Internet Services		667.55
Dog-related Expenses		
Behavior Training		- 47.25
Boarding		528.00
International Rescue Pet Registries		47.88
Microchip and Heartgard® Expenses		19.99
Miscellaneous		257.66
Veterinary Services		91,875.41
TOTAL	\$79,371.87	\$102,094.66
NET INCOME: -	\$22,722.79	
Checking Account on 07-15-20:	\$115,121.63	
Savings Account on 07-15-20:	\$94,105.28	
Debbe Begley Memorial Fund as of 07-15-20:	\$ 9,141.32	
Outstanding Credit Card Balance on 07-15-20:	\$10,595.36	

Online Pet Meds

When you have multiple dogs, it is much cheaper to buy Front-line®, Heartgard® and other prescriptions online, unless your vet is willing to match prices (never hurts to ask). But online ordering of pet meds can get you expired meds, counterfeiting, incorrect prescriptions, etc. so caution is needed. Companies that are legitimate and safe are registered with VIPPS. Link for safe online pet med ordering: <https://safemedsonline.org/resource/find-a-certified-vipps-online-pharmacy/>

Summer Fundraiser for Special Needs Dogs

If you are an **AGR** adopter, you will notice that most of the descriptions in the *Diamonds in the Ruff* column are familiar. In July, all **AGR** adopters received a mailing with a plea for donations to support our 2019-20 Special Needs Dogs, including many of those mentioned in *Diamonds in the Ruff* columns in the last year. Years ago when co-founder Debbe Begley passed away, we established the *Debbe Begley Memorial Fund*. The money in this account has been used for dogs coming into Rescue with cancer (we have had several) or to help with medical bills that amount to over \$5,000 for any one dog (again, several dogs are in this category). In years past, we hosted *Paws & Pasta* and deposited that revenue in the *Debbe Begley Memorial Fund*. However, we were unable to do this fundraiser in 2019 because the restaurant was sold. We have also done a few other dedicated fundraisers.

During the summer, we take in more dogs than in any other 3-month period, but we have no significant fundraisers between April and September, and this year we will not have any until late October, since the *Fore! Paws Golf Tournament* has been cancelled. Even the Meet-and-Greets are cancelled due to the extreme heat and this year because of the coronavirus. With very few of our rescues, the amount of money we need to spend to ensure that the dog is healthy is less than the dog's adoption fee. However, for the majority of dogs we have placed in new forever homes, our costs have been more than the adoption fee, and in some cases thousands of dollars more.

We do not for a moment begrudge any amount of money we have spent improving the health of our rescued dogs. But the money we have spent above and beyond what was covered by the adoption fees has to be recovered by other means, and those means are our fundraisers.

You do not have to be an adopter of an **AGR** dog to help us raise some needed funds at this time of year when nothing much is coming in. If you can help **AGR** financially, please send your check to **AGR**, 5350 W Bell Rd, Ste C122-158, Glendale, AZ 85308. Or, you can call Deb Orwig at 623-693-0589 with your credit card information – for all such donations, the normal 4% convenience fee will be waived (**AGR** is still charged that fee). All donations are tax deductible to the extent allowed by law. If you have already sent in a donation by the time you receive this newsletter, we sincerely thank you!



Diamonds in the Ruff

By Debbie Ball

Diamonds in the Ruff are dogs on whom *AGR* has had to spend at least \$2000 during one quarter of the year. Previously we used a \$1,000 threshold for such identification; however, since we know that the average expenses for every intake historically is \$1,600, we determined that a \$2,000 threshold should be the designation for *Diamonds In The Ruff*. In the second quarter 2020, we had a total of eight such dogs, two of which were continuations from the prior year. Please consider donating to help with the expenses of a specific dog, or just earmark it for *Diamonds in the Ruff*. All donations are tax deductible to the extent allowed by law, of course, and will be acknowledged as such.



19-060 Cooper came into Rescue as a young 8-month-old purebred Golden surrendered by his former owner due to allergies and a change in work schedule. He received his initial vetting in October at *Four-Legged Friends* for updated vaccines, ear cleaning, and radiographs, and in January he was neutered. In early 2020, **Cooper** was evaluated by *AMSC* during an orthopedic consult due to intermittent limping. He was diagnosed with bilateral dysplasia in both elbows with cartilage issues likely due to rapid growth. This resulted in arthroscopic surgery done in May with follow-up CT scans. **Cooper** has been adopted by Daniel in Scottsdale. Second quarter expenses for **Cooper** were **\$2,944** and total expenses to date total **\$4,281**.

19-087 Kosmo was a 9-year-old male purebred Golden surrendered by his owner in late December. **Kosmo** was having trouble with stairs, and the owner could not afford surgery on an elbow growth. After initial updated tests and vaccines were done by *Stetson Hills Animal Hospital*, **Kosmo** was then evaluated by *AMSC* in Scottsdale. In January, **Kosmo** had surgery to remove a grade 3 sarcoma on his elbow with tension sutures and a special splint. Additional small masses were aspirated, and a body map was done of the masses for evaluation, but unfortunately the masses were determined to be sarcoma. In May, while having some dental work done at *Stetson Hills Animal Hospital*, they discovered from X-rays that **Kosmo** had previously had some major reconstruction done on his head. **Kosmo** was being fostered



and then adopted by Sunny and Bill in Sun City. While they were vacationing in the Midwest, Carolyn and Peter in Surprise were caring for **Kosmo**. In mid-June, **Kosmo's** tumors came back with a vengeance and one ruptured, so sadly this nice loving boy was sent to the Bridge. **Kosmo's** second quarter expenses were **\$2,092** and total expenses cost *AGR* **\$7,534**.



20-005 Marley, now **Cooper**, is a 6-year-old male purebred Golden surrendered by the family of his prior owner who had died. He received his exam, updated leptospirosis vaccines, and bloodwork at *Crosswinds Animal Clinic* in Gilbert. In March he had X-rays and dental surgery done to remove a fractured tooth and a mass. In spring he began receiving Apoquel and Cyto-point injections for chewing his feet and coughing. Then in June upon being evaluated by *Arizona Vet Oncology*, he was diagnosed with a very vascularized lung tumor, and his diaphragm was covered with cancer, resulting in recent surgery for a lung lobectomy. **Marley** has been adopted by Margaret in Chandler and renamed **Cooper**. Second quarter vet work for him has cost **\$5,539** and total expenses to date are \$ **7,306**.

20-008 Hope is an estimated 10-year-old female purebred Golden that was found as a stray and rescued through the *MCACC* East Shelter. She was taken to *AMSC* in Scottsdale for vetting along with X-rays of her abdomen. She was found to have low thyroid, tick fever, a large mass on her vulva, and, later, kennel cough and conjunctivitis. In April, *AMSC* did surgery to spay her and remove the mass, which was found to be benign. She has also been on some medications and in mid-June had an ear cleaning procedure. **Hope** has since been adopted by her fosters Viki and Russell in Phoenix! Her second quarter expenses were **\$3,503**, with total expenses to date of **\$6,882**.



20-019 Zoe, an 8-year-old female purebred Golden who had been used for breeding, was retired and surrendered by her owner along with her sister **Isabelle (20-018)**. She was vetted by *AMSC* for bloodwork, updated vaccines, and a fine needle aspirate of a cyst of sorts on her back-knee area. Also, X-rays were done due to a suspected hip issue, but the vet found spondylosis in the thoracic spine.



She also received an ear cleaning along with medications. **Zoe** has been adopted by Marla and Brian in Fountain Hills and is described as sweet and loving, swimming daily and playing with her little brother dog Eddie. **Zoe's** vet work has cost **AGR \$2,408**.



20-021 Sully is young, 10 weeks old when he came to AGR. He is a purebred Golden who was surrendered by his owner to **Raintree Pet Resort & Medical Center** due to the puppy having parvo. **AGR** whisked him to **AMSC** where he was hospitalized under 24-hour care and given antiemetics, antibiotics, fluids, lab work, and radiographs.

Thankfully, he overcame the parvo and subsequently received updated vaccines at **Four-Legged Friends**. He was adopted by Patty and Mike in Phoenix and named **Sully**, and is enjoying life with three teenagers and two dog siblings. His expenses to date have totaled **\$2,227**.

20-022 Cassie is a 9-year-old female purebred Golden surrendered by her former owner who did not have enough time for her. She was vetted at **Complete Pet Animal Hospital** for updated vaccines and tests, and also she was given an abdominal ultrasound due to a fatty mass on her hind quarter. In June, **Cassie** had surgery on an encapsulated lipoma that was pushing on her spleen and intestines. **Cassie** is recuperating well from her surgery and has formed a natural bond with her new owner's son. She was adopted by Janette and Michael in Goodyear. Expenses for **Cassie** so far have totaled **\$3,944**.



20-024 Captain was a 3-month-old purebred Golden puppy who came into Rescue in need of surgery for a foreign body. His former owners could not afford any further surgery, as **Captain** had recently had unsuccessful similar surgery and now had intussusception. In late May, **VetMed** performed enterotomy surgery and cleaned up the original surgery site.

He was put on antibiotics and pain meds, but within days was regurgitating and not wanting to eat. It seemed nothing was moving through his intestines. An ultrasound was done and the vet discovered a stricture preventing any passage of food. A third abdominal surgery was attempted, but due to lots of inflammation, scar tissue, and compromised blood supply, the decision was made that it was best to send him to the Bridge. **Captain's** cost was **\$7,881**.

MAGIC MOMENTS

By Deb Orwig

Magic Moments... when a stray Golden Retriever or Golden mix is spotted in a shelter kennel and does a happy dance when taken out; when a neglected backyard dog is surrendered by its owner to a member of our Transport Team and is delivered to a foster family that shows the dog love, comfort, toys and good-quality food for, perhaps, the first time in the dog's life; and the most magical of all... when a rescued dog meets his or her forever family and we see the dog's excitement and the sparkle in the family's eyes. As rescuers, we are privileged to share in these Magic Moments. Below are stories of Arizona Golden Rescue's Magic Moments from April 6 through July 10, 2020. All adoptions finalized after July 10th will be in the next issue.



19-063 Odin, a handsome, small red Golden male, came to **AGR** in September 2019. He was 13 months of age and had an obvious limp. His owner had lost his job and could not afford the veterinary work-up that was necessary to determine the cause of the limp. **Odin** needed our standard level of veterinary care: vaccines, tests for valley fever and heartworm,

and neutering; he was also treated for an ear infection. Anne and Mike, who had moved to Tucson right about the time we needed a foster for **Odin**, agreed to foster him. They had recently lost their older red Golden and were not looking for a very young dog, but they knew their **AGR** boy **Stanley** needed a buddy. They willingly brought **Odin**, whom they now call **Odie**, to **Animal Medical & Surgical Center** in Scottsdale for his appointments with Dr. Jha. His limping was evaluated in November. Dr. Jha determined from X-rays that **Odin's** hips were bad, the left one being worse than the right. So, a total hip replacement was finally done on the left side on March 4th and he went home on the 7th. It would be a challenge keeping this exuberant young boy controlled while he was recuperating from the surgery! Anne reported: *Odie is doing remarkably well. He is going out on a leash with Mike and all systems are once again working. He is learning how to maneuver with a leg that doesn't always go where he wants it to go. He is in our family room in a crate during the day so he doesn't feel so isolated and in his normal crate at night in our bedroom. He is putting weight on the leg. His bruising is starting to fade. He will have his stitches out next Tuesday and then we will see where we are. The only issue we are still having is that he turns into his overly-exuberant self if anyone else besides Mike or I comes through the door. Trazodone is wonderful, LOL. After his 4-week follow-up visit to **AMSC**, Anne said: *Odie thinks he is just ducky,**

which of course he isn't. We have been doing really gentle stretching with him, but wanted to wait until he saw the vets today to see how the prosthesis looks and when we could start cranking with the passive range of motion. He is not going to like this, but he will thank me later. In the meantime he is on a dog food strike and is getting the tough love treatment at the moment. He has always been an extremely picky eater and we were pretty much past that until his surgery, so now we are starting all over again. Keeping him calm is always an issue. He is out of the crate more now but only with strict supervision. We'll see how the PT goes. They were careful, and **Odie** healed up nicely. Then we got the best news after his last visit to Dr. Jha – the right hip does not need to be done! After hearing that, Anne and Mike made the adoption official. We gave them an addendum for surgery on both hips, but we are all very happy that **Odie** will not now need the right hip replaced. Happy new life, **Odie**!



20-005 Marley, now called **Cooper**, was about 6 years old when his previous owner passed away. He was surrendered to **AGR** in January 2020; we were given no information about how he was with children, cats, or other dogs. **Cooper** now lives with two school-aged boys and he is doing great! No cats or other dogs are in the home, so **Cooper** is enjoying all the undivided attention! **Cooper** is loved on all day long and he is eating up all the attention. However, it took some time and patience for **Cooper** to learn to go outside without having everyone in the house outside with him, and he knows now that he doesn't have to be on a leash to go to the bathroom. He is safe and free to roam his backyard! **Cooper** had a mass removed (biopsied as a cyst), dental work, and management of his allergies while settling into his forever home. He is now taking Apoquel daily and getting Cytopoint injections monthly. Otherwise, he [seems to be] healthy. **Cooper** has lost a little weight with exercise, and is now at a healthy weight for his size. He walks well on a leash, is now food-motivated to learn new tricks, and LOVES to cuddle. He has claimed the master bed as his; no discussion or debating with him on this "issue". He is protective of his home and yard, making sure everyone knows if people are walking by or on the porch. The hair on his lower back stands STRAIGHT up when he barks, getting lots of giggles from the humans in the family! **Cooper** is the most gentle and affectionate Golden! We are SO incredibly blessed. Thank you **Arizona Golden Rescue**! The editor thanks his adopter, Margaret in Chandler, for writing this section about **Cooper**. We had a set-back with **Cooper** recently, though. In mid-June, he started exhibiting a hacking cough. An X-ray revealed a large mass in one lobe of his lungs and some indeterminate fingerlike projections near his diaphragm in his abdomen. The mass could not have developed in the couple of weeks since his adoption was finalized, so we paid for the surgery to have the lung lobe removed in early July. While

the surgeon was working, he discovered that those fingerlike projections were part of a tumor that covered the entire diaphragm. He had a biopsy done of the lung mass and the fingerlike growths and, unfortunately, both were reported to be carcinoma. **Cooper**, now resting at home in the loving arms of his people, will see an oncologist soon so we can determine if any further treatment could be effective to prolong his life.



20-008 Hope was rescued from the Eastside **MCACC** shelter in late February and was the second to last shelter rescue we have done so far this year. The other one, **20-010 Cocoa**, did not survive. **Hope** was judged to be about 10 years old. As with many shelter dogs we have rescued, **Hope** had significant health issues and was not spayed.

She tested positive for tick fever, had swollen lymph nodes and had a large mass on her vulva. It was also determined that she had low thyroid, so she was started on thyroid supplement medication. The tick fever was treated with doxycycline, which also helped with the kennel cough she developed within a few days after we took her from the shelter. No surprise. In mid-March, she went into heat, so spay surgery was not done until (1) the tick fever and kennel cough were cleared up and (2) the heat cycle was finished. Finally, she had the spay surgery and the mass removal on April 16th. Fortunately, the mass turned out to be benign. Viki and Russell in Phoenix fostered **Hope** for 4 ½ months. When the dog was finally well enough to go to a forever home, everyone realized she was already there. Viki and Russell made it official on June 12th and were given an addendum for three months of medication for allergies and treatment for ear infections. Even when shelters waive their adoption fees in order to reduce the number of shelter dogs, there is no such thing as a "free dog." We thank **PACC911** and **Best Friends Animal Society** for sending us grants to help with the medical expenses of both **Hope** and **Cocoa**. We also received a grant from the **Golden Retriever Foundation's April Fund** to help with **Hope's** expenses. We greatly appreciate the financial support from these organizations.

20-012 Remington, a 16-month-old purebred Golden, had been owned by a couple since he was a puppy. The wife never wanted a dog, but the husband got the dog anyway and then didn't bother to train the dog (the wife gave him a year time limit) or see to the vet work that should have been done (vaccines, neutering). The poor dog was kept in a crate most of the time and ignored. The wife finally got her way and surrendered the dog to us; the husband wouldn't even talk about it. The



first placement we made for **Remi** did not work out because the dog was much more active and untrained than the family could handle. We give them credit for trying for a few weeks, though, and during that time they kindly took **Remi** to our vet and got all the standard tests and vaccines done as well as his neutering. So, off he went for a second try with a family in Tucson. Karen and John had adopted a dog from **AGR** three years ago (**17-028 Bailey**), so they were familiar with our procedures and requirements and were looking for a buddy for **Bailey**. **Remi** fit the bill and the two have become fast friends. Karen reported: *He is doing great, definitely John's dog. Not using the crate at all. We got him a harness and he is walking beautifully with Bailey. Remi thinks our golf cart is his! He needs work on his swimming; he ventured in like he wasn't sure and does the thrashing kind of swimming, so he is new to it. But he's brave and continues, and his swimming ability is improving. Working on some counter surfing. We love him to pieces! Remi sleeps in John's lap when he's watching TV in his den.* In another message, Karen said: *Fortune certainly smiled on us when Remington came into our lives. He and his older sister Bailey have bonded and are doing so well together. He's very inquisitive, smart, and loves meeting any dog or human. He keeps me posted on 4 PM pool time, as well as a daily ride in the golf cart. He's in our hearts. We'd say that Remi is definitely home!*

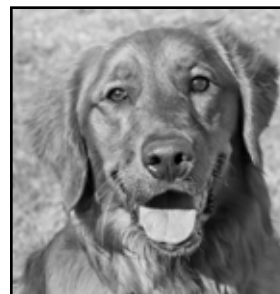


20-014 Charlie, a handsome 16-month-old purebred Golden, was surrendered because his owner had been told by his vet that **Charlie** has hip dysplasia, and the owner could not afford to have it fixed. **Charlie** did exhibit intermittent limping, but our vet did not find anything on X-rays to indicate hip or knee problems. Rather, the 1:16 titer for valley

fever could have produced joint pain that caused **Charlie** to limp. After two months of no limping while he was on fluconazole, **Charlie** was finalized with an addendum for retesting and three more months of needed medication. After retesting in July, **Charlie** still had a positive titer for valley fever, so we provided more meds per the addendum. From Colleen: *Charlie is now one of us! We have found our forever fur baby. Charlie gives love to all our family and receives lots of love, too. Charlie has completely fit in our family. We know he has found his forever home with us because he is happy and content. He plays with ALL of his toys and loves to snuggle and get kisses. We cannot even imagine life without Charlie. Thank you, Arizona Golden Rescue, for finding our Charlie. He is perfect! Of course he is... he is a Golden Retriever!*

20-015 Khaleesi, a small 3-year-old purebred Golden, had just had a litter of puppies. In their vigorous feeding, the puppies damaged one of Momma dog's nipples; it had to be removed and the dog required bandage changes every other day. The owner just could not deal with the medical issues any longer. After **Khaleesi**

came to us, we had all her vaccines and tests done, and after a month of healing and getting settled in with her new pack at Teri and Jeff's in Sun City, she was ready to be spayed. No more puppies, for you, **Khaleesi**! There were some areas of concern on her bloodwork, which might have just been a result of whelping puppies, or might be indicative of a thyroid condition. So, when we finalized her adoption, we issued an addendum for a thyroid test and three months of medication if her symptoms don't improve in three months. Now called **Khalee** (pronounced cal-E), she has two canine brothers, two canine sisters and a cat for companions. Here's what Teri first reported: *I just wanted to give you an update on our sweet girl. She's a Nylabone® hoarder! She loves to dig in the toy basket and take every Nylabone® in the house and load them up on the bed! She is a hoot! Of course when she gets up Rosey or Jackson sneaks over to grab one. She's a gem for sure! And a recent update: Sweet Khalee, or "little bit" as we sometimes call her because of her smaller size, is a very welcome addition to our pack. Just a short time before Khalee came into our lives we lost our sweet Fresno who left a massive hole in all our hearts. Since she came into a pack of 4 senior goldens, she has added a new spark into the mix. She loves them and they love her! And she gives the best hugs of any dog we've ever had! Happy new life, Khalee!*



20-017 Cooper was in his fourth home in his 10 months of life, but this one would not last either. His current owner said **Cooper** played too rough with their 12-year-old Chihuahua and the little dog was freaking out. A larger backstory is that he had been diagnosed with bilateral hip dysplasia and a chronic case of Giardia. Plus, the owner thought he might have some

kind of worms, as long strings of something were observed in the dog's stool. Although **Cooper** did test positive for Giardia at our vet, no worms were detected, so those long strings could have resulted from ingestion of a rope toy. He has the perfect home now with Cindy and Robert in Waddell, where he has four canine companions and a large pool. He LOVES to swim and in almost every photo of him that Cindy uploads to the **AGR** Facebook page he is wet! They renamed him **Rudder** even before they realized he is a true water dog. It is going to be hard for them to keep him corralled when he has his hips repaired. However, the couple has much experience rehabbing dogs from orthopedic surgery, so we are confident they will do well with him. His evaluation at **VetMed** stated: *Rudder was presented for evaluation of recently diagnosed bilateral hip dysplasia. He has had an abnormal pelvic limb gait but he will swim and run without limping. Sometimes*

he has a hard time finding a comfortable way to lie down and he seems painful and restless at night. **Rudder** will also have a hard time rising from recumbency. *Rimadyl* and *Gabapentin* have been prescribed for pain and these seem to help **Rudder** at night. The left pelvic limb is worse than the right, and he will drag the left hind paw when he is very tired. The left hip will be replaced first and **AGR** will cover the cost of both hips. We can't wait to see how well **Rudder** swims once he recovers from the surgery!



20-019 Zoe is one of a pair of female Golden Retrievers that came from a breeder, who had been using them to produce Goldendoodle puppies, **Zoe** being the Golden parent. **Zoe** is 8 years old and had had a litter as recently as 6 months ago. She needed everything: all vaccines, and, obviously, to be spayed. She had a cyst on the back of one knee

– it was removed during the spay surgery – and seemed to have a little trouble getting up, so we had X-rays done. No hip issues, but she does have spondylosis of the thoracic spine. She has been adopted by Marla and Brian in Fountain Hills. She has a nice yard to play in, a little Silky Terrier companion, **Eddie**, and a pool in which she loves to swim. She is a very sweet, loving girl and quite happy with her new family as they are with her.

20-020 Lucy, a beautiful rust-colored Goldendoodle, was only 8 months old when first surrendered to **AGR** as **18-070 Trudy**. Having been adopted once, she was returned to **AGR** when her adopter had to move out of state earlier this year for his job. She is finally in her forever home with Cindy and Gary in Scottsdale. She was well cared for by her two former owners.



The original one got all her vaccines done and had her spayed and microchipped, but was living in an apartment and felt **Lucy** needed a house with a yard to get enough exercise for her energetic personality. We placed her with John in Scottsdale; he renamed her **Lucy**. She came with some undesirable behaviors, so Sharon McKenzie, **AGR**'s behavior consultant, worked with John to help **Lucy** become more social and more manageable. He really made an effort to work with her and saw some improvement. However, John often had to travel for his work, so he left **Lucy** with Cindy and Gary for weekends or weeks at a time. In 2018, they adopted a 3-year-old Goldendoodle named **Natasha** from **AGR**. **Natasha** and **Lucy** look like identical twins, except that **Tasha** has some white on her paws and a white blaze on her chest. If you look at the two from the back, it is really hard to tell them apart, yet they are not related. **Natasha** and **Lucy** are great friends and play together all the time, giving the other dog in the household,

10-year-old **Casey**, a break from being pestered to play by **Natasha**. Cindy and Gary have a spacious house and a huge yard with a pool. The pack spends much of the summer hiking in the cool forests around Flagstaff. Everyone is very happy.

20-022 Cassie is a 9-year-old purebred female. Her owner was working full time and studying for a doctorate, so she did not have time to give **Cassie** the attention she deserved. She needed our standard vet work-up except she had already been spayed. When the vet examined her, she detected a sizable lump in **Cassie's** abdomen – it was an encapsulated lipoma about 15 cm that was



pressing on her spleen and intestines. Even though it was thought to be benign, it had to come out because the vet said it would only get bigger. **Cassie** did well through the surgery, which was difficult because the surgeon had to work around a lot of blood vessels to remove the mass. She has found her forever home with Janette and Mike in Goodyear. In addition to a small canine, there are two young children in the household, and they are giving **Cassie** loads of pets and attention. Just a few days after **AGR** brought **Cassie** to their home, Janette wrote: *I just wanted to share the sweetest **Cassie** moment with you. Last night, my son was scared to go to bed (he has some mild anxiety issues with it being dark in his room) and he got up and laid down on the floor in my room. He was crying at first and calmed down then started reading. As he was reading, **Cassie** went over to him and put her paw on his back and laid down right next to him. She stayed there with him until he fell asleep. These two have had an immediate bond unlike anything I've ever seen before. It is so precious and we feel so blessed to have **Cassie** in our lives. I know we opened our home to her, but she's filled our hearts to the brim with her gentleness and love. She is the perfect fit for our family, and I love seeing the natural bond she has with my son. We can tell that the rest of **Cassie's** golden years are going to be the best years of her life!*

A dog's normal body temperature is 100° - 102.5° F.

Are Your Dog's Bowls Toxic?

Do you eat off the same plate or out of the same bowl or drink out of the same glass every day without washing those items between uses? Of course not! Do you wash your dog's food and water bowls after every use or at least once a day? If not, why not? Bacteria can grow on minute food particles left in the bowls; mold can grow in water bowls not washed frequently. To keep your dog safe, please wash your dog's bowls every day either by hand or in your dishwasher.

OVER THE RAINBOW

We honor the memory of our human and canine companions who have passed on...



09-011 Mojo Henkel



10-010 Kylee Jocewicz



10-040 Joe Donahue



10-076 Sadie Jaap



12-109 Buddy Fabian



14-024 Simba Schlichter



14-100 Layla Hevner



15-100 Marley Barry



18-007 Murphy Wozniak



18-085 Sarah Zaner



19-087 Kosmo Conaghan



20-016 Lucy Maike-Marsh

The Rainbow Bridge

There is a bridge connecting Heaven and Earth. It is called the Rainbow Bridge because of its many colors.

Just this side of the Rainbow Bridge there is a land of meadows, hills and valleys with lush green grass.

When a beloved pet dies, the pet goes to this place. There is always food and water and warm spring weather. The old and frail animals are young again. Those who are maimed are made whole again. They play all day with each other.

There is only one thing missing. They are not with their special person who loved them on Earth.

So each day they run and play until the day comes when one suddenly stops playing and looks up! The nose twitches! The ears are up! The eyes are staring! And this one suddenly runs from the group!

You have been seen, and when you and your special friend meet, you take him or her in your arms and embrace.

Your face is kissed again and again and again, and you look once more into the eyes of your trusting pet.

Then you cross the Rainbow Bridge together, never again to be separated.



20-024 Captain Tataseo



Bailey Forsythe

And

John A. Banfield

Beloved father of AGR member John Banfield

Dorothy Frahme

Beloved mother of AGR member Jolene Schlichter

Pastor Bob Hofener

Beloved brother-in-law of AGR member Debbie Ball

Jim Mitchell, AGR Member

Beloved father of AGR member Janine Mitchell

Margaret Schlichter

Beloved mother of AGR member Art Schlichter

21 Symptoms You Should Never Ignore in Your Dog

Submitted by Shelly Culver, Vet Tech at *Four Legged Friends Animal Hospital*
reprinted with permission

There are serious symptoms that should never be ignored in your dog. A symptom is defined as "any problem that can indicate an underlying disease" and may be the first clue to the presence of a life-threatening problem in your dog. Here is a list of 21 symptoms that should never be ignored if you see them from your dog.

1. Pacing and Restlessness. In dogs, pacing and restlessness can indicate pain, discomfort and distress. Restlessness can be associated with a condition called "bloat" (gastric torsion), which is a serious condition caused by the abnormal dilation and twisting of the stomach. Bloat commonly occurs in large breed and deep-chested dogs and can quickly become fatal.

2. Unproductive Retching. Attempting to vomit but being unable to bring anything up is also a common sign of bloat in dogs. Contact your veterinarian immediately.

3. Collapse or Fainting. Acute collapse is a sudden loss of strength causing your dog to fall and be unable to rise. Some dogs that collapse will also lose consciousness – this is called fainting or syncope. Some dogs recover quickly and look essentially normal seconds to minutes after collapsing, while others stay in a collapsed state until helped. All reasons for collapse and fainting are serious and should not be ignored.

4. Not Eating or Loss of Appetite. Anorexia is a term used when an animal loses his appetite and does not want to eat or is unable to eat. There are many causes for "loss of appetite"; it is often the first indication of illness. Regardless of the cause, loss of appetite can have a serious impact on an animal's health if it lasts 24 hours or more. Young dogs 6 months of age or less and toy breeds are particularly prone to the problems brought on by loss of appetite.

5. Weight Loss. Weight loss is a physical condition that results from a negative caloric balance. This usually occurs when the body uses and/or excretes essential nutrients faster than it can consume them. Weight loss is considered clinically important when it exceeds 10% of the normal body weight and is not associated with fluid loss. There are several causes for this, some of which are very serious.

6. Breathing Problems. Respiratory distress, called dyspnea, is labored breathing, difficult breathing and shortness of breath. This can occur any time during the breathing process, during inspiration (breathing in) or expiration (breathing out). When your dog is having trouble breathing, he may not be able to get enough oxygen to his tissues. Additionally, if he has heart failure, he may not be able to pump sufficient amounts of blood to muscles and other organs. Dyspnea is often associated with accumulation of fluid (edema) in the lungs or chest cavity (pleural effusion). Pleural ef-

fusion can lead to shortness of breath and coughing and should be evaluated immediately.

7. Red Eye. A red eye is a non-specific sign of inflammation or infection. It may be seen with several diseases involving parts of the eye, including the external eyelids, third eyelid, conjunctiva, cornea and sclera. It may also occur with inflammation of the structures inside the eye, with glaucoma (high pressure within the eye), or with certain diseases of the orbit (eye socket). Either one or both eyes can become red depending on the cause of the problem. Some of the possible causes can be serious and ultimately cause blindness.

8. Jaundice. Jaundice, also referred to as icterus, describes the yellow color taken on by tissues throughout the body due to elevated levels of bilirubin, a substance that comes from the breakdown of red blood cells. There are several causes for jaundice, and regardless of the cause, jaundice is considered abnormal and serious in dogs.

9. Trouble Urinating. Trouble urinating can include straining to urinate, frequent attempts to urinate, and discomfort when urinating. Discomfort may be demonstrated as crying out during urination, excessive licking at the urogenital areas or turning and looking at the area. There are several underlying causes. Some of the causes if left untreated can result in death in as little as 36 hours.

10. Drinking and Urinating Excessively. These signs are often early signs of disease including kidney failure, diabetes mellitus, thyroid gland problems, and uterine infection (pyometra), as well as other causes. Dogs normally take in 20 to 40 ml per lb of body weight a day (237 ml = 1 cup). If you determine your dog is drinking excessively, make an appointment with your veterinarian.

11. Fever. A fever is defined as an abnormally high body temperature resulting from internal controls. It is believed that fever is a method of fighting infection. The body resets the temperature control center of the brain to increase the body's temperature in response to an invasion of foreign matter such as bacteria or a virus. Normal body temperature for a dog is 100° - 102.5° F. If your pet's temperature is high, call your veterinarian.

12. Seizure. A seizure or convulsion is a sudden firing of nerves in the brain. The severity of a seizure can vary from a far-away look or twitching in one part of the face to your dog falling on his side, barking, gnashing his teeth, urinating, defecating and paddling his limbs. A seizure can last from seconds to minutes. Seizures are a symptom of a neurological disorder – they are not in themselves a disease. They can be caused by several disorders such as epilepsy, trauma, toxins and tumors.

13. **Bruising and Bleeding.** Abnormal bruising and bleeding arise with disorders of hemostasis (clotting). Clotting abnormalities are also called coagulopathies, because they reflect the inability of the blood to coagulate or clot. Bleeding from clotting disturbances may occur in the skin, mucus membranes and various internal organs, tissues or body cavities. The impact of internal bleeding on the individual may be mild to severe depending on the amount of blood lost.

14. **Coughing.** Coughing is a common reflex that clears secretions and foreign matter from the throat, voice box and/or airways, and protects the lungs against aspiration. It affects the respiratory system by hindering the ability to breathe properly. Common causes include obstruction in the windpipe, bronchitis, pneumonia, heart-worm disease, lung tumors, kennel cough (*Bordetella bronchiseptica*), valley fever and heart failure. Some of the causes are life threatening and should be evaluated by your vet.

15. **Bloated or Distended Abdomen.** Abdominal distension is an abnormal enlargement of the abdominal cavity. This term is usually reserved for abdominal enlargement due to causes other than simple obesity. One cause is fluid accumulation. Another cause is enlargement of any abdominal organ such as liver, kidneys or spleen. Distension of the stomach with air (bloat), or fluid or distension of the uterus during pregnancy can result in abdominal distension. Pressure from the abdomen pushing in to the chest can make breathing more difficult and pressure in the abdomen may decrease appetite. It is important to recognize abdominal distension; it can be a symptom of a life threatening disease and should be investigated thoroughly.

16. **Bloody Diarrhea.** Blood in feces can appear as “melena” which makes the stool appear black and tarry; this suggests digested blood in the feces. Melena is different from fresh blood in the stool (hematochezia). Bleeding into colon and rectum appears as fresh blood in the stool. Bloody diarrhea should always be evaluated by your veterinarian as soon as possible.

17. **Bloody Urine.** Hematuria is the presence of red blood cells in urine. It may be visible to the naked eye (gross examination) or microscopic. There are several possible causes – some are bacterial infection, stones in the bladder, and cancer.

18. **Bite Wounds.** Bite wounds are the result when two animals engage in a fight or aggressive play. Bite wounds, which may only appear as a small puncture in the skin, can be quite extensive. Once a tooth penetrates the skin, severe damage can occur to the underlying tissues without major skin damage. Some wounds may appear deceptively minor but may have the potential to become life-threatening, depending on the area of the body bitten. All bite wounds should receive veterinary attention.

19. **Bloody Vomit.** Vomited blood can be fresh blood, which is bright red, or partially digested blood, which appears as brown coffee grounds. There are a variety of causes for vomiting blood and the effects on the animal are also variable. Some are subtle

and minor ailments and others are severe and life threatening.

20. **Lethargy and Weakness.** Lethargy is a state of drowsiness, inactivity, or indifference in which there is a delayed response to stimuli such as sound, sight, and touch. Lethargy is a non-specific sign associated with many underlying systemic disorders and should not be ignored if it persists for more than 24 hours.

21. **Pale gums.** Pale gums can indicate blood loss or “shock”. The possible causes of blood loss and shock are life-threatening and should be evaluated immediately.

Please do not hesitate to contact your veterinarian if you observe your dog exhibiting any of these symptoms!

What is Normal?

If you know what normal body temperature, heart rate and respiratory rate are for a dog, you will more likely be able to tell when your dog is in distress and know that it is time to call your vet.

Body temperature should be taken rectally. Normal body temperature for a dog is 100° - 102.5° F. Call your vet if your dog has a body temperature of more than 104° or less than 99°.

The larger the dog, the slower the normal heart rate. You can check your dog’s “resting” heart rate by rolling the dog onto his right side and placing your hand over the left side of his chest where a raised elbow will touch the chest. You can also try to find the pulse of the femoral artery high on the inside of your dog’s thigh. Count the number of heartbeats in 15 seconds and multiply by 4. The normal rate for a dog over 30 pounds is 60-120 beats per minute.

Normal gum color, i.e. mucous membrane color, is pink. If gums are pale, white, yellow, blue or bright red, call your vet. If your dog has pigmented gums, pull down the lower eyelid to check mucous membrane color.

Determine normal breathing rate when your pet is at rest. Count the number of breaths (one rise-and-fall) per minute, and if it is between 10 and 30, no worries; dogs can breathe up to 200 times per minute when panting. If you notice your dog using his abdominal muscles to breathe, is gasping, making loud noises, taking shallow breaths, panting excessively or exhalation seems to be difficult, consult your veterinarian immediately. If you are not sure your dog is still breathing, place a mirror by the nose and mouth; if the mirror fogs, then the dog is still breathing.

A wise Arizona dog owner will get his/her dog(s) tested for valley fever annually.

Emergency Preparedness

In August 2010, Liz Tataseo represented *AGR* at a conference on *Emergency Preparedness for Animal Safety*. She brought back a 16-page handout containing some excellent information that had been collated from several different agencies including the *American Red Cross* and the *Humane Society of the U.S.* There isn't room in this newsletter to print all of it, so we have put the entire handout up on our website; you can access it there and take what you want from it. I will reprint only a small part here.

In the Phoenix area, we experience "disasters" only rarely – dust storms, flooding, damaging winds and microbursts and large hail stones are about it. However, many of our readers live in areas where there are tornadoes, hurricanes, heavy snow, forest fires, mudslides or raging rivers that breach their confines. Regardless of the type of disaster you might experience, as the Scouts say, "Be Prepared!"

Be Prepared with a Disaster Plan

The best way to protect your family from the effects of a disaster is to have a disaster plan. [As] a pet owner, that plan must include your pets. Being prepared can save their lives.

Different disasters require different responses. But whether the disaster is a hurricane, a fire, or a hazardous spill, you may have to evacuate your home.

In the event of a disaster, if you must evacuate, the most important thing you can do to protect your pets is to evacuate them, too. Leaving pets behind, even if you try to create a safe place for them, is likely to result in their being injured, lost, or worse. So, prepare now for the day when you and your pets may have to leave your home.

1. Have a safe place to take your pets.

Red Cross disaster shelters cannot accept pets because of states' health and safety regulations and other considerations. Service animals who assist people with disabilities are the **only** animals allowed in Red Cross shelters. It may be difficult, if not impossible, to find shelter for your animals in the midst of a disaster, so plan ahead. Do not wait until disaster strikes to do your research.

Contact hotels and motels outside your immediate area to check policies on accepting pets and restrictions on number, size, and species. Ask if "no pet" policies could be waived in an emergency. Keep a list of "pet friendly" places, including phone numbers, with other disaster information and supplies. If you have notice of an impending disaster, call ahead for reservations.

Ask friends, relatives, or others outside the affected area whether they could shelter your animals. If you have more than one pet, they may be more comfortable if kept together, but be prepared to house them separately.

Prepare a list of boarding facilities and veterinarians who could shelter animals in an emergency; include 24-hour phone numbers.

Ask local animal shelters if they provide emergency shelter or foster care for pets in a disaster. Animal shelters may be overburdened caring for the animals they already have, as well as those displaced by a disaster, so this should be your last resort.

2. Assemble a portable pet disaster supplies kit. Whether you are away from home for a day or a week, you'll need essential supplies. Keep items in an accessible place and store them in sturdy containers that can be carried easily (duffle bags, covered trash containers, etc.). Your pet disaster supplies kit should include:

- Medications and medical records, especially of vaccinations (stored in a waterproof container) and a first-aid kit.
- Sturdy leashes, harnesses, and/or carriers to transport pets safely and ensure that your animals can't escape.
- Current photos of your pets in case they get lost.
- Food, potable water, bowls, cat litter/pan, and can opener.
- Information on feeding schedules, medical conditions, behavior problems, and the name and number of your veterinarian in case you have to foster or board your pets.
- Pet beds and toys, if easily transportable.

3. Know what to do as a disaster approaches. Often, warnings are issued hours, even days, in advance. At the first hint of disaster, act to protect your pets.

- Call ahead to confirm emergency shelter arrangements for you and your pets.
- Check to be sure your pet disaster supplies are ready to take at a moment's notice.
- Bring all pets into the house so that you won't have to search for them if you have to leave in a hurry.
- Make sure all dogs and cats are wearing collars and securely fastened, up-to-date identification. Attach the phone number and address of your temporary shelter, if you know it, or of a friend or relative outside the disaster area. You can buy temporary tags or put adhesive tape on the back of your pet's ID tag, adding information with an indelible pen.

You may not be home when the evacuation order comes. Find out if a trusted neighbor would be willing to take your pets and meet

you at a prearranged location. This person should be comfortable with your pets, know where your animals are likely to be, know where your pet disaster supplies kit is kept, and have a key to your home. If you use a pet sitting service, they may be available to help, but discuss the possibility well in advance.

Planning and preparation will enable you to evacuate with your pets quickly and safely. But bear in mind that animals react differently under stress. Outside your home and in the car, keep dogs securely leashed. Transport cats in carriers. Don't leave animals unattended anywhere they can run off. The most trustworthy pets may panic, hide, try to escape, or even bite or scratch. And, when you return home, give your pets time to settle back into their routines. Consult your veterinarian if any behavior problems persist.

The following are organizations and resources that you can contact or access to help you plan how to protect your pets.

Local Government Animal Control Maricopa County website: <http://www.maricopa.gov/Pets/> Additional educational materials at <https://www.cdc.gov/disasters/petprotect.html>

If you don't have a plan and need information quickly, contact <https://www.maricopa.gov/FAQ.aspx?TID=208>

Local Animal Shelters: Because most emergency shelters do not admit pets, local animal shelters may be able to offer advice, such as what to do with your pets if you are asked to evacuate your home. Enter "local animal shelters" in Arizona in your Internet search engine; many listings will come up.

Other resources:

<http://www.redcross.org/services/disaster/>

<http://www.avma.org/disaster/>

<https://redrover.org/>

https://www.cdc.gov/cpr/documents/AHPG_FINAL_March_2013.pdf

<https://www.centrevillesquareanimalhospitalva.com/blog/pet-first-aid-kits/>

<https://www.fda.gov/animal-veterinary/resources-you/animal-health-literacy>

In emergency situations, pets could be poisoned by exposure to harmful chemicals, products, or foods. For information on protecting your pets, visit the **Animal Poison Control Center's** website: <http://www.aspc.org/pet-care/poison-control/> If you suspect that your pet has been poisoned, call toll-free 1-888-426-4435 (calls are answered 24/7; credit card needed for consultation fee).

Is Your Peanut Butter Safe to Give to Your Dog?

If you have peanut butter in your pantry, check the label for **xylitol**. If it contains that chemical, do not use that brand with your dog -- xylitol is highly toxic. Jif®, Skippy®, Peter Pan®, and the Kroger® brands are all safe to use.

Pet Insurance

Pet insurance, like all insurance, is something you pay for but might never use. However, in the event of a catastrophic accident or illness, pet insurance could mean the difference between treating your pet or having it euthanized. Some plans cover all types of medical expenses including annual checkups and vaccinations; others cover only accidents and illnesses. Plan premiums run from \$10 to \$104 per month per pet, annually from \$120 to \$1250 per pet depending on the coverage. Some plans have copays; some have deductibles; some have payout limits. With some, you have to pay up front then apply for reimbursement. With some, pre-approval for treatment is necessary. There are numerous companies that provide such insurance. Compare rates and coverages at: <http://www.petinsurancequotes.com>. When considering purchasing a policy, read the fine print, understand the limitations, and look for exemptions.

Quite a few **AGR** members carry pet insurance. If you are considering purchasing such, please do your homework. Research the various companies available and make the best choice for your personal financial picture and your resident animals. You can get good information from <https://www.caninejournal.com/>. **Pets Best** (www.petsbest.com), **Nationwide** (www.petinsurance.com) and **Healthy Paws** (www.healthypawspetinsurance.com) are companies that several of our members use. **State Farm** and **Farmers** and other major carriers offer pet insurance.

Before you buy a policy, try to get answers to the following:

- 1) Can I choose my own veterinarian?
- 2) What are the policy's conditions and exclusions? Is there a cap on payout? Deductible per occurrence or per year?
- 3) What are the waiting periods?
- 4) Are congenital (present at birth) or pre-existing conditions covered?
- 5) Does the company offer multiple-pet discounts on their premiums?
- 6) How long does it take for a claim to be processed?
- 7) Is the company licensed in my state?
- 8) Have any consumer complaints about the company been registered with the state's Department of Insurance?

Note: It may be especially important to consider purchasing health insurance if you have adopted a dog that has come from a shelter or was picked up as a stray by a Good Samaritan. The main reason is that the Rescue has no health history for the dog – its history begins with its rescue, so there is no way to predict what health conditions you may face in the future.

Health Tips

Be Prepared for a Poison Emergency

In spite of your best efforts to secure your home, your animal may become poisoned, so you need to be prepared. Your animal companion should regularly be seen by a local veterinarian to maintain overall health. Know the veterinarian's procedures for emergency situations, especially ones that occur after usual business hours. Keep the telephone numbers for the veterinarian, the ASPCA Animal Poison Control Center (888-426-4435), and a local emergency veterinary service in a convenient location.

Poison Safety Kit

Keep a pet safety kit on hand for emergencies. Such a kit should contain at least:

- A fresh bottle of hydrogen peroxide 3% (USP)
- Can of soft dog or cat food, as appropriate
- Turkey baster, bulb syringe or large medical syringe
- Saline eye solution to flush out eye contaminants
- Artificial tear gel to lubricate eyes after flushing
- Mild grease-cutting dishwashing liquid to wash animal after skin contamination
- Rubber gloves
- Forceps to remove stingers or plant thorns/spines
- Muzzle – an animal that is excited or in pain may unintentionally (or intentionally) try to harm you even if you are trying to help it
- Pet carrier or crate

Poison Ingestion

If you suspect that your dog has ingested a poison, call the National Poison Control Hotline at 1-800-222-1222 or ASPCA's Poison Control at 1-888-426-4435 as soon as possible. 1-800-222-1222 is the telephone number for every poison center in the United States. Call this number 24 hours a day, 7 days a week, to talk to a poison expert. Call right away if you have a poison emergency. Also call if you have a question about a poison or about poison prevention.

Although there is still a network of 57 poison centers around the country, there is now one single telephone number for poison emergencies. When you call 1-800-222-1222 you will still talk to your local poison center experts. It is worth the price of the call (have your credit card ready for a potential \$65 charge), because certain poisons will cause further damage to the dog if the dog is made to vomit up the substance.

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.

Inducing Vomiting with Hydrogen Peroxide

Call your veterinarian immediately once you've determined that your dog has eaten something dangerous. Call a veterinary emergency clinic if your vet is not available. *Take their professional advice first before you make a dog vomit using hydrogen peroxide.*

Trap your dog in a secure area, such as a bathroom, patio or kitchen to avoid having to chase it and having to clean up vomit from carpet. If possible, ask someone to help you with restraint to make a dog vomit using hydrogen peroxide, since the job isn't as easy for one person (unless your dog is small). Give a small dog only about a capful of hydrogen peroxide. Use the cap of a regular-sized bottle of hydrogen peroxide – about a teaspoonful. Administer more – around 2 tablespoons – to a large dog. If you have a syringe, use it to inject the liquid down into your dog's throat. Wait patiently and quietly until your dog vomits – it should occur soon after you administer hydrogen peroxide, but it can take up to five minutes. Look for foreign objects in the vomit and make sure your dog has expelled the dangerous items it swallowed. Repeat the procedure if nothing substantial comes up. Realize there may be nothing obvious to see if you are trying to help your dog eliminate a poison.

If you suspect that your dog has ingested some kind of chemical substance, call the **Poison Control Hotline** for advice. *Some chemicals can cause more damage if they are brought back up by the dog.* Poison Control may advise using activated charcoal or something else to denature the chemical, so best to make that phone call before using hydrogen peroxide.

Mental Games for a Healthy Dog

Where Is It? This is a retrieval game and a form of 'hide and seek.' Hide the dog's favorite toy in the house or yard. Say, "Where is your [toy*]?" or "Go find your [toy*]." Repeat while you and your dog look for the hidden toy. Let the dog find the toy, and issue a "Wow, look what you found!" then give the dog a small treat each time as you say, "Leave it" or "Drop it" (i.e., exchange the treat for the toy). Soon, the dog will go looking for the toy by himself, bring it to you and give it up in exchange for a treat. An even better extension of this game... When the dog has found the toy, lead him to the bin/box where the toys are stored; tell the dog to "leave it" or "put it away." Soon, the dog will pick up and put away his own toys on command!

The Brain Strain. It is important to exercise a dog's mind as well as her body. Take a bowl and hide dog treats or a favorite toy underneath. Let the dog figure out how to get the bowl turned over and find the treats or toy. Also, you can fill the cups of a 6-cup muffin pan with tennis balls. Let the dog figure out how to get the balls out of the cups.

*substitute the name of any toy: ball, woobie, squeaky, etc.

Pet First-aid Kit

Creating a pet first-aid kit is a smart idea that will prepare you to act quickly in case of emergency. Put everything related to your pet's health issues in an easily-accessible bag. A clear plastic tote is ideal, as that will allow you to readily find whatever you need, and you can place a card with emergency numbers on the inside facing out so they are easily read. On your Emergency Numbers card, be sure to include:

- Phone number of your veterinarian
- National Animal Poison Control Center – open 24/7/365; charges a consultation fee 888-426-4435
- Closest Veterinary Emergency Animal Hospital phone number and address

Include a folder with copies of all your pet's medical records. These records will be most important if you have to take your pet to an Emergency Animal Hospital or to a veterinarian who is not your regular vet; for example, if you have need of a vet while on a trip out of your home area. If you leave your pet home with a pet sitter, leave copies of these records, as well as a letter signed by you giving the pet sitter permission to have your pet treated by a vet.

A very handy item is a book on pet health care; there are several good ones available. Be sure to read it before you have to use it!

Keep a list of substances which might be found in and around your home that are toxic to pets. Such a list is available under the Education tab on our website, www.arizonagoldenrescue.org and in this newsletter.

Carry a blanket or large towel in your vehicle. These can be used to wrap a cold animal or to carry an animal that is injured or bleeding.

First-Aid Kit contents should include:

- Tweezers
- Dog nail trimmer
- Styptic powder – to stop bleeding if you cut a nail too short
- Scissors
- Bandages and gauze
- Betadine sponges – for cleaning cuts and wounds
- Eyedropper
- Peroxide – use to induce vomiting upon ingestion of non-food object or if pet eats something toxic; can also be used for cleaning wounds
- Rubber gloves
- Saline solution – regular human contact lens saline solution can be used to flush out dirt, sand, or other eye irritants

- Sterile Vaseline – applied around eyes, will prevent soap and water from getting into pet's eyes while bathing pet
- Sterile telfa pads (non-stick) to put on a wound before applying bandage
- Triple antibiotic ointment

After applying what first-aid you can, be sure to seek veterinary care as soon as possible to assure the best outcome for your pet.

CareCredit®

Most of us live on a budget; some even live paycheck to paycheck with little in reserve. So, what options do you have if your pet becomes seriously ill or has to have emergency surgery? You surely do not want your pet to die unless he or she is diagnosed to be terminal and nothing can be done to save or prolong the animal's life. If your pet does get into something toxic or develops a serious illness that requires extraordinary veterinary intervention and leaves you with incredibly large bills to pay, consider asking your vet if he/she supports Care Credit®. It is basically a **no-interest** credit card that is somewhat controlled by the specific doctor or veterinarian who participates. The amount that you charge determines how long they will give you to pay off the bill *interest free!* It can be 3, 6, 12 or 18 months. CareCredit® can really help – you won't have to take the entire amount you owe out of your bank account or put it on an interest-bearing credit card. This company's roster of participating vets also includes many specialists, such as canine dentists, canine ophthalmologists and canine oncologists. If you access the CareCredit® website, you can determine if your vet or the specialist you intend to consult is a participating vet. CareCredit® is also available for human medical needs, such as Lasik and vision issues, cosmetic surgery, dentistry, hearing problems, and other specialties. Check out their website and keep it handy – you never know when you might need it: www.carecredit.com/vetmed Several of our members/adopters have taken advantage of CareCredit® and have been very appreciative to know about it. All of **AGR's** main veterinarians offer it.

Apples

Apples, in general, are good for dogs, as are other fruits and vegetables. However, apple seeds are NOT good for any animals. The seeds of members of the apple family contain cyanogenic glycosides. If the seed hull is broken, such as by chewing on the seed, a cyanide compound will be released. If consumed in large enough quantity, such seeds can be fatal. If you want to give your dog apples, great! But take the seeds out first!

Items To Avoid For Your Dogs

You name it, and dogs can get into it. Some dogs actually seek out things to chew, eat or destroy. Some of these items are generally nontoxic while other items (including foods) can be highly toxic.

According to a list published online (<https://pets.webmd.com/dogs/guide/top-10-dog-poisons>), items below marked with superscript numbers are the top ten most toxic items that dogs ingest.

Alcoholic beverages – can cause intoxication, coma, and death

Apple seeds – contain cyanide; remove core if feeding apple pieces as a snack

Baby food – can contain onion powder, which can be toxic to dogs; can also result in nutritional deficiencies if fed in large amounts

Bones from fish, poultry or other meat sources – can cause obstruction or laceration of the digestive system

Cat food – generally too high in protein and fats for dogs

¹ **Chocolate, coffee, tea and other caffeine-containing products** – contain caffeine, theobromine, or theophylline, which can be toxic and affect the heart and nervous system

² **Cigarettes and cigarette butts** – nicotine is as bad for your dogs as it is for a smoker; the fibers in the cigarette butts can get impacted in the intestine; see **Tobacco**

Citrus oil extracts – can cause vomiting

¹ **Cocoa bean mulch** – smells enticing like chocolate but is extremely toxic

Fat trimmings – can cause pancreatitis

⁶ **Grapes and raisins** – contain an unknown toxin which can damage the kidneys

Hops – unknown compound causes panting, increased heart rate, elevated temperature, seizures, and death

Human vitamin supplements containing iron – can damage the lining of the digestive system and be toxic to the other organs including the liver and kidneys

Large amounts of liver – can cause Vitamin A toxicity, which affects muscles and bones

Macadamia nuts – contain an unknown toxin which can affect the digestive and nervous systems and muscle

Marijuana – can depress the nervous system, cause vomiting, and cause changes in the heart rate

Milk and other dairy products – some adult dogs and cats do not have sufficient amounts of the enzyme lactase, which breaks down the lactose in milk; this can result in diarrhea. Lactose-free

milk products are available for pets

Moldy or spoiled food, garbage – can contain multiple toxins causing vomiting and diarrhea, and can also affect internal organs

³ **Mushrooms** – can contain toxins, which may affect multiple systems in the body, cause shock, and result in death

Onions and garlic (raw, cooked or powder) – contain sulfoxides and disulfides, which can damage red blood cells and cause anemia; cats are more susceptible than dogs; garlic is less toxic than onions

⁴ **Paint balls** – paint type is toxic

⁹ **Pennies** – copper is toxic to dogs; can get caught in throat

Persimmons – seeds can cause intestinal obstruction and enteritis

Pits from peaches, plums and apricots – can cause obstruction of the digestive tract

Potato, rhubarb and tomato leaves; potato and tomato stems – contain oxalates, which can affect the digestive, nervous, and urinary systems

⁵ **Potpourri** – often has some toxic plant materials mixed in

Raw eggs – contain an enzyme called avidin, which decreases the absorption of biotin (a B vitamin); this can lead to skin and hair coat problems; raw eggs may also contain *Salmonella* bacteria

Raw fish – can result in a thiamine (a B vitamin) deficiency leading to loss of appetite, seizures, and in severe cases, death; more common if raw fish, especially salmon, is fed regularly

Salt – if eaten in large quantities it may lead to electrolyte imbalances

⁷ **Slug bait** – extremely toxic to dogs

¹⁰ **String, yarn, ribbon, cassette tape and other similar items** – can get caught in throat or become trapped in the digestive system and require surgery for removal; called a “string foreign body”

Sugary foods – can lead to obesity, dental problems and possibly diabetes mellitus

Table scraps (in large amounts) – table scraps are not nutritionally balanced; they should never be more than 10% of the diet; fat should be trimmed from meat; bones should not be fed

Tobacco – contains nicotine, which affects the digestive and nervous systems; can result in rapid heart beat, collapse, coma and death; if you smoke, keep your cigarettes put away

Yeast dough – can expand and produce gas in the digestive system, causing pain and possible rupture of the stomach or intestines

⁸ **Xylitol** – a sweetener used in some chewing gums and candies; highly toxic to dogs

If your dog eats something and you have any doubt about whether it is dangerous or toxic, always call your veterinarian or local emergency clinic.

Antibiotics - 5 Things You Should Know

from *The Pet Place* column online by Dr. Patricia Khuly, 2-23-15

Antibiotics are for bacterial infections, and that means they won't work for every kind of infection. For example, colds and flus are caused by viruses and, as such, will NOT respond to antibiotics. Offering them in these cases only exposes a wider range of bacteria to these drugs, thereby increasing the chances for the development of resistant strains of bacteria.

Make sure it's the right antibiotic for your dog's problem.

This is crucially important when it comes to treating most bacterial infections. But how to tell? Increasingly, veterinarians are testing the site of infection (ears, urine, skin, airways, wounds, etc.) to see what kinds of bacteria are affecting the area and which antibiotics will kill them best. This test is called "culture and sensitivity", and it is by far the best way to know that the right antibiotics are being used and that they are being used judiciously.

Antibiotics aren't without their risks to dogs. Historically, both human medical and veterinary professions have been too quick on the draw when it comes to prescribing antibiotics. The misuse of antibiotics can court antibiotic resistance, which can actually exacerbate a patient's illness. As antibiotics are fraught with side effects ranging from mild gastrointestinal upset to deadly autoimmune diseases, it's especially important to take the use of these drugs very seriously and only when absolutely necessary.

Three crucial words: "Take as directed!"

- DON'T skip doses or fail to use the entire course of antibiotics as prescribed. Giving an antibiotic willy nilly or stopping short of the whole course can prove far worse than not using antibiotics at all.
- DON'T start using an antibiotic you happen to have "left over from the last time." This is a really bad idea not only because of what has already been explained, but also because you should never have any antibiotics ever "left over" to begin with. (That is, unless you have to suddenly stop an antibiotic for a legitimate, doctor-directed reason or your pet dies.)

Not so sure your veterinarian is on board with these by-now well-accepted tenets of appropriate antibiotic use? Get a second opinion. It is never OK to live with uncertainty on this crucial issue. And just in case you're the kind that likes to be more self-reliant than most, consider getting even better educated on the subject. For more detailed reading on what's right and not right in the world of antibiotics in animal health, check out The Bella Moss Foundation. This UK group is dedicated to the responsible use of antibiotics worldwide and its comprehensive website always of-

fers the most practical and up-to-date information on the subject.

ASPCA'S Top Ten Pet Poisons

AGR's Home Evaluators are trained to look for things that could be hazardous to a Golden in a potential adoptive home. Some of the things they look for are in this list. If any such item is found where a Golden could get at it, the homeowner is alerted and the situation is discussed. Please check your own homes at least once a year for things that might not have been put away properly in a cabinet or on a high shelf where they cannot be reached by a dog or cat.

Human Medications, the #1 cause of pet poisonings – prescription and over-the-counter drugs such as painkillers, cold medications, antidepressants and dietary supplements. Imodium can mask underlying causes of diarrhea, like parasites. Drugs like Pepto Bismol contain aspirin, which can irritate a dog's digestive tract and cause severe damage to cats. Ibuprofen can cause ulcers and bleeding in the intestinal tract and damage the kidneys; high doses can cause fatal renal failure. Acetaminophen, the key ingredient in Tylenol, is toxic to dogs and cats because the liver enzyme responsible for its breakdown works differently in cats and dogs than it does in people – one dose can kill a cat. Pets often snatch pill vials from counters, kitchen islands and nightstands or gobble up medications accidentally dropped on the floor, so it is essential to keep meds tucked away in hard-to-reach cabinets.

Insecticides – misuse of flea and tick products, especially, such as applying the wrong topical treatment to the wrong species. Thus, it is always important to talk to your pet's veterinarian before beginning any flea and tick control program.

People Food – people food like grapes, raisins, avocado and products containing xylitol (sugarless gum) can seriously disable our fur kids. One of the worst offenders, chocolate, contains large amounts of methylxanthines, which, if ingested in significant amounts, can cause vomiting, diarrhea, panting, excessive thirst, urination, hyperactivity, and in severe cases, abnormal heart rhythm, tremors and seizures.

House Plants – many varieties (see list of Toxic Plants on p. 28).

Veterinary Medications – non-steroidal anti-inflammatory drugs, heartworm preventatives, dewormers, antibiotics, vaccines and nutritional supplements can be damaging if misused or improperly dispensed. Keep all pet medications out of reach of your pets.

Rodenticides – many baits used to attract rodents contain inactive ingredients that are attractive to pets as well. Depending on the type of rodenticide, ingestion can lead to potentially life-threatening problems for pets including bleeding, seizures or kidney damage.

Household Cleaners – bleaches, detergents and disinfectants can cause serious gastrointestinal distress and irritation to the respiratory system.

Heavy Metals – lead, zinc and mercury, not music! Lead is especially pernicious, and pets are exposed to it through many sources, including consumer products, paint chips, linoleum, and lead dust produced when surfaces in older homes are scraped or sanded.

Garden Products – fertilizer exposure can cause severe gastric upset and possibly gastrointestinal obstruction; cocoa mulch smells wonderful (like chocolate) but is especially toxic. Don't use it!

Chemical Hazards – chemicals such as ethylene glycol (anti-freeze), paint thinner, drain cleaners and pool/spa chemicals are a substantial danger to pets. Such chemicals can cause gastrointestinal upset, depression, respiratory difficulties and chemical burns.

*Prevention is really key to avoiding accidental exposure, but if you suspect your pet has ingested something toxic, please contact your veterinarian or the **Animal Poison Control Center's** 24-hour toll-free hotline at 888-426-4435.*

Cancer in Dogs

The statistics are sobering – 1 in every 3 dogs will suffer from cancer. This makes cancer the #1 killer of dogs over 2 years of age. Cancer does not have to be a death sentence, though. Statistics show that 50% of all dogs with cancer will die from the disease, **but the other half will live!**

When certain canine cancers are discovered early, the probability of a positive outcome is much higher. Routine veterinary care and wellness screenings are the best way to detect these kinds of problems early on, so **make sure that your dog is seen by his/her vet on a regular basis.**

Here are the *American Veterinary Medical Association's* top 10 signs of cancer in small animals:

1. Abnormal swellings that persist or continue to grow
2. Sores that do not heal
3. Weight loss
4. Loss of appetite
5. Bleeding or discharge from any body opening
6. Offensive odor
7. Difficulty eating or swallowing
8. Hesitation to exercise or loss of stamina
9. Persistent lameness or stiffness
10. Difficulty breathing, urinating or defecating

Toxic Plants

*There are many common foods, plants and flowers that can be very toxic to your dog. Below is a list of the most common types. An * indicates that a substance is especially dangerous and can be fatal. Confirm that you do not keep any of these plants in house or yard. Get complete list from ASPCA's website: <http://www.asPCA.org/pet-care/animal-poison-control/toxic-and-non-toxic-plants>.*

Almonds*	Hydrangea*
Amaryllis bulb*	Holly berries
Apricot*	Iris corms
Autumn crocus*	Jack-in-the-pulpit*
Avocado (leaves, seeds, stem, skin)*	Jimson weed*
Azalea (entire rhododendron family)	Kalanchoe*
Begonia*	Lantana*
Bird of Paradise	Larkspur
Bittersweet	Lily (bulbs of most species)
Bleeding Heart*	Lily-of-the-Valley
Boxwood	Lupine species
Bracken fern	Marijuana or hemp*
Buckeye	Milkweed*
Buttercup	Mistletoe berries*
Caladium*	Monkshood*
Calla Lily*	Morning Glory*
Castor bean* (can be fatal if chewed)	Mountain Laurel
Cherry	Narcissus (Daffodil)
Chinese sacred or heavenly bamboo*	Oak* (remove bark for use as a bird perch)
Chokecherry (unripe berries)*	Oleander*
Chrysanthemum (a natural source of pyrethrins)	Onions*
Clematis	Peaches*
Crocus bulb	Pencil cactus plant* (Euphorbia species)
Croton	Philodendron (all species)
Cyclamen bulb	Poinsettia
Daffodil (Narcissus)	Potato (leaves and stem)
Delphinium	Rhubarb leaves*
Dumb cane (Dieffenbachia)*	Rosary Pea* (can be fatal if chewed)
Elderberry (unripe berries)	Schefflera
English ivy	Shamrock (Oxalis species)*
Fig (Ficus)	Spurge (Euphorbia species)*
Four o'clocks	Tomatoes (leaves and stems)
Foxglove (Digitalis)	Umbrella Plant (Schefflera)
Garlic*	Yew*
Hyacinth bulbs	

How Often To Bathe a Dog?

That all depends on your pet. Factors include: his hair coat and hair length, how often he gets dirty, where he lives (if he is indoors or outdoors most of the time), his shedding cycle, and any underlying skin problem. Some dogs need baths only a couple of times a year, while others need weekly grooming. It is beneficial to brush your dog about twice a week. Bathing your dog every month or two is not unreasonable, but some dogs, especially outdoor dogs, will need more frequent cleanings. A good rule of thumb is to bathe your pet when his coat gets dirty or begins to smell "doggy."

Over-The-Counter Drugs

Many of us use over-the-counter drugs to help our dogs when they become sick or uncomfortable. Numerous over-the-counter medications and supplements are safe to use with our pets. The following chart includes a lot of “safe” drugs and the dosages that are weight-appropriate. Adult Golden Retrievers can receive the recommended adult human dose of many of the medications in the following list. We do not encourage anyone to self-medicate an animal without your veterinarian’s knowledge. **Please always check dosage with your vet.**

This list is not exhaustive, but it does contain many of the more commonly used substances. The information in this chart was compiled in 2007 by Deb Rising, then a veterinary technician and always a friend of Goldens. She has given us permission to reprint it. Since thirteen years have elapsed since Deb produced this chart, I asked Dr. Valerie Ferguson, owner of **Four Legged Friends Animal Hospital** (3131 E. Thunderbird Rd, Phoenix) to review it for accuracy and make any necessary updates. She said the information was great but added Pepcid, an antacid, and Zyrtec, an antihistamine. Before using any of these over-the-counter preparations, please always check with your veterinarian to determine if their use is warranted and safe for *your* dog. Our thanks to both Deb Rising and Dr. Ferguson for this information!

Name of Drug	Description	Dosages	Additional Info
Activated charcoal suspension (also known as micronized charcoal)	Absorbs toxins; used to treat ingestion of poisons	3 to 6 ml per pound given orally; repeat dose in 1 hour (5 ml equals 1 tsp)	
Aspirin (baby) or Bufferin (Ascriptin)	Pain reliever	5 to 12 mg per pound given orally every 8 to 12 hours	Never use in conjunction with cortisone (steroids) or if a bleeding disorder is present; should not be used post-surgically due to anticlotting effects; long-term use can lead to gastric irritation, ulceration, and bleeding
Benedryl	Antihistamine	1 to 2 mg per pound given orally every 6 to 8 hours	
Beta-carotene	A precursor to Vitamin A; it is converted to Vitamin A by the dog’s body and is not toxic, so it can be given safely in place of Vitamin A, which can be toxic in high doses	A 20-lb dog can be given daily a dose of beta-carotene equivalent to 10,000 IU of Vitamin A for <i>short-term use</i> ; a 20-lb dog can be given daily a dose of beta-carotene equivalent to 1,000 IU of Vitamin A. Never exceed the recommended adult human dosage.	
Chlorpheniramine	Antihistamine	A 20-lb dog can be given 2 mg orally every 8 to 12 hours; at no time should the dose exceed 12 mg	A good brand name to look for is Chlor-Trimeton
Chondroitin sulfate	A naturally-occurring compound made up of a combination of protein and carbohydrates; protects joints and can be used to treat arthritis	A 50-lb dog can be given 1,000 mg daily	Often used in combination with glucosamine sulfate; if using both, give your dog half doses of each
Cod liver oil	Used to treat corneal ulcers and/or erosions	1 drop in affected eye daily	Before treating, check with your vet; corneal ulcers and erosions can be quite dangerous, so it is best to use this treatment with veterinary supervision
Colloidal silver	A suspension of tiny silver particles in water	For topical use on burns and wounds; use as a flushing preparation 3 times a day	Sometimes used in valley fever treatments
Cranberry	Herb used to treat urinary-tract problems	A 20-lb dog can be given ¼ of the recommended adult human dose	Best used in tablet form

Name of Drug	Description	Dosages	Additional Info
Dandelion	Herb with diuretic properties used to help reduce pulmonary congestion	A 20-lb dog can be given $\frac{1}{4}$ the recommended adult human dose	Best used in tablet form
Dimethylglycine	Vitamin-like supplement that can be used as an immune stimulant	A dog under 25 lbs can get 50 mg; between 26-50 lbs, can get 100 mg; between 51-90 lbs, can get 150 mg; over 90 lbs, can get 200 mg	Because different companies use different concentrations of dimethylglycine in their solutions, you must check the concentration of milligrams per milliliter listed on the bottle and calculate the number of milliliters to give your dog
Echinacea	Herb used to promote healing of wounds and improve immune system	A 20-lb dog should be given $\frac{1}{8}$ of the recommended adult human dose; use for 10-day intervals separated by a 7-day rest; stop use after three 10-day trials	Obtain organic freeze-dried sources when possible
Flaxseed oil	Herbal oil that encourages healthy skin and a full hair coat; a natural anti-inflammatory agent and immune modulator	A 20-lb dog can be given the equivalent of $\frac{1}{4}$ to $\frac{1}{2}$ of the recommended adult human dose; Golden retrievers can receive the recommended adult human dose	Keep refrigerated so that the oil does not become rancid; purchase a human-grade, organic, cold-pressed form of the oil
Gatorade	Sugar and electrolyte drink; can be used to prevent dehydration when treating repetitive vomiting and diarrhea	Put $\frac{1}{4}$ inch in bowl in place of water; when dog empties bowl, wait 20 minutes, then place another $\frac{1}{4}$ inch in bowl; repeat until vomiting subsides	
Glucosamine sulfate	A naturally-occurring compound made up of a combination of protein and carbohydrates; protects joints and can be used to treat arthritis	A 50-lb dog can be given 1,000 mg daily. Golden retrievers with hip dysplasia can get a minimum of 1,500 mg daily	Often used in combination with chondroitin sulfate; if using both, give the dog half-doses of each
Iodine	Mineral that prevents goiter (enlargement of the thyroid gland)	A 20-lb dog can be given $\frac{1}{8}$ of the recommended adult human dose	Give in the form of kelp tablets
Kaopectate	Absorbent used to treat diarrhea and vomiting	0.5 to 1.0 ml per pound given orally every 2 to 6 hours	
Lactobacillus	The "good" bacteria naturally present in the intestines of healthy animals that controls the "bad" bacteria and yeast; synthesizes B vitamins and provides the cells of the intestinal lining with fatty acids	A 20-lb dog can be given $\frac{1}{4}$ of the recommended adult human dose	When purchasing, opt for high-quality brand-name products that are stored in refrigerated areas of the store in order to ensure that the viability of the live bacteria is maintained
Lecithin	A fat found in animal and plant tissue; used to help strengthen the sphincter muscle of the bladder; also aids in promoting mental alertness in old animals	A 20-lb dog can be given $\frac{1}{4}$ of the recommended adult dose of soy lecithin oil daily	Buy fresh bottles of lecithin sold in refrigerated areas; it is important to keep it refrigerated to avoid it getting rancid
Licorice root	Herb that acts as a natural cortisone; helpful in reducing throat swelling and inflammation of stomach	A 20-lb dog can be given $\frac{1}{8}$ of the recommended adult human dose	Do not use for longer than 10 days

Name of Drug	Description	Dosages	Additional Info
Metamucil (psyllium husks, not seed)	Natural source of fiber that acts as a bulk cathartic and prevents and treats constipation	A 20-lb dog can be given $\frac{1}{4}$ of the recommended adult human dose	It is very important to increase your pet's water consumption when supplying psyllium; if no bowel movement is produced in 48 hours, see your veterinarian
Milk Thistle	Herb that contains antioxidants important for maintaining a healthy liver	A 20-lb dog can be given $\frac{1}{4}$ of the recommended adult human dose	Used to protect the liver when dog is taking fluconazole for valley fever or other drugs that affect liver health
Parsley	Diuretic herb that can help reduce pulmonary congestion	A 20-lb dog can be given $\frac{1}{4}$ of the recommended adult human dose	Best to get in tablet form
Pedialyte	Pediatric electrolyte solution that can help to treat eclampsia and vomiting	A 20-lb dog can be given $\frac{1}{2}$ the recommended children's dose	
Pepcid	Antacid; stomach-soothing agent	10 mg twice a day for a dog 40 lbs or less; 20 mg twice a day for dog over 45 lbs	
Pepto-Bismol	Antidiarrheal agent that also soothes the stomach	0.5 to 1.5 ml per pound given orally every 2 to 6 hours for short-term use (1 or 2 days)	Use only for 1 or 2 days; if symptoms continue, seek veterinarian's advice; it may cause the dog's stool to turn black, which is often confused with blood in the stool
Plant-derived digestive-enzyme supplements	A source of enzymes that helps the body to digest its food	A 20-lb dog can be given $\frac{1}{4}$ of the recommended adult human dose; dose should be sprinkled over lightly-dampened food 10 minutes before it is served	Buy a brand name for humans unless a pet supplement is available; the supplement should contain amylase, protease, lipase and cellulose
Proteolytic enzyme supplement	A specific type of digestive enzyme supplement that contains only protease	A 20-lb dog can be given $\frac{1}{2}$ the recommended adult human dose	For most effective results, give apart from meals; bromelain or papain tablets are recommended
Robitussin DM	Cough suppressant	0.25 to 1 ml per pound given orally every 6 to 8 hours	Because it merely subdues symptoms and makes the animal more comfortable, do not use for more than 4 days without a veterinarian's advice; you could be covering up a more serious problem
Selenium	Mineral used for protecting the immune system; helpful for maintaining healthy heart, joints, and muscles	A 20-lb dog can be given no more than 30 mcg daily without a veterinarian's recommendation	Because it is toxic in high doses, be sure that you are not also providing selenium with any other supplements (or <i>only</i> give in a combination tablet)
Shark cartilage	Natural anti-inflammatory for arthritis treatment	A 40-lb dog can be given $\frac{1}{3}$ of the recommended adult human dose	Available in tablet or powder form
Sulfur	Mineral required for synthesis of body proteins; can also act as an antioxidant	500 mg in the form of methylsulfonyl methane (MSM) per 30 pound daily	Purchase in form of methylsulfonyl methane
Trace mineral supplements	Essential minerals that keep the body functioning properly	A 20-lb dog can be given $\frac{1}{4}$ of the recommended adult human dose	Best form to purchase is chelated trace mineral tablets that contain as many as 74 different trace minerals
Valerian	Herb used for its sedative properties; reduces anxiety and helps to treat muscle spasms	A 20-lb dog can be given $\frac{1}{8}$ of the recommended adult human dose	If this dose does not produce acceptable results, double the dose and evaluate the effect; valerian has a bad taste, so mix it with your dog's food to mask the taste

Name of Drug	Description	Dosages	Additional Info
Vitamin B complex	Vitamin that helps to maintain healthy nerves, skin, eyes, hair, liver and mouth	Goldens can use the recommended adult human dose	
Vitamin C	Vitamin used for strengthening the immune system; also, an anti-allergic, anti-inflammatory, anti-bacterial, anti-viral and detoxicant agent	500 mg per 20 pounds daily; reduce the dose if a soft stool develops	Best purchased in calcium ascorbate or sodium ascorbate forms rather than acetic acid form, which can upset the stomach; try to obtain a brand that includes bioflavonoids
Vitamin E	Essential antioxidant vitamin used for strengthening the immune system	A 20-lb dog can be given 200 IU daily when treating a health problem	Because it is a fat-soluble substance that accumulates in the body, it can become toxic in high doses
Zinc	Essential mineral used for tissue repair and healing, proper immune-system functioning, and healthy skin and coat	A 20-lb dog can be given 10 mg daily; dogs under 20 lbs can be given 5 mg daily; dogs 40 lbs or over can be given 15 to 20 mg daily	Absorbed most efficiently if purchased in its chelated form; potentially toxic in high doses, so be sure you are not supplying in any other supplements; take with a copper supplement, because it may interfere with absorption of naturally-occurring copper
Zyrtec	Antihistamine	0.5 to 1.0 mg/kg once a day; a 20-lb dog can be given ½ to one 10 mg tablet once a day	Sometimes effective when Benadryl is not

CAUTION: Do not ever give Tylenol (acetaminophen) or ibuprofen (Advil or Motrin) to a dog without advice from your veterinarian. Administering such medications to dogs can create very dangerous and even life-threatening complications.

Abbreviations used in table

- kg – kilogram
- lb – pound
- lbs – pounds
- mg – milligram
- ml – milliliter
- tsp – teaspoon
- Tbsp – tablespoon

Conversions

- 1 pound = 2.2 kilograms
- 1 tsp = 5 ml
- 3 tsp = 1 Tbsp
- 4 Tbsp = ¼ cup

IU – International Unit. a unit of measurement for the amount of a substance, based on biological activity or effect

*Does Your Dog Have Bare Elbows?
Try These Tips*

- Use fresh Aloe Vera, Bag Balm ointment, or Tree Tea Oil on the site
- Use Neosporin ointment and a padded shirt to protect the areas; be sure the shirt has been washed and is free of bleach, laundry detergent and fabric softeners
- Keep your pet off concrete – your dog may have an allergy to something in it, or the concrete may just have rubbed the fur off, as it is very abrasive
- Ask your vet to do a scraping of the elbow and look at it with a microscope to see if there are any embedded foreign bodies
- Consult a Dermatologist – it will save you money in the long run

- Change dog food to a no-grain variety, and do not use Science Diet prescription food as it is full of grains
- Sometimes allergies develop in older dogs
- Be sure the dog hasn't been lying in grass sprayed with insecticides or weed killers

Does Your Dog Have "Allergy Feet"?

Dolly Orwig had a condition called pododermatitis. Her severe allergies caused blisters and bloody eruptions on and between the pads of her feet. Many medications were tried including numerous antihistamines and antibiotics, but the most effective treatment was Preparation H®! The Preparation H®, which contains cortisone, shrinks the swelling and helps close up the blood vessels, promoting healing! She also had cold laser treatments when she had an outbreak, and these also helped.

Diabetes in Dogs

Diabetes mellitus is a disease of the pancreas. It is the failure of the pancreatic beta-cells to regulate glucose (blood sugar), which is a vital substance that provides energy and must work inside the cells. Insulin allows glucose to leave the bloodstream and pass inside the cells. Without an adequate amount of insulin, glucose is unable to penetrate the cells. Left untreated, diabetes causes glucose to accumulate in the blood, which can be fatal. Though many diabetic dogs lose a dramatic amount of weight prior to a diagnosis, some become more bloated, which is hard to notice if the dog is overweight already. Fatigue is another warning sign; thirst and constant urinating are also symptoms. Sight loss is a side effect of canine diabetes. Urine and blood tests can confirm the diagnosis of diabetes. A feeding routine is a priority in keeping diabetes in check, since meals and administering insulin must be done every 12 hours. If you feel your dog may be showing signs of the disease, check with your veterinarian right away. The earlier diabetes is identified, the faster you may be able to bring it under control. Canine diabetes is a real and serious disease. But, if treated properly, diabetic dogs can live a happy, normal life. For more information on canine diabetes, visit <http://www.caninediabetes.org>

Homemade Liverwurst Pill Pockets

These "pill pocket" treats are really simple to make. When it's time for your dog to take his medicine, simply take a "dough" ball and hide the pill in the center. Then offer it to your dog like a treat.

- 3/4 cup plain shredded rice cereal
- 3 ounces Liverwurst (room temperature)
- 2 ounces cream cheese (room temperature)

Place shredded wheat in a bag and crush using a rolling pin. Mix liverwurst and cream cheese together until smooth. Mix with shredded wheat. Roll into small balls the size of gum drops. Store in the refrigerator in a resealable plastic bag or container. Will last 7 to 10 days.

Ear Infection Protection

Mix equal parts white vinegar and vodka and put in a dropper bottle. Be sure your dog's ears are free of infection before using this preparation. Once no infection is present, put a couple of drops in each ear twice a week. The alcohol will keep the ear canal dry and the acidity of the mixture will prevent the growth of yeast and bacteria. Drops are especially important after the dog has been swimming.

The Green Bean Diet

When **14-033 Dolly** came into Rescue six years ago, she was a little over 8 years old and weighed 113.6 pounds. She was so overweight she had a lot of difficulty getting up off the floor and could barely waddle! She was started on the "green bean diet" right away. This is not a meal plan where you just add green beans to the kibble. You have to reduce the amount of kibble you would normally use by half and add green beans (canned with no salt added, frozen, or fresh are best). The green beans add filler but few calories. If your dog will not eat green beans, try broccoli, cauliflower, zucchini and/or yellow squash. The ideal weight loss should be ½ to 1 pound per week. **Dolly** got down to a svelte 78 pounds! She galloped out to get the newspaper every morning and could chase the rest of the Orwig pack around the back yard! **14-034 Jaxx** has had similar weight-loss success, and **12-108 Mia** lost 55 pounds on the green bean diet! Way to go, **Dolly, Jaxx** and **Mia**! You will all live longer, healthier lives!

Connie's Wheat-Free Pumpkin Peanut Butter Dog Cookies

- 5 cups brown rice flour (plus ¼ cup to add if needed and to flour rolling surface)
- 2 tablespoons flax seed
- 1 ½ cups pumpkin puree (not pumpkin pie filling)
- 4 extra large eggs, beaten
- 4 tablespoons creamy peanut butter
- 1 teaspoon ground cinnamon
- ¼ cup water as needed to make dough workable

Preheat oven to 350° F.

Mix the "wet" ingredients first: pumpkin puree, eggs, and peanut butter in one bowl. Next mix the dry ingredients: flour, flax seed and cinnamon in a large bowl. Mix the dry with the wet to make crumbly dough. Separate into 3 balls to make easier to roll if you are going to use cookie cutter. Add water or flour as needed to keep dough workable. If you pinch a piece and it crumbles, add a little water; if it is really sticky, it is too wet and you will need to add a little flour. Gather the dough together and form into a ball. Place on a lightly-floured work surface and roll it out to about ¼-inch thickness. You can either use a cookie cutter to cut out cute shapes, or just cut into squares with a knife. Gather the scraps together and roll them out again and again until dough is used up. Place the cookies on a baking sheet – they can be crowded pretty close together since they do not expand much. Alternatively, I simply press the dough into a 10" x 15" cookie sheet and spread to edges with my fingers. Then I use a pizza cutter to score the squares. Bake for 30 minutes for hard treats. Let cool and store in freezer.

Editor's Note: Liz wrote the following column for the November 2019 issue. The condition with which Dallas was born is very rare. In fact, many vets will not see something like this in their working lifetime.

Atresia Ani – Dallas, A Miracle Puppy

AGR's Intake Team received a call in June 2019 about a 7-week-old puppy that had not pooped since being born in April and was now throwing up poop. He was picked up and taken to **Animal Medical & Surgical Center** for evaluation. His abdomen was distended, and it was discovered that he had no anal opening – his feces had been accumulating since birth! This is a condition called *Atresia ani*. None of us had ever heard of it, although Dr. Jha, Medical Director at **AMSC**, told us this was the seventh case of this congenital deformity he had dealt with in his veterinary career – two kittens and four puppies, this one being the fifth canine.



Dallas feeling miserable at intake

Atresia ani results when the dorsal membrane separating the rectum and anus fails to rupture, which it is supposed to do upon birth. Signs are apparent at birth and include tenesmus (the feeling that you need to pass stool and may involve straining, pain, and cramping), abdominal pain and distention, retention of feces, and absence of an anal opening. For some reason no one in the backyard breeder family noticed until **Dallas** was about 7 weeks old.

Congenital anomalies of the rectum and anus are rare in dogs. Four types of *Atresia ani* have been reported, which include congenital anal stenosis, a very small opening of the anus (Type I); imperforate anus alone, no opening at all with a blind end to the colon but close to the anal area (Type II); or the first two combined with termination of the rectum as a blind pouch further from the anal area (Type III); and, very rarely, normal rectal anal development with a blind rectal pouch development not connected to the colon (Type IV).

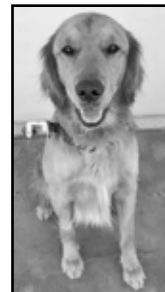
Upon examination and testing it was discovered that **Dallas'** colon was enlarged (megacolon) and filled with feces – no surprise! Dr. Jha and Dr. Jay at **AMSC** were able to surgically reconstruct his anal opening, as he fortunately had Type II *Atresia ani*. Complications ensued as the new anal opening, with healing, scarred and caused the anal opening to become smaller. The colon, being enlarged, could not push the fecal material out, so **Dallas** had to have a stent put in to keep the anus open, and he was given motility drugs and a laxative to facilitate pooping. After removal of the first stent, **Dallas** again was having difficulty pooping, so a second stent was put in. **Dallas** began to again produce poop, but again with stent removal, he was unable to defecate and his colon was filling up with feces.

In consultation between Dr. Jay and Dr. Jha, they decided to do a resection and make the anal opening bigger, put in a bigger stent, and leave the stent in for a week in hopes that (1) the colon would indeed start functioning and (2) the anus would not close up again. Throughout all this, **Dallas** was displaying typical, happy puppy activity. Everyone loved him at **AMSC**. According to his foster, Deb: *The results of the surgery Dr. Jay and Dr. Jha did yesterday are looking good – they removed the anal glands and made a bigger anal opening. Today, Dallas is happy, playful (learned to play with water this morning), and pooping! Dr. Jay is waiting to see if he can empty his entire colon when he goes, but otherwise he is looking good!*

Dallas went to his foster home in July but continued to take his laxative and motility drug. He vacillated between small amounts of hard poop and explosive mushy poop! What a cleanup that entailed! He also had to return to the vet a few more times for drug adjustment and vaccines. He may still need more reconstructive surgery, but he is growing normally and is a happy, healthy puppy. It took him a while to realize he is not supposed to pee in the house, but little by little he has figured it out.

Happily, in October he was adopted by his foster who had seen him through some rough times (and used up a lot of paper towels, Nature's Miracle®, and poop bags!), but he is a stunning Golden Retriever.

Update from Deb: *Dallas was finally neutered at the end of June 2020. In the spring, he had had a bout of colitis resulting in bloody diarrhea (we think he ate part of a toy) and the vet wanted to wait until that had completely resolved. We decided that a further resection to enlarge the anal opening would not be done. Even though Dallas continues to struggle to move his bowels, a larger anal opening might produce uncontrollable diarrhea. We opted for the struggle and just have to have patience when he needs to defecate. He is a happy, healthy, small male who loves everyone, especially our bigger adult dogs. When you have a special needs child, you just have to accommodate for their differences.*



Possible Remedy for Storm Anxiety

Pat Hastings, a respected AKC dog show judge, breeder and handler, swears by this remedy for dogs with storm anxiety. Get a bottle of peppermint oil from the health food store. When a storm is approaching, put a drop or two of the oil on the bottom of each foot of the dog, right on the pad. While no one knows why this works, once the oil is on for a bit, the dog seems to no longer care about the thunderstorm. And the dog will smell very nice! Others besides Ms. Hastings have testified that this home remedy works. Surely, it is worth a try!

Bloat

By Teri Guilbault

Bloat is a very serious health risk for many dogs, yet many dog owners know very little about it. Research has shown that it is the second leading killer of dogs after cancer. Golden Retrievers are high on the list for being susceptible to this condition. One of our beloved rescues went to the Bridge as an unfortunate casualty of bloat. If you suspect bloat, take your dog to a vet immediately!

The technical name for bloat is “Gastric Dilatation-Volvulus” (“GDV”). Bloating of the stomach is often related to swallowed air (although food and fluid can also be present). It usually happens when there’s an abnormal accumulation of air, fluid, and/or foam in the stomach (“gastric dilatation”). Stress can be a significant contributing factor also. Bloat can occur with or without the stomach twisting. As the stomach swells, it may rotate 90° to 360°, twisting between its attachments at the esophagus and the upper intestine. The twisting stomach traps air, food, and water in the stomach. The bloated stomach obstructs veins in the abdomen, leading to low blood pressure, shock, and damage to internal organs. The combined effect can quickly kill a dog. Be prepared! Know in advance what you would do if your dog bloated. Unfortunately, from the onset of the first symptoms there is very little time to get immediate medical attention. Best rule of thumb for this, and any other medical condition, is: *know your dog and know when it’s not acting right*. Typical symptoms often include some of the following:

- Attempts to vomit that are unsuccessful
- Dog does not act like its usual self, a very early warning sign and the only sign that almost always occurs
- Significant anxiety and restlessness
- Hunched up appearance
- Lack of normal gurgling and digestive sounds in the tummy
- Bloated abdomen that may feel tight
- Pale or off-color gums
- Excessive drooling
- Coughing
- Foamy mucus around the mouth
- Unproductive efforts to pass stool
- Pacing and whining
- Heavy or rapid panting, or shallow breathing
- Unable to stand, or collapses
- Accelerated heartbeat

If you believe your dog is experiencing bloat, please get your dog to a veterinarian immediately! Bloat can kill in less than an hour, so time is of the essence. Call your vet to alert them you’re on your way with a suspected bloat case. Better to be safe than sorry!

Here is a partial list of things that you can do to reduce the risk of bloat developing in your dog:

- Avoid highly stressful situations or try to minimize stress as much as possible.
- Do not exercise for at least an hour or longer before and especially after eating.
- Discourage rapid eating – if your dog “inhales” his or her food, there are specialized bowls that you can purchase that are compartmentalized to make it harder to consume food as quickly.
- Feed two or three smaller meals a day versus just one larger one.
- Allow access to fresh water at all times except for one hour before or after a meal.
- When switching dog food, do it gradually – over a period of weeks is suggested.
- Do not feed dry food exclusively, but if you do, avoid foods containing fat as one of the first four ingredients, avoid foods that contain citric acid, and select a food that includes rendered meat meal with bone product among the first four ingredients.
- Discourage rapid or excessive drinking.
- Use of an elevated food bowl has been debated by many well-known veterinarians – some recommend only bowls that are elevated, and some say not to use them.

A couple tips which are always good rules of thumb:

- If your regular vet doesn’t have 24-hour emergency service, know which nearby vet you would use – keep the phone number handy.
- Always keep a product with simethicone on hand (Mylanta Gas (not regular Mylanta), Gas-X, etc.) in case your dog has gas. If you can reduce or slow the gas, you’ve probably bought yourself a little more time to get to a vet if your dog is bloating.

There are many very useful articles on the Internet with suggestions on how to help your dog avoid this condition or how to recognize this condition if it happens. Suggestions in this article were adapted from <http://www.globalspan.net/bloat.htm>

Dental Care for Dogs

By Teri Guilbault and Liz Tataseo

Your dog’s teeth should be cleaned regularly, including a good dental cleaning by your vet. Plaque is the beginning of dental disease. Bacteria and calcium in saliva form plaque, which then forms more of a substance that vets call calculus (not the math kind) and, if nothing is done, more plaque continues to form. Too much plaque can cause gingivitis of the gums – inflammation that is red and swollen. If your dog eats hard food or chews on toys like

Kongs® or Nylabones®, this initial soft plaque can be dislodged, keeping your dog's teeth clean, but there are still places in a dog's mouth where this chewing action doesn't reach. Check out <https://www.everydayhealth.com/pet-health/bad-pet-breath-causes.aspx>

Here are the signs of trouble in your dog's mouth:

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

Those last three symptoms are really not good! As with humans, dental disease can lead to other illnesses: heart problems, kidney issues and major infections.

Your regular vet is quite adept at doing dental cleaning and extractions, and at treating gum issues. Vets may want to do X-rays so they can see if there are any hidden issues that need to be treated. Usually, they will want to do blood work prior to a dental, if that hasn't been done before or for a year or more, to make sure your dog is healthy enough for the anesthesia. A vet usually refers a dog to a dental specialist if the scope of the issue is beyond what a regular dental cleaning/extraction/treatment can do. Dental vets also specialize in doing regular dental cleaning for dogs that have chronic health issues and need special care for their dental cleaning.

You can help your dog keep good dental health by brushing his or her teeth regularly. Brushing will help prevent the decay, calcification and infection that could be potentially harmful to your dog down the road, and the gentle massage of the toothbrush will stimulate your dog's gums as well. Some dogs enjoy it and others need to gradually work up to that. You can start by using a piece of gauze wrapped around your finger and rub in a circular motion in one area of the mouth at a time. Most of the buildup occurs on the surface of the outer portion of a tooth because those teeth touch the cheek. The inside surface of a dog's tooth gets little buildup, so if your dog doesn't want you to clean the backside of his teeth, it's not something to worry about. Tooth brushing kits can be purchased at any of your local pet supply stores for a nominal amount. These have toothbrushes with small heads and very soft bristles.

CAUTION: Please do not use human toothpaste when brushing your dog's teeth! Dogs do not spit, and human toothpaste is not edible. Ingestion of human toothpaste can lead to digestive upsets. Or, use baking soda and water to make your own paste. Daily brushing is ideal, but even twice a week is better than not at all.

Here are some of the mouth problems and conditions that can occur without good dental care¹:

- 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 when it is caused by bacteria growing from food particles caught between the teeth or by gum infection. Regular tooth-brushings are a great solution.
- 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.
- Proliferating gum disease occurs when the gum grows over the teeth and must be treated to avoid gum infection. An inherited condition common to boxers and bull terriers, it can be treated with antibiotics.
- Mouth tumors appear as lumps in the gums. Some are malignant and must be surgically removed.
- Salivary cysts look like large, fluid-filled blisters under the tongue, but can also develop near the corners of the jaw. They require drainage, and the damaged saliva gland must be removed.
- Canine distemper teeth can occur if a dog had distemper as a puppy. Adult teeth can appear eroded and may decay. As damage is permanent, decayed teeth should be removed by a vet.

So, when you brush your teeth, remember to brush your dog's teeth also. It will help your Golden live a healthier life.

¹ List of dental problems from <http://pets.webmd.com>

Epilepsy and Seizures

By Liz Tataseo

Unfortunately for Goldens, seizure activity is one of the more common neurological conditions that exist for these great dogs. But that is not a big number, it is 0.5% - 5.7% of all dogs.¹ Idiopathic epilepsy (repeated seizures over time with no known cause) is the most common form. It is considered an inherited disorder and usually manifests at a young age. Other causes that

can come on late in life include liver or kidney disease, infectious disease, brain tumors, brain trauma and toxins.

We have experienced dogs with brain trauma (literally shaken-baby syndrome in a very young puppy), infectious disease, a systemic-wide incidence of valley fever that invaded the brain, and older dogs that developed seizures secondary to disease issues. Unfortunately, the puppy had to be euthanized. The valley fever dog has recovered and did not need seizure medication.

A number of epileptic dogs have been surrendered to Rescue. These have mostly been male dogs, all of which after testing show no known cause, so they are considered to have idiopathic epilepsy. Research does indicate that more males than females have seizure activity. Neutering or spaying is not a factor.

Several of the surrendered dogs have come in stable and with continued medication will remain stable. Once started, seizure medication should never be stopped. Stopping can actually cause a rebound effect and cause more seizure activity and at a higher level.

Seizures usually occur at a time of change in brain activity: during excitement, feeding, falling asleep or waking up. While seizures appear traumatic to the owner, seizures are not painful for the dog. However, the dog may feel confusion and disorientation afterwards and take some time to recover. Usually, once recovered, they return to normal behavior. Based on research, dogs do not swallow their tongue during seizures, so don't stick your hand in a dog's mouth!²

An individual seizure or one lasting 2 to 3 minutes is not dangerous to the dog. However, if a seizure lasts longer than 5 minutes or there are multiple seizures one right after the other (i.e., cluster seizures), that is a life threatening situation – the dog should be taken to a vet immediately.

Age can be an indicator of what kind of epilepsy is manifested. In dogs up to one year old, it can be a congenital, hereditary, or a toxic or inflammatory disorder. A manifestation between one and five years of age is probably idiopathic epilepsy. A dog older than five may have neoplasia, metabolic or vascular diseases or inflammatory disorders as a cause of seizures. Examples include low blood sugar, brain tumors, fungal infections, distemper, encephalitis, stroke, head trauma, parasites or toxins such as lead, ethylene glycol (anti-freeze), and organophosphates (fertilizers).

Idiopathic epilepsy means no underlying cause can be diagnosed for the seizures. This usually means it is either genetic (inherited) or there is a structural cause. Structural could mean a birth injury which could cause seizures later in life – so hard to diagnose years after the injury. Several breeds have a high incidence of inherited epilepsy, including the Golden Retriever. It may be seen more often in the Golden because of the popularity of the breed. As noted before, males have a higher incidence than females.

The purpose of treatment with various anti-seizure medications is to reduce the frequency and severity of seizures. Epilepsy is not a curable disease. Treatment may fail if pills are forgotten or pills are spit out. Intestinal upset can prevent absorption of the medication and so can interactions with other drugs.³

Medications traditionally have been phenobarbital and potassium bromide (KBr). It can take 10 to 14 days for phenobarb to reach therapeutic levels, and often a dog can initially be doopey or slow to respond. Dogs usually become used to the dosage as therapeutic levels are reached and return to normal behavior. KBr is added if seizures are not well controlled by phenobarb alone, but KBr can take weeks to reach therapeutic levels.

Newer anti-seizure drugs include Levetiracetam (Keppra) and Zonisamide (Zonegran), which have fewer side effects than the traditional medications. These drugs appear to act sooner and cause less sedation in a dog. Sometimes they are used in combination with phenobarbital and KBr. Again, once anti-seizure medications are started, they must be given for life. Dogs can live a long and normal life even with epilepsy as long as care is taken to continue treatment.

¹ Bollinger-Schmitz, Kim and Kline, Karen "An Overview of Canine Idiopathic Epilepsy for the Small Animal Practitioner", Iowa State University Veterinarian, Volume 62, Issue 1, Article 14

² Ward, Ernest DVM, Client Information Sheet, VCA Animal Hospitals

³ Child, Georgina, "Seizure Disorders in Dogs", Small Animal Hospital, Richardson Place, NSW

Dogs and Their Eyesight

By Teri Guilbault

Dogs normally have great senses of sight and smell, but like humans, sometimes their eyes aren't always as clear as they used to be. Take some time and look your dogs right in the eyes. Do their eyes still look bright and shiny, or are they starting to cloud over just a bit? Does it look like maybe there's something just not quite right, or is it just maybe you've noticed that there's some unusual eye tearing and extra moisture around them? Dogs, like humans, can develop cataracts as they age and even earlier. High cholesterol can also cloud their eyes, and yes, they can lose their sight entirely if they develop an eye condition and it's left untreated. Inverted eye lashes (entropion) can cause their eyes to water excessively, and the lashes may need to be removed or surgery done on the eyelid to correct the problem.

12-112 Bailey was a wonderful 8-year-old Golden Retriever who was surrendered to us when, due to financial difficulties, her owner had to move. When we picked up this poor girl, we discovered that she had a myriad of health issues, but, most importantly, she had the most horrible-looking eyes that you could ever imagine,

particularly her right eye. We immediately transported her to **Animal Medical & Surgical Center** for a complete health overhaul and evaluation and a big question: What IS going on with those eyes?



Bailey was immediately diagnosed with KCS (keratoconjunctivitis sicca) or Dry Eye Syndrome. A diagnosis is made by measuring the volume of tears in the dog's eyes. A Schirmer tear test which was performed involves placing a filter paper strip into the tear pool at the inner corner of the eye and leaving it for one minute to see how much of the strip gets wet. A normal strip would be wet to a distance of 20 mm. In dogs with Dry Eye, the strip wets less than 10 mm. Bailey's strip was 0. There were no tears at all!

Dry Eye Syndrome in dogs is not much different from dry eyes in humans. It is a tear gland disorder that prevents normal production of tears, and hence, a dry cornea. Dogs with Dry Eye normally have a dull and opaque look as opposed to that bright and glistening sheen you see when you look at your dog's healthy eyes.

There are several causes for KCS in dogs. The most common cause, however, is an ongoing immune-related issue. It can also be caused by injury to facial nerves or to the tear glands themselves or, in rare instances, a genetic absence of tear glands, but that is normally seen in smaller breeds of dogs.

Some of the symptoms of KCS are:

- excessive blinking
- swollen blood vessels and tissue that line the eyelids and eye surfaces
- discharge of mucus or pus from the eyes
- corneal changes in the blood cells with pigmentation and ulceration.

Treatment of this disorder is normally a frequent application of an ophthalmic cyclosporine, which is an immunosuppressive drug that reverses immune-mediated destruction of the glands surrounding the eyes. Once a diagnosis has been made, treatment becomes life long. Treatment can also include the application of artificial tears and topical antibiotics until the tear volume increases and again becomes adequate.

If left untreated, KCS can cause severe eye ulceration and glaucoma. A severe case of KCS can lead to impaired or complete loss of vision. In **Bailey's** case, there were more medical problems than just the poor condition of her eyes. We had to send her to the Bridge only a little over a month after we rescued her.

Please always keep watch over your wonderful furbuddies for any

changes in their behavior or appearance that may indicate something amiss. Unfortunately, most issues don't go away on their own but only get worse over time. We all owe it to our babies to keep them as healthy and happy as possible. If you notice anything unusual about your dog's eyes, don't hesitate to ask your veterinarian about it. If there are problems with your animal's eyes, excellent veterinary ophthalmologists are available in the Valley to assist in treating those problems. Your fur kid loves to watch you. Be his hero and keep watching over him.

Information obtained for this article was taken from conversations with Dr. Levine at **AMSC**, www.petmd.com/dog/conditions/eyes/c_dg_keratoconjunctivitis_sicca and <http://pets.webmd.com/dogs/dogs-dry-eye-keratoconjunctivitis-sicca-dogs>

Eye Problems: Glaucoma

By Liz Tataseo

Does your Golden hold either eye closed, paw at it, or do you see the third eyelid (red/pink membrane) covering the eye? Your Golden may be experiencing eye pain which could be due to glaucoma. Other symptoms are a red, teary, cloudy eye with a blue hue and squinting. You may also notice that one eye is bigger than the other, or both may appear larger than normal. This is due to the fluid buildup in the eye and is a dangerous situation for your dog. Dogs which have a sudden eye swelling need to go to the vet immediately.

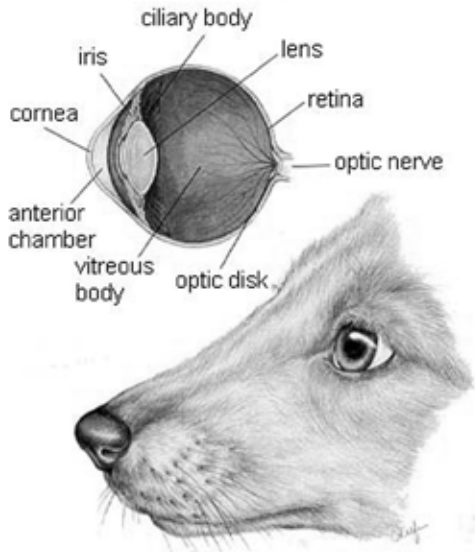
There are two types of glaucoma in dogs: primary glaucoma, which is inherited and comes on very suddenly, and secondary glaucoma, which comes about as a result of an eye injury or infection. Golden Retrievers can have an inheritable inflammatory condition called "Golden Retriever Uveitis," which can cause blindness if untreated, but even if treated this condition can lead to glaucoma. This is what has occurred in my boy **Gonzo**, who had glaucoma in his left eye for several months as a result of uveitis, was blind in that eye, and had to undergo a treatment to permanently reduce the pressure in his eye.

Due to the swelling in the eye, the optic nerve can be damaged and vision becomes limited or can progress to blindness in the eye without treatment. Treatment, if in the early stages of glaucoma, is most often eye drops that reduce the pressure in the eye, although the drops can cease to work over time.

You can test your dog's vision by bringing your hand, palm forward, towards the eye from the side of his head slowly so as not to create air currents. A sighted dog will react by blinking or turning toward your hand, but if the vision is impaired the dog will not react.

Treatments when the pressure cannot be controlled by eye drops include Cyclophoto Coagulation and Ciliary Body Ablation. Both

procedures kill the ciliary body cells that produce the aqueous humor (eye fluid) which causes the buildup of pressure in the eye. The first is a surgical laser procedure and the other is an injection of an antibiotic called gentamycin. The laser treatment can be used for dogs that still have eyesight. The ablation procedure causes total blindness so would not be used if the dog has sight in the eye.



Other treatments can include cyclocryotherapy (freezing the ciliary body) or shunts to drain off the fluid, but both can have post-procedure complications before recovery. Another option: If there is total blindness and the pressure cannot be reduced with other treatments, the eye can be surgically removed with few complications afterward. Also, for those who want a cosmetic solution, the dog can have an intraocular prosthesis implanted inside the eyeball after the eye contents are removed.

Glaucoma is the leading cause of blindness in dogs and is usually detected after damage has occurred to the eye or the eye has literally blown out due to the pressure. Dr. Joanna Norman of Eye Care for Animals suggests all dogs, especially Golden Retrievers, have an eye exam by the time they reach seven years of age, then have one yearly to detect eye changes, diseases and possibly the early stages of glaucoma.

References: <http://www.eyevet.ca/glaucoma.html>, EyeCare for Animals in Avondale, http://www.ask.com/wiki/Ciliary_body

Health Tip: Play with Your Dog!

Canines receive stimulation and exhibit behaviors from different contexts – predation, aggression, reproduction. Neuropsychologist Stephen Siviy determined that play affects the brain's level of a protein associated with the growth of nerve cells, possibly enhancing creativity. So, play with your dog, and stimulate his brain power!

Eye and Ear Problems: Uveitis and Vasculitis

By Liz Tataseo



Meet **Gonzo**, who was my medically-needy Golden. I called him that because during his 13+ years of life he had many visits to the vet for small and large “incidents” needing treatment. Torn dew claws, stomach surgery for chicken carcass removal (don't ask), immune-mediated myositis (a painful auto-immune disease that prevented him from opening his jaws), lymph node aspirations and thrombocytopenia (low platelet count). So, when I saw the small open sores on his inner ear flaps, it was not a big deal especially since his one-year-old fur brother continued to “help” by licking them when he could, which did not help. They went away with cleaning and medication but came back along with some crusty, yellow crud around his ear tips.

Off to the vet for antibiotics, a fungal test and blood work. His blood work was great. The sores went away but not the crusty stuff – now the tip of his ear had black crusty stuff. We went back to the vet for a referral to a dermatologist. Dr. Schick at **Dermatology for Animals** in Avondale examined him all over, said this was probably vasculitis but didn't like the way his eyes looked and had Dr. Norman, an ophthalmologist, give him a quick check. Sure enough, there was something else. We had a full eye exam by Dr. Norman after our dermatology appointment, and she confirmed uveitis in both eyes, an inflammation of the middle layer of the eye. There is actually a form of this disease called “Golden Retriever Uveitis.” Without treatment, blindness can occur. What are these two conditions and what causes them?

Ear margin vasculitis is a condition of ear margins, (tips, edges) where the tiny vessels on the edges of the ears collapse or become inflamed due to an aberrant immune response, and can lead to blood-starved areas, which can lead to necrotic areas (tissue death). If this is not treated, the ear edges can turn black, hard, and leathery. Once this stage has been reached, cracking and bleeding can occur and the ear tips can die and fall off. Vasculitis can also occur in other parts of the body including feet, nail beds and internally.

There can be different reasons for this type of immune response:

- Extreme cold can constrict the tiny blood vessels and result in this effect on the edges of natural and cropped ears
- Reactions to rabies vaccine is believed by some to be a cause of this condition. There are ongoing studies on this type of vaccine reaction.

- Tick fever
- Valley fever
- Bacterial, viral or fungal infections
- Lupus
- Cancer

There can also be no known cause. **Gonzo** was negative for tick fever and valley fever and was being treated with a drug called Pentoxifylline that helps increase blood flow by making the blood cells more flexible and by opening up capillaries. It was important to have a complete eye exam, because if a dog has uveitis with hemorrhaging of the retina or a blood clotting problem elsewhere, the Pentoxifylline could not be used.

Uveitis is an inflammation of the middle layer of the eye, the layer under the clear cornea and white sclera. This inner area has a rich blood supply and nourishes the retina and also contains the ciliary body which produces the fluid inside the eye. Nontreatment can lead to corneal ulcers, ocular infections, cataracts, retinal detachment, glaucoma and blindness, just to name a few. Uveitis can be caused by most of the reasons listed above for vasculitis, but according to research, in 75% of the cases the cause is never determined.

Gonzo also had a cancer screening with abdominal ultrasound, chest X-rays and urine analysis by an internal medicine specialist. All negative. He fell into the category of no known cause. **Gonzo** was on Pentoxifylline and doxycycline or equivalent for the rest of his life, but his ears healed completely.

Overt signs of uveitis are:

- squinting and rapid blinking or rubbing of the eyes; excessive green or yellow discharge
- swelling of the eye or eyelid
- a change in color of the iris, especially cloudiness or redness

Gonzo had to take drops of prednisolone acetate, a corticosteroid, twice a day. In hindsight, I remember some squinting and blinking, but these were not excessive. He eventually did develop glaucoma due to the uveitis and was blind for the last two years of his life, but he continued to go to Meet-and-Greets and enjoy life up to the end. These are not uncommon conditions. Your vet normally will examine the eyes and ears of your dog and can detect unusual changes in both. It is important for the dog parent to be on the lookout for changes in a dog's physical condition. With **Gonzo**, it was always something, but he lived a good long life. I am very glad I had canine health insurance for him and my other dogs!

Heart Issues: Heart Murmurs in Goldens

By Teri Guilbault



In 2012, we had the privilege of taking in a very lovely young lady, **12-065 Lucy**, a two-year-old, sweet-as-pie Golden Retriever, who was surrendered to our organization as her owners were downsizing and, unfortunately, could not keep her. When she was turned over to us, we were told that she had a heart murmur. Upon examination by one of our vets, it was

confirmed that there was definitely a murmur, and to conclusively determine exactly the extent of the murmur, we had additional testing done on her. A diagnosis of subaortic stenosis was confirmed, and we were told that **Lucy's** gradient was very severe at 7.7. Normally, dogs with a murmur to this degree do not live to their first birthday. However, Lucy is now seven years old, and we are hoping that she will survive for many more years. Update on 7-11-20 from her adopter: *Lucy is still with us – she just turned 10 years old! Her heart condition has worsened in the last year, and she's now on a full regimen of medications to moderate her heart rate and keep fluid from building up. We've been assured she's in no pain and she's still her normal happy self, so we're going to continue to care for her. We know there is no cure and it's clear she's slowly getting worse, but we love Lucy very much and it's hard to let her go.*

The heart maintains circulation of blood in the body. It is a four-chambered organ containing right and left atria (upper chambers) and ventricles (lower chambers). The right side pumps deoxygenated blood returning from the venous system in the body into the lungs. From the lungs, oxygenated blood enters the left side of the heart where it is pumped out into the tissues of the body through the arteries.

Stenosis means narrowing: subaortic stenosis (SAS) means a narrowing of the area just below the aortic valve, usually due to the presence of an abnormal fibrous band of tissue. This condition can be congenital (present at birth) or develop when the dog is a very young puppy. The narrowing causes pressure overload in the left ventricle. Other types of aortic stenosis exist, but SAS is by far the most common and represents more than 95% of the cases. In **Lucy's** case, it was determined that her SAS was congenital.

A Healthier Gut Equals a Healthier Pet!

An allergy is an immune response to what is seen as a foreign invader by the immune system. Since an unhealthy gut leads to inflammation and a weakened immune system, keeping the gut as healthy as possible simultaneously enhances the body's natural ability to defend against allergens. A probiotic supplement can be incredibly helpful. Ask your vet for a recommendation.

As with other breeds of dog such as Newfoundlands, Rottweilers, Boxers, German Shepherds, Samoyed and Bulldogs, the Golden Retriever is a breed that has shown to have a high prevalence of this condition.

SAS in dogs is often discovered when a heart murmur is detected during a routine physical examination of an otherwise healthy puppy. In severe cases, the arterial pulse may be weak, but generally puppies appear bright, alert, and happy. In older animals, symptoms such as exercise intolerance, general fatigue, and fainting can occur. In the most unfortunate cases, dogs with SAS can die suddenly following development of severe ventricular arrhythmias.

A definitive diagnosis is made during an echocardiogram to measure the pressure gradient between the left ventricle and the aorta. In dogs with SAS, the pressure gradient is abnormally increased and correlates with the severity of the stenosis.

The prognosis for SAS depends on the severity of the stenosis and the presence or absence of other cardiac issues. Puppies with mild murmurs (Grade I or II) and low pressure gradients will likely plateau in severity of their SAS by one year of age and often lead normal lives. In general, the louder the murmur, the more severe the condition, but exceptions do exist. Puppies diagnosed with SAS should be reevaluated at one year of age to assess any changes in their cardiovascular status.

Dogs with moderate pressure gradients may remain asymptomatic or rarely progress to congestive heart failure. If congestive heart failure does occur, then the dog would be prescribed medication in order to help prolong the quality and length of life. Surgery is an option, but this procedure is rarely performed on animals, as there are no studies that prove any prolonged life expectancy. Inserting a balloon to dilate the affected area can also sometimes be done, but any positive effects are not long lasting.

Lucy found her forever home with a wonderful family. They love her dearly and plan to spend whatever time she has spoiling her rotten and getting **Lucy's** unconditional love in return. They feel they have gotten a lot more years with her than they thought they would. **AGR** sincerely thanks the adopters for taking such good care of **Lucy** for so many years.

Ed. Note: Some of the information above was taken from a pamphlet published by Penn Veterinary Medicine, Matthew J. Ryan Veterinary Hospital Section of Cardiology at the University of Pennsylvania

Hypothyroidism

By Teri Guilbault

As we mature, we tend to gain a few more pounds, our skin changes texture (did I mention wrinkles?), our hair tends to thin or just plain fall out, we tire a little more easily, we are more sensitive to

cold weather and we tend to get a little crabby. When our beloved furkids get older and show these types of symptoms, we are concerned because that is usually a sign that something is amiss.

Hypothyroidism in dogs, or basically a sluggish or inactive thyroid, is not uncommon as dogs reach their middle or senior years, and can cause many problems in dogs, including those issues that I mentioned above. Untreated hypothyroidism can cause a lower quality of life for your dog, but the good news is that with the right medication, it is easy to treat. Hypothyroidism is thought to be the most common genetic illness in dogs. This disease causes alterations in a dog's cellular metabolism and, as a result, affects the entire body. It can also be a contributing factor to seizures in dogs. But while there is a genetic predisposition for thyroid disorders, environmental factors such as pollutants and allergens can also play a role.

A suggestion for helping to lower a dog's risk for seizures resulting from hypothyroidism is to make sure that your dog is in an environment as free of chemical pollutants as possible, as there are a number of chemicals that can cause seizure activity in dogs. Diet can also help. Dog foods should be as preservative-free as possible, as certain types of preservatives can also cause seizure activity. In addition, there has been discussion over the Internet about switching dogs over to a raw, organic diet to help control and lessen the likelihood of seizures, and that regular preventative vaccinations for your dog can also play a part in lessening seizures.

If you suspect that your dog may have hypothyroidism, please talk to your veterinarian – he/she is always the best resource for your animal's health. Your vet can run a Total T4 or an FT4, which are recommended blood tests to screen for this disease. As always, your veterinarian will best be able to determine a course of treatment. The initial testing to confirm this disease is normally the biggest expense that you would incur. Thyroid replacement medications such as Soloxine (levothyroxine) are a replacement for the hormone that the thyroid gland normally produces to regulate the body's energy and metabolism and are not very expensive. Online pet pharmacies or retailers such as **Costco** offer medications at very reasonable prices. Depending on the dosage, costs normally run in the \$10 - \$20 per month area. Regular retesting will ensure that your dog's thyroid level numbers are within normal ranges. Once a dog's thyroid level has been stabilized, then normal testing would occur every 6 to 12 months.

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IBD: Irritable Bowel Disease

By Liz Tataseo

IBD is a chronic disease of the gastrointestinal system. If your dog has experienced chronic vomiting or diarrhea over a period of time and regular medication has given no relief, he or she may have IBD. It involves the accumulation of inflammatory cells that line the stomach, small intestine, large intestine or a combination of all three. The mechanisms of IBD are not well known, but it is thought to result from responses to diet and/or bacteria or overuse of some medications. Depending on the severity of IBD, it can also involve diarrhea with blood and mucous present (colitis).

While fecal tests, X-rays or blood work can rule out specific causes of vomiting or diarrhea, the only way to diagnose IBD is through biopsies of the tissue in the stomach or intestines. Also, there are many types and severities of IBD, so it is important to get the proper diagnosis in order to treat effectively. Types of IBD are classified by the end result of the disease, not by the causes, as those are still nebulous.

Lymphoplasmacytic Enteritis: This is the most common form of IBD and results from an overabundance of white blood cells, lymphocytes and plasma cells in the lining of the gastrointestinal tract. This accumulation causes inflammation that can result in scar tissue and irreversible cell damage.

Eosinophilic Enteritis: This form is caused by a dietary protein (food allergy reaction). It is necessary to find the right protein that the dog will tolerate. In many cases it is a “novel protein” like bison or venison.

Antibiotic Responsive Diarrhea: Overuse of medications can destroy intestinal bacteria, or an overgrowth of one particular type of bacteria can cause inflammation.

Other: Any disease that produces inflammation such as fungal disease, cancer, heart failure and chronic NSAIDs or steroid drug therapy can lead to IBD.

Treatment may include finding the right food that will not cause inflammatory reactions, along with drug therapy to calm down the inflammatory response. Steroids such as Prednisolone or Prednisone are the most common anti-inflammatory drugs which can cause improvement in one to two weeks. Budesonide is a newer steroid that is effective and has fewer side effects than Prednisone.

Other medications such as certain antibiotics can also be used to help with bacteria that may be exacerbating the inflammation. Metronidazole, Tetracycline and Doxycycline are examples of useful antibiotics.

Dogs that may have serious side effects or are not responsive to steroids may be treated with Cytoxan, Imuran or Leukeran. These drugs can cause bone marrow suppression, however.

Finally, long-term dietary management and low-dose drug treatment are necessary throughout a dog’s life, as IBD cannot be cured, only controlled.

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Oral Issues: Your Dog’s Mouth

By Liz Tataseo and Deb Orwig

Check your dog’s mouth periodically to see if there is anything that might mean your dog has a health issue. Notice these: bad breath – a telltale sign of dental disease; gingivitis – inflammation, irritation and bleeding of the gums that develops from the buildup of bacteria between teeth and gums; peridontitis – symptoms include spots of blood left on toys, a brownish tartar build up on teeth, inflamed and sore-looking gums and dropping food from the mouth even though your dog has an appetite; mouth tumors – benign or malignant small to large lumps in the gums near teeth or on the inner jawbone area or lips; salivary mycocele – a large fluid filled sac or a large swollen mass under a dog’s neck or inside the mouth cavity resulting from a collection of leaked saliva due to a damaged salivary gland or salivary duct. Review the references below for the 8 common types of benign mouth tumors and 9 types of malignant oral tumors. One of the reasons oral tumors are so deadly is that if they are not found early, metastasizing occurs and by then it is too late to treat. Even nonmalignant tumors can cause major issues. Epuli arising from the bone can cause jaw bone disintegration that is virtually undetectable by sight. We have had several rescued dogs come in with epuli and two with bone involvement. Papillomas grow on a stalk and look like cauliflower; they can proliferate especially in an immune-compromised dog. Deb had a big surprise in February 2018 when she looked into **Dolly’s** mouth and found them growing all over the inside of her mouth. The danger arises when they grow down into the throat and can cause breathing and swallowing issues. Once **Dolly’s** “warts” were frozen and she was taken off the Cyclosporine that had been prescribed for over two years for allergy treatment, over time they all disappeared. Early detection and diagnosis of lumps and growths means a healthier, longer-lived dog.

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Morbid Obesity

By Deb Orwig

Originally published in the November 2012 issue of *The Golden Paw*

One of our heartaches as rescuers is to have a dog come in that is morbidly obese. Synonyms for “morbid” are “gruesome,” “sickly” and “horrible.” When a dog weighs 1½ to 2 times more than it should, we use all those adjectives. We have all seen morbidly obese humans – have you ever watched *The Biggest Loser* on TV? We all know that being so overweight is not healthy. Morbid obesity will lead to a shorter life and, most likely, a myriad of health problems along the way. You have heard people blame their weight on their metabolism. Yes, a slow metabolism, such as one that might be caused by hypothyroidism, can certainly be a factor. But, the bottom line is that people and dogs gain weight because they consume more calories than their bodies burn up.

Unless a dog is a stray and hangs out by the back door of a restaurant where leftovers are tossed within easy reach, the only way a dog is going to weigh more than it should is if his or her providers – i.e., humans – allow it to eat more than it should. Part of the problem comes from the pet food industry. Do you follow the instructions on the bag regarding how much kibble to give your dog? Don’t. More often than not, the food manufacturer will indicate quantities that are considerably more than a healthful amount for your dog. Why? Because they want to sell more food.

In 2012, Our Intake, Placement, and Health Care Teams and Board members had an online discussion about morbid obesity, as four of the dogs we took in during just one quarter were in this category: three females and one male. There have been numerous others every year since. We were and are concerned for the dogs’ long-term health. We are concerned because we know these dogs will most likely have a shortened life span. We are concerned about placing these dogs with families and then having them die within a relatively short time. Not good.

Two comments have been particularly apropos... Kathy Blue pointed out: *It is not easy to change one’s habits when it comes to spoiling our canine companions. It takes education, understanding and commitment. That’s why we spend so much time at home visits educating on proper diet and how to determine an appropriate quality dog food... After taking over Dallas’s care (my dad’s dog) 18 months ago, and working with Dr. Harbo at Four Legged Friends, I have really had my eyes opened. You can literally spoil your pet into an early grave. There are alternative snacks like dehydrated sweet potato chips, green beans etc. It is not being mean, it is being a good and responsible guardian.* And Judy Petitto said, *I think it goes back to [people] equating food with love. We just need to love them with the right food so we*

can keep them with us as long as possible.

If you have read through *Magic Moments*, you may have noticed that the term “green bean diet” is used when a dog is significantly overweight. What is the green bean diet?

Green beans – fresh, canned or frozen – will add bulk but few calories to your dog’s meal. If your dog is overweight, we recommend substituting an amount of green beans for part of the kibble that is normally used. For example, if you are currently feeding 1½ cups of kibble twice a day and your dog is overweight, cut the kibble to ¾ cup and add ½ can of green beans, preferably the no-added-salt variety, with the liquid.

Before starting your dog on a diet, take him or her to your vet for a check-up and weigh the dog. Once the dog has been put on a reduced-calorie regimen, weigh the dog once a month on the same scale to determine the rate of weight loss. The larger the dog, the more it will lose at first; then you will most likely see a decrease or even a plateau in weight loss for a while before the scale registers more loss. During these plateaus, increase the amount of exercise you are giving your dog, and the plateau will not last as long. The ideal weight loss for a large dog is ½ lb to 1 lb a week. With **12-108 Missy**, for example, who weighed in at 131 pounds, it took over a year for her to lose half her body weight, which her adopter helped her do. If a dog loses weight too fast, there can be complications involving internal organ damage.

How much should your dog weigh? That is a discussion you should have with your vet. A normal-size female Golden Retriever should weigh 50 - 60 pounds, depending on her frame; a normal-size male should weigh 65 - 75 pounds. If you have a Golden mix, the ideal weight range may vary a lot more, depending on what breed or breeds contributed to the mix.

One thing many of us have noticed is that it is a rare Golden who will regulate its own food intake. Given the opportunity to eat at any time (i.e. being “free fed”), a Golden will eat and eat and eat... and gain and gain and gain! If you are free-feeding at your house, please consider changing to a twice-a-day feeding schedule. Leave the food down for no more than 10 minutes. If your dog is used to eating anytime it wants to, it may not eat much at first when changed to a twice-a-day routine. But within a few days to a week, it will be eating its entire meal in just a couple minutes.

Also, no snack in between meals unless it is one or two small treats. Of course dogs like treats, but they don’t need them. We recommend purchasing small-dog-size treats, even for a Golden. If you buy the large-dog-size biscuits, break them in half or even in fourths and give your dog only one piece.

And remember... If you have a fat dog, *you aren’t getting enough exercise!*

Neurological Issue: Fibrocartilaginous Embolism

By Teri Guilbault

When we went to bed one evening, all was well with our pack of five, and everyone, as usual, found their favorite spot and went down for the night. We woke up to our usual routine – I normally get up first and let four of the five dogs out to do their business. **Blossom** did not usually come out until the other dogs were in and the treat jar opened calling her name. That morning, **Blossom** did not come as usual, and I figured she had just decided to sleep in, as she was resting quietly when I stepped over her on my way to the kitchen. Shortly thereafter, I heard my husband yell to me that **Blossom** could not get up. He carried her out to the Great Room, and when she tried to stand, all that would happen is her left leg would just go limp and her back end would drop down to the floor. When she tried to walk, she would end up dragging herself. Needless to say, at 7 AM I called one of our vets to see about getting her in right away for an evaluation. We knew that she had some hip dysplasia, so I initially thought that her hip had finally given out. That turned out to be furthest from the truth.

After running blood work, including a valley fever recheck, doing X-rays and a general examination, the vets told us they suspected a fibrocartilaginous embolism or FCE. A blood clot? A stroke? They recommended taking her to a veterinary neurologist who would be able to diagnose her condition by doing an MRI of her spine. Good thing we have pet insurance! So off we went to **Veterinary Neurology Associates** in Phoenix. I was given three options, none of which were great: 1) an FCE, although he said that in 99% of the cases that would be caused by trauma (jumping, hard play, accident, etc.); 2) a blown disc which would require surgery; or 3) spinal lymphoma.

It turned out that **Blossom** had experienced an FCE, which in common terms is a stroke of the spine. All of us who have been involved in Rescue for a while have dealt with a lot of disorders, diseases, cancers and other conditions, but none of us had ever heard of this, even though the largest number of cases occurs in giant or large breed dogs, with most cases occurring in the age range of 3 to 5 years. **Blossom** was almost nine.

Since the main issue caused by the FCE is swelling around the spine, we were advised that we would have to wait to see how she would be affected once that swelling subsided. We were told she could remain paralyzed or gain control of her back legs by varying degrees. We purchased a brace for her so that we could lift up her back legs to help her walk around. Gradually with each passing day and as the swelling eased, **Blossom** was able to put more and more weight on her back legs, and she gradually gained control so that she could walk unassisted. We also massaged her back and legs daily, which seemed to help. After a couple months,

Blossom was walking and running again, albeit with a slight limp. She was fortunate to have no further issues with this, other than the limp, for the remainder of her life.

Neurological Issue: Myasthenia Gravis

By Liz Tataseo



We sadly became more aware of myasthenia gravis (MG) when one of our great dogs, **15-096 Ford**, young and apparently healthy for months, succumbed to the effects of this rare, neurological disease. There are two forms of the disease: a congenital form in which symptoms can occur at 6-8 weeks, and an acquired form in which symptoms can occur between 1-4 years or 9-13 years. The acquired form is an immune-mediated disease. The congenital or inherited form is most often seen in Jack Russell Terriers, Springer Spaniels and Smooth Fox Terriers. The acquired form can occur in all breeds but is most often seen in Golden Retrievers, German Shepherds, Labrador Retrievers, Dachshunds and Scottish Terriers.

Symptoms of MG are exercise-related muscle weakness that improves with rest, regurgitation of food, and megaesophagus (dilated esophagus). Megaesophagus is common with the acquired form of the disease and can lead to aspiration pneumonia from the inhalation of regurgitated food. Hypothyroidism can occur at the same time as acquired MG.

In order for impulses to travel through nerves and from nerves to muscles, a chemical called acetylcholine (ACh) must be present in the nerve endings to transmit the signals. The disease results from the ACh receptors being destroyed by antibodies produced by an immune-mediated response of the dog's own immune system. There are blood tests for the diagnosis of acquired MG that can determine the presence of anti-ACh antibodies.

Dogs with acquired MG and resulting megaesophagus need specific supportive care, since dehydration and lack of nutrients are major factors in the declining health of the dog. Aspiration pneumonia is a primary complication of this disease. Having a dog eat and drink water from chest-high bowls and remain standing for a time following feeding can help prevent regurgitation and aspiration. Special structures called Bailey chairs (**AGR** owns one) are available or can be built to allow elevated eating and drinking.

There are different levels of acquired MG: mild, moderate and severe. Treatment and management depend on the level of the disease and on owners working closely with their veterinarians for optimum results. One enigma with this disease is that many dogs spontaneously go into remission about 4 months after diagnosis.

Treatment often involves a drug that prevents the breakdown of ACh and allows more time for transmission of nerve impulses to occur. Dosages and frequency of drugs must be carefully monitored and evaluated. New treatments are being researched especially for extreme levels of this disease.

Although 19-month-old **15-096 Ford** passed away as a result of acquired MG, note that this is a very rare disease and is seldom seen in anyone's lifetime with dogs. All the adopters of **Ford's** five offspring were notified about his illness and passing, as was the vet who has overseen the care of all five puppies he sired in January 2016. If any of the puppies develops acquired MG, it should be detected early enough for them to respond to treatment. At 17 months old, none had shown any symptoms. **Vin Orwig**, who is now 4½, has not shown any symptoms; we do not currently know about any of **Ford's** other offspring.

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Neurological Issue: Vestibular Syndrome

By Deb Orwig

Vestibular syndrome is often called "old dog disease" since it occurs most often in middle to senior-age dogs. Although it can be caused by an infection in the inner ear canal, the cause is often unknown and is therefore referred to as "idiopathic" vestibular syndrome. The symptoms may be caused by an inflammation in the nerves connecting the inner ear to the cerebellum, which controls balance and spatial orientation. If an inner ear infection is ruled out by a veterinary exam, then there is no treatment except time and patience. The onset of symptoms can be scary for a dog owner, especially because the dog develops the condition very quickly – something suddenly will appear very wrong with the dog! You may think the dog has had a stroke or seizure. The dog may appear drunk, with lack of balance, falling, bumping into things, circling and head tilt. Rhythmic eye motion known as nystagmus may be present. The dog may be unable to get up by himself, need assistance walking (a harness or sling may be needed) and may have trouble eating and drinking unless hand fed or given water by hand, because he will have a hard time with the fine motor movements necessary to eat or drink from a bowl; vomiting is common.

The condition usually resolves on its own in 7 – 30 days. The vet may want to prescribe anti-nausea and dizziness medication and may want to administer fluids. Some may prescribe steroids to reduce inflammation and may even recommend acupuncture. Once the dog has recovered, it usually will not develop the condition again. By all means, if your dog develops any of these symptoms, take your dog to your vet!

Parasites and Infections: Heartworm

By Deb Orwig

Although some veterinarians (none of ours included) do not believe heartworm exists in Arizona, it does. I have a dog, **Mufasa**, who proves it. We know he is a bred-and-raised-in-Arizona dog who tested positive for the infestation when we got him at age 1½ in 2011. The next year, another rescue named **Maddy (12-011)** also tested positive. Recently, **16-082 Rudy**, who was picked up as a stray, did, as well, as did **19-045 Lady**, who was a shelter rescue.

The *American Heartworm Society* reports that heartworm has been diagnosed in all 50 states and is spreading to new regions within those states every year. Multiple variables from climate variations to the presence of wildlife carriers and stray and neglected dogs cause rates of infections to vary dramatically from year to year and even within communities. The vector for the spread of the disease is the mosquito. Because infected mosquitoes can come inside, both outdoor and indoor pets are at risk.

Heartworm disease is caused by foot-long heartworms that live in the heart, lungs and associated blood vessels of affected pets, causing severe lung damage, heart failure and damage to other organs in the body. Even with treatment, if not detected early heartworms can cause lasting damage and debilitation.

Dogs contract heartworm from the bite of an infected mosquito. The mosquito picks up immature heartworms called microfilaria from an infected host, then when it bites your dog it injects the microfilaria into the dog. The microfilaria lodge in the heart and mature into the adult heartworm – this can take up to 6 months, and the adult worms can survive for 5 - 7 years in dogs.

In the early stages of heartworm infestation, the dog likely will show no symptoms. The longer the dog is infected, the more symptoms like one or more of the following will appear:

- mild persistent cough
- reluctance to exercise
- fatigue after moderate activity
- decreased appetite
- weight loss
- swollen belly due to fluid retention
- caval syndrome indicated by sudden onset of labored breathing, pale gums and dark bloody or coffee-colored urine

AGR tests all dogs over 6 months of age. If a dog tests positive, we have the treatment done, because if the dog has heartworm and it is not treated, eventually it will be fatal.

Annual testing is necessary, even when dogs are on heartworm preventative year-round, to ensure that the prevention program is

working. Heartworm medications are highly effective, but dogs can still become infected. If you miss just one dose of a monthly medication – or give more than 15 days late – it can leave your dog unprotected. Even if you give the medication as recommended, your dog may spit out or vomit a heartworm pill, or rub off a topical medication. If you don't get your dog tested, you won't know if your dog needs treatment.

The test for heartworm is a simple and relatively inexpensive “snap test” that can be done with a few drops of the dog's blood right in your vet's office. If there are heartworm proteins present, then a more extensive test can be done by a diagnostic lab to determine the level of infestation. Any level needs treatment.

All approved heartworm medications work by eliminating the immature (larval) stages of the heartworm parasite. Preventative medications, whether oral chews or tablets (Heartgard Plus[®], Interceptor[®], Iverhart[®], Sentinel[®], Advantage Multi[®], Tri-heart Plus[®], Trifexis[®]), topical (Revolution[®]) or injectible, must be prescribed by a veterinarian. Except in cases of puppies under 6 months of age, the vet will require the heartworm test before issuing the prescription.

Heartworms are easy to prevent, but difficult and costly to cure. **Rudy's** treatment, which consisted of injections of Immiticide, cost **AGR** about \$450 with our Rescue discount.

AGR strongly recommends to get your dog tested yearly for heartworm and keep the dog on a monthly preventative year round.

Parasites and Infections: Leptospirosis

By Deb Orwig

In early 2017, **Raintree Pet Resort and Medical Center** asked us for permission and vaccinated **16-081 Ranger** for leptospirosis, as they are in one of the areas, Scottsdale, in which cases were starting to be reported. Then **Four Legged Friends** also suggested vaccinations for it. **Academy West Animal Hospital** in Glendale had not been keeping the leptospirosis vaccine on hand, since it was rare to see dogs with this disease in Glendale, but they now carry the vaccine at our request. Several of our dogs who come in with extensive vet records show that they have already had this vaccine, for example **17-008 Sprinkles**.

“The Department of Public Health recorded 40-plus dogs testing positive in the year of 2016,” said Dr. Sarah Bashaw with **El Dorado Animal Hospital** in Fountain Hills. “A lot of the cases started in Scottsdale, but they reported cases as far west as Avondale, some cases in Gilbert, and we've had the first cases I know of in Fountain Hills.” Since our own dogs go to many places throughout the Valley, it might be appropriate to consider having them vaccinated; check with your own vet.

Because it was rare in AZ and could be passed on to humans, she said she wants dog owners to know what to look for. “Some dogs will have mild symptoms and never show any clinical signs, others can be more severe, start out with vomiting, diarrhea, weakness, tremors, shaking, lethargy, and/or fever,” Bashaw said. “A simple set of vaccinations can prevent it and antibiotics can treat it.”

Information about Leptospirosis

Leptospirosis is transmitted between animals through contact with infected urine, venereal and placental transfer, bite wounds, or the ingestion of infected tissue. Crowding, as found in a kennel, can increase the spread of infection. Indirect transmission occurs through exposure of susceptible animals to contaminated water sources, food, or even bedding. Stagnant or slow-moving water provides a suitable habitat for *Leptospira*. As a result, disease outbreaks often increase during periods of flooding. In dry areas, infections are more common around water sources. Freezing greatly reduces the survival of the organism in the environment. This explains why infections are more common in summer and fall and why they are more prevalent in temperate areas.

Leptospira bacteria penetrate mucous membranes or abraded skin and multiply rapidly upon entering the blood system. From there, they spread to other tissues including kidneys, liver, spleen, nervous system, eyes, and genital tract. As the body fights the infection, the organism is cleared from most organs, but it may persist in the kidneys and be shed for weeks or months in the urine. The amount of damage done to the internal organs varies depending on the serovar and the host it infects. After 7 or 8 days of infection, the animal will begin to recover, if the damage to the kidneys or liver is not too severe. Infections in dogs with *Leptospira* serovars *canicola* and *grippotyphosa* have been associated with kidney infections with minimal liver involvement. Whereas, the serovars *pomona* and *icterohaemorrhagiae* produce liver disease. Dogs younger than 6 months tend to develop more cases of liver disease regardless of the serovar.

In acute infections, a fever of 103-104°, shivering, and muscle tenderness are the first signs. Then vomiting and rapid dehydration may develop. Severely infected dogs may develop hypothermia and become depressed and die before kidney or liver failure has a chance to develop.

In subacute infections, the animal usually develops a fever, anorexia, vomiting, dehydration, and increased thirst. The dog may be reluctant to move due to muscle or kidney pain. Animals with liver involvement may develop jaundice. Dogs that develop kidney or liver involvement may begin to show improvement in organ function after 2 to 3 weeks or they may develop chronic renal failure. Despite the possibility of severe infection and death, the majority of leptospiral infections in dogs are chronic or subclinical. Dogs that become chronically infected may show no outward signs, but may intermittently shed bacteria in the urine for months or years.

In 2017, *Arizona Golden Rescue* added the leptospirosis vaccination to our standard vetting procedure for all dogs. Effective vaccination requires two injections of the vaccine 2-3 weeks apart. We strongly encourage all our readers to get your own dogs vaccinated, especially those of you who take your dogs to dog parks or other public places.

Parasites and Infections: Physaloptera

By Teri Guilbault

When our organization takes in a new rescue that has been a stray, we have a fecal sample tested to ensure that the dog is not carrying any parasites that can make it sick or be transmitted to other dogs and/or cats in the new household. It is not unusual that we find *Giardia*, roundworms or other common parasites, which we immediately treat. One of our rescued Golden Retrievers tested positive for *Physaloptera*, which is a relatively uncommon nematode parasite that can be contracted by dogs if they eat a beetle, cricket, grasshopper or a small animal like a mouse that carries the larvae of the *Physaloptera*. Once inside of the dog or cat's stomach, it attaches itself to the stomach lining, and when it has grown to adulthood, its eggs are then passed in the feces. *Physaloptera* look similar to roundworms, although shorter, and can easily be confused with roundworms if they appear in the vomit of a dog. In severe infections, *Physaloptera* can cause stomach bleeding, vomiting, loss of appetite and black, tarry stools. The good news is that it is not infectious to other dogs or to cats or humans. Newer wormers such as Panacur® effectively eradicate this parasite.

Our dogs can pick up parasites at any time. A simple check of your dog's stool by your veterinarian will help to identify any potential problems and keep your dog free of parasites. Please remember to keep this an important part of your dog's annual checkup.

Parasites and Infections: Ticks

By Teri Guilbault, Linda Knight Gage and Deb Orwig

Have you noticed that your dog is constantly scratching or shaking his head or licking his paws? It may be just to some dry skin or allergies, but the itching and scratching could also be caused



by a tick... or several. Shelter dogs and even some owner-surrenders that *AGR* rescues often have ticks. When **12-117 Buddy** (at left) came to us, his ears and much of his body were so infested with ticks we could hardly see his skin! When we got the puppies **16-050 Bertha** and **16-052 Blondie** from a backyard breeder in Tucson, hundreds of ticks fell off in

the crate in Deb's car and hundreds more fell off on the floor of the vet's office. **19-062 Daisy**, who had been kept outside, was surrendered to *AGR* because she had ticks that her owner did not want brought into the house.

Ticks are parasitic arthropods that feed on the blood of their hosts and are a dreaded enemy of both canines and humans. Ticks do not fly, jump or blow around in the wind. Not all ticks transmit disease, but those that do are a threat. Most tick-



American Dog Tick
Female, left; male right

borne diseases take several hours to transmit to a host, therefore locating and removing a tick quickly will lower the risk of disease. Dogs can be exposed to ticks in areas of tall grass, meadows and parks. Ticks can even be transported on birds that drop them into your yard. When a tick finds a host, it buries its mouthparts in the skin, thus beginning the blood meal. They will often attach themselves in crevices and/or areas with little to no hair – between the toes, within skin folds, and in and around the ears are all great hide-outs for ticks.

The life span of a tick can be several months to years, with thousands of eggs being laid by an adult female at any one time. There are four life stages of most species of ticks – eggs, larvae, nymphs, and adults. In order for a tick to thrive, it needs to be attached to a host to get a supply of blood, which allows it to grow to its next life stage.

Lyme disease is the most well-known disease transmitted by ticks to humans and canines – this disease does not occur in Arizona. Some ticks can also cause a temporary condition called “tick paralysis.” Difficulty walking could possibly develop into paralysis in your dog. When a tick is removed, these signs typically begin to resolve. You should always contact your veterinarian as soon as possible if you notice any weakness, lameness, joint swelling and/or anemia after finding a tick. Proper testing is necessary, and treatment should begin immediately.

Tick fever or Ehrlichiosis is a common tick disease found in dogs and humans. A tick ingests the organism *Rhipicephalus sanguineus* when feeding on an infected host and can transmit tick fever to subsequent dogs that it feeds upon. The incubation period is typically 7-21 days after attaching to the host. Symptoms depend upon which phase of the disease is present in your dog. The acute phase is accompanied by rather non-specific symptoms which may include poor appetite, listlessness, fever, cough or discharge from the eyes or nose. The chronic phase may display the acute symptoms as well as nosebleed, other abnormal bleeding, swelling of the legs and weight loss. In both phases, symptoms result from destruction of red blood cells, platelets and occasionally white blood cells. Symptoms of either phase may also include diarrhea, vomiting bile, lameness, paleness of gums, lethargy or increased thirst. Blood tests determine the diagnosis of tick fever. *AGR* has every

adult dog tested for this disease, as sometimes dogs are asymptomatic. Initially a profile indicates anemia, and an Idexx snap test confirms presence of antibodies. At two weeks or more post-therapy, an Ehrlichia PCR test will confirm that the organism has been eradicated. Similar clinical signs that are present may be diagnosed as other diseases including cancer, therefore diagnosis of tick fever is very important. Titers may be negative early in the course of the disease even though the disease is present.

Tick-borne diseases such as tick fever and the uncommon anaplasmosis are carried by the common brown dog tick. These diseases can make your dog sick with fever, lethargy, and other flu-like symptoms. Fortunately, they are curable if treated with the antibiotic doxycycline. Failure to treat a dog for these diseases can cause death, so it is really important to keep a watchful eye out for ticks.

If you have ticks around your home, you are probably already spraying or using something to get rid of them, as they can and do multiply quickly. If you have found ticks on your dog or other animals, it's also a good idea to make sure the animals are tested regularly for tick fever. Using a flea and tick preventative such as Frontline® is really the best remedy, as it kills the fleas and ticks before they can breed and cause a problem.

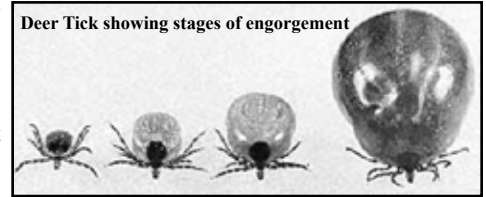
Ticks can be relatively small or can end up being about the size of a lima bean if they've been feeding on your dog and are fully engorged. Those are the females. They then drop off the dog, lay their eggs and die. If you see a largish gray shriveled up tick, likely dead, on the floor, look for the cluster of pinkish eggs. If you find a large engorged tick on your dog, look carefully, there is often a smaller male. Ticks need to be removed and disposed of quickly and safely. The following is a quick guide to help you:

- With fine-tipped tweezers, grab the tick by the head or mouth parts right where they enter the skin. Do not grasp the tick by the body – you do not want to crush the tick and force harmful bacteria to leave the tick and enter your pet's bloodstream. Without jerking, pull firmly and steadily directly outward. Do not twist the tick as you are pulling.
- After removing the tick, place it in a jar of alcohol to kill it. Petroleum jelly, a hot match, or alcohol will NOT cause the tick to 'back out.' In fact, these irritants may cause the tick to deposit more disease-carrying saliva in the wound. Ticks are NOT killed by flushing them down the toilet.
- Clean the bite wound with a disinfectant. Apply a small amount of triple antibiotic ointment. Wash your hands.

Once an embedded tick is manually removed, it is not uncommon for a welt and skin reaction to occur. A little hydrocortisone spray or cream will help alleviate the irritation, but it may take a week or more for full healing. In some cases, the tick bite may leave a permanent scar and a hairless area. This skin irritation is due to a reaction to tick saliva. Do not be worried about the tick head

staying in; it rarely happens.

Our vets treat all dogs that stay at least overnight, as well as those on whom they find ticks when they do their exam. Frontline®, Efficix®, Advantix® or some other tick-killing topical product is used. Another option is a tick collar, although they are not always reliable. Please be aware that these products contain toxic components and you should always consult your vet before using them. In this case, more is not better.



Parasites and Infections: Transmissible Venereal Tumor

By Teri Guilbault

As a Rescue with dogs coming in from numerous different sources, **AGR** has gotten some dogs with very unusual diseases!

Imagine a tumor that can be transmitted by touch. For dogs, this is not a matter of imagination. The transmissible venereal tumor is such a tumor and can be found on both male and female dogs. Transmission is by simple physical contact with the tumor and is most commonly spread during mating, but can also be spread during routine sniffing, licking or biting. Most of these tumors are found on the dog's genitals but can also be found on noses, mouths or other areas.

This type of tumor may appear as a fleshy cauliflower-like growth or may simply start with genital bleeding. It is common where there are large numbers of roaming dogs or in shelter situations. In most cases, this tumor is not malignant and simply grows and bleeds and is eventually rejected by the dog's immune system. However, if the dog's immune system is compromised due to young age, poor health, or even after delivering puppies, the tumor can spread in a cancerous fashion. It can be diagnosed either by doing a biopsy or by taking a smear of the tumor's cells and looking at them under a microscope.

Treatment of these tumors can be done by simple surgical removal, although that is not the most effective means, as they will usually recur within 5 months. Most veterinarians will recommend a series of 4 vincristine injections over a month period, which is a chemotherapy treatment delivered intravenously. This is usually done with about eight treatments, and response is normally seen very quickly, even after just one injection. There is still a chance of recurrence, but at a much lower rate. **AGR** rescued two dogs in 2010 that were diagnosed with this type of tumor and another, **19-077 Lola Noel**, in 2019. All dogs had excellent results with the vincristine therapy.

Skin Conditions: To Itch Or Not To Itch

By Liz Tataseo

Unfortunately for our dogs, skin diseases can occur at any time in many different ways. They can be caused by outside forces (insects, allergens) or internal forces (auto-immune issues, hormones, tumors) or by the dogs themselves (lick granulomas).

Outside Forces: Itchy skin diseases such as contact dermatitis, atopy, insect bites or food allergies are common and can be hard to diagnose and treat. First, the causitive substance has to be determined so it can be eliminated and the right treatment found. Some vets now use a special blood test that can determine what the dog is reacting to, but often it takes a canine dermatologist to do skin testing to find out the cause.

Contact dermatitis usually looks like red bumps on the skin or overall skin inflammation; it can be caused by contact with a chemical, paint, detergent, rubber or plastic food dishes. In addition to skin inflammation, hair loss can occur at the point of contact. If a dog is allergic to the substance, the inflammation can spread beyond the point of contact.

Atopy is a seasonal issue caused by environmental allergens such as pollen and causes severe itching; it can get worse every year. It usually starts with foot chewing or face rubbing. A drug that works really well for this is Apoquel (I personally know this), but this medication can be expensive.

Insect bites from fleas, ticks, fly larvae, or lice can cause severe itching around the tail, along the back, or under the chin, ears and elbows. Hair loss also occurs with many dogs. Scabies is caused by sarcoptic mange all over the body. In 2011, we brought in a dog we named **Prince**, who had sarcoptic mange. Most of his fur was gone and he smelled terrible. He required a month of medicated baths three times a week. He also had low thyroid and allergies.

Hormones: Skin issues caused by hormone imbalance usually result in hair loss; one of the most common is hypothyroidism. This can cause hair loss without any itching and is often noticeable when a dog's coat becomes thin, dry and falls out easily. Weight gain for no noticeable reason can occur along with the hair loss. A thyroid test can determine if the dog has hypothyroidism and medication can return the dog to good health, although the dog would have to remain on it for the rest of his life. Once hormone balance is achieved, the fur may or may not return to its full glory.

Hormone-related hair loss can also be caused by cortisone excess from Cushing's disease, estrogen excess or deficiency, or growth hormone deficiency. An example of growth hormone deficiency or response is Alopecia X or Black Skin disease. This condition

causes hair loss and hyperpigmentation of the skin. Usually there is no sign of any systemic illness and the dog usually feels and acts normally. We thought **17-063 Rufus** (photo at right) might have this condition.



Food allergies are non-seasonal and can cause inflamed skin, pustules, bumps and moist weeping redness on most parts of the body. It can be hard to determine what particular food ingredient causes the reaction, so limited-ingredient diets and novel proteins are recommended. (Novel protein would be other than beef, chicken, turkey and fish such as venison, lamb, bison, etc.)

Autoimmune issues: Skin diseases can be caused by an antibody attacking the normal components of the skin. This antibody destroys the cohesiveness of the skin and can cause inflammation, pustules, hair loss and weeping redness. An immune-mediated skin disease is one that can be a reaction to an outside source such as a drug or other substance that reacts with an antibody and the complex is deposited in various locations in the body. This complex causes an inflammatory response which destroys the tissue. An example of auto immune skin disease is Pemphigus, which is directed against the walls of the skin cells and the skin cells separate. Four types of Pemphigus exist. Foliaceus is the most common and can inflame the skin everywhere but also can cause thickening and cracking of foot pads. Erythematous is localized to the face, head and foot pads. Vegetans is rare and forms pustules in skin folds. Vulgrais is uncommon but occurs in lips, nostrils and eyelids.

Systemic Lupus and Discoid Lupus are examples of immune-mediated skin disease. The former is body wide and can affect many parts of the body including the skin. Lameness is often the first symptom, but severe dermatitis followed by crusting, oozing and hair loss can follow. This disease is difficult to diagnose and usually requires chemotherapy to treat. Discoid Lupus is a milder form of Systemic Lupus and is limited to the face and often the nose. It can be treated with steroids and sunscreens/sunblocks are useful. Any of these conditions can be exacerbated by the dog's licking excessively or, if not treated, the intrusion of bacteria that leads to widespread infection. See your vet for any strange skin occurrence, excessive licking or itchiness.

A rare condition that is an inherited recessive condition is Ichthyosis. This is a severe, chronic condition and is incurable but possibly manageable. Read Teri's article on page 50. Another skin condition we have encountered with a rescued dog is sebaceous adenitis. More information on this type of skin problem is on page 53.

There is an excellent article on skin conditions at <http://www.peteducation.com/index.cfm>. Other information sources: <http://www.dog-health-handbook.com> and www.vetinfo.com

A good general reference is:

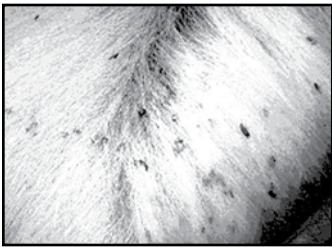
Eldredge, Debra M. DVM; Carlson, Lisa D. DVM; Carlson, Delbert G. DVM; Giffin, James M.D. in *Dog Owner's Home Veterinary Handbook*, Fourth Edition, Wiley Publishing, Inc.

Skin Conditions: Ichthyosis

By Teri Guilbault

Dermatology issues, rashes, allergies, etc., are very common in all breeds of dogs. Sometimes they are controlled easily and sometimes not. As with all questionable conditions, however, it is always a good idea to consult your veterinarian or veterinary specialist for a proper diagnosis.

I had the opportunity to learn about an interesting skin condition. My dog **Blossom** was beautiful down to the bone (aren't they all), until you really looked down that far at her skin. From the time we got her when she was 8 weeks old, she has always had this black, flaky skin condition. The pink Golden Retriever belly that she should have was black, as were her arm pits and hind quarters, and I was constantly brushing out dark flakes. No matter what I fed her or bathed her with, those flakes were always there. I finally took her to see a dermatologist and found what was going on. She had Ichthyosis.



Ichthyosis is a fairly common skin condition in Golden Retrievers. It is characterized by excessive dry, scaly flakes of skin. Some flakes are very small, but I've seen them the size of quarters, too. During gestation, the dog's skin membrane fails to develop completely, and as a result, there is a constant "shedding" of the skin layers. The skin of the dog is abnormal at birth, with it cracking and peeling off starting when the dog is about two weeks of age. Most of the dog's body is covered with tightly-adhering, tannish-gray scales and feathered "horny" projections, which give a rough texture to the skin. Although some of these projections adhere to the skin, others constantly flake off, riding up hair shafts in large sheets. Large quantities of this scaly debris can also accumulate on the skin surface forming dry, reddened patches. Sometimes, this even causes hair loss, although in **Blossom's** case, she still had a beautiful Golden coat. We found that frequent brushing helped to some degree.

Unfortunately, there is no cure for this skin condition, and trying to control the scaling is very difficult. However, although it looks terrible, it doesn't cause the dogs any itching or anxiety. Ichthyosis is not contagious to other dogs, to cats or to humans.

Skin Conditions: Lumps and Bumps

By Liz Tataseo

Most dogs, including Golden Retrievers, get lumps as they age, but younger dogs are not exceptions. Most of these lumps are benign cysts, lipomas (fatty tumors) or granulomas, but some are much more serious. It is recommended that a new mass, or one that has suddenly changed in size, be evaluated by a vet and, if deemed necessary, a needle aspiration should be performed to determine the type of cells present.

There are benign masses that should be removed before they lead to ulcerations of the skin or interfere with sight or movement: warts, follicular or sebaceous cysts, benign histiocytomas (often found on young dogs), sebaceous adenomas if they are ulcerated, large lipomas and basal cell tumors that can become malignant.¹

One lump that looks like many of the ones just mentioned is a malignant tumor which can be treated quickly and without long-lasting issues if found early. However, left to grow and spread it can affect internal organs and lead to death. These are **mast cell tumors**. They are one of the most common skin tumors in dogs and often look like harmless cysts, histiocytomas or lick granulomas.

According to the *National Canine Cancer Foundation*, mast cells are cells that occur in the skin and other tissues, like the intestines and respiratory tract. They are also an integral part of the immune system. They consist of large amounts of histamine, heparin, and proteolytic enzymes (enzymes which break down protein). These have a toxic effect on foreign invaders, like parasites, and are released when the mast cell is triggered by the immune system. A mast cell tumor results from these mast cells. When histamine, heparin, and enzymes are damaged by some external invasion, they pose health hazards. Large amounts of these substances are released into the body and usually have adverse effects on heart rate, blood pressure, and other body functions.

Several **AGR** members have had dogs with mast cell tumors and, fortunately, have been able to catch them early and have them removed. Mast cell tumors can return, so vigilance is necessary for any new lump. A 9-year-old dog surrendered to **AGR** in December 2014 (**14-097 Jake**) had large, untreated mast cell tumors that were beyond anyone's treatment capabilities. Had the dog come to us a year sooner, we might have been able to save his life, but the cancer was too far advanced and the dog had to be euthanized.

According to *North Carolina State University College of Veterinary Medicine*, treatments for mast cell tumors that are beyond minimally invasive (tumors) involve diagnostic tests... recommended to ensure there is no obvious evidence of spread to other

places in the body. These tests include:

- Complete blood count (CBC)
- Serum biochemistry panel
- Urinalysis (U/A)
- Lymph node aspiration cytology
- Abdominal sonogram

If metastasis has occurred, current protocol involves a combination of prednisone, vinblastine, and CCNU, the three drugs with demonstrated effectiveness against mast cell tumors. Chemotherapy can also be used alone if surgery and radiation therapy are not performed.

Sad but true is this statement from an article by Rhonda Hovan in *Understanding Cancer in Golden Retrievers*²: “Let’s get started with some data of how cancer affects our breed. Approximately 60% of all Goldens will die from cancer. By gender, it’s 57% of females and 66% of males. Human cancer is also skewed slightly toward males, so it’s not surprising that dogs are too. For comparison, the rate of cancer in Goldens is just slightly less than double the rate of cancer in all dogs, which is estimated to be about one in three (and which actually is about the same as in humans). But even though our cancer rate is nearly double the all-breed average, it’s important to keep in mind that the average lifespan of the breed is still within the same 10-11-year range as in all breeds.”

While the above information may seem disheartening, many Goldens live long, healthy lives only surrendering to illness (yes, often cancer) in their old age. It is when cancer hits young dogs in the prime of their lives that we ask, why is this happening? And it is why it is important to always check over your dog for lumps, bumps or any small injury that might not be healing quickly and get them evaluated by a vet.

Papillomatosis

The term papillomatosis is used to describe a benign tumor on the surface of the skin. A virus, known as the papillomavirus, causes the growth. The general appearance is wart-like, raised, with the central surface having an open pore if the wart is inverted.

Sebaceous Cysts

Sebaceous cysts are common surface tumors found anywhere on the body. These cysts begin when dry secretions block hair follicles, causing an accumulation of hair and sebum (a cheesy material), and the subsequent formation of a cyst.

Lipomas

A lipoma is a benign growth made up of mature fat cells interlaced with fibrous connective tissue. Lipomas are common in overweight dogs, especially females. A lipoma can be recognized by its oblong or round appearance and smooth, soft, fatlike consistency. Many lipomas occur just under the skin. However, **20-022 Cassie**

had a large (15 cm) internal one that was pressing on her spleen and intestines, so we had it removed.

Histiocytomas

Histiocytomas are rapidly growing tumors found in dogs 1 to 3 years of age. They occur anywhere on the body. These benign tumors are dome-shaped, raised, hairless surface growths that are not painful.

Sebaceous Adenomas

Sebaceous adenomas arise from the oil-producing sebaceous glands in the skin. They are not dangerous.

Basal Cell Tumors

This is a common tumor usually found on the head and neck in dogs over 7 years of age. It appears as a firm, solitary nodule with distinct borders that set it apart from the surrounding skin.

CAUTION: If you find any lumps or bumps on your dog, please get them checked by your vet.

¹ WebMD (webmd.com/dogs/dog-papillomas-lipomas-cysts-basal-cell-tumors)

² Rhonda Hovan has been a breeder/owner/handler of Golden Retrievers under the “Faera” prefix for over 30 years, producing more than 60 Champions. As a health and genetics writer, she has won the Veterinary Information Network Health Education Award and the Eukanuba Canine Health Award. Rhonda is the Research Facilitator for the *Golden Retriever Club of America*, founded the Starlight Fund at the *AKC Canine Health Foundation* to support Golden Retriever health research, serves on the Advisory Board of the *National Canine Cancer Foundation*, and is an Emeritus Director of the *Orthopedic Foundation for Animals*. She wrote the article, originally published in *Golden Retriever News*, to help answer some common questions from breeders and owners, such as “Why did my dog get cancer?” and “What can I do to help my dog avoid cancer?” She is a frequent speaker on topics of canine health, and lives in Akron, Ohio, with five Goldens and two rescued raccoons. Excerpt from the article was reprinted with permission from the author.

Skin Conditions: Mange

By Liz Tataseo

Ed. Note: Since mange is caused by external parasites, I could have put this article under the Parasites heading. However, since the manifestations of mange are poor skin conditions, I am including the article in this section.

In 2011, we had the opportunity to rescue a Golden from a terrible animal-hoarding situation. When this young lad came to us, we already knew that he was suffering from mange. Mange? What is mange? This was our first experience with this disease since the incorporation of our organization.

Mange is caused by mites (minute arthropods related to spiders) that live on the skin of animals as parasites and can quickly and easily infest an animal’s entire body. There are three types of

mange: sarcoptic, which is also called “scabies;” demodectic, or “red mange;” and cheyletiella, or “walking dandruff.” Common symptoms of mange include hair loss, itching and inflammation, dry, crusty and thickened skin, and sores or blisters.



11-011 Prince had the worst case of sarcoptic mange we have ever seen; he had open, weeping sores all over his body and very little fur left

Sarcoptic mange is caused by mites burrowing into the skin. Dogs with this type of mange tend to have a moth-eaten appearance as clumps of fur fall out. Eventually, if left untreated, dogs will continue to lose their fur until it is gone. Dogs of all ages and breeds can contract sarcoptic mange, and it is easily transmitted to dogs or to people who come in contact with an infected animal. With this type of mange, there is extreme itchiness, rash with

irritated and inflamed skin, scabs and hair loss. Areas most affected will be ears, elbows, hocks, abdomen and chest. Dogs that have this disease are likely to develop “hot spots” as they lick the areas that bother them. Treatment for this type of mange is medicated baths which kill the mites, and a systemic pesticide called Revolution®. During an outbreak, the dog’s immune system may become depressed, so steroid treatment may not be advisable. Sarcoptic mites are one of the most destructive parasites because they can spread over the dog’s entire body, causing life-threatening skin infections.

Demodectic mange is not as severe as sarcoptic mange, and veterinarians say that this disease is most common in puppies aged 3 to 9 months old. It often appears around the eyes or the corners of the mouth, and on the forelimbs and paws of the dog. Left untreated, it can cover the entire surface of the skin. The main difference between demodectic mange and sarcoptic mange is itchiness. Demodectic mange doesn’t itch at all. Even though there are no signs of itchiness, however, it still causes discomfort to the dog. Also, unlike sarcoptic mange, demodectic mange is not contagious. Demodectic mange is often treated with medicated shampoos if the dog has minor, localized areas. With this type of mange, infestations often resolve themselves within several weeks in young dogs as their immune system develops and kills off the mites on its own. However, treatment is still advised.

Cheyletiella mange is also called “walking dandruff.” The mites causing this type of mange do not burrow into the skin but live on the top layer, and their entire 21-day life cycle is on the one animal they infest. They cannot survive off of a dog for more than 10 days. These mites are highly contagious and transferred by direct contact with an infected animal. Symptoms of this type of mange are regular sneezing and rubbing the face area; there may also be hair loss around the eyes and nose. Treatment is weekly bathing with a medicated shampoo and dips over regular periods for three weeks.

As with any other type of skin issues, it is always best to consult your veterinarian when symptoms appear. Early diagnosis and treatment is always the quickest and easiest way to keep your dog healthy and happy.

Treating Lick Granulomas

Mix 2 parts Bitter Apple with 1 part Icy Hot or Liquid Heat. The itch of a lick granuloma is sort of like phantom limb pain – it itches, but scratching and licking don’t soothe it, so the dog just keeps going at it. It makes them so crazy that the Bitter Apple alone isn’t enough to deter them. Using the combo above produces a deep tingle that makes it feel a little less irritated so that the Bitter Apple is enough to stop their licking. This works on 70-80% of lick granulomas. You may want to use a cone part of the time, too, until the itch settles down a bit. Lick granulomas occur most frequently when a dog is bored or stressed, so more activity/exercise is beneficial, too.

Skin Conditions: “Porcupine Quills”?

By Deb Orwig



Check your dog’s pads. Are there growths on the pads that look like miniature porcupine quills? One of our members noticed such growths on the

bottoms of her dog’s feet. As she had never seen anything like this before and was worried about what it might be, she took the dog to see our vet Dr. Ferguson. Dr. F. immediately said “Arthritis.” Whaaat? How could that be arthritis? Well, it isn’t arthritis *per se*, but it is a result of a combination of things: arthritis in the legs causing the dog to favor her feet and to not want to walk very much, and foot fur and toenails that are allowed to get too long, preventing the normal scouring and wearing away of the footpad material. What happens under these conditions is that the footpad material itself grows. In itself, it is apparently not painful to the dog, but it sure looks ugly and could eventually hamper movement even more. So, check your dog’s feet, keep the fur trimmed back and the toenails clipped as short as possible so the dog is walking on the pads, and you won’t have to wonder where those “porcupine quills” or that “fungus” came from!



Skin Conditions: Sebaceous Adenitis

By Linda Knight Gage



14-040 Charlie is a nice 7-year-old male Golden who came in with **14-043 Boomer**, **Charlie's** littermate and best buddy. **Charlie** had a horrible skin condition that had been treated unsuccessfully for years and needed vet attention for a proper diagnosis. Littermate **Boomer** did not have it.

AGR's vet suspected **Charlie** had sebaceous adenitis and performed a skin biopsy. The results were positive. Started on a skin care regimen, **Charlie** was on his way to a healthier coat and skin.

Sebaceous adenitis is a perplexing condition in which the sebaceous glands in the skin become inflamed for unknown reasons and are eventually destroyed. Normal sebaceous glands produce sebum, which is a fatty secretion that helps prevent drying of the skin. This rare type of inflammatory skin disease typically affects young adult dogs, 1 to 5 years of age.

This condition can appear differently in different breeds. In long-coated breeds, the dogs have dry scaly skin with patches of hair loss on the top of their head, face, back of the neck, as well as on their back. Silvery scales tightly adhere to tufts of the remaining fur and can easily be seen. Other signs of sebaceous adenitis include hair that is brittle or dull, small areas of matted hair and alopecia (hair loss). Mildly-affected dogs have normal looking coats, but abnormalities can be seen upon microscopic examination of skin biopsies. Some dogs like **Charlie** exhibit a "rat tail" and have bilaterally symmetric hair loss and excessive skin scaling. This condition may also lead to a secondary bacterial infection of the skin with pimples, crusting and an offensive odor. Some dogs have severe, draining ear infections. Sebaceous adenitis may or may not be itchy. The dog's skin may also be blistered or raw, and there might be complete hair loss along with loss of the sebaceous glands during advanced stages of the disease. Short-haired breeds can also have this condition, exhibiting a moth-eaten appearance to their coat, with mild scaling also affecting the head, ears and trunk of the body.

A skin biopsy is needed to determine if this condition exists. This



involves removing small pieces of the affected area (done with local anesthesia) and submitting them to a pathologist.

Dogs can spontaneously improve, but most dogs will need life-long care for this condition, although it is a cosmetic disorder with no internal manifestations of disease. Response to treatments can be highly variable, resulting in frustration for the dog and the owner. Fatty acid dietary supplements are given along with anti-seborrheic shampoos used on a regular basis to remove the scales and dead hair. This treatment might be the answer for a mildly-affected dog. Other cases might need additional treatments including spraying the dog with a propylene glycol and water mixture to help restore lubricants to the skin, as well as oral essential fatty acid supplements.

A dog with sebaceous adenitis should not be bred. Although not genetically proven, it is believed that this condition is inherited as an autosomal trait in some breeds. This is a gene that both parents carry and pass to a litter. Several breeding studies are in progress to determine the exact cause of sebaceous adenitis.

If you suspect your dog has this condition, please see your veterinarian as soon as possible to determine a course of action. This uncomfortable affliction needs to be treated as soon as it is suspected and diagnosed. Treatment will help your dog feel more comfortable and improve his overall well-being.

Valley Fever

By Liz Tataseo

*Editor's Note: Since valley fever is such a problem in Arizona and we all need to be educated about it, I am reprinting the following article from November 2014. Few other states' Rescue groups have to deal with this disease, because it rarely occurs in significant frequency anywhere else (see distribution map on page 55). Detecting and treating this insidious disease is necessary but expensive for **AGR**. We have received two annual grants of **\$1,500** from **Albertsons/Safeway/Vons** specifically for diagnosis and treatment of valley fever. Since we test for valley fever in every rescue over six months of age, and then have to put about 20% of them on fluconazole, this grant money will help tremendously. We sincerely thank the company for its support.*



Five dogs, four different conditions (two were asymptomatic) and all of them with the same disease – valley fever. **Trip** was surrendered in 2011 with a hind limb he could barely walk on and most of the time didn't use. No one had taken

the time to really find out what was wrong and, suspecting the worst, the family surrendered him to **AGR**. After testing, **Trip**

was found to have the disseminated form of valley fever, and the leg could not be saved. Now a tripod (notice no right hind leg in the photo), **Trip** tested clear of the disease, but he will be tested yearly to be sure he remains negative.



Scout was surrendered to **AGR** in early September 2014 and had no symptoms of the disease; he looked like a happy and healthy two-year-old. After testing, he was found to be positive for valley fever (with a titer of 1:32) and placed on medication. His littermate brother, **Chip**, who had lived with **Scout** all his life, tested negative.

One other example is **Caesar**, who came into Rescue in early 2013. He had lived in the Prescott area all of his 8+ years, so we did not think he would need testing for valley fever. However, our vet advised us to go ahead with the test even though **Caesar** was not exhibiting any symptoms and even though he had come from the northern part of Arizona where the incidence of valley fever is very low.

We thought we might be wasting our money on the test (at anywhere from \$43 to \$222, it is not inexpensive) until **Caesar's** titer came back positive at 1:32. He was also started on medication.



PJ came to **AGR** from Tucson in September 2014; he was limping on his front legs and in pain. After X-rays and because we did not want to wait until blood test results were back (takes



about a week, as the vet sends out the dog's blood sample to an analytical laboratory), **PJ** was placed on medication for valley fever and pain medications. The test results revealed a titer of 1:32.



The worst case we have ever seen in **AGR** was in 2013. **Bonita's** valley fever titer was 1:256, the highest level that can be measured. She exhibited all the classic symptoms such as coughing, limping, lack of appetite and energy, and fever. Her initial blood work confirmed that she had a chronic infection in her system. The vet suspected valley fever and

thought that it had invaded **Bonita's** spinal column and brain, as she exhibited a "drunken soldier" swaying walk. She was in extreme pain so was started on high doses of morphine and corticosteroids, as well as on fluconazole. After six months of medication, **Bonita's** titer had dropped to 1:32, and by February 2014, it was even lower at 1:16, excellent progress considering how high it was originally. She was on fluconazole for the rest of her life, but she acted like a normal dog for three years.

Because valley fever is most prevalent in Arizona and occurs in other areas of the Southwest, one of the blood tests that **AGR** asks all of our vets to do is the Cocci test. If you look at the map on page 55, you can see the percentage of dogs positive for valley fever in various areas of the Southwest. Arizona is one of those areas that has a high percentage of dogs that have been found positive for the disease. Like **Scout** and **Caesar**, many dogs have no symptoms for the disease, even though positive. Some exhibit classic symptoms like **PJ** and **Bonita**. Valley fever is not contagious and cannot be passed from animal to animal, from animal to person, or from person to person.

What is valley fever? Valley fever in dogs (and humans) is caused by the fungus, *Coccidioides sperules*, which grows in the soil and can become airborne during wind, construction or farming. Infection occurs when the individual, whether dog or human, inhales the spores. Valley fever symptoms can occur within three weeks of inhalation, and the first sign can be a lingering cough. About one-third of people who are exposed are able to fight off the respiratory infection caused by the fungus, which often presents as a prolonged case of flu. About 70% of dogs who inhale the fungus do not become sick. In others, it can be a mild case or prolonged, debilitating and potentially lethal. Valley fever incidence is one of the reasons **AGR** requires all dogs adopted to be inside dogs. Dogs left outside for long periods of time are more likely to get valley fever. The spores are airborne, though, so even dogs mostly kept indoors like **Duffy Orwig**, can contract the disease.

Valley fever titers. Valley fever levels are determined by a ratio called a titer, which measures the antibody levels in a dog's blood. When a dog has been exposed to the fungus, their immune system begins to produce antibodies to fight the fungus. Dogs that are positive for valley fever at the 1:2 or 1:4 titer levels are considered exposed but not active and usually do not receive medication, but **AGR** does have the dog return for a retest in three months to make sure the titer is still low or negative. Dogs with exposure levels of 1:8, 1:16 and up are given an antifungal drug called fluconazole, which is the generic form of Diflucan. **AGR** recommends giving a dog milk thistle and Sam-E, or Denamarin® (combo of both), to offset any liver issues that can be caused by the fluconazole. **Trip**, **Scout**, **PJ** and **Caesar** all had titers of 1:32. Most dogs will have to take the anti-fungal medication for several months up to 1-2 years. Some that have a very high initial titer may have to be on the drug for a longer time, perhaps for the rest of their lives.



**Distribution Map of Valley Fever Occurrence
from Valley Fever Center for Excellence website**

Dogs with the more common respiratory infection will usually start feeling better in one to two weeks but must remain on the medication to completely eradicate the fungus. After **Trip's** amputation and being on the medication for only two weeks, there was a visible improvement in his energy level and demeanor.

Disseminated Form of VF. Dogs and people can also get the disseminated form of valley fever if left untreated for a long period of time, as in **Trip's** case. Valley fever can most often spread to the bones of an individual and cause lameness or swelling of the legs and, at its worst, bone lesions and calcification. But it can infect almost any organ in the body including the brain, as it did for **Bonita**. Dogs with disseminated valley fever are usually prescribed pain medication to support the time needed for the anti-fungal medication to work. The time needed for a dog to be on medication for the disseminated form is usually a much longer period.

The **Valley Fever Center for Excellence**, located at the **University of Arizona** in Tucson, was established to address the problems caused by the fungus, *Coccidioides*, the cause of coccidioidomycosis (valley fever). Two-thirds of all infections in the United States occur in Arizona, mostly in the urban areas surrounding Phoenix and Tucson. The **Center's** mission is to mobilize resources for the eradication of valley fever through: 1) the development of public awareness and education about valley fever; 2) the promotion of high-quality care for patients with valley fever; and 3) the pursuit and encouragement of research into all aspects of *Coccidioides* species and the diseases that it causes.

A study by the **Valley Fever Center for Excellence** and supported by the **Valley Fever Vaccine Project of the Americas** found that:

- Dogs that spent 80% of their time outside were 5 times as likely to be infected as those who spent their time indoors.

- Dogs that were taken outside for walks had a decreased incidence of the infection if walked on sidewalks.

AGR feels that all dogs going to their forever homes should be given the best chance to have a long and healthy life. While we cannot predict or account for health issues that develop after a dog is adopted, by doing blood work (which includes valley fever testing and a snap test for heartworm and tick fever), vaccines, a complete health exam and treatment of any injury or condition a dog initially brings into rescue, **AGR** gives adopted dogs a solid chance for a happy, healthy life.

A Vaccine to Give Hope for the Devastation of Valley Fever

Each year many dogs are lost or crippled by valley fever (VF). Owners can spend thousands on medication and veterinary care if their dogs contract the disease. Researchers at the **University of Arizona** have created a vaccine that has given protection to tested mice from lethal doses of valley fever. The next step is to proceed to testing in dogs and develop a usable vaccine just like there are ones for distemper, parvo and rabies.

On March 21, 2017, Lisa Shubitz, DVM, presented information on the development of a VF vaccine and also on T-cell testing to determine a dog's own immunity to the disease. The treatment of choice now for VF is fluconazole, an anti-fungal medication that inhibits the growth of the fungus in the dog until the dog's immune system can counteract and destroy it. At that point the dog is immune if the dog's T-cells retain their "memory" for the fungal spores. This is also true for humans – same medicine, same immune response. Unfortunately, dogs are at greater risk for complications due to the disease than are humans: 25% in canines vs 1% - 5% in humans.

Researchers used a live mutant strain of *Coccidioides* (VF spores) that had a gene, delta CPS1, removed so the spores were rendered harmless and could not cause the disease but still could provoke an immune response in the dog. Specially-bred mice without immune systems were used for the various tests. These mice were given 10 to 100 times the lethal dose of the vaccine and did not get sick, so the researchers learned that the vaccine will not cause VF. The second part of the research involved vaccinating mice and then infecting them with the virulent form of VF. A comparison was done with a placebo and previous protective substances. The mice with the vaccine had much lower incidences of VF.

More research needs to be done – larger studies with mice and then with dogs. Research must also be done to develop tests to measure the immune response to the vaccine in dogs. Formulation of a vaccine that is shelf stable and easy to administer, licensing, and studies in dogs that receive the vaccine are in the future. Estimates are 12 to 18 months in time and \$2 to \$2.5 million dollars to continue and finish the research. Questions still to be answered: When to vaccinate? How long does the immunity last? Must there be boosters? Will all dogs respond?

The T-cell study is a companion study (small sample size right now) to see if the immune response is the same in all dogs. The results could be predictive of which dogs must stay on fluconazole long term and which dogs can control the infection on their own. The immune system has two aspects: antibody response and T-cell response. Antibodies fight off bacteria and viruses; T-cells secrete interferon that destroys cells “remembered” by the memory T-cells. The results of this small study have shown that some dogs’ T-cells respond even if the dog did not have VF before, some dogs’ T-cells respond that had VF (they “remembered”) and some dogs who had VF still fail to have T-cell response.

To theorize on what this means: some dogs buoyed by medication have a powerful immune response and fight off the disease and become immune. Other dogs without an appropriate immune response do not seem to get better, or even have higher titer levels when retested. Such dogs may need to remain on medication for the rest of their lives.

The best medication for VF right now is human-grade Diflucan, since FDA regulations ensure the actual manufactured dosage must be within 98% of the stated dosage. Compounded fluconazole has more variability and is not regulated, so it can be 50% to 80% of the stated dosage. Prices for both are quite high, especially for Diflucan.

Arizona Golden Rescue tests all rescued dogs for VF. Even if the level is 1:2 (lowest possible exposure titer), a dog is retested 1 to 3 months later to ensure that the titer level does not rise. If the level is still 1:2, the dog’s immune system is working. If the titer goes up, medication is prescribed. Each test costs **AGR** an average of \$125.

To help support this valuable research, a tax-deductible donation can be made by credit card or check. By credit card, go to www.vfce.arizona.edu and click on “give today”. By check, mail to **Valley Fever Center for Excellence**, P.O. Box 245215, Tucson, AZ 85724 (EIN 86-6050388) and make payable to **University of Arizona Foundation**, memo line Canine Vaccine.

The above information is a summary of a lecture given by Lisa Shubitz, DVM, **University of Arizona** Researcher and Veterinarian, that Linda Knight and I attended on March 21, 2017. The “Canine Valley Fever Vaccine Lecture” was sponsored by the **Arizona Victims of Valley Fever** and the **Valley fever Center for Excellence**. The **Mustang Public Library** in Scottsdale hosted the event. For more information, email vfce@email.arizona.edu or www.arizonavictimsofvalleyfever.org/canine-valley-fever-vaccine.html.

Vetting and Vets

By Liz Tataseo, AGR Health Care Manager
five.goldens@yahoo.com

When we are out in public collecting donations or doing major fundraising, we always say it is for the dogs! That money does go directly to vet costs to make sure each dog is as healthy as possi-

ble, so that they can be happy and healthy in their forever homes. We are able to work with several great animal hospitals that give us discounts so that we can pursue needed vetting for each dog.

Our veterinarians include **Four-Legged Friends Animal Hospital** in Phoenix – Dr. Valerie Ferguson has worked with us since the beginning; **Kennel Care** in Chandler, which has cared for many of our very sick dogs for almost 8 years; **Animal Medical & Surgical Center** in Scottsdale is a state-of-the-art hospital and their vets have saved many of our dogs; **Raintree Medical Center and Resort** in Scottsdale; **Stetson Hills Animal Hospital**, which has served our North Valley; and **Academy West Animal Hospital** in Glendale, which has given us the security of both boarding and vetting, especially with emergency intakes. In 2019, we added **The Complete Pet Animal Hospital** in Litchfield Park and **Crosswinds Animal Clinic** in Gilbert. We also occasionally work with vets in Flagstaff, Prescott, Sierra Vista and Tucson. If you live in one of these outlying areas and need a recommendation for a vet, please don’t hesitate to contact us.

We also have partnerships with many specialists including **Animal Health Institute – Companion Animal Clinic** at **Midwestern University**, **Arizona Dental Specialists**, **Arizona Oncology**, **Dermatology for Animals**, **EyeCare for Animals**, **VetMed** (internal medicine and emergency services) and **Veterinary Neurological Center**.

The basic vetting we do for each dog during the initial three-week foster period is:

- health exam
- valley fever test (normally not done on a puppy under 6 months of age)
- heartworm test (normally not done on a puppy under 6 months of age); heartworm prevention medication provided to adopters for two months
- rabies and distemper/parvo vaccinations if not current
- leptospirosis vaccine series (2 injections 3 weeks apart)
- bordetella vaccine if staying at the vet for more than an appointment, or if beginning obedience training at a facility (**Partners**, **Master’s Kennels**, **PetSmart**, **Petco**)
- spay or neuter (normally we recommend neutering and spaying at about 10 months)
- implantation of an AVID microchip
- fecal if indicated by dog’s history (e.g., shelter dogs or dogs kept outside), appearance of stool, or if dog is a puppy
- senior panel if over 8 yrs of age
- ear infections, lumps, bumps, physical issues and preexisting conditions will also be addressed during the exam

If warranted by the exam, dogs may be referred to a specialist for follow-up and treated for the condition. Financial coverage for follow-up exams and treatments needed for any ongoing illness or condition will be included for three months after finalization of the adoption.

In order for **AGR** to get the basic vetting done for each dog, two different avenues exist. If the dog comes from a shelter or is an emergency intake, the dog will, in the majority of those cases, go to one of our veterinarians first before being placed in their forever home. If an intake is a regular intake from a surrendering owner, the dog will most likely be placed in its new home first and the new family will take the dog to one of our veterinarians through a regular appointment, at their convenience, within the first few days the dog is in their home. **AGR** will be responsible for all vet bills until an adoption is finalized.

Each animal hospital has a dedicated **AGR** volunteer who coordinates vetting between the family and the veterinarian and is available for follow-up and any needed questions the family may have about the health of their dog. The Health Care Manager is also available to do follow-up or to answer questions regardless of the veterinarian being seen.

Health Care Manager Liz Tataseo is our vet liaison to most of the vets we use. Teri Guilbault handles **Kennel Care** and **Crosswinds** and Amy Maynard is our liaison to **Four Legged Friends Animal Hospital**.

We would not be able to do what we do for all our dogs were it not for the sizable discounts these vets give us. They help in a huge way to help us give our dogs a second chance at a great life. We sincerely thank them for their service and encourage you to use one of them as your regular vet.

Snake-Avoidance Training

Every year thousands of dogs are bitten by rattlesnakes. We have already had two reports of **AGR** members' dogs getting bitten right in their back yards. Most dogs will survive, but the pain to your dog and the cost to your wallet are immeasurable. Despite the prevalence of rattlesnakes in Arizona, many vets do not carry the antivenin. If they do carry it, it will cost up to \$1,000 per vial; usually a dog will need two or more vials, and **AMSC** has related to us that one dog they treated required eight vials! And then, of course, you have additional costs for IV fluids, emergency care and the like. It is expensive to treat a snake bite! Much, much less expensive to get your dog trained to avoid rattlesnakes! Dogs can be vaccinated against snake bites. The vaccine does not cure the dog if it is bitten. Also, the vaccine does not prevent a bite or prevent a reaction to a bite, it only reduces the intensity of the reaction and slows down the damaging affect of the venom in your dog, thus buying you some time to get your dog to a vet for treatment. Also, treatment for a bite will not be as costly because not as much antivenin will be necessary to counteract the effects of the bite. Dog owners whose property backs up to a preserve or open desert area should seriously consider getting their dog(s) snake-avoidance trained and getting this vaccination.

AGR's Wonderful Veterinarians

Academy West Animal Hospital, 6231 W. Bell Road
Glendale, AZ 85308 602-938-8650; M - F 8 AM - 5:30 PM,
Sat 8 AM - 3 PM, closed Sundays; boarding available

Animal Medical & Surgical Center, 17477 N. 82nd St.,
Scottsdale, AZ 85255 480-502-4400; M - Sat 7 AM - 7 PM;
Sun 8 AM - 5 PM; extended emergency hours daily until 11
PM; veterinary nurse on duty 24/7/365; boarding available

Crosswinds Animal Clinic, 67 S. Higley Rd., Ste. 108, Gil-
bert, AZ 85296 480-497-6617; M - F 8 AM - 6 PM, Sat 8
AM - Noon

Four Legged Friends Animal Hospital, 3131 E. Thunder-
bird Rd., Phoenix, AZ 85032 602-787-0015; M, W, F 7 AM
- 5:30 PM, Tu & Th 8:30 AM - 7 PM, Sat 8 AM - 1 PM,
closed Sundays

Kennel Care Veterinary Hospital, 6277 W. Chandler Blvd
Chandler, AZ 85226 480-940-0066; M - F 7 AM - 6 PM, Sat
8 AM - 2 PM, closed Sundays; boarding available

Stetson Hills Animal Hospital, 3870 W. Happy Valley Rd.,
Ste. 126, Glendale, AZ 85310 623-889-7090; M & Th 8 AM
- 6:30 PM; Tu, W & F, 8 AM - 5:30 PM; Sat 8:30 AM - Noon

Raintree Pet Resort & Medical Center, 8215 E. Raintree
Dr., Scottsdale, AZ 85260 480-991-3371; M - F 7 AM -
6 PM, Sat 7 AM - Noon; Sun pick-ups only, Med Center
closed

The Complete Pet Animal Hospital, 5135 N. Dysart Rd,
Ste. 4, Litchfield Park, AZ 85340 623-935-9632; M, Tu, Fri
8 AM - 5:30 PM, W 8 AM - 2 PM, Th 8 AM - 5:50 PM, Sat
8 AM - Noon

An ounce of prevention is worth a pound of cure. Take your dog to your vet for an annual check-up. A relatively little money will be much better spent on preventative measures than a few thousand on a cure if a problem is discovered!

Where can you get snake-avoidance training?

Partners Dog Training School, 4640 E Forest Pleasant Place,
Cave Creek; cost for a first-time session is \$99 per dog; if you
have multiple dogs, the cost would be \$89 for each other dog. If
you have snake trained your dog with them before, the cost is \$79
per dog. **480-595-6700** www.snakeproofing.com

ViperVoidance, 43226 N. 7th Ave., New River; \$80 per dog in-
cludes 1 retest within 30 days; annual retest is \$20. **480-215-1776**
www.vipervoidance.com



Golden Hearts



We are so grateful to everyone who has given us their support. You all truly have hearts of gold! All donations to **AGR** are tax deductible to the extent allowed by law. The donations shown below were made between April 11, 2020 and July 15, 2020. We sincerely apologize if any donors have been omitted. PLEASE NOTE: All donors who make donations during 2020 will receive an acknowledgment letter in January 2021, unless a receipt for taxes is requested sooner.

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Diamond Donors for 20-008 Hope
Viki and Russell Snedden

Grants

Colorado Animal Rescue Express (C.A.R.E.)
to help with medical expenses of **20-008 Hope** and
20-024 Captain

Phoenix Animal Care Coalition (PACC911)
to help with medical expenses of **20-024 Captain**

Golden Retriever Foundation's April Fund
to help with medical expenses of **19-063 Odin** and **20-008 Hope**

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Thank You

To Carolyn and Peter Brown for the great desk
Deb Orwig

To Bonnie Kreger for donating \$100 in gift cards to **Joann Fabrics** so **AGR** seamstresses can make more great items

To Connie McCabe for taking photos for us
Joan and Les Peiser

To Sharon McKenzie for help with Peggy Sue
Sally and Wendell Jones

To Deb Orwig for Interfacing and Elastic
Joyce Nolan

To Lauren Rudin for finding and purchasing some interfacing
so Deb Orwig could make face masks

To Joy Slagowski and Liz Tataseo for hosting birthday
fundraisers on Facebook to benefit **AGR**

AGR sincerely thanks those members who have set up automatic
monthly donations through PayPal or their bank

Teddi and Delwin Axne
Stephanie Beard
Patrick Doyle
Ellen and Jeff France

Judy Petitto
Mary and Ken Richardson
Carrie Stoneburner

Honorary Donations

In Honor of our wonderful Goldens Cooper and Brady
Jan and Joe Baselice

In Honor of the 12th birthday of our very special boy 19-030
Stormy
Mary and Bert Engstrom

In Honor of 11-017 Bela
Hannah Selznick

In Honor of the birthday of my sister, Mikaela Buettner
Kelsey Wheeler

In Honor of Cindy Tigges and her passionate dedication to the rescue of Golden Retrievers
Lynne Storms

Memberships - New Advanced-Level Supporters

COPPER (\$50)

Stephanie Beard and Greg Konishi
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TOPAZ (\$250)

Betty and Rich Bichler
Lyndal and Peter Burns

GOLD (\$1,000)

Katie Donahue, D.O.
Marlene and Dean Mortimore

Thank you to Kathy Blue for purchasing a new Single Membership for Mark Siadat

If you are physically unable to exercise your dog(s), consider asking a family member or friend who can.

Memorial Donations

In Memory of All 2nd Quarter Bridge Dogs and People including:

AGR Dogs:	19-087 Kosmo Conaghan
09-011 Mojo Henkel	20-016 Lucy Maiké-Marsh
10-010 Kylee Jocewicz	20-024 Captain Tataseo
10-040 Joe Donahue	
10-076 Sadie Jaap	Non-AGR Dogs:
12-109 Buddy Fabian	Bailey Forsythe
13-052 Candi Lafollette	and People
14-024 Simba Schlichter	John A. Banfield
14-100 Layla Hevner	Dorothy Frahme
15-100 Marley Barry	Pastor Bob Hofener
18-007 Murphy Wozniak	Jim Mitchell
18-085 Sarah Zaner-Garcia	Margaret Schlichter

Teri and Jeff Guilbault	Deb and Larry Orwig
Connie McCabe and Nick Dodson	Liz Tataseo

In Loving Memory of 09-030 Fresno Guilbault
Marlene and Dean Mortimore

In Loving Memory of 10-010 Kylee
Sheila, Bill and Zach Jocewicz

In Loving Memory of 15-014 Shiloh Mills
Rosie and Jack Mills

In Loving Memory of 18-007 Murphy Wozniak
Debbie and Rick Ball

In Loving Memory of 19-087 Kosmo Conaghan
Sunny and Bill Conaghan

In Loving Memory of my dad, Jim Mitchell
Janine Mitchell

In Loving Memory of Bob Youhas
Carolyn and Peter Brown
Numerous others mentioned in the May 2020 issue

All 2021 Calendar Sponsors will be listed
in the November 2020 issue

All who donate in support of our *Summer Fundraiser for Special Needs Dogs* will be listed in the November 2020 issue

Check your first-aid supplies right now to be sure none of them have expired; replace them if they have.



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