

# Pet Wellness

An overview



# PET WELLNESS, what is it?

- Wellness examinations
  - Physical examinations are the foundation for wellness care
  - Needs to be integrated with signalment & history
- Preventive screenings
- Dental care
- Vaccinations
- Endoparasites
- Ectoparasites
- Genetic Screening for breeders



# Wellness Examination...

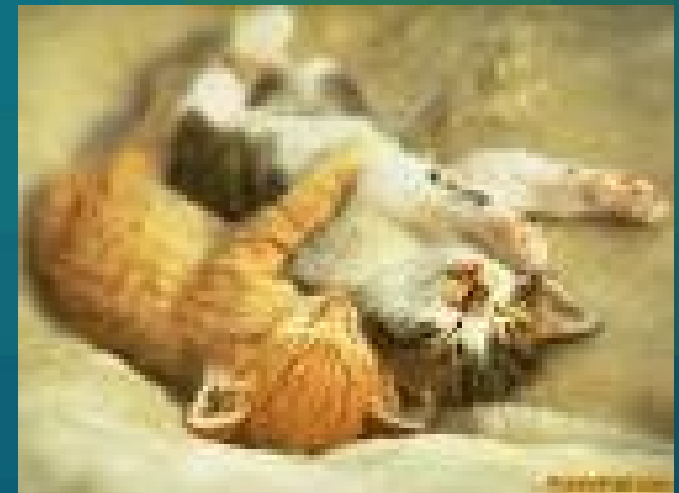


- Lifestages
  - Pediatric & Adolescent
    - Ages 0-2 years
  - Adult
    - Ages 2-6 years
  - Mature/Senior & Geriatric
    - Life expectancy
      - Small dogs = 14-16 years
      - Large breed dogs = 12-14 years
      - Giant breed dogs = 9-10 years
      - Cats = 15-17 years



# Wellness Examination...

- Pediatric & Adolescent (Ages 0-2 years)
  - Recommend evaluation immediately after acquisition
  - Wellness visits every 3-4 weeks until 14-16 weeks of age
    - Vaccination
    - Endoparasite treatment/prevention
    - Ectoparasite treatment/prevention
    - Behavior/socialization
    - Nutrition
    - Dental care
  - Spaying/castration at 4-6 months of age
  - Social maturity between 18-36 months of age



# Wellness Examinations...



- Adult (Ages 2-6 years)
  - Annual to Semiannual visits
    - Nutrition
    - Dental care
      - Most dogs need their first prophylaxis between the age of 3-5 years
    - Metabolic screening
    - Ectoparasite control
    - Endoparasite control
    - Vaccinations



# Wellness Examinations...

- Mature/Senior & Geriatric (7 yrs & older)
  - Semiannual visits
    - Metabolic screening
    - Dental care
    - Behavior
    - Diet/nutrition
    - Endoparasite control
    - Ectoparasite control
    - Vaccinations



# Nutrition...



- At least 25% of pets are overweight
- Determine optimal weight range
  - 1 pound variance in small breeds/cats
  - 5 pound variance in large/giant breeds
- Fitness guidelines for human health
  - 3 ½ hours per week (30 min/day)
- Target 40-45 minutes per day for pets
  - 20 minutes twice daily
  - 15 minutes three times daily
- “Feed to Feel”

# Body Conditions Scoring...

- Scale 1-5

1= emaciated

2= thin

3= ideal/fit

4= overweight

5= obese



- Scale 1-9

1= emaciated

2= very thin

3= thin

4= underweight

5= ideal/fit

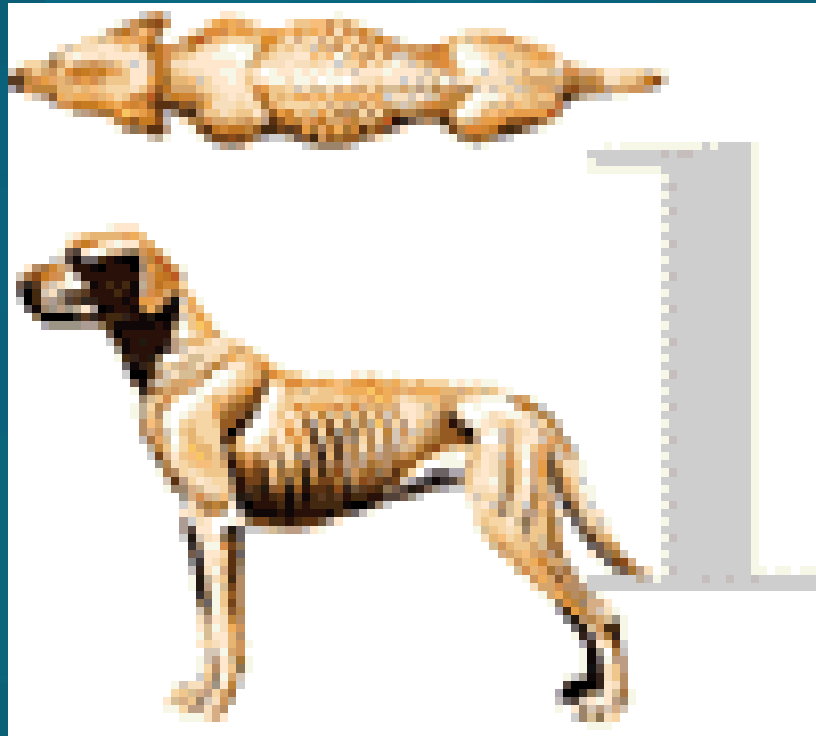
6= overweight

7= heavy

8= obese

9= grossly obese

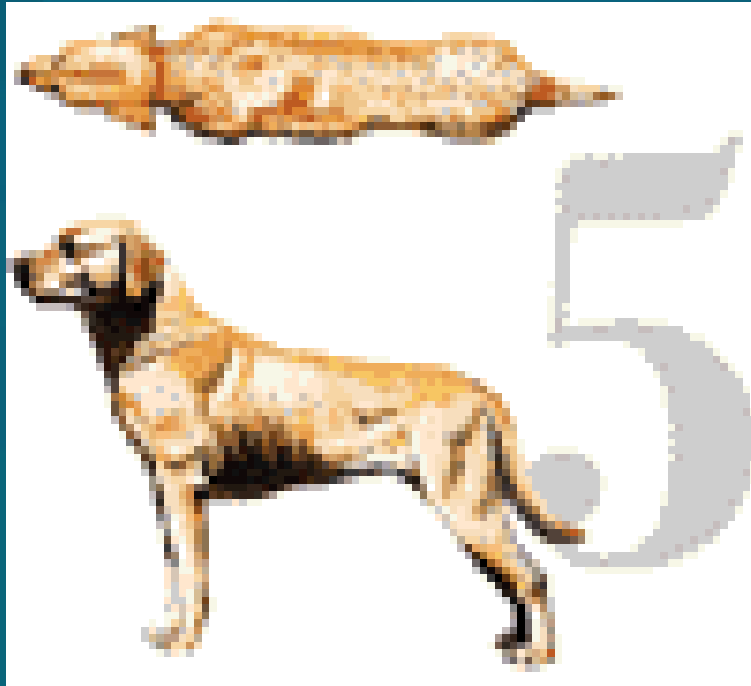
# Body Conditions Scoring...



1= emaciated

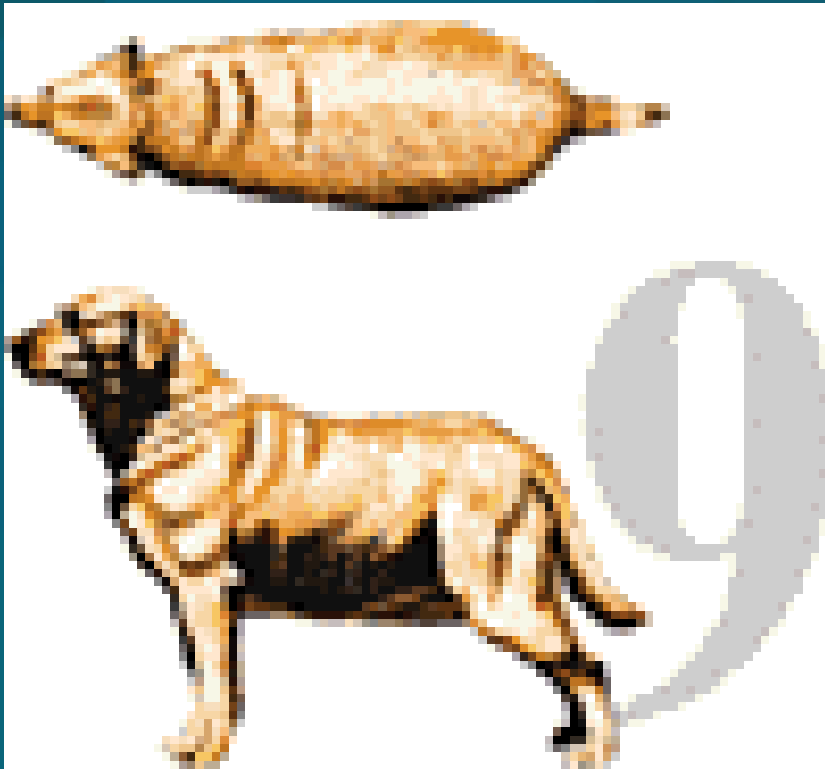
# Body Conditions Scoring...

3= ideal/fit



5= ideal/fit

# Body Conditions Scoring...



- 5= obese
- 9= grossly obese

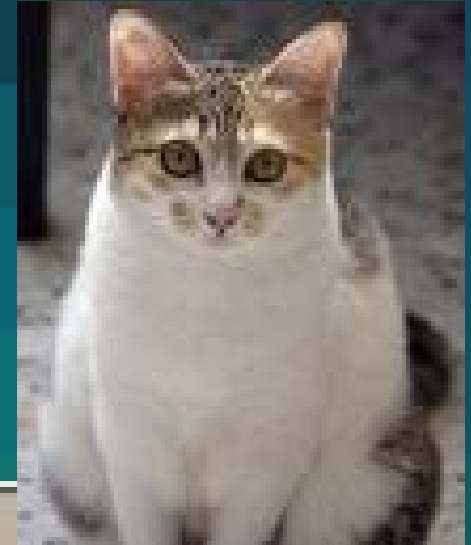
# Body Conditions Scoring...

- What score would you give this pet?



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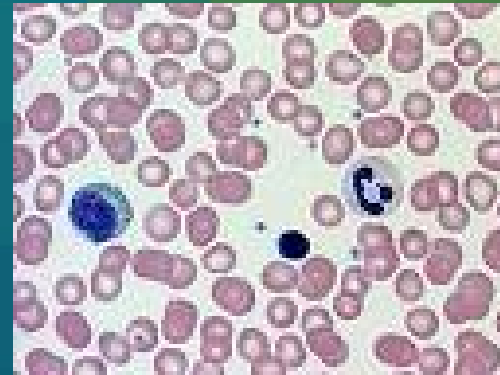
# Grooming Needs...



- Grooming needs
  - Nails trimmed
    - Should be trimmed every 2 weeks
    - Long nails can get caught on objects and tear
    - Trimming/tearing below the quick will cause bleeding and pain
  - Hair coat
    - Hair is different from ours
    - Only use shampoo labeled for dogs/cats
      - Baby shampoo very harsh on skin/hair
    - Sensitive to chemicals and sunlight
    - Insulates against cold/heat
    - Good indicator of pet's overall health

# Preventive Screenings...

- Preventive Screenings
  - CBC, Blood Profile
    - Important in older pets for screening/monitoring illness
      - Kidney disease
      - Liver disease
      - Endocrine abnormalities
        - » Hypo-thyroid
        - » Hyper-thyroid



# Dental Care...



- Dentistry
  - More than a pretty smile/fresh breath
  - Dental tartar/plaque introduces bacteria into the bloodstream where it can travel to the heart, kidneys, and other organs and cause disease.
  - Regular dental care can help prolong your pet's life



# Dental Care...

- Teeth Brushing
  - While teeth brushing cannot replace the need for regular dental cleanings, it can prolong the time between cleanings



# Dental Care...

- Dental Prophylaxis
  - Involves the ultrasonic scaling of teeth
  - Teeth are probed for pockets, gum loss, x-rays are taken
  - Teeth are polished and a fluoride rinse is performed
  - Unlike humans, cats and dogs must be under anesthesia



# Vaccinations...

- Vaccinations are an important part of preventive medical practices and optimal health care
- What is a vaccine?
  - A vaccine is a suspension of infectious agents or part of them that is injected into an animal to stimulate the immune system to produce antibodies to the disease.
  - Upon exposure to the disease, the antibodies quickly react to detect and destroy the virus.
  - Vaccines were developed as a much-needed answer to widespread life-threatening viral diseases such as parvovirus/panleukopenia and distemper virus.

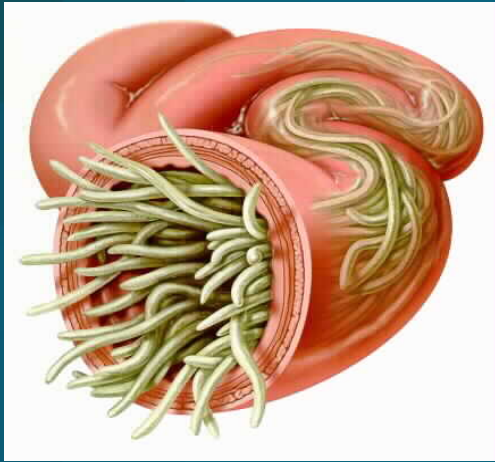


# Vaccinations...

- Core vs. Non-core vaccines
- Decision on vaccine selection based on...
  - Disease incidence
  - Severity of disease
  - Vaccine efficacy
  - Vaccine safety
  - Health/welfare/lifestyle of the individual animal
- A Strong relationship with your veterinarian is VITAL



# Endoparasite Control...

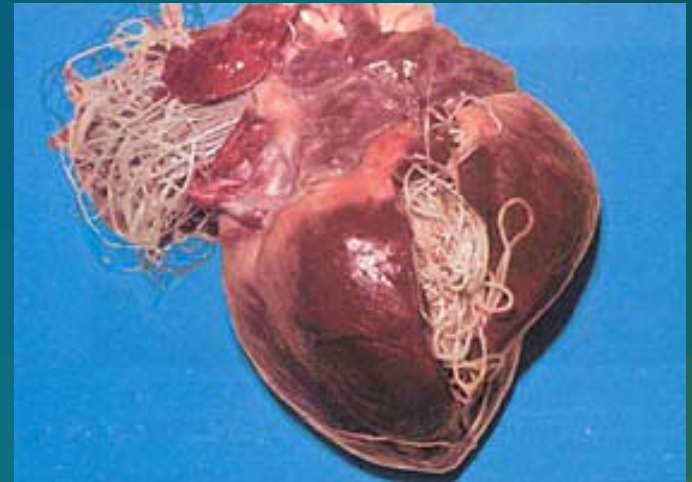


- Endoparasite Control
  - Heartworms
  - Intestinal parasites
    - Roundworms
    - Hookworms
    - Whipworms
    - Tapeworms
    - Coccidia
    - Giardia
    - Toxoplasma
  - Routine fecal examinations recommend yearly or semi-annual with treatment if needed



# Endoparasite Control...

- Heartworms
  - Transmitted by mosquito
  - 6 month lifecycle
  - Clinical signs
    - Lethargy
    - Coughing
    - Anemia
    - Fluid in abdomen (ascites)  
= end stage
    - Changes in lungs and heart
  - Prevention
    - Oral monthly heartworm preventive given year round
    - Yearly testing



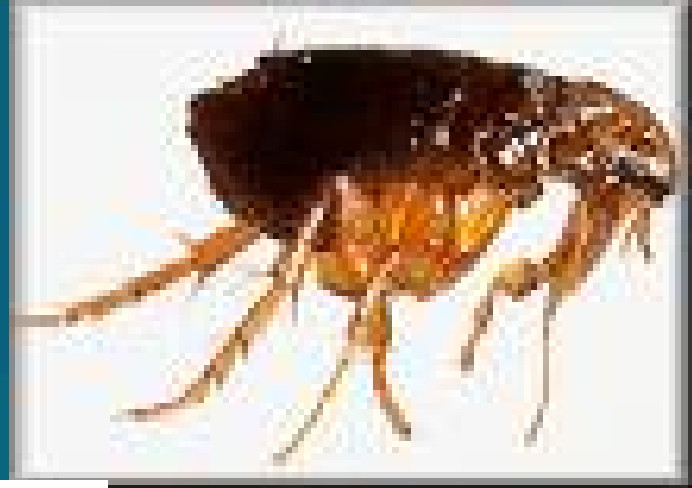
# Endoparasite Control...



- Parasite screening/awareness
  - Routine Fecal Flotations
    - Annual in all pets
    - Semiannual in outdoor pets
  - Zoonosis
    - Visceral Larval Migrants
    - Cutaneous Larval Migrants
    - Giardiasis
    - Toxoplasmosis

# Ectoparasite Control

- Ectoparasite Control
  - Fleas
  - Ticks



# Ectoparasite Control

- Fleas
  - Lifecycle 21-28 days
  - Female lays up to 50 eggs per day
    - 2000 eggs in her lifetime
  - Clinical signs
    - Pruritus
    - Alopecia
  - Treatment/Preventative
    - Capstar
    - Advantage/ K-9 Advantix
    - Frontline Plus



# Ectoparasite Control

- Ticks
  - Disease that affect humans and dogs
    - Lymes disease
      - Expanding red rash as site of bite
      - Flu-like symptoms
    - Rocky Mountain Spotted Fever
      - Joint/muscle pain
      - Fever, loss of appetite, depression
      - Vomiting/diarrhea
      - Neurologic abnormalities
      - Nasal discharge
    - Tick Paralysis
    - Ehrlichia
      - Fever, headache, muscle aches
      - Fatigue, nausea, vomiting, diarrhea
    - Babesia
      - Flu-like symptoms
      - Anemia



# Types of Ticks...

Deer Tick (*Ixodes scapularis*)



American dog tick (*Dermacentor Variabilis*)



Lone Star Tick (*Ambylomma Americanum*)



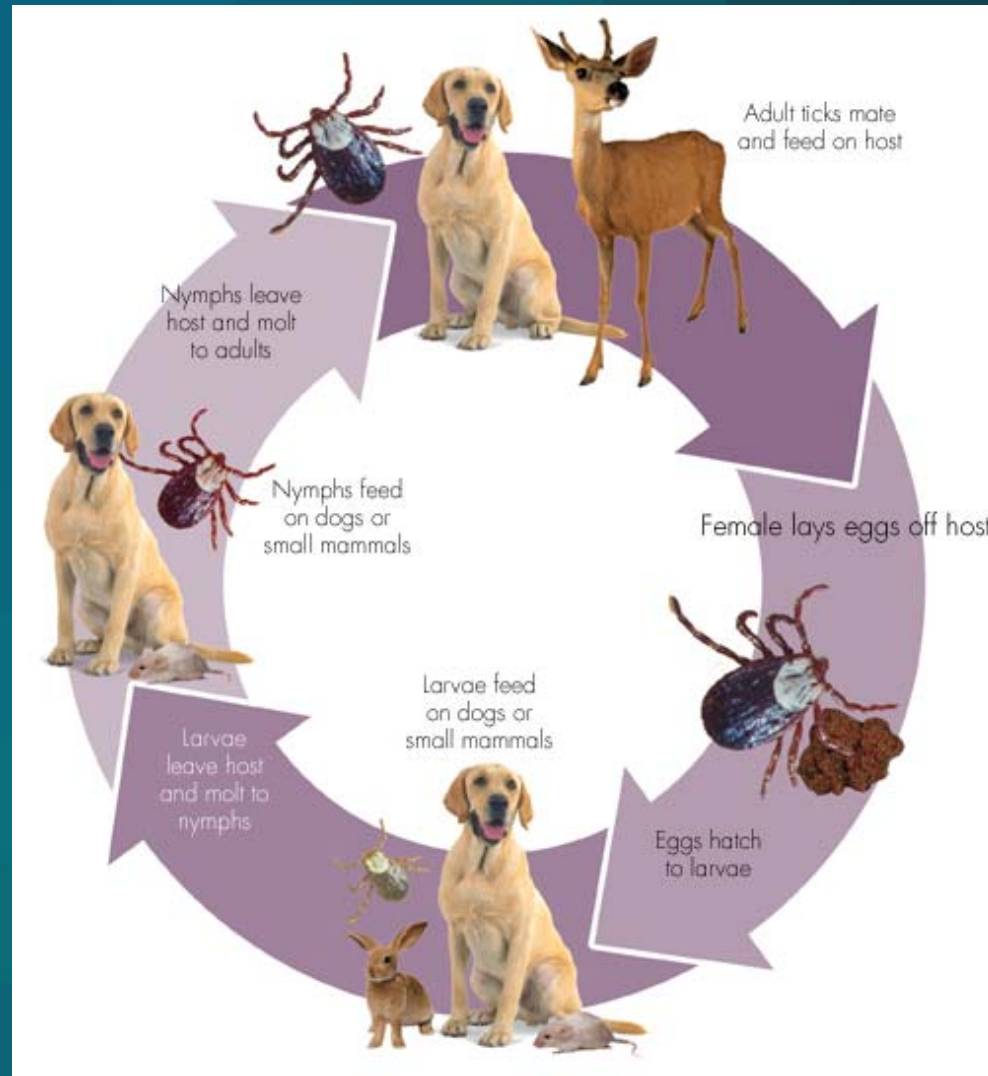
Rocky Mountain Wood Tick (*Dermacentor Andersoni*)



Brown dog tick (*Rhipicephalus sanguineus*)



# Tick Life Cycle



# Tick Removal

- Remove the tick promptly
  - The sooner you remove it, the less chance of infection.
  - Use either a tick-removing device or fine-point tweezers.
  - Do not squeeze the tick's body; grasp it where its mouthparts enter the skin and tug gently and repeatedly, until it releases its hold by withdrawing its barbed mouthpart from your skin.
  - Above all, be patient - proper tick removal will take time.
- Save the tick in a covered jar of alcohol labeled with the date, the body location where the tick was attached, and record the place where you think you acquired the tick.
- Wipe the bite area with antiseptic, or wash with soap and water.



# Tick Preventive Care...

- Treatment/Prevention
  - #1 in the prevention of tick born diseases
  - Frontline Plus (cats/dogs)
  - Preventic Collar (dogs only)
  - K-9 Advantix (dogs only)



# Genetic Screening...



- Responsible Breeder policy
  - CERF
  - PennHIP vs OFA
  - BAER
  - Skin Biopsy
  - Cardio Evaluation
  - Von Willebrand's disease
  - Brucellosis testing
  - Others



# Genetic Screening...

## – CERF

- Progressive retinal atrophy
- Choroidal hypoplasia
- Coloboma
- Walleye
- Cataracts

## – Von Willebrand's disease (recessive form)

## – PennHIP

- Hip dysplasia
- Polyarthritis



## – Skin biopsy

## – Nasal solar dermatitis

- Dermatomyositis
- Discoid lupus
- Pemphigus foliaceus
- Allergies

## – Cardio Evaluation

- Patent ductus arteriosus

## – BAEF

- deafness

# Pet Wellness

Veterinary medicine is not just about treating the ill, it is about preventing illness.

Contact Your Veterinarian  
With Any Questions!

