



DECEMBER 2021

# SITS & WIGGLES

The Newsletter of the Animal Clinic of Chardon

WHAT'S INSIDE THIS ISSUE:

*7 Tips to Enhance your  
Aging Dog's Longevity*

*Angel Fund Virtual  
Fundraiser*



## SEVEN TIPS TO ENHANCE YOUR AGING DOG'S LONGEVITY

### 1. Keep your dog trim

Keep your dog at a slim, trim body weight. Obesity dramatically contributes to ever so many age-related, debilitating issues such as arthritis (a huge problem for way too many dogs), diabetes and heart disease. Feed your dog as little as it takes to maintain an ideal body condition score. Remember, in general, older dogs require approximately 30 percent fewer calories to maintain a healthy body weight. If your dog is overweight, ask your veterinarian to help you devise a plan to tackle this problem.

### 2. Feed your dog a complete diet

Speaking of feeding your dog, be sure to choose diets that are:

- Nutritionally complete
- Of very high quality
- Appropriate for your dog's stage of life

Once you have a senior citizen on your hands, a diet that is higher in fiber and less calorically dense is usually the best choice. Multiple small meals may be better suited to your dog than feeding a larger meal once daily.

(Continued on next page)



### 3. Exercise with your dog

Get out there and exercise with your dog! Not only will exercise help burn calories, it will strengthen muscles, enhance circulation and improve your dog's heart and brain function. The activity you choose should be appropriate for your dog's level of strength and stamina. No weekend warriors allowed. Shorter, more frequent walks may be better than going for a five-mile run. Gradually build up the duration and exertion of your dog's activity level.

### 4. Keep your dog pain free

Speaking of exercise, be sure to take the steps necessary to allow your dog to be active. If arthritis pain is getting in the way, work with your veterinarian to find the right combination of remedies to allow your dog to be comfortable enough to exercise. There are a myriad of treatment modalities to choose from:

- Acupuncture
- Massage
- Underwater treadmill therapy
- Supplements
- Anti-inflammatory medications

The list goes on and on. Inactivity promotes a downhill cascade of events that is just about guaranteed to negatively impact your dog's longevity. Do what it takes to keep your favorite pooch from becoming a couch potato.

### 5. Consider the changes your dog is going through

As your aged dog experiences loss of hearing and/or vision, leash walks and closer supervision become a necessity. Prevent your canine senior citizen from encountering physical harm because of changes. Teaching hand signals at an early age will pay off as your

dog begins to experience age-related hearing loss. Doublecheck the whereabouts of your older dog before pulling into, or backing out of your driveway. Older dogs are less agile. Add to this deeper sleep and diminished hearing or vision and, without extra caution, a driveway tragedy can happen. (Unfortunately, such tragic accidents occur all too often.) Whereas youngsters can recover from broken body parts lickety split, such is not the case for older dogs.

### 6. Act fast when your dog seems sick

Act sooner rather than later when your dog isn't feeling well. Compared to young and middle-aged dogs, seniors have less physical reserve and are more prone to becoming compromised following a spate of symptoms, including:

- Lethargy
- Not eating
- Vomiting
- Diarrhea



Whereas a 24-hour "wait and watch" approach might be reasonable for the youngster with such symptoms, waiting this long with an older dog before contacting your veterinarian may have dire consequences.

### 7. Schedule more regular checkups with your vet

Even if you think your dog is perfectly healthy. Once a year is ideal for young and middle aged dogs. Switch to twice yearly exams for seniors. A head to toe physical examination, discussing how your dog is faring, and blood and urine testing (particularly if your dog is elderly) will allow your veterinarian to detect abnormalities early, prevent minor issues from becoming major issues, and outline a preventive health care plan for your beloved best friend.

Save at our  
Online Store

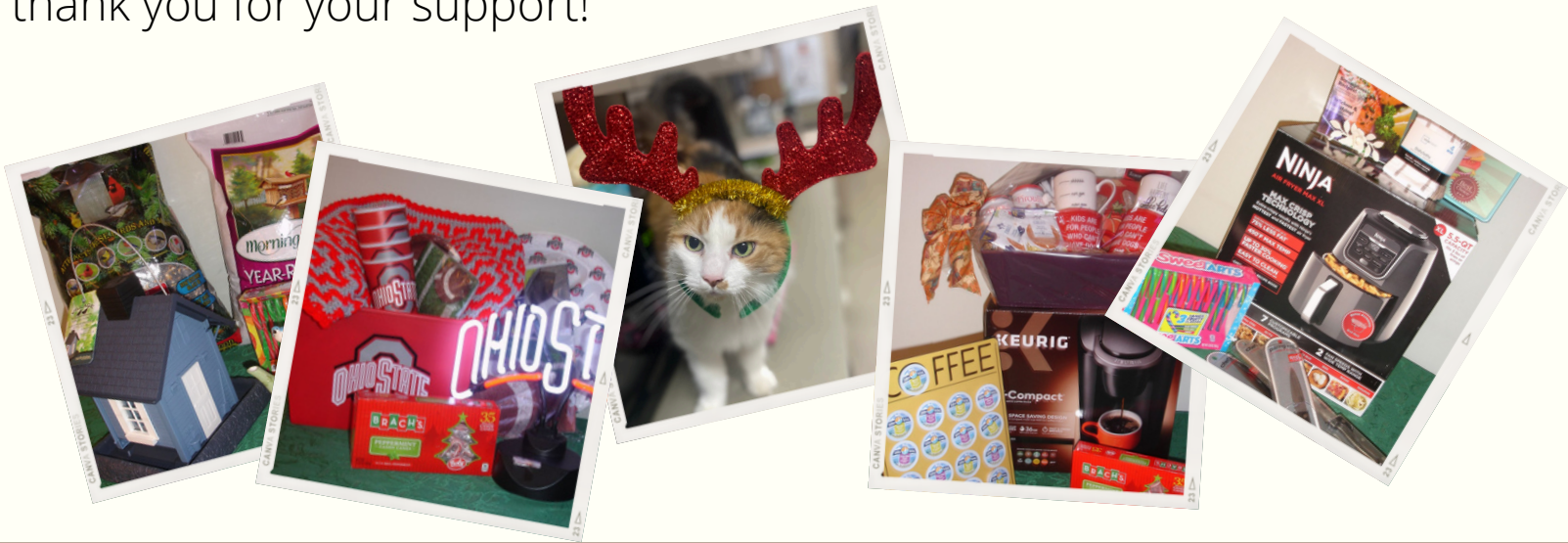


## ANGEL FUND VIRTUAL FUNDRAISER

We are once again holding a “virtual” fundraiser. This fundraiser will benefit our Angel Fund, which was created to help pets in need with treatable conditions that have no owner or have owners that cannot provide the needed treatment for the pet.

Raffle tickets for each item can be made with a \$1.00 donation. Choose which items you wish to win and checkout when finished. **If you donate \$30 or more and use code THANKYOU, you can save 10%.** The drawing will occur on Friday, December 17th around noon and winners will be contacted by phone and/or email.

Visit <https://acocangelfund.square.site/> to access the fundraiser and thank you for your support!



*Dog tags ring, are you listening? In the lane,  
snow is glistenin'.  
It's yellow, NOT white I've been there  
tonight, Marking up my winter wonderland.*



# Merry Christmas!

from all of us at ACOC!

