



# Planning for good health

## 1. Keep up with routine disease prevention -

Vaccination boosters, regular worming, flea and tick control.

**2. Keep up with Pet Health Insurance** - you'll need it later (typically a significant claim is made every 3 years per insured pet).

**3. Bad Teeth and Gingivitis** - Get the teeth cleaned and polished under anaesthetic regularly- preserve the teeth rather than waiting till they go bad.

**4. Obesity** - Overweight older dogs have less fun and live shorter lives. Slim down overweight dogs now.

**5. Behaviour problems** - Anxiety, aggression and nervousness can all seriously stress the older dog. These problems can be caused by thyroid problems, arthritis or mental confusion - we can improve or resolve many of these problems.

**6. Regular Health Check with the vet** every 3 months. 3 mo. to a dog is equal to 18 mo. in a human. Bring your older dog to the vet regularly to spot problems early.

Weight \_\_\_\_\_ Ideal weight \_\_\_\_\_ Date \_\_\_\_\_

### Notes

**Visit our website: [www.vet-healthcentre.co.uk](http://www.vet-healthcentre.co.uk)**

Pet's Name \_\_\_\_\_

# Top Priorities for the Older Dog (7 yrs +)



- HIGH QUALITY SENIOR FOOD** - We recommend **Hill's J/D Reduced Calorie Diet** - controls weight and keeps the joints healthy maintaining mobility in the older dog.
- VACCINATION** - against Parvovirus, Distemper, Hepatitis, Leptospirosis, Infectious Bronchitis (Kennel Cough) and Parainfluenza  
Annual booster injection essential, especially for older dogs.
- WORM 3 monthly** with MILBEMAX (tasty tablets).
- FLEA & TICK PREVENTION** is easy.  
Do it all year round! Treat all your dogs and cats!  
For dogs use **PRAC-TIC Spot-On** monthly  
Each application is 100% effective against fleas and ticks for a month.  
Cost for 12 months for a dog is £66 - £86 (depending on size of dog).
- TEETH CARE** - Expect dental problems in older dogs.  
Dental polishing under anaesthetic will be required every 1 - 2 yrs.
- WATCH THE WEIGHT** - For overweight dogs feed **Hill's R/D**.  
+ A regular check-up with our nurses will help you slim your dog successfully.
- NEUTERING** prevents many serious medical problems in older dogs - both male and female. It's worth doing at any age.
- PET HEALTH INSURANCE** - Do keep it up!
- ROUTINE BLOOD TEST and THYROID CHECK** for dogs over 10 years of age will detect treatable problems early.

**Veterinary Health Centre, Daisy St. Blackburn (01254) 53622**

Vets: John Davies MRCVS, David Higginson MRCVS, Sam Purcell MRCVS  
Practice Manager: Ruth Swan VN BSc(Hons) PhD

Oct. 2008@VHC

## Keep Healthy - Keep Active



☐ **Keeping your dog active** keeps the heart, lungs, muscles and joints healthy, helps to control weight, and makes life more fun!

☐ **Try to exercise your dog regularly** day to day, avoid overdoing it at weekends. Avoid stairs, many dogs are lame as a result of over-enthusiastic dashes down from the bedroom.

## Keep your pet comfortable

### ☐ **Grooming.**

Daily grooming refreshes and re-vitalises the body. Wet-wipes are ideal for freshening the face, feet and bottom.

### ☐ **A Comfortable Bed (and a good night's sleep)**

becomes more important as the years go by. Bean bags make excellent beds for older dogs, and **Vet-Bed** or a similar type of washable bedding helps rest ageing limbs comfortably.

### ☐ **Warmth**

With advancing age, a coat may be useful for winter walks.

### ☐ **Raised food and water bowls.**

Some older dogs with aches and pains appreciate feeding from bowls raised off the floor.

## YOUR DOG'S M.O.T.

### for your peace of mind

*We advise a routine blood test for all dogs over 7 years of age, repeated at 2 - 3 year intervals (which is equivalent to 10 year intervals in human years).*

### Same-day results for:

**Blood Biochemistry,  
Haematology, Chest X - ray,  
Thyroid hormone levels  
and Urine tests**

## Is your dog's behaviour a problem?

**Older dogs often suffer from anxiety, over-attachment, disturbed sleep or demanding behaviour.....**



*If stressed behaviour patterns of older dogs are not resolved then health will decline.*

◆ **Ask at reception for details of our behavioural services.**

## Regular check-up with the nurse

*To keep your dog in 1st class health we advise a check up every month or so with one of our nurses. The nurse will:*

- check your dog's weight, teeth and general health.
- check for early signs of age-related problems.
- advise you on feeding and guide you on routine health care of your older dog.

*Contact reception to arrange your dog's regular check-up.*



## If your dog is "slowing down" - help is at hand!



**Stiffness?** - A course of **Cartrophen** injections repairs arthritic joints and relieves pain. This increases mobility.

**Muscle Weakness?** - A course of **anabolic** injections will help increase muscle strength.

**Lethargy?** - **Vivitonin** and/or **Aktivait** increase alertness, mental activity and willingness to exercise.



## Dog walks down street....

- One flea jumps onto dog. Flea lays 1000 eggs that scatter around the house! Eggs form into adult fleas in ~ 2 - 4wks.
- One flea can result in 1000 fleas in 4wks



Wise pet owners prevent flea infestation by routine flea prevention with vet products that work and are safe.

- For Dogs use **PRAC-TIC Spot-On** monthly all year round. Each application is 100% effective against fleas and ticks for a month. Treat ALL your dogs and cats - all year round.