



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

Blank area for notes.

Visit our website: www.vet-healthcentre.co.uk

Pet's Name

Top Priorities for the Older Dog (7 yrs +)



HIGH QUALITY SENIOR FOOD -

Use **Hill's Science Plan Senior** - VET ESSENTIALS

from 7yrs of age. Quality feeding gives the best of health.

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).

INSECT PARASITE CONTROL - Monthly all year round.

To control Fleas & Ticks use **EFFIPRO Spot-On** monthly

To control Fleas, Ear Mites, Mange and many other parasites use

STRONGHOLD Spot-On monthly

Remember to treat all your cats and dogs all year round.

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.

Daisy Street Veterinary Centre, Daisy St. Blackburn (01254) 53622

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

June2011@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. Use **EFFIPRO Spot-On** or

Stronghold Spot-on monthly all year round.

Each application is 100% effective against fleas for a month. Treat **ALL** your dogs and cats - all year round.