



## Animal Wellness Veterinary Practice

Dr. Elaine Cebuliak & Associates

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# Your New Puppy - Starting off on the Right Paw

## Beds and personal space

Your puppy should have a bed of their own. Providing a mat or a crate that is your dog's personal space is important as it provides a safe haven for the puppy. Crate training can:

- Prevent damage if the puppy is destructive when they are investigating their environment.
- Help with the house training.
- Be a safe area for the puppy when you are unable to supervise your puppy.
- Enable the puppy to be a part of the family when they may otherwise have been put outside and been excluded.
- Help with future hospital stays and boarding.

## Feeding times

Most puppies need to be fed around three times a day. It is best not to leave your puppy alone when eating so they learn that having people around food is a good thing. Putting tasty treats into your puppy's bowl as they are eating will help your puppy look forward to people being around at meal times and help them become less protective of food.

## Your puppy needs to socialise

Puppies have a sensitive period of development called the socialisation period. It occurs from about 3-12 weeks of age and any experiences the puppy has during this time can affect later behaviour. A well-socialised dog is a dog that accepts other dogs and people without becoming frightened or aggressive. It may not necessarily want to interact with all other dogs or people but copes well with these situations. It is also important to expose your puppy to many experiences and things during this time in a non-threatening way so your puppy knows these experiences are just a part of normal life. Your puppy needs to learn to interact with other dogs and have contact with people other than your family, so take them with you when you visit friends. However, your puppy should be fully vaccinated before you take them out into public places to prevent disease such as distemper, hepatitis and parvovirus. Puppy Preschools@ are a safe way of helping to socialise your puppy and starting teaching them good manners.

## My puppy keeps crying at night

Your new puppy might cry at night when you first bring them home. You can help them settle in by providing them a comfortable warm bed of their own. Teach them to sleep in crate. Place a synthetic pheromone analogue diffuser near their bed to help them settle.

## My puppy chews everything!

One of the most common complaints new puppy owners have is that their puppy bites and chews everything including hands, shoes and furniture! Puppies explore the environment with their mouth so it is important to provide lots of safe, size appropriate chew toys. Change the toy daily to maintain interest.

## How can I stop my puppy biting me?

If puppy wants to interact with us they must learn not to bite. Puppies do not "grow out" of biting habits so what may seem cute and bearable in an 8-week-old puppy is definitely not when they have developed a full size set of teeth and powerful jaws.

One way puppies learn to inhibit their biting is by playing with other puppies. When one puppy bites the other too hard, play stops. No-one likes a bully! So the puppy learns if they want to continue to play, they must control their bite. We can teach puppies the same thing.

- Encourage puppy to chew in safe toys that can't be swallowed and cause damage internally.
- Fresh raw bones can help exercise their jaws and also keep teeth clean.
- Never allow your puppy to bite, chew or mouth you, even it seems to be in play.
- If your puppy does bite, walk away and ignore them, DO NOT PUNISH them.

- Using your hands and waving them around may excite your puppy so if they are biting it is best not to use your hands to correct the behaviour. Slapping your puppy may actually make things worse. It makes some puppies hand shy while others it actually encourages aggression.

### **How can I house train my puppy?**

- Puppies may not develop full bladder control until 20 or more weeks of age so be patient.
- Puppies develop preferences for toileting on particular surfaces when they are around 7-8 weeks old so take them to the surface you want them to use later.
- Puppies are most likely to want to empty the bowels or bladder when they first wake up, after eating and after play.
- The most effective way to house train your puppy is to take them out at these times, whenever they start to circle or sniff and also every few hours in between.
- Take them to the same spot and praise them profusely! Offer a tiny bit of food as a reward when they are finished.
- Never rub their nose in it or punish them later. Puppies only make an association if it is less than half a second after the act. If you do catch them in the act a sudden noise (that does not frighten your puppy) may help stop the flow. Then whisk your puppy outside and give them lots of praise and a tasty treat when they are finished.

### **Puppies love to dig in the garden!**

Make sure your puppy has lots of toys to occupy their time while you are out so they do not have to make up their own entertainment, for example, by digging in your garden. For the dog who has to dig, a digging pit, similar to a child's sand pit can be very useful. Bury their toys, bones or other tasty treasures there for them to find and it will occupy them for hours.

### **How can I train my puppy?**

By the time they are about 7 weeks of age, puppies can learn the same things as adult dogs. The only difference is they have shorter concentration spans and are clumsier as their motor skills are not as well developed. Puppies can learn to "sit", "stay", "drop" and "come" on cue very easily when food is used as a reward. These words are really just good manners for dogs. Think of "sit" as really meaning "please". Ask your puppy to earn attention or walks by sitting (saying "please") first. This will help them grow up to be well mannered. Teach your puppy to settle or be quiet on cue is also very important to help manage your new puppy. By using short, easy steps and lots of patience your puppy will quickly learn what is expected of them. Training is forever. Your dog needs to exercise their mind as well as their body so regular training is needed in addition to physical exercise so you have a well-behaved pet.

### **Training tips**

- Take time to spend 10-15 minutes each day training your puppy throughout their life.
- Each lesson should be short and fun and always finish on something the puppy can do easily.
- Daily leash walks when your puppy is old enough to go out are important to help them use up some physical as well as mental energy.
- Use rewards and remember - there has to be something in it for the dog. Dogs, like people, learn fastest when the reward is given immediately, is very desirable and given every time. Once your dog knows what you expect of them, they will remember what is expected longer if you reward them intermittently

### **More training tips**

- Be consistent in your training. If your dog is allowed to jump up sometimes and not at others, it is very difficult for them to learn what you expect of them.
- There is no need to shout if your puppy is disobedient. Their hearing is four times better than yours!
- Everyday try to touch your puppy all over. Look in their ears, in their mouth and clean their teeth so that they learn that these are tolerable, even fun, but certainly not frightening experiences. Reward them when they are relaxed. Remember, if they won't let you look in their ears when there is no problem it will make it very difficult for you to put eardrops in later.
- Touch their paws and practise giving them tablets daily so that when you need to give them tablets later if they are ill or injured they will accept them more easily.
- When doing anything with your puppy be positive and use lavish praise and reward.
- Most importantly, HAVE FUN and enjoy your new puppy!



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# Avoid Food Dyes & Toxins

Food dyes are one of the most widely used and dangerous additives. While the European Union has recently placed regulations on labelling food dyes to inform consumers of the health risks, Australia has no such requirement. Here are some of the most common food dyes used today, according to the Food Freedom Network:

### **Blue #1 (Brilliant Blue) (Also known as 133)**

An unpublished study suggested the possibility that Blue 1 caused kidney tumours in mice. Suspected carcinogen, linked to hyperactivity, asthmatics should avoid. Banned in Belgium, France, Germany, Switzerland, Sweden, Austria, and Norway. What it's in: Baked goods, beverages, desert powders, candies, cereal, drugs, and other products.

### **Blue #2 (Indigo Carmine) (Also known as Indigotine and 132)**

Causes a statistically significant incidence of tumours, particularly brain gliomas, in male rats. Suspected carcinogen, linked to hyperactivity, nausea, breathing difficulty, skin reactions, blood pressure problems. Banned in Norway. What it's in: Coloured beverages, candies, pet food, & other food and drugs.

### **Citrus Red #2**

Toxic to rodents at modest levels and caused tumours in the bladder and other organs. What it's in: Skins of Florida oranges.

### **Green #3 (Fast Green) (Also known as 143)**

Caused significant increases in bladder and testes tumours in male rats. What it's in: Drugs, personal care products, cosmetic products except in eye area, candies, beverages, ice cream, sorbet; ingested drugs, lipsticks, and externally applied cosmetics.

### **Red #3 (Erythrosine) (Also known as 127)**

Recognized in 1990 by the FDA as a thyroid carcinogen in animals and is banned in cosmetics and externally applied drugs. Suspected carcinogen, linked to thyroid abnormality, brain dysfunction, hyperactivity, light sensitivity. Banned in Norway. What it's in: Sausage casings, oral medication, maraschino cherries, baked goods, candies.

### **Red #40 (Allura Red) (Also known as 129) currently being petitioned to be banned in Australia.**

This is the most-widely used and consumed dye. It may accelerate the appearance of immune-system tumours in mice. It also causes hypersensitivity (allergy-like) reactions in some consumers and might trigger hyperactivity in children. Suspected carcinogen, skin rashes, hypersensitivity. Banned in Denmark, Belgium, France, Germany, Switzerland, Austria, and Norway. What it's in: Beverages, bakery goods, dessert powders, candies, cereals, foods, drugs, and cosmetics.

### **Yellow #5 (Tartrazine) (Also known as 102) currently being petitioned to be banned in Australia.**

Yellow 5 causes' sometimes-severe hypersensitivity reactions and might trigger hyperactivity and other behavioural effects in children. Linked to hyperactivity, skin rashes, migraines, behavioural problems, thyroid problems, and chromosome damage. Banned in Norway and Austria. What it's in: Pet foods, numerous bakery goods, beverages, dessert powders, candies, cereals, gelatine desserts, and many other foods, as well as pharmaceuticals and cosmetics.

### **Yellow #6 (Sunset Yellow) (Also known as 110) currently being petitioned to be banned in Australia.**

Caused adrenal tumours in animals and occasionally causes severe hypersensitivity reactions. Suspected human carcinogen, allergies, hyperactivity, upset stomach, skin rashes, kidney tumours, chromosomal damage. Banned in Norway. What it's in: Colour bakery goods, cereals, beverages, dessert powders, candies, gelatine deserts, sausage, cosmetics and drugs.



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# Common Household Toxins

## Coal Tar Driveway Sealant

If you're looking to seal your driveway, you may not have considered safety. Coal-tar sealants "... contain polycyclic aromatic hydrocarbons, or PAHs, which studies suggest can be toxic, causing cancer or other genetic mutations in your body. When rainwater and other precipitation hit your driveway, the toxic chemicals run off into your yard and into your local drinking water supply." Pets walking on wet drive ways, licking their paws or drinking from puddles will be put at risk.

**Alternatives:** Gravel, so that rainwater can seep through your driveway and into the ground safely and naturally. However if your paved driveway needs to be sealed, simply make sure that it is not coal-tar based. The bigger stores have already banned them, but be sure to read the product in order to be safe.

## Synthetic Pesticides

Be it for insects, weeds, fungus or moulds, pesticides are designed to kill something. Our dogs are at risk simply due to their proximity to the application of them.

**Alternatives:** Cleaning up food and crumbs from the floor and sealing food in storage should avoid most interior pests. Take a walk around your home and seal any entry points to also help to protect your home. For a healthy green lawn, research organic solutions to lawn maintenance. Healthy grass has deep, thick roots that choke out weeds naturally. Or consider an alternative to lawns altogether by planting native flowers and plants. Choosing native plants generally means less maintenance as they are best suited to your area by their very nature.

## Harsh Cleaning Products

It's a contradiction in terms to "clean" something with toxins that may trigger asthma attacks, cause cancer and skin irritation. Is it really clean if you had to wear gloves to place it on a surface? Your dog won't have a choice while he's walking around.

**Alternatives:** Vinegar! 1:9 ratio to water will kill 90% of bacteria and many spores. Increase the ratio for cleaning glass to 1:1. It dries to a lovely shine and is completely safe for your pets to come into contact with. Keep in mind that a sterile home is NOT a healthy home. Healthy people and healthy pets with healthy immune systems can fend off any threats naturally.

## Food Storage

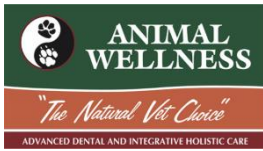
Bisphenol A, or BPA, is a hormone disrupting chemical linked to male infertility, diabetes and heart disease. Canned food, plastic storage or feeding bowls can leach BPA into your dog's food or water. While it's been banned from children's products, pet products are slower to change.

**Alternatives:** Stainless steel feeding bowls and glass storage containers will protect your pets. They're also environmentally friendly!

## Synthetic Fragrances

Chemical fragrances can be found throughout every home and almost every product. While everyone loves a "fresh scent" that chemically induced scent is dangerous. Chemicals used are known to be carcinogens, endocrine disrupters, and reproductive toxicants, even at low levels.

**Alternatives:** Always select unscented. In the end, general household cleaning and good ventilation will win out every time.



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# Natural Flea Control

Some pets in Queensland suffer a miserable life with blood loss, irritation, and allergy caused by fleas. It is an unfortunate battle that nature (the fight of the flea versus pet) allows due to humidity and high temperatures of our environment. Fleas suck blood and can make a dog anaemic from blood loss, and even kill your pet. They also carry tapeworm so you need to remember to worm for that.

For dogs, we recommend **Panoramis** once a month all wormer with control for fleas in the flavoured chew form, given with a meal. This prevents any eggs the flea may lay from hatching, and therefore prevents an environmental problem from occurring - as remember, the fleas you see are only 5% of the problem! Immature flea stages in the environment represent 95% of the population. We find this works better than other topical spot-on treatments that contain older, less effective drugs and may kill some adult fleas at first but lose their effectiveness over time and can be easily misapplied or washed or rubbed off. **Panoramis** once a month treats **fleas**, intestinal **worms** and **heartworm**, so it's very handy.

In addition to Panoramis, topical Permethrin sprays (such as **Permethrin**) used regularly should keep out any build up. They are economical and also prevent ticks (which is the one thing Panoramis does not do!). We recommend a spray before walks, this should ensure your dog never brings any unwanted "frenemies"!

**If you have cats**, however, **permethrin** products **cannot be used**. In this case we recommend a spray with Pyrethrins such as **Fido's Free-itch Rinse concentrate**, along with a monthly treatment such as **Advocate**, which prevents intestinal worms and heartworm as well, or **Advantage**. Top spots, applied correctly, tend to be more effective on cats due to their small size, meticulous grooming habits, and because they are not washed off in the bath.

**NEWS FLASH:** some vets in the USA are using the Comfortis drug from hardware stores- spinosad- topically, as in gardening sprays- but physically onto the dog/cat it is much cheaper and also effective! The topical dose I've been using is a ridiculously small fraction of the oral dose used in Comfortis et al., so I think the risks would be comparably small with topical use. Here's a comparison:

- The recommended oral dose of the Comfortis chewable tablet for a dog who weighs 40-60 lb is 810 mg spinosad (30 mg/kg).
- The dose I've been using topically to great effect on my 50-lb dog works out to be about 0.075 mg spinosad (really; it's that low).

(I add ½ tablespoon of the 0.5% spinosad garden insect spray to 1 cup warm water, and spray or sponge it onto the dog's coat. For a short-coated, 50-lb dog, 1 cupful is more than enough for 1 treatment, which lasts a full month.)

I'm not careful to avoid the spinosad (diluted or concentrated) contacting my skin when I use it on my dog or my garden. The only downside I've encountered is that it causes mild and brief irritation on fresh cuts or scratches. I'm assuming it does the same on fresh flea bites or abrasions. The irritation doesn't persist; I just mention it as a possible downside to topical use.

These are the safest and most effective synthetic treatments. However if you wish to avoid any chemicals at all, you can try these natural alternatives. Many of them are quite effective but you must use them in combination to treat all areas of your house, yard and pet, and be diligent about doing them regularly - especially when the weather is hot and/or humid. Be warned, you may still need to use a monthly treatment in addition to keep the fleas at bay.

If you have an infestation, we recommend doing as many of these things as you can, in **addition** to our recommended monthly treatments for your pet, for at least three months to rid your home of any traces of fleas at all lifecycle stages. We have put an asterix \* beside the ones that we think are the most effective, easy and nontoxic ones that we recommend for everyone to do.

- A **Flea comb** with tight tines can help you identify if there is a problem, do this daily and "jump on" those fleas before they get away on, or jump on, you!

1. **Rosemary Flea Dip:** Steep two cups of fresh rosemary in boiling water for 30 minutes. Strain the liquid, discard the leaves and add up to a gallon of warm water depending on the size of your dog. Wait until it cools but is still warm and pour over your dog until he's soaked. Allow your dog to dry naturally. Works especially well on hot summer days.
2. **Lavender Essential Oil:** Wash your dog thoroughly and towel dry. Apply a few drops of lavender essential oil to the base of the tail and another at the neck.
3. **Brewer's Yeast:** Add a small Brewer's yeast tablets to your dog's food. Much like prescription meds (but much healthier), this is excreted through Fido's skin making him less attractive to fleas. Check with your veterinarian for the proper dosages depending on weight.
4. **Apple Cider Vinegar:** A spoonful of this stuff added to your dog's water makes their skin more acidic and not-at-all tasty to fleas. If apple cider vinegar is not your dog's cup of tea, you can dilute it 50/50 with water, pour into a spray bottle and use as a repellent.
5. **Lemon Spray Repellent:** Cut a lemon into quarters, cover with boiling water and let it steep overnight. In the morning, spray all over your dog, especially behind the ears and around the head generally (be careful of his eyes), around the base of the tail, and under your dog's legs. Cinnamon, Lemongrass, sesame oil and castor oil blend with water have been used effectively.
- \*6. **Treat your carpets** with a special anti-flea mineral salt, usually **diatomaceous earth** or **borax** (usually available from your supermarket in the laundry section), but wear a mask when you do this. Occasionally (once or twice a year) sprinkle natural, unrefined diatomaceous earth (which kills insects) along your walls, under your furniture, and in cracks where you cannot vacuum, but not directly on your animals.
- \*7. **Use sprays or powders containing pyrethrins or natural pyrethrums**, which are the least toxic of all insecticides used on pets. Permethrin is the synthetic equivalent, very safe for dogs but Do NOT use on cats.
8. **Try all-natural, preservative-free foods** that are good remedies for or preventers of fleas – i.e. makes the dog's blood unpalatable: along with brewer's yeast, try zinc, and barley grass concentrates. Check with your veterinarian regarding the proper dosages depending on weight.
9. **Natural repellents do exist.** Essential oils such as citronella, tea tree, wintergreen, and eucalyptus have been shown to work especially on the ground and in a **\*\*Steam Mop**, which can fry the flea eggs on the ground. (This can also be used without the essential oils and will still be effective.\*\*\*) Some of these essential oils applied on a cat can make the cat quite ill. Purification Young Living essential oil plus Lemon oil 10 drops of each in 200ml of a vodka/water mix spray shake well and spray daily has been reported to be safe and effective. A mixture of the following may be made into a spray:
  - **Lemongrass oil** –When formulated into a spray for pets, promotes a shiny, healthy coat, and helps repel fleas, ticks, and mosquitoes.
  - **Cinnamon oil** – A versatile essential oil widely used in the household. It is an effective environmentally-friendly ingredient that helps deter mosquitoes, fleas, ticks, and other pests from attacking your dog or cat.
  - **Sesame oil** – A rich, almost odourless oil derived from tiny sesame seeds. When combined with other essential oils it helps protect against pests and promotes the health of your pet's skin and coat. Beware of Sesame seed allergies in some owners! Do not use this oil if there is contact with people who have nut allergies.
  - **Castor oil** – Castor oil has been used for years by veterinarians. When combined with other oils, helps to repel a variety of pests.
- \*10. **Vacuum all surfaces** where fleas and eggs may live, and wash blankets & sheets in **hot water**.
- \*11. **Liberally sprinkle salt and lime** on your lawn and in particular any dirt areas you may have e.g. under the house, and anywhere that is damp - this is flea breeding heaven! This will dry out the eggs and kill off the larvae that can lay dormant for many months. They work a treat, especially lime, which you can buy from any garden shop. You can buy a big bag of pool salt from a pool supply shop.

- 12. If you find you have fleas inside the house** (this one sounds funny but works to a degree - and can be fun!), steam mop the floors with lemon water/citronella/or eucalyptus the night before and then have someone **stomp around** in gumboots first thing in the morning. Everyone go out - including animals - and that evening many of the fleas, which had hatched because of the vibrations, will be dead because they were unable to find a host to get a drink of blood from and will have been coated with the insecticidal action of the aromatherapy.
- 13. Our clinic has a superior range of essential oils** that can be dispensed for adding to a spray on product for cats and dogs. We recommend making up your own lemon water 1 lemon cut up and steeped in 500 ml of boiling water strained overnight, and add our mix of Lavender blend 1 ml to this. Unfortunately you will need to spray this lightly daily, which is not as easy as the spinosad Comfortis tablet given monthly or as effective but perhaps is manageable once the flea population has declined.

## Control of Fleas in Pets using Essential Oils

*By Tonia Werchon BVSc. Dip. Herb Med.*

### “Grow Fennel near the Kennel” is a wise old adage.

A pillow made of dried herbs such as feverfew, lavender, rosemary, pyrethrum, rue, southern wood, tansy, pennyroyal wormwood, quassia chips, neem leaves, parsley seed heads and bay leaves is comfortable and can be refreshed with a few drops of lavender, lavender spike, or eucalyptus or tea tree oil. Ideally it should be changed every three months. Bedding can also be washed in eucalyptus or lavender oil (15 drops in the last rinse) and allowed to dry in the sun.

### Washing

Remember to take care with toxicity and note the low mass to large body surface area in the cat. To 300ml of any gentle shampoo or castille soap add:

**FOR DOGS:** Up to 30 drops of mixed essential oils:

Lavender 10 drops + Eucalyptus 5 drops + Rosemary 5 drops + Cajeput 5 drops + Pennyroyal 5 drops

**FOR CATS:** Up to 20 drops of mixed essential oils:

Lavender 15 drops + Orange 5 drops (**NB: Not Pennyroyal, NOT Citronella! Toxic to cats!**)

**Rinses** to discourage fleas and improve coat:

**Light coats:** Chamomile tea and juice of 1 lemon

**Dark coats:** Rosemary, walnut or bay leaves boiled in water, let cool add 1 tablespoon cider vinegar  
Groom over newspaper and burn to dispose

**Home-made flea collars:** These are not effective as fleas will move towards the tail area.

**Flea Repellent:** Mix: 10 ml grapeseed or almond oil, 10 drops lavender, 5 drops cedar wood or geranium. Use 1-2 drops only, massaging into coat twice a week.

### Vinegar and Essential Oil Mixes:

#### CATS:

**Recipe 1** - 1 tsp cider vinegar ~ 2 drops lavender ~ 2 drops cedar wood

**Recipe 2** - 1 tsp cider vinegar ~ 2 drops lemongrass ~ 2 drops eucalyptus

**Recipe 3** - 1 tsp cider vinegar ~ 3 drops spearmint

**DOGS:** - 1 tsp cider vinegar ~ 2 drops eucalyptus/or lavender ~ 2 drops tea tree ~ 2 drops patchouli/ or lemongrass

**Carpets:** Vacuum with a powerful vacuum cleaner once a week. Mist the carpet before vacuuming with 50 drops of lavender, eucalyptus, or eucalyptus citriodora in 300 ml water. Shake bottle well to disperse oils.

**Polished wood floors:** Mop over with damp mop dipped into an emulsion of 60 ml lemon juice 60 ml olive oil 30 drops lavender oil. Note: this will sedate occupants as well as fleas! ;)



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# Bone Chewing and Dental Home Care

*Animal Wellness: The Natural Choice! Dental and Holistic Veterinary Referral Practice*

## Why Is It Necessary to have "clean" teeth?

The biofilm that forms on the enamel surface of the tooth contains plaque; a glycocalyx of bacteria and a sticky glycoprotein that tenaciously grows upon itself, like a snowball. If this is not mechanically debrided by chewing adequately textured foods, or by tooth brushing, it becomes mineralized with the magnesium, calcium and phosphate ions present in saliva. This becomes calculus, commonly referred to as tartar. The bacteria and their toxins produce gingivitis, or inflammation of the gums, which is reversible with increased oral hygiene. If left unchecked it develops into **Periodontitis** which is: The single most common affliction of pets greater than 3 years of age 90% pets >6yr.

## Periodontitis (PD) is:

**The cause of systemic illness** - many people think that their pet is "just getting old" when in fact it is suffering chronic ill health. A transient bacteraemia occurs when the (PD affected) pet bites or nibbles its fur, chews a bone, picks up a ball, or even swallows water. This will last for approximately 15 minutes and will be acted upon by the RES (reticuloendothelial system) to clear up the bacteria. Up to 15-20 thousand microbes per ml of blood locally are directly pushed into the blood stream. This will seed micro abscesses in the heart valve, liver, vertebral spine (spondylitis) kidney and other organs.

This will also cause a reduction in blood sugar (the bacteria metabolise this) and the animal will feel unwell, feverish intermittently, (often the cause of "FUO" or fever of unknown origine) and lethargic.

**Progressive** - If left unchecked the disease progresses. It is self-perpetuating but episodic. The sulcular debris continue to release cytokines, complement is released by inflamed tissue, which attracts the cellular army of lymphocytes and neutrophils to phagocytose the debris and some of the inflamed tissue and the cascade continues to cause an increase in the depth of the periodontal pocket.

## Treating Periodontitis involves:

Scaling subgingival pockets and removing supra and subgingival calculus & Polishing teeth and gingival junction roots & interceptive orthodontics, exodontics where appropriate for crowding or furcation exposure, periodontal surgery, perioceuticals, Guided Tissue Regeneration, endodontics where pulpal involvement occurs and restoration of the coronal (crown) surface.

**Oral pain prevents chewing & self-cleaning; fractured teeth need repair (endodontics) or removal.**

## Do Bones Provide Enough?

It's important to be informed that clients cannot rely on bone chewing alone to clean all the surfaces of their pet's teeth. The ability of the pet to do this will depend on the anatomy of his/her mouth, the type of bone being offered, and the particular eating methods of the pet. Small dogs with rotated teeth, for instance Pekingese or Shitzu's will not adequately have a scissor action when they close their mouth.

## A Dental Prophylaxis EXAMINATION is:

A check for 'hot spots' that may not self-clean, particularly in an Orthodontically challenged mouth (e.g. 'undershot/overshot'), areas of persistent deciduous teeth, or a mouth that has crowded or rotated teeth. The problem areas in mouths vary from pet to pet. As a rule it is important to check the labial (outer, or lip) surface of the upper canines, the upper third and fourth Premolar, upper back molars (you need to really LIFT THE FLAP backwards for this!), and the lower molars.



## How deep are your pockets?

An explorer tip to feel for secondary dentin versus exposed pulp, plus root surface calculus and furcation involvement and periodontal probing/measuring depth of pockets is essential after a thorough dental prophylaxis ("prophy"):

## TOOTH BRUSHING REMAINS THE GOLD STANDARD FOR HOME CARE!

### What Advice do I give my client?

If home care is not in place all your efforts of dental prophylaxis are temporary. The pet's dental hygienist; Vet tech, nurse or Veterinarian can show you an individualized and correct tooth brushing technique for your pets. Often a general anaesthetic is necessary to be accurate in the assessment, as a periodontal probe will be required to measure periodontal pocket depths. This can be combined with the preliminary Scale, Polish and Prophylaxis. After examining the pets' dentition, the client will need to be informed about supplementary brushing of particular areas. If these are too difficult for the client to keep clean (e.g. furcation involvement of upper molar or premolar teeth in otherwise sound immobile structures) the pet may be better off having an extraction, or periocutaneous placement of an antibiotic gel.

### Other methods of home care include:

CET enzymatic chews, Royal Canin dental diets, Greenies, Kong chew toys, Tug toys, carrots, celery sticks, apples, Maxiguard oral gel. However the client should supervise the use of these.

### Teaching the 'Brush off'

Many pets require a prophylactic dental scale and polish under a general anaesthetic before the client can begin to provide helpful tooth brushing. It is not possible to brush away deposits of calculus, and pets with painful mouths will not allow a toothbrush anywhere near them.

The system of praise and food treats needs to be employed as positive reinforcement to make the learning experience work. It is pleasurable for the animal to have a clean mouth and most pets will look forward to their tooth brushing time, requiring very little persuasion.

Be regular. Once or twice daily is often necessary, set up a routine. Begin slowly with only one or two teeth, or even starting with the pet licking the toothpaste off the brush or finger stall. Reward. End positively with praise.

Make an associated location, e.g. on top of the washing machine. Use an associated word with praise, e.g. "tooth-time" and lots of pats, treats "good tooth-time" in the higher pitched happier voice. Praise lavishly. Use tasty food rewards liberally, liver Jerky snax, pate', freshly cooked chook pieces, cheese. Use a finger stall brush with pleasant tasting tooth paste for animals - human ones 'burn' the mouth, are unpalatable for pets, and are meant to be rinsed out.

Graduate to a small head toothbrush to reach the distal teeth surfaces after 2-3 weeks. It may not be necessary to open the mouth, often only the lateral (buccal) areas require brushing.

## Plaque Comes Back!

### Three Free

Make sure you Praise the client's efforts for looking after their pet, or they will soon lose interest! I give three free oral hygiene rechecks, usually spaced 1 week after the dental prophylaxis, then 1-month, then 2- months. These can be performed by a well-trained nurse. By the third visit the client is generally switched on, but if not, is extremely apologetic and may request a future dental prophylaxis to get them up to speed again. Do you visit your Dentist only every 14 years?

### Regarding Bones

It is interesting to note that there is a large cultural bias regarding the Subject of bone chewing for pets. In the United States, a country more litigious than Australia, many veterinarians actively discourage feeding bones. Are bones harmful? Bones have been implicated in causing:

Pancreatitis – especially common in overweight animals. The marrow of the bone, and some parts on the outside represent 99% fat. Many dogs have sedentary lifestyles and cannot tolerate this heavy fat intake. It is important to trim off the fat and not feed bones that are sliced open by the butcher to allow access to the marrow. Pancreatitis and liver upsets can occur from overzealous ingestion of the fat.

- Bones can get wedged in the top of the palate.
- Bones can break the carnassial (upper premolar 4) of the dog's top jaw.
- Chop bones can get wedged, causing pain, periodontitis, and fracture the lower teeth.
- Bones must NEVER be cooked, as they can lodge in the intestine, stay undigested and cause constipation, perforation, peritonitis and death.

### **The 'Useful Chew'**

**Feed bones that have cartilage and sinewy meat and soft, cancellous (chewy) bone. Throw the bone away after a suitable time period** - this varies for each individual dog, when the chewing has taken off the meat and cartilage. If your dog doesn't have appropriate chewing behaviour (e.g. some Bull terriers and Labradors) you must be extra vigilant. Most of our pets are overfed; remove all the fat first. Helpful tips for removing the bone include taking the dog for a walk or otherwise distracting it to come inside the house or play ball/toy.

Therefore we recommend careful assessment of each individual and each animal for their ability to handle bones. Be forewarned of some inherent dangers.

1. Do not give cooked bones
2. Cut off fat
3. Supervise bone chewing, removing bone after the 'useful chew' stage
4. Choose the appropriate size for the dog/cat
5. Choose bones with cartilage and sinew
6. Do not give chop or split shaft bones
7. Have the vet perform a baseline anterior abdominal palpation and serum lipase and amylase for suspect pancreatitis patients

*Happy brushing!*



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# How to Cure Nuisance Barking and Noise Complaints

Barking dogs are the biggest form of noise complaints in any neighbourhood. It may not be your dog; it could be the dogs in your neighbourhood. Here are a few suggestions on how to reduce barking dog noise to an acceptable level

## Why Do Dogs Bark?

As pet owners, we tend to think of dogs excessively barking as an annoyance, but there are various reasons why dogs bark as well as using several different types of barking to communicate their meaning. Here are the most common examples of barking:

**Anxiety:** Dogs with high anxiety levels may bark when they are left alone or have fear of loud noises like fireworks and thunder.

**Attention-seeking behaviour:** Dogs may bark for interaction when you are engaged in another activity, such as working on the computer or interacting with people.

**Territorial aggression:** Dogs will bark at windows, fences, people, other animals and cars that go by.

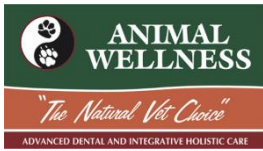
**Resources:** Dogs may also bark when they are in need of resources such as food, water or need to eliminate.

Excessive barking can be considered a nuisance—especially from your neighbours! Knowing why your dog is barking is key to modifying the undesired behaviour. Partner with your veterinarian or an animal behaviourist to help determine the cause of your dog's vocalizations and determine the best approach to behaviour modification. Positive reinforcement is always the preferred method of behaviour modification, which includes distracting your dog while he is barking with a treat or praise, or through clicker training, which is a small noisemaker used to reinforce a desired behaviour. The use of bark collars is not recommended as this may cause the dog to become fearful and may initiate other undesirable behaviours.

## 5 Easy steps to help reduce barking dog complaints:

1. **Look at the reason the dog is barking** and take note of the time of day. This will give you a good indication as to the cause. You may be able to remove the cause or leave the dog in an area away from the cause.
2. **Entertain and Distract** - A dog at home alone will need to be kept mentally active.
  - Why not scatter your dog's biscuits across the lawn. It's going to take a bit of time to find breakfast, and he will most likely keep looking and not start barking.
  - Rotate a group of toys to keep them interesting and unique
  - Create a sandpit or shell and bury some toys for your dog to find
3. **Try blocking off the dogs view** of the street or put up a barrier to move the dog away from streets or footpaths.
4. **Engage the services of a home dog walker** for a 'lunch time play time'. A friendly neighbour may be willing to pop over to have a pat. Introduce your dog to the neighbours so your dog is familiar with them and the strange noises they make.
5. **Barking dog products.** Speak to a specialist about products for retraining barking habits.
  - Citronella, sonic, static and vibration collars all differ in the way they work. Each dog is different, and so is the reason for the barking so getting the right advice is essential.
  - That Barking dog next door....there are products available to help control barking dogs next door or around the neighbourhood. The **Out Door Sonic Bark House** uses an uncomfortable high pitched noise to distract the dog from barking.

For more information please call the clinic, tell us a bit about your dog and the barking issue and our behaviourists will see what they can suggest will help.



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# Destructive Chewing Prevention Tips

Dog chewing is a completely normal behaviour, but destructive chewing is inappropriate, and needs to be quickly stopped. In this article you will learn why dogs chew, whether you have a puppy or an adult dog. Prevention really is your best option, and you will find the top tips here. Lastly you'll learn the most important holistic veterinary remedies to quickly stop your dog's chewing fast.

Most every dog chews; this is first seen in puppies who will soon chew on their mother after drinking. The mouth is a key sense organ for your dog, and they use their mouth similar to how children sense the world with their hands. The problems arise when dogs chew shoes, clothing, and parts of your house. Causes of destructive chewing include teething; as puppies lose baby teeth, and have adult teeth emerging they will chew in response to the discomfort. Separation anxiety is often shown with destructive chewing. This is excessive anxiety that your dog experiences in response to you leaving, and the resulting anxiety overrides their training, resulting in damage to your home. Noise phobia, such as what happens to some dogs with thunderstorms, can also result in destructive chewing.

Prevention is the preferred option for most dog behavioural problems, such as dog chewing. If you have a puppy, enrol in a basic dog training class, learning basic commands. Your pup will learn commands such as 'leave it' or 'out' – they need to know what is OK to chew on and what isn't. Ensure that your house is puppy proofed, meaning that loose clothing, shoes etc. are out of reach of their mouths. The basic point here is to avoid problems, and set them up for success. Provide several chewable toys, and rotate them weekly. One of my favourites is a Kong toy, filled with peanut butter and frozen. This keeps my dog entertained for hours.

If prevention is not working, then you need to be considering specific options to be treating destructive dog chewing at home. Bitter Apple is a safe, non-toxic repellent spray. Place it on your couch or shoes. Tabasco sauce is another effective repellent, as some pets will even lick bitter apple.

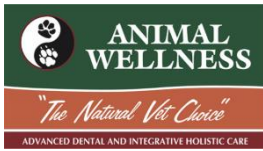
If the chewing cannot be controlled then confine your pet. Dogs often feel more secure in a small, more confined space. Begin by only leaving your pet for a short time, no more than 1 hour, gradually increasing the time away. The maximum time should be 4 hours.

T-Touch is a specific type of massage which can calm your pet. Tracing circles on their tail, mouth and ears each day has a surprisingly calming effect. We have often used a form of this to calm nervous animals in the exam room – the ear tips are especially sensitive.

Rescue remedy has been safely used by thousands of dog owners, and it may help your dog. It is a Flower essence, and easily applied by putting 4-6 drops in your dog's mouth prior to leaving, or adding to your dog's water.

Valerian is a herb which has helped for dogs with separation anxiety and destructive chewing. It may decrease excessive chewing from your pet, but it must be given for 2 weeks. The dose is 50 mg per lb of the dried herb or 1 drop per lb of body weight twice daily of the extract.

Dog chewing can be a serious dog behavioural problem, but there are a number of things that you can do at home to both prevent and treat it. Remember that it is normal for your dog to chew, but they need to learn the boundaries of what to chew and what not. Start with basic dog training, puppy proof your house, and give appropriate chew toys. Consider the use of a dog kennel combined with training. Lastly look at some of the suggested holistic options for dog chewing and anxiety, such as T-touch, Valerian, and Bach Rescue Remedy. ~Dr Andrew Jones, DVM



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# Turmeric

## Health Benefits: Reduces Inflammation

Turmeric is a kitchen staple in India, found in just about every dish that crosses the table — a fact that has not been lost on researchers, who observed 30 years ago that the incidence of chronic illnesses among people in India is significantly lower than in most Western countries, especially the United States.

Turmeric owes its preventive and curative characteristics to its active ingredient curcumin, a compound so diverse and powerfully rich in antioxidant and anti-inflammatory actions that thousands of studies have shown that it protects and improves the health of virtually every organ in the body. Turmeric's powerful properties help prevent oxidation and the resulting chronic, low-grade inflammation that has been shown to trigger or advance many of the diseases of modern life.

In fact, wide research shows that turmeric, taken as supplemental curcumin, is as effective and, in some cases, even more effective than pharmaceutical drugs — without their side effects. Recently, my colleagues and I compared curcumin with anti-inflammatory and pain-killing medications. And we compared curcumin with cancer drugs, testing those agents for their effectiveness in reducing inflammation and stopping the proliferation of cancer cells. Curcumin proved to be more effective at reducing inflammation than over-the-counter aspirin and ibuprofen, in addition to being effective as the more powerful prescription drug Celebrex. It also proved as effective in thwarting breast cancer cells as tamoxifen, a drug widely used to stop the spread or recurrence of breast cancer. These results are nothing less than astounding.

“If I had only one single herb to depend upon for all possible health and dietary needs, I would chose the Indian spice turmeric,” says David Frawley, PhD, founder and director of the American Institute for Vedic Studies in Santa Fe, N.M. It is a spice, he says, and that everyone “should get to know and live with.”

Turmeric is the only readily available edible source of curcumin, so try to consume it as much as possible.

## May also help prevent and treat:

Acne, allergies, Alzheimer's, arthritis, asthma, cancer, cholesterol problems, colitis (inflammatory bowel disease), cystic fibrosis, depression, dermatitis, type 2 diabetes, eczema, eye infection, flatulence, gallbladder disease, gout, gum disease, heart disease, high blood pressure, itching, liver disease, macular degeneration, obesity, pain, Parkinson's disease, pollution side effects, psoriasis, rash, scleroderma, stroke, wounds.

Read more: <http://www.care2.com/greenliving/5-spices-that-do-amazing-things.html#ixzz1jF5zZP6P>



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# Natural Diet

## Freshness

You can feel "life" in food that is fresh. Natural enzymes, probiotics, antioxidants, vitamins and minerals in their most natural state (therefore more digestible and easier to assimilate) can be found in fresh food. Remember, the less heat-processed the food, the more likely it is that the nutrients will be preserved in their natural state by the time we feed it to our dogs. Because of this, many veterinarians now advocate feeding our dogs fresh raw foods over commercial dog kibble. If you look at the freshness scale below, you will understand why:

### The Freshness Scale:

1. Home prepared diet (preferably raw)
2. Frozen raw food diets
3. Freeze-dried and dehydrated foods
4. Canned foods
5. Dry kibble

However, it is understandable that not every dog parent has the time (and the inclination) to prepare home-made food for their dogs every day. Don't feel bad if you cannot cook for your dog - it's OK! There are other choices. For example, if you feed your dog dry kibble, you can still add fresher foods such as fresh or frozen raw food and bones, or fresh cooked meat, healthy table scraps, freeze-dried or dehydrated foods, and even canned food to enhance the quality of the overall diet.

## Variety

Another important point to remember is "variety". Just as we eat a variety of foods every day, so should our pets. A more diverse diet is far more likely to provide complete nutrition than a "formulated" diet fed over and over again. Not only will our pets get tired of the food, but also, more importantly, eating the same food repeatedly over long periods of time can contribute to the development of food sensitivities and allergies. It is important therefore to add different varieties to your dog's foods regularly.

## Main Ingredients in Natural Diets for Dogs

The most important thing to remember when planning natural diets for dogs is to provide the right mix of nutrients. Although each individual dog is different, as a general rule of thumb, each meal should be made up of:

- One-third protein
- One-third vegetables

This schedule changes to 2/3 protein, 1/3 veggies (no grain) if the dog is obese. More herbs and supplements are added for specific diseases, and chronic illness such as arthritis or cancer. Raw meaty bones that are low in fat--are added for a 10 minute chew period daily.

## Sources of Protein

Meat is a rich source of protein and is also rich in many other nutrients beneficial to dogs. Many holistic veterinarians often recommend feeding our dogs these meats:

- Beef, chicken, turkey, pork, lamb

When serving meat to your dog, larger chunks are better for chewing and tearing. The process can naturally clean their teeth. Obviously, if your dog has dental problems or is older, you may want to cut the meat up into smaller chunks. Whenever possible, feed more than one kind of meat in a meal. For example, include muscle and organ meats, or use different cuts of meat. Also, if possible, use organically raised or chemical-free meats. Besides meat, other sources of protein include:

- Eggs, tofu, cottage cheese, fish

## Vegetables

Some people have the misconception that dogs are carnivores and as such do not need to eat vegetables. In fact, dogs are "opportunity eaters" - besides meat, they can and do eat other foods such as veggies. Dogs like vegetables, especially those that have a sweet taste. Vegetables are great sources of vitamins, minerals and dietary fibre. Also, as most vegetables are low in calories, they can be added to your dog's diet in modest quantities without adding too many calories overall. Some vegetables can be fed to your dog fresh and uncooked, while others have to be cooked to help your dog digest them properly. The following vegetables do not have to be cooked. They are best served blended or pureed since that is the way they would be found in the wild diet (from the stomachs of dead animals):

- Alfalfa sprouts
- Beets
- Bell peppers
- Carrots
- Celery
- Fresh corn
- Cucumber
- Zucchini

\* Occasionally, you can give your dog a whole unpeeled and uncooked carrot to chew on. It is good for the teeth and gums. On the other hand, these vegetables should be cooked before being fed to your dog:

- Broccoli, cauliflower, green beans, peas, potatoes

## Grains

Whole grains provide the carbohydrates needed to fuel your dog's brain and muscles. In addition, they are rich in vitamins and minerals, and they are inexpensive sources of protein as well. Cook the grains until soft before feeding them to your dog since dogs cannot digest grains as readily as they do meats. Dogs (and cats) have much shorter intestinal tracts and so some pre-digestion (in the form of cooking) is needed. When cooked, whole grains fed to dogs can be utilized completely by the body. Avoid Wheat and gluten, this upsets many IBD dogs. The following are some excellent choices of grains for your dog:

- Brown rice, barley, oatmeal, cornmeal, Quinoa

## Important Points to Remember

When preparing natural diets for dogs, bear in mind these points:

- Aim for variety as this helps to ensure the best balance of nutrients.
- Buy organic foods wherever possible.
- Unless you use organic vegetables and fruits, be sure to wash non-organic produce thoroughly as many of such vegetables and fruits may have been sprayed with insecticides at some point.



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# Essential Oils

*Melaleuca alternifolia* (Tea Tree oil) has been widely used for years for both humans and pets. But there have been many reports of animals that developed un-coordination, weakness, tremors, behavioural disorders and even depression after using melaleuca oil. This was probably due to using undiluted oil or poor quality oil. The Australian standard states that pure melaleuca oil must have cineole greater than 15% and terpinen-4-ol greater than 30%. I suspect the bad case histories of melaleuca oil resulted from using oil from a manufacturer that doesn't test every batch of their oil. Melaleuca oils with chemical compositions outside the Australian standard have been known to be caustic when applied full strength. My suggestion is to always use a therapeutic grade (Grade A) melaleuca oil from a manufacturer that tests every batch of oil and always dilute the melaleuca oil before using on animals.

**(NOTE: there have been fatalities in cats who had this oil applied to them.)**

Dogs have a large nasal cavity and their sense of smell is 50-100 times stronger than humans. Always avoid any oils high in phenols and ketones. Avoid stimulating oils of peppermint, rosemary, niaouli, *melaleuca* (Tea Tree), spearmint, ravensara and eucalyptus, unless in highly diluted form. It is also recommended to avoid rosemary on dogs that are prone to seizures or with epilepsy. It is not recommended to use essential oils on medium to large breed puppies younger than eight weeks. For small or toy breed puppies, wait at least until they are older than ten weeks. When in doubt use the gentler hydrosols (water-soluble by-products of essential oil distillation) on puppies instead of essential oils.

Oil blends seem to work best on canines. Essential oils have a very profound effect on shelter, rescue and adopted dogs. They help the dog bond with the owner after such a traumatic experience. Veterinarians have reported success using frankincense on dogs with gum disease. As in humans, humans, lemongrass is good for canine cruciate ligaments and joint injuries. Lavender and a blend of valerian, vetiver, petitgrain, sweet marjoram and sweet orange are good for calming and relieving the stress for show dogs. For arthritis, use the anti-inflammatory blend of peppermint, cypress, juniper berry and lavender. Dogs and horses, having metabolism similar to humans, tolerate oils better than other animals. Cats and birds are a totally different story.

Cats' livers do not have the necessary enzymes to break down and excrete certain chemical compounds in essential oils. The chemical compounds accumulate in a cat's body and are sometimes toxic to the point of death. Cats are very sensitive to morphine, certain sulfanomides, salicylic acid (aspirin), acetaminophen (Tylenol), allyl propyl disulfide (onions) and compounds containing benzene (benzyl alcohol preservative). Avoid all the following oils around cats:

- Wintergreen and birch oils contain methyl salicylate, the same chemical compound in aspirin.
- Phenol-containing oils: oregano, thyme, cinnamon (cassia), clove, savoury, birch, and melaleuca (Tea Tree oil)
- Ketones, such as sage
- Monoterpene hydrocarbons pinene and limonene, most commonly found in the citrus and pine oils: lemon, orange, tangerine, mandarin, grapefruit, lime, bergamot, pine, spruce, and any fir oil. Many household cleaners and even pet products have these latter substances in them to make them smell nice to the owners.

Symptoms of a toxic build-up include being depressed, clumsy, uncoordinated, partially paralysed, vomiting, drooling, or in a daze. The diagnosis for toxic poisoning is a blood test that shows elevated liver enzymes. It is best to seek immediate veterinary care if toxic poisoning is suspected.

### Suggested safe rules to follow:

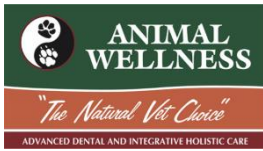
1. I would always use a highly diluted formula (some aroma therapists say 1-2%, while others say 3-4% is safe). If I use any of the cat-harmful oils on myself or around the house, I keep the cats away for at least one hour. I never diffuse any of those oils or blends containing these oils around cats.
2. I never keep cats in an enclosed area when diffusing oils in the air. I always keep a window open or put the cat in a different part of the house. A safer method is to put the diluted essential oil mixture on cotton balls and leave them in the same room as the animal or on their bed.



3. If I want to use essential oils on cats, I always use a highly diluted formula with essential oils. When in doubt I use hydrosols instead of essential oils on animals. Hydrosols are water-based, gentler and much easier to tolerate.
4. When using cleaning products with the above essential oils, especially citrus or pine, I keep the animals away and off the floor until it dries. Make sure you rinse and dry the surface as thoroughly as possible.

Allow the animal to investigate the essential oil first before using it. I introduce the essential oil to the animal by letting them sniff it and watch for signs of acceptance as mentioned above. I also use kinesiology with a human surrogate tester for the animal. One can also use a dowsing pendulum or one of the many electronic radionic devices for testing an oil.

Birds, with their rapid metabolism, are even more sensitive to essential oils than cats. One owner applied one drop of Tea Tree oil to a bleeding blood feather on her lovebird. Within ten minutes the bird collapsed on the bottom of the cage. Fortunately, the vet was able to revive the lovebird. Another owner applied full strength Tea Tree oil to a minor abrasion on a cockatiel's foot. The bird became depressed and developed respiratory distress. Despite all efforts by an avian vet the bird died within 24 hours. The best recommendation is to use hydrosols only and in highly diluted form in the bird's water, somewhat like a homeopathic remedy. Suzanne Catty's book, *Hydrosols: The Next Aromatherapy*, has some excellent recipes for common bird ailments. Most of them call for using 2–4 drops of a hydrosol in a bowl of fresh water for the bird.



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# The Things You Should Know About Dog Vaccinations

By Dr Kathy Cornack, Holistic Veterinarians ([www.kathycornack.com.au](http://www.kathycornack.com.au)), and Dr Elaine Cebuliak

## What are vaccines and what are their purpose?

Vaccines are biological preparations used to stimulate immunity to a disease. They commonly contain a piece of infectious agent (bacteria or virus) that has been changed to make them less dangerous but more stimulating to the immune system. They do this usually by being killed or “live attenuated”. Most these days are live attenuated or modified live. The vaccine also contains “adjuvants”: additives that boost the immune response. These adjuvants are things like aluminium. They also contain preservatives to stop them becoming contaminated. The commonly used vaccines in dogs contain several organisms together: e.g. the C3 vaccine contains three viruses; the C5 contains 5 infectious agents (the core 3 viruses and 2 agents of kennel cough). Vaccines are delivered into the body in different ways. Most commonly they are injected under the skin. In the case of kennel cough vaccines, they can be delivered “locally” into the nose.

## Why are vaccinations important?

Vaccinations are important to protect against infectious disease, especially those that can kill. In dogs these are the core vaccines, against distemper, infectious hepatitis and parvo virus. Vaccination programs have successfully reduced the number cases of deadly, infectious viruses and in so doing have made dogs healthier. Distemper, which was common when I was a child, is now almost non-existent. Likewise parvo virus, which swept the world in an epidemic in the 70's and was rampant in the 80's, is much less commonly seen. This is largely due to vaccination.

Vaccines also protect against common, but not fatal illnesses like kennel cough. Like a flu vaccine, it is possible to catch the illness, but symptoms are usually less severe. These are called “non-core vaccines”.

## How effective are vaccines?

Vaccines are generally speaking very effective at producing immunity if used appropriately. They do however vary in their effectiveness to produce immunity in an individual animal. The effectiveness depends on several factors, including:

1. The strain of the infectious agent used in the vaccine (some strains produce a strong immune response, such as the newer parvo vaccines).
2. Completing a proper vaccination schedule (multiple doses are typically needed, at correctly spaced intervals)
3. The individual genetic predisposition of each dog (some may be overly sensitive to the vaccines and more prone to side effects, whilst other individuals do not develop sufficient immunity despite being properly vaccinated).

## Are there any problems or side effects with vaccines?

YES!! It is important that you know this. Vaccines are not benign, harmless substances. They work by affecting the immune system and can have long term, far reaching effects on it. There are three main categories of side effects or problems.

The first one is the least dramatic and most common: local pain or swelling at the injection site. This usually passes within a day or two. Just be careful handling your dog or puppy in that area.

The second one is quite uncommon and is an acute, sudden anaphylactic (allergic) reaction to the vaccine. The dog may become ill in the hours following vaccination: common signs are aches and pains, fevers and chills, reluctance to move. Rarely your dog or puppy may show other signs of neurological, gastro-intestinal, or respiratory disturbance. Mostly these are mild but occasionally strong and severe reactions are recorded. Veterinary assistance should be sought. **DO NOT VACCINATE** your dog again if your pet has ever experienced a vaccination reaction, as it is likely to be worse next time.

The third category is a delayed immunological response, up to 45 days afterwards. The signs commonly include milder symptoms like fever, stiffness, sore tummy, sore joints, and increased susceptibility to infections, itchy skin and ears. Rarely, stronger signs are seen, including neurological and brain disorders, blood and bleeding disorders, liver and kidney failure and bone marrow suppression. We highly recommend titre testing in lieu of revaccinating atopic or itchy

dogs, as we have seen them become increasingly pruritic each year following vaccination. After all, vaccinations are there to prime the immune system and make them more hyperactive.

### **Why are there such side effects from vaccines?**

We are still trying to understand all that goes on when we vaccinate, and afterwards. It is thought that a number of factors are involved including

1. Using more effective (**stronger**) modified live (attenuated) vaccines.
2. Possible preservatives, adjuvants and contaminants.
3. “Over-vaccinating”: giving a booster every year. Latest research shows that most dogs only need a booster as an adult every 3-5 years minimum.
4. Mixing too many agents together in one vaccine: this provides too great a challenge at once.
5. Vaccinating animals when they are stressed or unwell.
6. Giving the agents by injection, rather than locally into the area affected.

### **What can we do then to maximize the benefits of vaccinations and reduce the harm and side effects?**

1. Only vaccinate your dog or puppy when they are healthy and not stressed.
2. Do not give heartworm injections or other treatments at the same time. Wait two weeks at least.
3. Have your dog receive the minimum number of puppy vaccines and adult boosters.
4. Replace the annual booster vaccination visit with a full wellness exam, including blood tests.
5. Ask your vet to use only “core vaccines” by injection : distemper, hepatitis and parvo virus (C3)
6. Kennel cough vaccine, if needed, is best administered in the nose.
7. If multiple injections are needed (e.g. to cover for leptospirosis as well) then wait at least two weeks between them. Use the minimum number of agents at any one time.
8. Do not vaccinate your dog against giardia or corona virus. These diseases are rare and the vaccines provide questionable immunity.
9. Do not vaccinate puppies younger than 8 weeks.
10. Seek veterinary advice regarding vaccination for geriatric animals and those with chronic health issues.

### **What vaccination protocol is recommended then?**

**Puppies:** I recommend two vaccines only, and do not give any before 8 weeks of age. Final vaccines can be given at 11 or 12 weeks, if your vet is using one of the newer products, such as nobivac. This means your puppy can be fully protected and out and about with all important socializing from 13 weeks.

**Teenagers:** Give a first booster 12 months after the final puppy vaccination. It is not necessary to vaccinate again sooner than this.

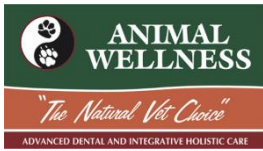
**Adults:** Do a blood test every year (titre test) to check if immunity is low and if a booster vaccination is required. Titre tests are available for the core vaccines but not for kennel cough. If boosters are needed for kennel cough for boarding, agility, showing etc., then the intranasal vaccine is recommended.

If your dog does not need a kennel cough booster for one of these reasons, then I suggest you pass on this and keep to a healthy diet and lifestyle and immune boosting supplements instead.

Train yourself to go to see your vet for an annual wellness exam for your dog: NOT a booster vaccination. The wellness exam should include blood work for titre test, and any other tests you and your vet deem necessary or important.

### **In Conclusion:**

Vaccines are important tools in keeping your dog healthy. However, they need to be used carefully to cause no harm. Please discuss vaccination for your pet with your vet. If in doubt, a second opinion never hurts. There is also lots of information available regarding vaccines and vaccination protocols. W Jean Dodds of California, USA is a world authority and research leader in this field. I highly recommend her work to you.



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# Duration of Immunity for Canine and Feline Vaccines: A Review

Vet Microbiol. October 2006; 117(1):75-9. 25 Refs

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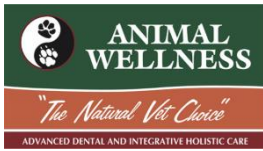
### Abstract

In our studies aimed at assessing the minimum duration of vaccinal immunity (DOI), approximately 1000 dogs have been vaccinated with products from all the major US veterinary biological companies. The DOI for the various products is determined by antibody titres for all dogs and, by challenge studies in selected groups of dogs.

Recently, all major companies that make canine vaccines for the U.S. market have completed their own studies; published data show a 3 years or longer minimum DOI for the canine core products, canine distemper virus (CDV), canine parvovirus type 2 (CPV-2), and canine adenovirus-2 (CAV-2). Studies with feline core vaccines - feline parvovirus (FPV), calicivirus (FCV) and herpes virus type I (FHV-1) have shown a minimum DOI of greater than 3 years.

Based on these results, the current canine and feline guidelines (which recommend that the last dose of core vaccines be given to puppies and kittens  $>$  or  $=$  12 weeks of age or older, then revaccination again at 1 year, then not more often than every 3 years) should provide a level of protection equal to that achieved by annual revaccination.

In contrast, the non-core canine and feline vaccines, perhaps with the exception of feline leukaemia vaccines, provide immunity for  $<$  or  $=$  1 year. In general the effectiveness of the non-core products is less than the core products. Thus, when required, non-core vaccines should be administered yearly, or even more frequently.



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# A List of Unsafe Herbs for Pets

Below is a list of unsafe herbs for cats and dogs:

**White Willow Bark:** White willow bark contains salicylates, the main constituent in drugs such as *Tylenol* and *Pepto Bismol*, which as you know are toxic to cats.

**Pennyroyal:** Pennyroyal (either the herb or its essential oil) can be found in some flea products because this herb is a very effective insecticide. However, it is very toxic to cats and dogs. Pennyroyal should NOT be used on your cat and, when choosing a flea product, make sure that pennyroyal is not an active ingredient.

**Tea Tree oil:** Cats are sensitive to ALL essential oils, but undiluted tea tree essential oil is **VERY TOXIC TO CATS (AND SMALL DOGS)**.

**Comfrey:** Comfrey should be used with care and should not be given to cats in large quantities because it contains small quantities of alkaloids that can cause liver damage or cancer.

**Ma Huang (Ephedra):** Use this Chinese herb with great caution in cats and dogs. Although some herbalists may suggest using Ma Huang to treat asthma or respiratory problems in pets, this herb may cause arrhythmias (irregular heartbeat) and high blood pressure in animals. In addition, it may cause idiosyncratic reactions in cats.

**Wormwood:** Wormwood is well-known for its deworming properties and some herbal dewormers have wormwood as their active ingredient. However, it is a very strong herb for cats (and dogs too!) If your cat has worms, try other natural remedies for deworming. Wormwood should only be used under strict holistic veterinarian advice.

**Garlic:** There is a lot of contradictory information on garlic for pets. It is true that **when given in large amounts**, garlic can cause Heinz body anaemia in cats and dogs, and should not be used on pets with anaemia. However, garlic has a lot of health benefits and if small amount of garlic is fed regularly to our pets, it can greatly enhance and improve our pets' health. For example, garlic can be used to repel parasites such as fleas and worms; it is also effective in treating microbial infections, and preventing cancer. According to Dr. Pitcairn (in the book *Dr. Pitcairn's Complete Guide to Natural Health for Dogs and Cats*), cats can be given 1/4 clove of garlic per day.

## Poisonous for Dogs: Watch for Toxins in Your Garden

Due to their natural curiosity, their love of digging, and their tendency to consume anything they come across, dogs are at a high risk for accidental poisoning. This can be particularly true in spring, as front gardens and backyards come to life with new growth, and as dogs and their owners spend more time outdoors.

- Toxic bulbs, plants and flowers include tulips, hyacinths, daffodils, certain lilies, crocus, and lily of the valley.
- Harmful fertilizers and ground cover include cocoa mulch, blood meal, bone meal, and any fertilizer containing disulfoton or organophosphates.

Store all poisonous substances in your home, garage, and yard out of reach of your curious canine, and block access to potentially harmful bulbs and flowers. If you suspect your dog has ingested a poison, call your veterinarian at once;



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# Dog Behaviour - For Kids

1. Talk to the owner before you go near a dog. Ask if the dog is friendly. Ask if the dog is used to children (now you know—but some dog owners might not know—that kids are something special for dogs to get used to). You can make friends with dogs in your neighbourhood, as long as the owners agree and are there for the first meeting.
2. Do not pat a dog on top of the head. A dog may not like that. Your hand coming over the top of his head can be scary. He can't see your hand above him—so he might think you're going to hit him. Touch a dog on his shoulder instead.
3. Do not look right in the dog's eyes. Dogs think it is really rude to stare. Your mom probably tells you not to stare at people, too, right? Except the difference with dogs is that staring right at their face makes them think you want to fight with them. So don't stare into a dog's face—if he thinks you want to fight him, who's going to win that fight? The one with the most big, shiny, sharp teeth.
4. Your own dog is not all dogs. You probably understand a lot about dogs because you are growing up with one. But every dog is different. Don't ever think that "dogs are dogs," and what works with your dog at home will be the same for all dogs.
5. Hand signals can be dangerous. Don't try to give a strange dog any commands or use a hand signal you know from your own dog. Most dogs have learned hand signals that tell them what to do—but maybe not the same hand signals that you know for "sit" and "shake." The dog may not like signals he doesn't know; you can never tell how a dog will react to something strange to him.
6. Do not reach over a fence to pat a dog—or reach into a crate or into a car window to pat a dog. When a dog is on his own property he wants to protect it, so don't put your hand anywhere near a dog in a car, a kennel or his fenced yard.
7. If a dog lifts his lip and shows you his teeth, it means he wants you to go away. Right away. So if any dog ever shows you his teeth, DO what he wants and back off.
8. A dog who lies down and shows his tummy to you is showing that he wants to be friends. It means he trusts you. He wants you to rub his tummy, so go right ahead.
9. Respect a dog's "personal space." Don't touch or bother a dog when he is eating, sleeping or even peeing!
10. Don't surprise a dog. Even the nicest dog can turn mean if he is surprised. If a dog is resting, don't just come up behind him and pat him. A dog can be shocked by something touching him when he doesn't expect it. It could make him scared or angry enough to bite. So let a dog know you're there by saying something before you touch him and make sure he heard you.
11. An older dog may not feel well, so just leave him alone. An old dog can feel pain in his body; maybe he doesn't see or hear so well, either. An older dog is like your grandpa or grandma: when people and dogs get older they have some problems and sometimes they just want to be left alone.
12. Don't bother a mother dog with her puppies. She does not want to be disturbed. She does not feel safe letting strangers touch her babies or even come near them.
13. Running right toward the dog can frighten him. Walk slowly toward a dog; say a few friendly words so he knows you are a nice person.
14. Not all tail-wagging is happy. People probably told you that a wagging tail means a dog is happy—but there are times when a wagging tail means something else. If the dog's tail is low and sweeps from side to side, that is a happy wag. But there can be danger if the dog holds his tail high and stiff and it wags only at the tip. If there is another dog around, the dog with the high tail might try to start a fight.

15. Screaming or yelling loudly can upset a dog. It's natural for kids to be loud when they're having a good time, but dogs have such good hearing that they can hear a leaf fall off a tree. So loud kid-voices can hurt their ears and put them in a bad mood.
16. Jumping up and down can frighten a dog. He can get worried and think you're going to do something bad to him.
17. Pulling a dog's ears or tail is NEVER a game to a dog. It's like someone pulling your hair. It hurts: it can make a dog angry.
18. If you see a dog by himself, he may be lost. He may be scared or confused, so he could hurt you. Don't try to make friends with him or rescue him. He might be so upset that he tries to chase or bite you. Tell an adult and they'll figure out what to do safely.
19. Stay away if a dog looks hurt or sick. When dogs are in pain or don't feel well, they can be mean to people. If a dog has been hit by a car, he could be in a lot of pain, or be in shock. There is a good chance he will bite. Tell an adult, so they can call the owner or get help for the dog.
20. Stay away from dogs who are fighting or growling. You could get badly hurt if you get in the middle of two dogs having an argument. Even if it's your own dog, do not put your hand anywhere near them, and do not try to grab a collar. Call an adult for help.
21. Be a tree when a dog you don't know comes up to you. Stand straight with your feet together. Hold your hands up under your chin, and hug your elbows in close to your body. Don't let any part of you stick out. Make yourself into one solid pole, like a tree trunk. If no part of you is moving, there's nothing for a dog to bite.
22. Stand still until the strange dog walks away. Many dogs will just sniff you and leave. Once the dog walks away, you can walk away. But don't run: move slowly. And don't turn and run—walk backward, slowly. If you run, it makes the dog want to chase you.
23. Don't run away from a dog. Running really fast can frighten a dog. It can also make the dog want to chase you or hunt you like a rabbit. And if it's a race between you and a dog, who do you think would win? The one with four legs!
24. If you are walking, running, skateboarding or riding your bicycle and a dog growls, barks or runs at you, push something at him to bite instead of you. Push your bike, your backpack or your skateboard at the dog so he bites one of those and not you.
25. If a dog knocks you down or you fall, be a big solid rock. Stay very still. If you don't move around, the dog will be less interested in you. Think of yourself as a rock or a boulder. Scrunch up on your knees with your head down, facing the ground. Curl up into a ball with your fists covering the back of your neck and your wrists over your ears. In this position you are less interesting to a dog. If you cover your head and face with your arms, it can protect you from being really hurt.

## Things Kids Do That Annoy Dogs

**NOTE:** This list is designed to teach parents and other adults about children and dogs so that they can then handle situations their own way. The important thing to know is that it is natural for your dog to react poorly. There is nothing wrong with your dog — a dog can react negatively to these activities of normal children.

- A child's display of affection can be loud, shrill and spontaneously physical. To a dog, a child's behaviour can seem threatening. You need to explain this to the child.
- Roughhousing is never a good idea. A child pushing a dog down to the ground, wrestling with a dog, taking a ball out of a dog's mouth—any of these games are likely to wind up with a dog being rough the one way he can: with his teeth.
- Children's movements can be rapid and unpredictable. This tendency is similar to the behaviour of certain prey—which can confuse a dog or make her more reactive in a situation. Children's food, clothing and body parts are moving targets for dogs, and easier to grab than an adult's.
- Whistling or blowing in a dog's face is unpleasant for him. It can provoke aggressive behaviour in a dog.
- Some children may tease and taunt a dog for fun. Excessive teasing can cause a dog to lash out in frustration. Pre-teenage kids may experiment with the limits of a dog's tolerance by restraining the dog and then calling him, or getting the dog to bark or growl or whine by holding a toy or a treat just out of his reach.
- Some dogs don't like to be patted on the head. A hand coming over a dog's head may be threatening. The best place to touch a dog—once you get the owner's permission—is on the dog's chest or shoulder.