

Your Pet's

Health Care Guide





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It is our commitment to provide quality veterinary care throughout the life of your animal so you and your pet can live the longest, healthiest, and happiest life together. Educating clients so that they can better care for their pet is part of that commitment.



Getting Ready

For Your New Pet!

Congratulations on adding a new pet to your household! This is a very exciting time, but do not forget, that this transition to a new home can be very stressful to your new pet. You are now responsible for your pet's safety, growth and health.

- Supervise introductions between new pets and existing pets. Go slow. You may need to keep them in separate rooms for a few days. Remember, total acceptance may take several months.
- Existing pets may be possessive of their toys, food bowls, etc. Make sure that your new pet has it's own belongings to reduce the likelihood that your current pet feels threatened.
- Always be gentle with your new pet and teach others, especially children, to do the same.
- Never leave your pets together unsupervised until you are 100% certain that they get along without you being there.
- Some hissing/growling is to be expected from your current pet. This is normal and it is best to not interfere. They will typically sort things out on their own, but watch for aggressive or threatening behaviour.



Things You May Need:

Shopping for your new pet can be a blast – and there are plenty of fun and exciting toys and accessories to choose from. Here's a list of the essentials to make sure your new addition's transition is a smooth one:

- **Collar, Leash, and/or Harness:** a collar should be adjusted tight enough to make sure it cannot easily be slipped off.
- **Crates & Kennels:** these are important if you decide to crate train your dog, as well as for being able to easily contain and transport your pet, especially in case of an emergency.
- **Pet Bed:** somewhere they can curl up and be cozy. Don't forget that if your pet is outdoors, they will need a place to get shelter from the elements
- **Food & Water Bowl:** stainless steel & ceramic are easiest to keep clean
- **Nutritious Food:** Make sure you speak to your veterinarian about the special requirements of your pet at every age and stage of their life.
- **Identification:** while there are two options - microchipping and ID tags - it is an excellent idea to have both
- **Toys:** beat the boredom and prevent unwanted behaviours by keeping your pet's mind active with toys!
- **Grooming Supplies:** brushes, pet shampoo and conditioner, and nail trimmers are but a few of the options available.
- **Litter & Scoop (cats):** there are many options to choose from: clay, corn, recycled paper, clumping or non-clumping, not all cat's like the same litter
- **Scratching Post & Climbing Structures (cats)**



Pet Proofing Your Home

It is difficult to 100% pet-proof your home, but these ideas can get you on the right track to ensure that your pet stays safe at home.

- Ensure all windows and doors can be securely closed.
- Keep all garbage cans and full bags safely tucked away.
- Make sure any household and garden plants are not toxic to your pet.
- Keep all electrical cords out of reach or unplugged.
- Place any sharp objects, and other potentially harmful materials out of reach.
- Keep all cleaning supplies and potentially toxic substances secured in high cupboards or use baby locks.
- Plastic bags may be fun to play with but they can suffocate.
- If your pet can put something in his mouth, he probably will. Don't leave small, sharp, easily swallowed objects lying around.



In The Garage

- Cats enjoy napping near a warm engine. Before you drive away, make sure your pet is not under the hood.
- Pets like the taste of antifreeze and windshield washer fluid which is toxic to them. Keep spills cleaned up!



Veterinary Care

Annual Exams

Your pet's visit to the veterinarian is not a simple consultation, but an indepth examination. During an annual exam, Dr. McCracken will discuss with you your pet's normal behaviour, appetite, exercise requirements, any changes in health, and address any concerns you may have.

On average, pets age 7 times faster than humans. That means their body can go through significant changes throughout the course of a year; making an annual exam very important to their health.

- Assess your pet's heart and evaluate cardiac function
- Examine your pet's respiratory system
- Check your pet's vision and examine the eyes
- Examine your pet's ears for infection, ear mites, allergic reaction, and other related health issues
- Inspect your pet's skin for growths, dryness, redness, and other signs of skin conditions
- Examine your pet's teeth, throat, and oral cavity
- Palpate your pet's abdomen & lymph nodes
- Palpate your pet's joints and muscles for arthritis and other orthopedic conditions
- Assess changes in your pet's body weight, appetite, urination, and bowel habits
- Asses and evaluate general or specific changes in your pet's health since the last wellness visit



Vaccinations

An important part in maintaining your pet's health is to ensure they are protected against infectious diseases and viruses. Your pet's vaccine schedule is balanced to provide needed protection while not over-vaccinating.

The core vaccines currently recommended for both indoor and outdoor pets are:

Canine

Distemper: this is a highly contagious disease that causes severe inflammation of the eyes, skin, and nervous system. Treatment is often unsuccessful for this fatal disease

Adenovirus (Type 2): causes severe respiratory illness

Parvovirus: is a very common disease in the Manning area that causes gastrointestinal upset which leads to a loss of appetite, vomiting, diarrhea, and fever. Without treatment, most affected animals will die.

Rabies: attacks the nervous system of animals and leads to death in both animals and humans. Due to the potential risk for human infection, all animals should be vaccinated against rabies.

Bordetella (Kennel Cough): affects the upper respiratory system and results in severe coughing in dogs. Any dogs who are boarded or go to a groomer should be vaccinated.

Feline

Rhinotracheitis: feline-specific herpes virus that affects the upper respiratory disease which can spread to the eyes. It is rapidly spread, and cats that recover become chronic carriers.

Calicivirus: also an upper respiratory infection that can lead to oral ulcers and interfere with a cat's ability to eat.

Panleukopenia: causes sudden death in kittens, poor appetite, vomiting, diarrhea, and lethargy. Some cats will develop seizures, head tremors, mental dullness, and a strange walk.

Protocols

To provide your pet with the best protection your veterinarian will assess your pet and decide upon an appropriate protocol.

Canine Combination DAP: starts at 6-8 weeks of age and boosted every 4 weeks until 16 weeks of age. Then boosted in 1 year, boosted again in 1 year, and every 3 years thereafter.

Feline Combination HCPCH: starts at 6-8 weeks of age and boosted every 4 weeks until 16 weeks of age. Then boosted annually.

Bordetella: administered intranasally and boosted annually.

Rabies: initial vaccine at 16 weeks of age followed by a booster after 1 year, and every 3 years thereafter.

Parasites

It is very important that you treat your pet early and regularly for both internal and external parasites. It not only keeps them healthy, but it could also keep you and your family healthy as some parasites can be spread to humans.



There are several types of internal parasites that infect and cause problems in cats and dogs. It is recommended that both dogs and cats are dewormed at least every 6 months, regardless of whether they are outdoor or indoor animals. Some animals, especially mousers, dogs that eat carcasses, or dogs frequenting dog parks may require more frequent deworming. The best way to determine how frequently your pet should receive parasite control is by having a fecal performed by your veterinarian.

Did You Know...
most puppies and kittens are born with intestinal parasites, giving them a "pot-bellied" appearance.

Fleas & Ticks

We can't simply think of fleas and ticks as a nuisance - most people have no idea that they can be lethal to your pet. The pesky creatures can cause a slow but life-threatening blood loss (especially in geriatric felines) and carry parasites and diseases which can be transmitted to their host (including people!)

Thankfully, there are topical products that efficiently kill fleas for a month following an easy application. It is recommended that pets receive flea & tick preventatives, especially during the summer months when both pests are more active

Ear Mites

Ear mites are small and highly contagious parasites that infest the ear canals of cats. While they are generally very itchy, some pets won't show external signs of an infection. If you notice any of the below signs, all of your pets should be treated:

- repeated scratching of the ears
- head shaking
- red, inflamed ears
- ear infection or skin infection around the ears
- dark brown material in the ear
- soreness or wounds around the ear from repeated scratching



Prevention is the easiest and most effective way to ensure that you don't have to worry about internal and external parasites in your pets.

Heartworm

Presently, the mosquitos that cause heartworm are not a threat to our pets in Northern Alberta. However, if you are travelling with your pet to Southern Alberta or outside of the province (especially Eastern Canada and the United States) make sure that you use a monthly heartworm preventative at least 2 weeks before you travel.



If you do not use a heartworm preventative, make sure you get your animal tested as soon as you return. This fatal parasite is incredibly expensive to treat, making prevention even more important!

Spaying & Neutering

The benefits of spaying (females) and neutering (males) go beyond simply not wanting puppies or kittens and helping to curb over-population. There are medical benefits as well!

Generally, both dogs and cats can be neutered or spayed as early as 6 months of age.

WHY YOU SHOULD SPAY YOUR FEMALE CAT or DOG

Despite what some pet owner's claim, there are no health or behavioural benefits in allowing a female dog or cat to have a litter of puppies or kittens.

Mammary Cancer Prevention: a female who is spayed before her first heat will have a near-zero chance of developing mammary cancer. Each heat cycle will increase her risk of developing mammary tumors.

Pyometra Prevention: pyometra is a life-threatening infection of the uterus. Treatment of this fatal condition is expensive and requires an emergency spay. One in four un-spayed females over the age of 10 will develop pyometra.



Simple Convenience: females come into heat for about 3 weeks every 6 months or so. There is a bloody discharge that can be messy, especially for indoor pets.

Prevents Unwanted Puppies & Kittens: while we all love puppy and kitty snuggles, rescues and shelters are full of animals needing a home!

WHY YOU SHOULD NEUTER YOUR CAT or DOG

Cancer & Hernia Prevention: certain types of hernias and tumors of the testicle and prostate can be prevented by removing the testicles of a male cat or dog. Once these cancers have been diagnosed in intact males, they can be treated by neutering, but it is often too late as the cancer has already spread throughout the body.

Undescended Testicles: if not removed, undescended testicles have an increased tendency to grow tumors, and cause life-threatening inflammation

Behaviour Changes: behaviours influenced by male hormones, such as roaming, aggressive behaviour, urine marking, and inappropriate mounting can be reduced or eliminated in most males.



Every attempt should be made to neuter a dog or cat before the male develops the problems, experiences, and habits associated with sexual maturity.



Spraying (Cats): this common behaviour problem in tomcats can be greatly reduced if neutering is performed prior to sexual maturity. Tomcats have an extremely strong urge to mark territory, both indoors and out.

Dewclaw Removal

Most often seen in Great Pyrenees breeds, hind dewclaws have the potential to cause your pet problems. Typically, we see dewclaws that have been snagged while an animal is playing, or running through the bush and has either been partially or wholly ripped off. Also, if those nails are not trimmed, they can grow around and become embedded in the pad. As a preventative measure, dewclaws can be removed at the same time that your pet is spayed or neutered.

Preventative Surgery: Gastropexy

Bloat is an incredibly serious, lethal, emergency - every second matters. It occurs when food and/or gas stretches the stomach causing it to rotate and twist off it's own blood supply, as well as compressing the large veins that return blood to the heart. A dog with a bloated, twisted stomach will be in incredible pain and will die in a matter of hours unless drastic steps are taken.

If you ever notice any signs of bloat, your dog needs to be seen by your closest veterinarian immediately: sudden abdominal pain & distress, unsuccessful vomiting, panting, anxiety, and/or anguished facial expression.

While any breed of dog can bloat, it is generally deep-chested breeds, such as Great Danes, Greyhounds, and Setters that are at a higher risk,. These breeds have an approximate 20% risk of bloat, and that risk increases as your pet ages.



Preventative gastropexy is an elective surgery usually done at the time of spay or neuter in breeds considered at risk. The gastropexy tacks the stomach to the body wall so that it cannot twist and cause a life-threatening bloat. The stomach may still become distended with gas and be painful, but is not life threatening.

Permanent Identification

Losing a pet can be an owner's worst nightmare. Tags and collars identifying your pet can be break off or become illegible. A microchip, however, is permanent form of pet identification and is a fundamental part of responsible pet ownership.



A microchip is about the size and shape of a grain of rice that is injected under the skin of a dog or cat. The microchip is registered in a database with your contact information, which can be updated as you change phone numbers or move. If your pet was to ever become lost, the microchip can be scanned by animal control officers, at shelters, and at veterinary clinics around Canada, North America, and in many foreign countries.

Certificates for Travel

Traveling across the border with your furry friend? Before you go, make sure you have the appropriate paperwork in order. If border requirements are not met, your pet may be quarantined, denied entry, or incur costs due to unfulfilled requirements. We can provide you with the required health certificate for travelling with your four-legged companions, both small (dogs and cats) and large (horses and cattle).

Not only is your pet's vaccination history important, their overall health is as well. Travelling can be stressful for your pet - a discussion with your veterinarian can provide you with helpful tips, supplements, and prescriptions for reducing the stress and anxiety related to travelling.



Dental Health

The prevention and early detection of disease gives us the opportunity to significantly improve your pet's quality of life and longevity. This is especially true with periodontal (dental) disease, which is the most common health problem in pets.

According to the American Veterinary Dental Society, 80% of dogs and 70% of cats have oral disease by the age of 3.

While plaque and calculus on the surface of the teeth and bad breath are readily apparent to pet owners, it is the underlying problems associated with dental disease that pose a real risk to your pet's health. Plaque and tartar accumulation can increase the risk of abscesses and an infection that may affect other organs of the body (such as the heart & kidneys). This is why it is so important that your pet has a regular dental exam. This is included as a part of your pet's annual exam.

Should your pet require a dental cleaning, they will be placed under general anesthesia - unlike people, dogs and cat's won't sit still for a proper dental cleaning! Much like our own dental cleanings, your pet's teeth will be scaled and polished to remove plaque. If required, dental radiographs may be taken to determine the health of the roots under the gumline. Dental extractions may also be required if the dental disease is severe enough, or if teeth are fractured.



During the month of September at Manning Veterinary Clinic we focus on "Dental Health Awareness". In addition to our regular dental health examinations, our team will have a number of educational materials and tips to help you with your pets home dental care program.

Nutrition

There are so many different dog food brands out there it can often be confusing as to which one is right for your dog or cat.

Why Feed A Veterinary Diet? The diets available at veterinary clinics are premium diets formulated by companies that guarantee the quality of their food. Continuous research goes into making these formulas and the use of high-quality ingredients means you get to feed your pet less than grocery store brands. Your pet will receive a highly nutritious diet that provides the optimal nutrition to help them live long and healthy lives. The staff at Manning Vet Clinic can help you decide which food is best suited for your pet's individual needs, but here are some general recommendations:



Adult Dogs

There are small, medium, and large breed adult foods available. These formulas are designed to provide the different nutritional needs of different sized dogs.

Small breeds, with their small mouths generally develop dental disease as they age. To help combat this they should be fed a dental diet designed to prevent tartar and plaque build-up.

There are many medical diets specially designed to meet the needs of pets with obesity, skin conditions, allergies, diabetes, gastrointestinal and other sensitivities.



Adult Cats

Adult cat formulas provide complete and balanced nutrition for maintenance of adult cats. There are even indoor cat formulas available to help control hairballs! It is recommended that all cats receive canned food as a portion of their diet.

There are many medical diets specially designed to meet the needs of seniors and pets with obesity, skin conditions, allergies, diabetes, gastrointestinal and other sensitivities.



As cats age, they may benefit from canned food options, which increase water intake and helps to manage any medical conditions.

Puppies & Kittens

Many factors influence growth - optimum nutrition plays a major role. Puppy and kitten formulas are designed specifically to support proper growth and development.



Puppies should be fed a puppy formula based on what they will weigh as an adult - either a small, medium, or large breed puppy food - and should stay on that food for at least a year, and up to 2 years for large breed dogs. Kittens should generally remain on kitten food for the first year of their life.

Pregnant and nursing females should also be fed a puppy or kitten formula to ensure their nutritional requirements are being met.

Milk

Cow's milk is not recommended for kittens and **SHOULD NOT** be given to newborn kittens as a milk replacer. In fact, many kittens cannot digest cow's milk and may develop diarrhea. All your kitten needs is fresh, clean water.

How to Avoid Overfeeding Your Pet

Obesity in any animal can have detrimental affects on their health. Here are a few tips to avoid overfeeding:

- Avoid free-feeding and have set meal times
- Follow the recommended feeding amounts recommended by your veterinary team.
- Restrict the amount of treats your pet gets, or reduce their amount of food.
- Keep an eye on their Body Score Condition. You should be able to feel (not see) their ribs, they should have a defined waist behind their ribcage, and should have a defined abdomen tucked up behind their ribcage

Changing Diets

When transitioning you pet to a new diet, gradually introduce the new formula over 5-7 days. You can do this by mixing it in with the old formula. This will reduce the liklihood of vomiting and diarrhea.

Avoiding "Human Food"

By establishing from the start that "human food" is off-limits, you will reduce begging, the chance that they may become picky eaters, and the risk of obesity.

Measuring Food & Meal Times



It is recommended that you always measure your pet's food so that you can ensure they are receiving the appropriate nutrition. This also allows you to easily make adjustments to their ration to maintain their body condition. If you have multiple pets at home, they should each have their own bowl.

Pet First Aid

Even if you provide your pets with everything that they need - regular veterinary check-ups, proper nutrition, grooming, love and care - emergencies can still arise. If your dog or cat is suddenly injured, knowing first aid basics can help stabilize your pet until you get to a veterinarian. In some cases, administering first aid can even save your pet's life.

In the event of a pet emergency, remain calm.

1. **SAFETY FIRST:** don't rush in to aid an injured animal. Assess the situation and ensure you are not putting yourself in danger.
2. **CHECK THE ABCDs:** Airway, Breathing, Circulation, Disability to assess the level of injury.
3. **ADMINISTER FIRST AID:** control bleeding, flush burns, immobilize broken limbs
4. **GET TO A VET:** ensure that you have the contact information readily available. Contact the veterinary clinic to alert them that you are on the way so they can be prepared.

Checking Vital Signs

- Use a digital rectal thermometer
- Measure both heart rate and respiration rates for 15 seconds then multiply by 4 to get the rate per minute
- Heart rates can be checked by placing your hand over your pet's chest if you do not have a stethoscope
- Respiration can be counted by observing or feeling the flanks, or by holding a wet finger in front of their nostrils



Feline Normal Vital Signs

Heart Rate: 140 - 200 bpm

Respiration: 16-40 breaths

Temperature: 37.0-39.2 C

(100.6-102.6F)

Canine Normal Vital Signs

Heart Rate: 70-140 bpm

Respiration: 18-34 breaths

Temperature: 37.9-39.9 C

(100.2-103.8F)

Things to Watch For:

If you have noticed any of the following in your pet, be sure to mention it to your veterinarian or veterinary team member.

- Loss of appetite
- Diarrhea or blood in stool
- Constipation
- Difficulty urinating or blood in urine
- Vomiting
- Pain
- Difficulty breathing
- Excessive panting
- Coughing and sneezing
- Head shaking
- Limping or body stiffness
- Constant scratching or biting
- Lethargy or listlessness
- Any lumps or bumps
- Discharge from the eyes or nose
- Anything that you recognize as being abnormal to your pet or you are unsure about



In case of emergency, immediately
contact Manning Vet Clinic at
780-836-3770

Poisonous & Toxic Substances

If you suspect your pet has ingested any of these items or any other questionable substance, call

Pet Poison Helpline 1-844-492-9842
or Manning Vet Clinic 1-780-836-3770.

Accurate and timely identification of the suspected substance is very important. Having the container, package, or label in hand will save valuable time and may save the life of your pet.

Common Cat Toxins

- Lilies (Lilium species)
- Antifreeze
- Flea/Tick Medication for Dogs
- Household Cleaners
- Anti-depressant medications
- Essential Oils
- Anti-inflammatory medications
- Mouse & Rat Poison
- Stimulant medications (ADD/ADHD)
- Onions & Garlic
- Vitamin D Overdose



Common Dog Toxins

- Chocolate
- Antifreeze
- Mouse & Rat poison
- Anti-inflammatory medications
- Xylitol (sugar free gum & more)
- Grapes & Raisins
- Onions
- Garlic
- Macadamia Nuts
- Antidepressant medications
- Acetaminophen (Tylenol)
- Fertilizers



When dealing with the ingestion of toxic substances, TIME IS OF THE ESSENCE!
Timely treatment may mean the difference between life and death for your pet.



Handling an Injured Pet

Always be cautious when handling injured pets - even the friendliest pets can bite or scratch when they are in pain or scared.

HOW TO USE A HOMEMADE MUZZLE

You can gently restrain an injured dog using a homemade muzzle:

1. Use a bandage, men's tie, length of clothing, or other piece of long narrow fabric.
2. Loop the fabric once around your dog's snout and tie it under the chin.
3. Loop the fabric around the snout two or three more times.
4. Pull the ends of the fabric from under the chin and tie securely behind the ears.

Never muzzle a dog if it is unconscious, has difficulty breathing, is vomiting or has a mouth injury.

Never muzzle a cat; use an e-collar, then bundle them in a towel and secure in a cat carrier immediately.

BLEEDING - EXTERNAL

1. Restrain your pet. Use a muzzle for dogs, or an e-collar for cats.
2. Use clean gauze to apply direct pressure. If the gauze become soaked in blood, DO NOT remove it. Simply add more gauze on top.
3. Elevate the affected area.
4. Apply a tight bandage around the wound, using gauze and vetrap or white medical tape.
5. Seek veterinary attention.



BLEEDING - INTERNAL

Signs of internal bleeding include:

- coughing blood
- pale, white gums
- collapse
- localized pain or swelling
- weak or rapid pulse
- elevated heart rate
- vomiting
- bleeding from the nose, mouth, ears or rectum
- blood in urine, feces or saliva



First Aid:

1. Keep your pet calm and quiet by wrapping them in a towel or blanket
2. Gently lift your pet into the car by picking him up around the legs, not the abdomen. If it is a cat, please her in a carrier.
3. Seek immediate veterinary attention.

BROKEN BONES - broken bones are extremely painful and most animals will avoid bearing weight on them. If you suspect your pet has a broken bone, go immediately to a veterinarian. DO NOT attempt to administer first aid at home as this can end up causing more pain or further injury to your pet.

Signs of broken bones include:

- sudden pain or swelling
- favoring a limb
- bone visible under or through skin
- Limb held at an abnormal angle



First Aid:

1. Restrain your pet. Use a muzzle for dogs and an e-collar for cats.
2. Transfer your pet into the car careful to avoid contact with the suspected break.
3. Seek immediate veterinary attention.

HEAT BURNS - heat burns can be caused by contact with fire, stove tops, hot surfaces or hot liquids.

Signs of heat burns include:

- singed fur
- red, raw skin
- pain



First Aid:

1. Restrain your pet. Use a muzzle for dogs and an e-collar for cats.
2. Gently flush the area with tepid tap water for 5-10 minutes. Or immerse the affected area in cool water (no ice) or apply a damp, cool washcloth.
3. Apply a sterile lubricant (such as KY Jelly) to the affected area.
4. Loosely cover the wound with gauze or a bandage.
5. Seek veterinary attention.

ELECTROCUTION - electrocution or electrical burns often occur as the result of chewing on electrical cords and wires. This can cause electrical burns in the mouth and potentially fluid accumulates in the lungs.

Signs of electrocution:

- burns on tongue and in mouth
- irregular heartbeat
- difficulty breathing



First Aid:

1. Making sure the power is off, carefully remove your pet from the power source.
2. Check if your pet is breathing and conscious. Gently lift the cheek to see if the gums are pink, and carefully open the jaws to check for burns on the tongue or mouth.
3. Do not put anything on the burn.
4. Keep your pet calm and quiet by wrapping him in a towel or blanket.
5. Seek veterinary attention.

COUGHING & CHOKING - generally, if your pet is attempting to cough, don't interfere. If the coughing does not resolve in a few minutes or worsens, seek immediate veterinary attention.

If you see your pet choking on something (such as a toy or piece of food), intervene immediately.

Signs of choking:

- gagging
- coughing
- difficulty breathing

Signs that require IMMEDIATE first aid and veterinary attention:

- blue gums
- gasping
- not breathing

First Aid - Visible Obstruction:

1. Check for visible obstructions such as food, toys or vomit by carefully opening your pet's mouth. Place one hand over the muzzle, with your thumb and fingers behind the upper canine teeth. Using your other thumb, pull down on the lower jaw.
2. Attempt to safely clear the obstruction from your pet's mouth, or have someone assist you.

First Aid - No Visible Obstruction

1. With your pet in the standing position. kneel or stand directly behind him.
2. Place your fist about an inch below your pet's sternum.
3. Give a quick, sharp thrust to expel the obstruction.
4. Seek immediate veterinary attention



EYE INJURIES

Signs of eye injuries:

- swelling
- redness
- discharge
- tearing
- pawing at the eye
- rubbing the eye or face on the carpet
- bulging eye



First Aid - Debris

1. Wrap your pet in a towel or blanket for gentle restraint.
2. Flush the affected eye with saline solution for 5-10 minutes. If you wear contact lenses, be sure not to use any lens solutions that contain other chemicals or cleaners.
3. Seek veterinary attention.

First Aid - Laceration of the Eye Lid

1. Wrap your pet in a towel or blanket for gentle restraint.
2. Use gauze to apply gentle, direct pressure to the eyelid.
3. Place dry, clean gauze over the eye and tape closed; DO NOT put ointment or medication in the eye.
4. Seek veterinary attention.

First Aid - Laceration of Eyeball or Protruding Object

1. Wrap your pet in a towel or blanket for gentle restraint.
2. DO NOT flush or clean the eye.
3. Cover the eye with a paper cup and tape in place if possible; otherwise DO NOT TOUCH!
4. Seek veterinary attention

NOT BREATHING - if your pet is not breathing, it's important to act quickly - lack of oxygen can cause brain damage after only a few minutes.

STEP ONE: Check for Signs of Breathing

1. Place your ear next to your pet's nose and mouth and listen for breathing
2. Place your hand on the side of your pet's chest to see if it rises with a breath
3. Feel for air movement out of your pet's nostrils

STEP TWO: Clear the Airway

1. Gently extend your pet's neck
2. Grab his tongue and pull it clear of his mouth
3. Check for visible airway obstructions (such as a toy or ball) and remove with your finger

STEP THREE: Mouth-to-Muzzle Breathing

1. Lay your pet on his side.
2. Wrap both hands tightly around your pet's muzzle so no air can escape.
3. Place your mouth over your pet's nostrils only. Blow into his nostrils for 2-3 seconds.
4. Remove your mouth for 3 seconds and check for breathing. Give 20 breaths per minute.
5. Repeat until your pet is breathing on his own.
6. Go immediately to the nearest veterinary clinic, calling ahead so that they're prepared for your arrival.



NO HEARTBEAT - before starting chest compressions, be certain that there is no heartbeat. Performing chest compressions while the heart is still beating can cause extreme harm to your pet.

Signs:

- unconscious
- not breathing
- no heartbeat



STEP ONE: Check for Signs of Breathing

1. Open your pet's airway by gently extending his neck and clearing any obstructions.
2. Check for a heartbeat by placing your hands on both sides of your pet's chest, right behind the elbow/armpit area. Feel for a beat for 10 seconds.
3. If there is no heartbeat, begin chest compressions and mouth-to-muzzle breathing.

STEP TWO: Begin Chest Compressions

1. Carefully lay your pet on his right side on a hard surface.
2. Interlock your fingers with both palms facing down to administer compressions. Give approximately one compression per second (60-100 beats per minute) for 30 seconds, being careful not to crack the ribs. Compress the chest by about 1/3 of its normal diameter
 - a. If your pet weighs less than 30lbs, administer compressions directly over his heart.
 - b. If your pet weighs more than 30lbs, administer compressions on the widest part of his chest cavity.
3. Wrap both hands tightly around your pet's muzzle so no air can escape. Give five breaths of 2-3 seconds each by blowing directly and steadily into his nostrils.
4. Continue chest compressions and mouth-to-muzzle breathing until your pet's heart starts beating on its own. Have someone drive you to a veterinarian while you perform CPR.
5. Go immediately to your nearest veterinary clinic, calling ahead so that they're prepared for your arrival.

HEAT STROKE - possible causes of heat stroke include excessive heat and/or lack of shade, overexertion, or a lack of water.

First Aid

1. Move your pet to a cool, shaded area. Immediately bathe the pet with tepid water - never leave them unattended in the water.
2. Monitor rectal temperature. If their temperature is above 40.0 degrees C, contact your veterinarian immediately. When their temperature drops to 39.5 degrees C, remove them from the water and dry your pet off.
3. Seek veterinary care continue to monitor their temperature. Do not allow them to become chilled.

VOMITING - possible causes of vomiting include overexertion, fear, brain injury, parasites, abdominal injury, motion sickness, disease, or poisoning. It is always a good idea to investigate causes of vomiting.

First Aid

1. Examine the vomit for signs of blood or other clues as to the cause - foreign objects, parasites, solid material.
2. Gently press on the stomach to detect signs of abdominal pain.
3. If there is a large volume of blood, if vomiting persists, or if poisoning is suspected, seek veterinary attention.



Training

While the most ideal time to train your new puppy is from 3 weeks to 14 weeks of age, even old dogs can learn new tricks! Training is something that never stops and should be reinforced throughout the life of your beloved pet.

Establishing basic training commands with your pet is not only important for ensuring they behave appropriately, it is also for their safety. Well-trained dogs come when called and respect their owners. Training with positive reinforcement keeps dogs from being bored and keeps their minds stimulated. Teaching your dog tricks helps to build a bond between you and your pet.

Basic Commands

Come: this may be the most important command for your dog to know, but may be one of the hardest to teach. Dogs who are more tempted to stray should be frequently rewarded with treats for coming - even years after they have learned the command.



Sit, Down, Stay & Drop It: training dogs is not always easy. Always praise your pet for every correct response and repeat the exercises several times for several days to ensure they understand the command.

No Bite: both puppies and adult dogs may playfully nip as part of a natural behaviour, but they need to learn never to bite people. If your dog ever bites playfully at hands, clothing or heels, say "No Bite" in a sharp tone and provide a chew toy as an alternative.

Other Important Areas of Training

Handling: handle and massage your pet all over, especially between their ears, feet, and belly. Open their mouth, look in their ears, their eyes, and under their tail.

Feeding: food-related aggression can be a serious safety threat, especially if there are children in the household. Make sure that you are able to touch your pet's food as well as their body while they are eating.

Exercise: making sure that your pet gets plenty of exercise will prevent many behavioural problems. Simply turning your pet outside is not enough - play fetch, take them for a walk, or to an off-leash park to burn off some energy.

Children: never force dogs to interact with children when they are afraid of them, and ensure that any child is gentle and careful with your dog. Dogs should never be left unsupervised with children for the safety of both of them. Children are impulsive, unpredictable and small, and far more likely to get bitten by dogs than adults are. Make sure your children know boundaries - don't let them sit or pull on your pets, or put their face in your dog's face.

Other Dogs: letting your puppy play with other puppies and gentle dogs ensures they learn to get along with other dogs.

People & Situations: while they are still puppies, dogs should be exposed to a variety of situations and people to prevent a dog from becoming aggressive towards unfamiliar people.

Time Alone: dogs should learn to spend time alone as early as possible, starting for short periods of time working up to longer periods.



Keeping Cats Indoors

Cats are unique companions: they do not have a daily sleep-wake cycle and may want to play or sleep at any hours of the day or night. They are not a pack species, which makes them more independent and puts them at risk for conflict with others. Below are a few hints and tips for keeping your cat happy and healthy.

- **Food Bowls:** If multiple cats are in the household, each one should have his own food and water bowl in a safe, quiet place.
- **Litterboxes:** each cat should also have it's own litterbox (if room allows) located in a quiet area that allows them privacy. They should be scooped daily and washed weekly to avoid odors. A good rule of thumb is to have an extra litterbox in the house.
- **Scratching Posts & Climbing Structures:** scratching is a natural behaviour. Providing them with a scratching post or tall climbing structure will save your furniture and carpets.
- **Water:** some cats prefer running water to drink from. There are many different types of water fountains available for your pets!
- **Quiet, Safe Place:** cats prefer to rest in areas where they feel safe and secure, often this is away from busy areas.





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