



Affordable Veterinary Services

7660 Kayne Blvd, Columbus, Ga 31909

Phone: 706-221-7600 www.affordablevetservices.org



Important Reasons To Spay Or Neuter Your Pet

More than 4 million pets are euthanized in U.S. animal shelters each year simply because they have no home. Many are puppies and kittens less than 6 months old. Help stop this needless loss of life. Spay or neuter your pet.

Spaying your female pet (ovariohysterectomy):

Removal of the ovaries and uterus. Ideal age is 6 months.

- Eliminates the risk of ovarian cancer
- If spayed before the first heat cycle your pet has a less than 1 percent chance of developing breast cancer.
- If spayed after one heat cycle, your pet has an 8 percent chance of developing breast cancer.
- If spayed after two heat cycles, the risk increases to 26 percent.
- After two years, no protective benefit exists.
- Pets with diabetes or epilepsy should be spayed to prevent hormonal changes that may interfere with medication.
- Eliminates unwanted litter.

Neutering your male pet (castration):

Removal of the testicles and spermatic cord. Ideal age is 6 months.

- Eliminates the risk of testicular cancer, the second most common tumor in male dogs.
- Greatly reduces the risk of Prostate cancer and prostatitis.
- Reduces the risk of perianal tumors.
- Reduces roaming and fighting
- Eliminates spraying or marking in males neutered before 6 months of age or before the onset of these behaviors.
- Eliminates the risk and spread of sexually transmitted diseases.
- Eliminates unwanted litter

Common myths Spaying or neutering your pet does not:

- Cause laziness or hyperactivity
- Reduce its instinct or to protect your family and home
- Cause immature behaviors
- Alter its personality in any manner
- Postpone or delay normal behavioral maturity

Our staff members can answer your questions about spaying or neutering your pet or any other procedure your pet may undergo at our hospital. Please don't hesitate to ask.

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Puppy Protocol:

- ★ Please bring any records from the pet store, breeder or individual to the first appointment.

First Visit 6-9 weeks

- Initial Exam with Doctor - \$35
- 1st Canine Distemper vaccine - \$19
- Fecal (Checking for intestinal parasites, we try to get a fecal sample on all puppies at least twice during their initial vaccine visits.) - \$29.28
- Dewormer - The price of dewormer varies depending on what is used, which also depends on what kind (if any) of intestinal parasite(s) are found.
- Heartworm / Flea Prevention - Free doses on 1st visit, if available (Heartworm and flea preventions are recommended once a month, every month.)
- Puppy Brochure Packet

Second Visit 9-12 weeks

- Exam with Technician - \$25
- 2nd Canine Distemper vaccine - \$19
- Recheck Fecal - \$29.28, Dewormer, if needed
- Heartworm / Flea prevention monthly - Price varies by product

Third Visit 12-15 weeks

- Exam with Technician - \$25 / OR with Doctor \$35, if Rabies is being given
- +/- Rabies Vaccine - \$13
- 3rd Canine Distemper vaccine \$19, +/- Lepto \$25
- Recheck Fecal - \$29.28, Dewormer, if needed
- Heartworm / Flea prevention monthly - Price varies by product

Fourth Visit 16 + weeks

- Exam with Technician - \$25 / OR with Doctor \$35, if Rabies is being given
- +/- Rabies vaccine - \$13
- 4th Canine Distemper vaccine \$19, +/- Lepto \$25
- Heartworm / Flea prevention monthly - Price varies by product
- Spay or Neuter can be scheduled at this time also

Heartworm Prevention & Flea/Tick Control :

Simparica Trio = heartworm prevention, intestinal parasites (hookworms, roundworms), fleas, and ticks, 8+ weeks old, minimum weight 2.8 lbs, oral

NexGard Plus = heartworm prevention, intestinal parasites (hookworms, roundworms), fleas, and ticks, 8+ weeks old, minimum weight 8.1 lbs, oral

Heartgard Plus = heartworm prevention, intestinal parasites (hookworms, roundworms), 8+ weeks old, oral

Revolution = heartworm prevention, fleas, 6 weeks old, topical application

Nexgard = fleas and ticks

Frontline Plus = fleas and ticks, 8 weeks, topical application

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What To Expect After Your Pet's Vaccination

Congratulations. By vaccinating your pet, you have taken an important step toward protecting your pet and your family.

Vaccination is the most common veterinary preventive measure in history. It's a safe and effective way to protect pets and people from serious disease.

It's common for your pet to experience mild side effects from vaccination. Typically starting within hours of vaccination, any symptoms are most often mild and usually do not persist for more than a few days. This is a normal response by your pet's immune system during the process of developing protective immunity.

Common symptoms your pet may experience :

- Mild fever
- Decrease in social behavior
- Diminished appetite or activity
- Sneezing or other respiratory signs with intranasal vaccines
- Discomfort or mild swelling at the injection site

Rare side effects, such as an allergic reaction, may occur. Your pet may experience symptoms of a more serious reaction to the vaccine within minutes or hours of the vaccination.

Rare symptoms could include:

- Swelling to face and legs
- Repeated vomiting or diarrhea
- Whole body itching
- Difficulty Breathing
- Collapse

If your pet experiences any of these rare symptoms, you should contact your veterinarian immediately, as your pet may require additional medical treatment.

Pets, Parasites and People



Companion Animal Parasite Council

www.petsandparasites.org

Dogs and cats are not just pets. They are treated like members of the family. And like any member of your family, it's important to keep your companion animal healthy and free of parasites.

It is fairly common for a dog or cat to become infected with an internal or external parasite at some point in its lifetime. Parasites can affect your pet in a variety of ways, ranging from simple irritation to causing life-threatening conditions if left untreated. Some parasites can even infect and transmit diseases to you and your family.

Your veterinarian can help prevent, accurately diagnose and safely treat parasites and other health problems that not only affect your dog or cat, but also the safety of you and your family.

For more information on how parasites affect your dog or cat, the health risks to people and prevention tips, please visit us at www.petsandparasites.org.

What is a zoonotic disease?

Zoonoses, or zoonotic diseases, are those diseases that can be transmitted directly or indirectly from animals to humans. For example, some worms can be transmitted in the environment.

What is a vector-borne disease?

Vector-borne diseases are those transmitted by fleas or ticks among other parasites that infest dogs and cats. They can affect pets and people. Ticks can transmit a large number of "vector-borne" diseases in North America including ehrlichiosis, Lyme disease, relapsing fever, Rocky Mountain spotted fever and tularemia.

Parasites that may affect your pet

- | | | | |
|-------------|--------------|---------------|-----------------|
| * Coccidia | * Giardia | * Mange Mites | * Ticks |
| * Ear Mites | * Heartworms | * Roundworms | * Toxoplasmosis |
| * Fleas | * Tapeworms | * Whipworms | * Hookworms |

Common questions about pets and parasites

Do fleas and ticks on my pet present a health risk to my family?

Yes. Fleas and ticks can carry and either directly or indirectly transmit several potential illnesses of humans. For example, rickettsiosis (infection with Rickettsia) can be transmitted directly by ticks. Bartonellosis (infection with Bartonella) is transmitted between cats by fleas and then may spread to people. Also, fleas serve as an intermediate host for tapeworms, which can infect both your pet and humans.

What kind of internal parasites or worms can infect my cat or dog?

There are a number of intestinal worms that can infect dogs and cats, and they vary according to the species. In general, these include roundworms, hookworms, whipworms and tapeworms, and they are very prolific. In fact, one worm can produce more than 100,000 eggs per day, which are then passed in the pet's feces and spread throughout the area the pet roams. Once in the environment, some of these eggs can remain infectious and present a health risk for your pet and humans for years.

Are heartworms a parasite I should be concerned about for my pet?

Yes. Heartworms can be a very serious problem for both dogs and cats, especially those in mosquito-infested areas, as mosquitoes are a vector and intermediate host for the pest. Heartworms can kill or seriously debilitate pets that are infected with them. That's because heartworms live in the bloodstream, lungs and heart of infected pets. Your Veterinarian can do a blood test to determine if your pet has heartworm disease. A year-round preventive program is most effective to keep pets free of heartworms.

If my dog or cat has intestinal worms, how can these parasites infect humans?

Roundworms are the most common intestinal parasite of pets and the most likely to be transmitted to humans. Humans can accidentally ingest infective worm eggs that have been passed through the pet's feces and left in the environment. The eggs can then hatch in the human's intestinal tract, and the immature worms can travel to various tissues in the body, including the eyes and brain, potentially causing serious infections.

For more frequently asked questions and answers, please visit us at www.petsandparasites.org or consult with your veterinarian.

Reducing risks for your family

You can reduce the risk of parasitic infection to your family by eliminating parasites from pets; restricting access to contaminated areas, such as sandboxes, pet "walk areas," and other high-traffic areas; and practicing good personal hygiene.

Disposing of pet feces on a regular basis can help remove potentially infective worm eggs before they become distributed in the environment and are picked up or ingested by pets or humans.

Year-round prevention

Parasites can infect your pet any time of year. External parasites, such as fleas and ticks, may be less prevalent outside during certain times of the year; however, they often survive in the house during the winter months, creating an uninterrupted life cycle. Other internal parasites, such as worms, may affect your pet all year long. That's why it's important to consult with your veterinarian to implement a year-round parasite control program.

What can I do?

Responsible pet parasite control can reduce the risks associated with transmission of parasitic diseases from pets to people. By following a few simple guidelines, pet owners can better protect their pets and their family.

- Practice good personal hygiene.
- Use a preventative flea and/or tick treatment year-round.
- Only feed pets cooked or prepared food (not raw meat).
- Minimize exposure to high-traffic pet areas.
- Clean up pet feces regularly.
- Visit your veterinarian for annual testing and physical examination.
- Administer worming medications as recommended by your veterinarian.
- Ask your veterinarian about parasite infection risks and effective year-round preventative control measures administered monthly.

For more important information about parasite control guidelines, ask your veterinarian or visit us at www.petsandparasites.org.

The Companion Animal Parasite Council

The Companion Animal Parasite Council (CAPC) is an independent council of veterinarians and other animal health care professionals established to create guidelines for the optimal control of internal and external parasites that threaten the health of pets and people. It brings together broad expertise in parasitology, internal medicine, public health, veterinary law, private practice and association leadership.

Initially convened in 2002, CAPC was formed with the express purpose of changing the way veterinary professionals and pet owners approach parasite management. The CAPC advocates best practices for protecting pets from parasitic infections and reducing the risk of zoonotic parasite transmission.



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For more information about how parasites may affect your pet, please visit us at www.petsandparasites.org.

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*Guidelines are endorsed by: **Boehringer Ingelheim** Intervet/Schering-Plough*

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Heartworms, Pets & People



Companion Animal Parasite Council
www.petsandparasites.org



Heartworms and Your Pet

Heartworms are known to occur throughout the U.S., and though they have been 100 percent preventable for decades, they are still common in dogs and cats. Transmitted by mosquitoes, they are among the most damaging canine and feline parasites. Heartworms are transmitted by feeding mosquitoes and, once mature, take residence in the heart and large vessels of the lungs.

Heartworms can be a very serious problem for both dogs and cats, especially those in mosquito infested areas. Because heartworms live in the bloodstream, lungs and heart, they can kill or seriously debilitate pets that are infected with them.

See Your Veterinarian

Your veterinarian can conduct a simple blood test to determine if your pet has heartworms or heartworm disease. Diagnosis in cats can be more challenging. A year-round preventive program is recommended by authorities and is most effective to keep pets free of heartworms.

Common questions about heartworms

Should I be concerned about heartworms in my pet?

Yes. Heartworms are transmitted by the bite of mosquitoes from an infected pet. They must go through the mosquito, not directly from dog to dog. Heartworms can kill or seriously debilitate pets that are infected with them. That's because heartworms live in the bloodstream, lungs and heart of infected pets.

How will heartworms affect my dog?

The heartworm larvae deposited by the feeding mosquito eventually migrate to the chambers of the heart or into the vessels of the lungs. Once in the heart, the worms can affect blood flow throughout the body. Heartworms may be up to a foot long and your pet may have anywhere from one to several dozen in their heart and adjacent blood vessels.

Heartworm infection can affect many different organs of the dog. While the heart and lungs may suffer most, other organs such as the kidneys and liver may be impacted. A veterinarian may suspect that an animal has been infected if an active animal tires easily or shows shortness of breath or coughing; however, one or more tests conducted by your veterinarian may be necessary to determine whether or not your dog has heartworms. There may be no signs at all. This makes testing and prevention all the more important to do before signs begin.

Can my cat be affected by heartworms?

Yes. However, feline heartworm disease can differ significantly from its canine counterpart, and may require the use of several diagnostic tests or procedures to confirm a diagnosis. Cats with clinical heartworm disease usually present with respiratory signs such as coughing and/or difficulty breathing, or even intermittent vomiting

not associated with eating. Other signs include weight loss and/or diarrhea without accompanying respiratory signs. The respiratory signs are difficult to differentiate from those observed with feline asthma.

How do I prevent my pets from getting heartworms?

All dogs and cats are at risk, even those animals that primarily live indoors. However, heartworms are preventable.

Ask your veterinarian about heartworm prevention. Preventive treatment should begin at six or eight weeks of age in puppies and after tests have been conducted in older dogs to determine if your dog has already been infected. If your dog does have heartworms, your veterinarian can advise you about treatment options. In dogs over six months of age, a blood test is recommended before starting medication.

Tips to protect your family and your pet.

Wash your hands well after contact with an animal.

- Do not allow children to put dirt in their mouths.
- Pick up dog and cat waste from your yard daily, especially where both children and animals play.
- Cover home sandboxes to protect them from fecal contamination.
- Have your pet tested regularly (one or two times a year) for parasites by a veterinarian and administer year-round preventive medications to control internal parasites that present a risk to your pet and your family.

Why should I control parasites for my pet year-round?

Isolated cases of human infection have been reported, but heartworm is generally not considered a risk to human health. However, due to the large number of internal and external parasites and the high risk of pet infection, controlling parasites year-round is the most reliable way to ensure the highest level of health for your pet and well-being of your family. Year-round prevention is the most effective way to control cat and dog parasites and the diseases they can carry.

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For more information about how parasites may affect your pet, please visit us at

www.petsandparasites.org. The CAPC guidelines are endorsed by The American Animal Hospital Association (AAHA).

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Fleas, Ticks & Your Pet



Companion Animal Parasite Council

www.petsandparasites.org

Fleas are probably the most common ectoparasite (external parasite) of dogs and cats worldwide. In addition to just being a nuisance, fleas are responsible for flea allergy dermatitis (FAD) in dogs and cats, which is estimated to account for over 50 percent of all the dermatological cases reported to veterinarians.

Ticks are also ectoparasites. Ticks are important vectors of a number of diseases, including Lyme disease.

Ticks are second only to mosquitoes as vectors of human disease, both infectious and toxic. Control and prevention of ticks is extremely important in reducing the risk of disease associated with ticks.

Year-round prevention

Parasites can infect your pet any time of year. While external parasites, such as fleas and ticks, may be less of a problem during certain times of the year, depending on where you live, internal parasites (worms) can be present year-round. That's why it's important to consult with your veterinarian to implement a year round parasite control program.

Common questions about fleas and ticks

Why should I control parasites for my pet year-round?

Due to the large number of internal and external parasites and the high risk of pet infection, controlling parasites year-round is the most reliable way to ensure the highest level of health for your pet and well-being of your family. Year-round prevention is the most effective way to control cat and dog parasites and the diseases they can carry. People think their pets are safe during the colder months, but pets are susceptible to flea and tick infections at all times of the year. And regardless of the weather, many of these pests can even survive in your home – in carpeting, on furniture and in the bedroom.

Do fleas on my pet present a health risk to my family?

Yes. Fleas can carry and transmit several potential illnesses of importance to humans, including typhus and plague, and can transmit "cat scratch disease" (infection with Bartonella) among cats who can then spread the disease to humans. Additionally, fleas serve as an intermediate host for tapeworms, which can infect your pet and occasionally humans.

What human-health problems are associated with ticks?

Ticks transmit a large number of diseases in North America. These diseases include Lyme disease, Rocky Mountain spotted fever, relapsing fever, ehrlichiosis, tularemia and tick paralysis. It is important for the health of your pet, as well as the safety of your family, to include ticks in your pet's year-round parasite control program.

What if my cat never goes outside?

Indoor cats have less chance of acquiring fleas and ticks, but they should be regularly checked, just in case. Other pets and/or family members can be hosts for fleas and ticks (on pant cuffs or socks) and bring them home to your indoor cat.

Tips to protect your family and your pet.

1. Wash your hands well after contact with an animal.
2. Do not allow children to put dirt in their mouths.
3. Pick up dog and cat waste from your yard daily, especially in areas where both children and animals play.
4. Cover home sandboxes to protect them from fecal contamination.
5. Have your pet tested regularly (at least once a year) for parasites by a veterinarian and administer year-round preventive medications to control internal parasites that present a risk to your pet and your family.

What is a vector-borne disease?

Vector-borne diseases are those transmitted by fleas or ticks (among other parasites) that infest dogs and cats. They can affect pets and people. Ticks can transmit a large number of “vector borne” diseases in North America including ehrlichiosis, Lyme disease, relapsing fever, Rocky Mountain spotted fever and tularemia.

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SITUATION	RISK FACTORS	DISEASE AGENT
Dog stays at home and does not go out except in the backyard	An infected dog gets into yard or makes contact through the fence.	Any infectious canine disease*
	Children in the home visit the cute new shelter puppy next door and bring disease agents back to house on shoes or clothing.	Common puppy diseases, such as distemper, parvo and coronavirus.
	You live in a home surrounded by woods and brush and/or live in an endemic Lyme disease area.	Lyme disease**.
	Yard is surrounded by wildlife and wildlife are in your yard frequently where they can transmit disease .	Leptospirosis; Lyme disease.
Puppy	Puppies are particularly susceptible because their immune systems haven't fully developed.	Any infectious puppy or adult canine disease.
Geriatric dog	Older dogs may have weakened immune systems and be susceptible.	Any infectious canine disease
Dog is boarded, goes to groomers or day care	High level of interaction with other dogs. Facilities may require vaccination records, but total compliance is difficult to track and an unvaccinated dog may unknowingly be admitted.	Kennel cough and/or any other infectious canine disease.
Dog goes on walks and steps in puddles or drinks from a pond	At risk for lepto, especially if the disease is common in your area.	Leptospirosis and/or any other infectious canine disease.
Dog goes to dog parks	High level of interaction with dogs you don't know.	Any infectious canine disease.
Dog is lost	Dog gets out of the backyard. Dog gets loose in a natural disaster such as hurricanes, floods, tornadoes, earthquakes and fires.	Infectious canine diseases if he is around other dogs or sheltered until he is found.

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*Canine Distemper, Canine Parvovirus (Parvo), Canine Adenovirus (Type 1), Canine Parainfluenza Adenovirus (Type 2), Canine Coronavirus, Rabies, Kennel Cough, Canine Leptospirosis, Canine Lyme Disease

**Canine Lyme disease is not passed from dog-to-dog but from the deer tick.

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Simple Fixes for Simple Problems

Some common problems in dogs and their solutions. I often recommend these simple treatments for adult animals who are otherwise acting normal and cannot be brought into a veterinary hospital.

Dosages are at the end of the pamphlet.

1. **Vaccine Reactions/Bug bites.** Antihistamines can be given to reduce allergic reactions. Benadryl is most commonly used and can be used every 6 hours until the reaction is gone. Rarely, some cases are severe and will need to be hospitalized.

2. **Car sickness/Anxiety.** Benadryl and Dramamine can also be used for this as well. It does not work in all patients! Make sure to give it 30 minutes prior to the care ride.

3. **Diarrhea.** Withhold food from adults for 24 hours. Dogs can take Pepto Bismol and/or Imodium AD. These medications can be used together. I do not recommend people give Imodium to Collies, Australian Shepherds, Shelties, and Border Collies because of an uncommon sedative-like reaction that can occur. If a dog's diarrhea does not improve in 1 to 2 days with the above medications a visit to the vet is needed. In young animals vomiting and diarrhea is more dangerous and needs to be addressed quickly. Make sure to bring a sample to the vet so a fecal can be done.

4. **Vomiting.** Dogs and cats can take Pepcid A/C to reduce stomach acid production. Pepto Bismol, as mentioned above, can also be used in dogs but not cats. Do not wait more than 12 hours for dogs and cats that are vomiting before seeking veterinary care, because the list of potentially serious things that can make a pet vomit is lengthy.

5. **Sneezing.** Dogs and cats can have seasonal allergies just like their owners, and will sneeze and often have a watery nasal discharge. The best over-the-counter antihistamine for dogs has been Benadryl or diphenhydramine, although recently veterinarians have begun using Claritin (loratadine) and Zyrtec (cetirizine) in dogs. In cats, chlorpheniramine seems to work the best. This is given at 2 mg, which is a half tablet, twice a day. Bear in mind, however, that upper respiratory infections, abscessed teeth, and foreign objects like a piece of grass or a foxtail, can all cause sneezing and may require veterinary attention. Cats can get "URI" or upper respiratory infection even if vaccinated. Time and fresh air usually resolves most cases but it is contagious. If there is any green mucus discharge from the nose or eyes or your pet stops eating, your pet should be seen by a veterinarian.

6. **Coughing.** Dogs can develop "kennel cough" which has very similar symptoms as a human cold. Even dogs or cats vaccinated for this can become infected. Generally, kennel cough is self-limiting and will get better with fresh air and time, but it is contagious. If your dog stops eating,

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has colored discharge from the nose, or is hot to the touch you need to seek veterinary care. Remember there are numerous other causes of cough including heartworms or heart disease!

7. Scrapes and scratches. You can use Neosporin on scratches on dogs and cats just as you would on yourself. Do not use hydrogen peroxide on wounds because peroxide kills the body's own white blood cells and interferes with the normal healing processes of cell division and scar tissue formation. Keep in mind that a scratch or scrape is superficial, but that puncture wounds are another matter entirely and any dog or cat with a deep puncture wound is at high risk for developing an abscess under the skin at that location unless they take antibiotics. You can clean with warm water, but iodine or chlorhexidine cleaners are best. Iodine if used should be diluted with water till it is a tea color. If it is really itchy like a hot spot then cortisone cream can be used also. Keep in mind hot spots can develop from an insect bite or fleas or from more complex medical problems.

8. Itching. If your pets are not on a reliable and regular flea control program, fleas are your most likely problem (even if you do not see them!!). Products I recommend: Advantage, Advantix, Frontline Plus, Certifect, Assurity, Comfortis, Trifexis Revolution, and Advantage Multi. The last 3 also get heartworms as well. If you are using a different product please contact your vet to see if the product is safe and effective. Itching in dogs can also be a result of a number of causes, but dogs will often itch during allergy season. Bathing with a mild dog shampoo will probably help to some degree. Until your dog can be seen by a veterinarian a bath may offer some needed relief. Specifically, shampoos containing oatmeal, aloe, omega 3 fatty acids or hydrocortisone are believed to reduce itching. Antihistamines, as mentioned above, may also reduce itching but tend to have limited effect in many dogs. Combining antihistamines with Omega 3 fatty acids (i.e. fish oil) can also be of benefit to mildly itchy dogs. Topical cortisone cream can also take the itch out of a localized spot.

9. Lameness/Arthritis. Glucosamine, chondroitin, and fish oil can be of some benefit for animals with arthritis and chronic orthopedic conditions. S-Adenosylmethionine (SAM, SAME, SAM-e) may be of benefit for osteoarthritis pain as well.

10. Poison Ingestion. If poison control or the product label recommends to induce vomiting, hydrogen peroxide can be given by mouth until vomiting occurs. Consult your veterinarian to see if any further treatment is needed/recommended.

As with any medical condition, if things don't improve with simple treatment in a few days, or if things start to get worse, consult your veterinarian as soon as possible.

Visit www.veterinarypartner.com for more detailed information.

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Drugs		Dog dosage	Cat dosage	How often
Pepto Bismol *		1 tab / 30 #	N/A	Every 6 hours
Imodium A/D **	2 mg	1 tab / 40 #	N/A	Every 8 hours
Pepcid A/C	10 mg tablet	1 tab / 20 #	½ tab	Every 12 hours
Diphenhydramine (Benadryl)	25 mg tablet	1 tab / 25 #	¼ tab	Every 8 hours
Dimenhydrinate (Dramamine)	50 mg tablet	1 tab / 25 #	¼ tab	Every 8 hours
Loratadine (Claritin)	10 mg tablet	1 tab / 50 #	¼ tab	Once a day
Zyrtec (Cetirizine)	10 mg tablet	1 tab / 50 #	¼ tab	Once a day
Over the counter flea control		Frontline + / GOLD, Advantage, Advantix	Frontline Gold, Advantage, Cheristan	Monthly
Neosporin		Yes	Yes	Cats occasional reaction
Fish Oil	EPA's	400 mg / 20 #	same	Once daily
Glucosamine		500 mg / 25 #	same	Divided twice a day
Chondroitin		400 mg / 25 #	same	Divided twice a day
S-Adenosyl Methionine *** (SAM, SAMe, SAM-e)		9 mg / lb	same	
Cortisone Creams		yes	yes	

* Do not use in cats

** Do not use in herding breeds (Collies, Aussies, Shelties, Border Collies, etc.)

*** Do not use in diabetic animals.

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Crate Training for Puppies and Dogs

What is Crate Training?

Dogs are den animals, which means they like to have their own personal space (den) to rest, take a nap, or hide from thunderstorms. Crate training is a practice that uses a dog's natural instincts as a den animal. Even though den animals like to have an area that's all theirs, it takes some time getting used to a crate.

Benefits of Crate Training

There are a lot of good reasons to crate train a dog, housetraining being the main reason. Crate training is an essential part of housebreaking new puppies too. Puppies will not usually soil their bed or den. Therefore, if the crate is set up as a resting space, the puppy will wait until he leaves the crate to do his business. This will put you in control of where and when your puppy relieves himself.

You'll also find that crate training is useful for sequestering rambunctious dogs when you have company over, during car travels, and for making sure a new puppy or anxious dog is safe and happy at night – i.e. not eating everything that's left within reach, tearing up furniture, or soiling the floors.

Another reason to crate train a dog is if there are certain areas in your home where the dog isn't allowed. Crate training your dog will limit their access to the rest of the house while they learn the other house rules, like not chewing up furniture.

How to Crate Train a Puppy

“Step 1: Familiarize your puppy with the crate to make crate training a pleasant experience.

To avoid making crate training your puppy a traumatic experience, make sure that he feels at ease throughout the entire process. You can do this by placing an old shirt or blanket on the bottom of the crate so that he is comfortable.

A puppy must never be locked up and left alone if it is his first time inside the crate. This can be a very traumatic experience for your puppy and will only make it more difficult for you the next time you try and get him to go inside the crate and behave.

Instead, tempt the puppy to enter the crate by placing some kibble inside. Be generous with your praises, as he enters the crate to eat the kibble. If he does not make a move to enter the crate, pick him up and slowly put him inside with the door left open. Reassure your puppy by petting him if he seems agitated and frightened. Once the puppy is inside the crate for a few moments, call him to come out of the crate to join you. Praise him with simple words and pats when he comes to you.

After practicing going in and out of the crate willingly several times, once the puppy appears to be at ease inside the crate and does not show any signs of fright, then you can close the door slowly. Keep it closed for

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one minute, as long as he remains calm all throughout. After that, open the door and invite him out while generously praising him.

Step 2: Feed your dog inside the crate to make him more comfortable with it.

Once you have passed the initial hurdle of familiarizing your puppy with the crate, you will want to get him comfortable going into the crate and staying there quietly. Similar to before, the best trick for getting a puppy to go inside a crate willingly is to tempt him with food. Fill a bowl with a small amount of puppy food while you let him watch. Let him sniff the food and then slowly place the bowl of food inside the crate.

Once the puppy is inside, slowly close the door (so as not to startle the puppy) and allow him to eat. He will likely finish his food inside and only begin to whine or bark after he is done with his meal. When he starts to bark and whine, tap the door of the crate and say "No" in a strong, commanding (but not loud) voice. With repetition, this will make him stop crying and eventually train him not to whine when he is placed inside his crate.

Step 3: Get your puppy used to spending longer periods of time in the crate.

Now you can gradually increase the time the puppy stays inside the crate. If he whines, wait for him to quiet down -- or five minutes, whichever is first -- before you open the door to let him out. Praise him when he comes out, and take him outside to relieve himself immediately. Repeat this a few times a day, as consistency in training is a key tool to success.

After some time, your puppy will begin to feel at ease inside his crate and may even go to his crate on his own. This is the time to lengthen his stay inside, although you must keep in mind that there is also a limit to the maximum number of hours that your puppy can spend inside his crate before becoming uncomfortable.

Step 4: Crate your puppy overnight or when leaving the house, but do not leave them in there too long. A puppy should not be made to spend almost an entire day in his crate, nor is it right to imprison a puppy inside his crate for long periods of time. He must be given breaks to walk and play around.

The purpose of a crate is so that the puppy/dog can be tucked inside overnight when you are sleeping and cannot supervise him, when you need to travel, and when you need him to be sequestered from visitors or children. It can also be a very useful tool in housetraining. You can keep him inside his crate until the scheduled outside time -- when you can take him out to relieve himself -- and in so doing, the puppy learns how to control his body functions as an internal schedule is being set, so that he becomes accustomed to the times when he will be going outdoors. This method works well because it is a dog's natural inclination not to soil in his own bedding. He will learn not to eliminate until he is let out of his crate, and later, at the scheduled time.

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How to Crate Train a Dog

Maybe your dog is a rescue or was never housetrained, perhaps you're about to make a long move and need to put him in a crate for the trip, or maybe your dog has been acting up when you're away from home. Whatever the reason, crate training a dog is slightly different than crate training a puppy.

Depending on the dog's age, temperament and past experiences, the entire process can take weeks. Always remember to be patient and be positive, offering plenty of praise at every step. Crate training a dog should be done in small steps not rushed. Follow the steps below to crate train your dog the right way:

1. Prepare your dog for crate training by sapping their energy (go for a long walk, play ball, etc.) and making sure they don't need to go to the bathroom.
2. Puppies don't have habits that they've been forming their entire lives, whereas an adult dog may have spent its entire life never having to enter a crate. For this reason dogs may take a lot longer getting used to the idea of a crate. You must be patient and kind, doing your best to create positive associations between your dog and the crate. Try feeding your dog its meals near the crate.
3. Make the dog's crate nice and comfy, with one of your old t-shirts, some of the dog's favorite toys, and a nice soft blanket. Comfort is key to getting a dog to accept his crate, leaving the door open so he can come and go as he pleases will help.
4. Once your dog is comfortable being inside the crate with the door open, you'll want to start keeping the door closed for small amounts of time. Wait until the dog is hanging out inside, offer a toy or treat, and close the door while they're distracted. Start leaving the door closed in five-minute intervals and stay in the same room, or at the very least within your dog's eyesight.
5. Keep practicing with crate training your dog, gradually increasing the five-minute intervals and working up to the point where you can leave the room without your dog getting upset. Once your dog can stay peacefully in its crate for thirty minutes, you can start leaving him crated for short amounts of time while you leave the house.

With patience, practice, and consistency your dog will learn that its crate is a safe place and not a prison. The crate may even become your dog's new favorite place to relax!

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Foods Dogs Can Eat:

Apple (no seeds/core)
Banana
Blueberries
Broccoli (small amount)
Brussels Sprouts
Cabbage
Cantaloupe
Carrots
Celery
Cranberries (small amount)
Cucumber
Green Beans
Mango (no pits)
Orange
Peach (no pits)
Pear (no seeds/core)
Peas (i.e. green peas, snow peas, sugar snap peas, English peas)
Pineapple (remove hard skin)
Raspberries (small amount)
Spinach (small amount)
Strawberries
Watermelon (remove rind and seeds)

Foods Dogs Can NOT Eat:

Almonds
Asparagus
Avocado
Cherries
Chocolate
Cinnamon
Garlic
Grapes or Raisins
Ice Cream
Macadamia Nuts
Mushrooms
Onions
Tomatoes



Checklist for Socialization

The goal is that the puppy has positive experiences, not neutral or bad ones. It's important to watch the puppy's response and note what it is and to also give treats to help ensure the exposure is a success. Here's a checklist that can help you. Download a copy of this puppy socialization checklist at www.drsophiayin.com.

You can grade the response if you want or just check off each exposure.

Needs Work	1	Overarousal or try to get at: Growl, nip, bark, struggle (for handling), or lunge
	2	Avoid: Struggle, hide, try to get away, won't approach, or hesitant to approach
	3	Freeze: Holds still (but not eating), non-exploratory, moving slowly or acting sleepy when they shouldn't be tired
Going well	4	Calm, relaxed, explores the object or environment, playful, focused on the food
	5	Calm, relaxed, explores the object or environment, playful, even without food

Additionally a + can be used to denote better progress and a – denotes not as well: e.g. 2+, 2, 2- three levels of response

Checklist for Socialization

Week Start Date _____ **DAY & SCORE** (or check mark)

CLASS OF SOCIALIZATION	SPECIFIC SOCIALIZATION	M	T	W	T h	F	S	Sun
Handling	Checking the ears							
	Examining mouth and gums							
	Opening the eyelids							
	Squeezing the feet							
	Handling and trimming the toenails							
	Pinching skin							
	Poking the skin with a capped pen							
	Touching and squeezing the nose							
	Poking the nose with a capped pen							
	Cradling puppy in your arms on its back							
	Holding him in your lap							
	Holding puppy upside down							
	Holding puppy on its back while giving a belly rub							
	Hugging your puppy							
	Pulling the collar (gotcha)							
	Grabbing puppy by other part of body							
	Wiping body with a towel							
	Putting on a head halter							
	Putting on a harness							

Checklist for Socialization

Week Start Date _____

DAY & SCORE (or check mark)

CLASS OF SOCIALIZATION	SPECIFIC SOCIALIZATION	M	T	W	T h	F	S	Sun
Unfamiliar People	Women							
	People of many ethnicities							
	Tall men							
	Men with deep voices							
	Men with beards							
	Elderly							
	People wearing hats, helmets							
	People wearing Ugg® boots							
	People wearing hoodies							
	People wearing backpacks							
	People wearing sunglasses							
	People with canes, walking sticks or walkers							
	Teenagers							
	Children standing as well as playing							
	Toddlers (walking and squealing)							
	Infants (crawling)							
	People running by							
	Indigent or homeless people							

Checklist for Socialization

Week Start Date _____

DAY & SCORE (or check mark)

CLASS OF SOCIALIZATION	SPECIFIC SOCIALIZATION	M	T	W	Th	F	S	Sun
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Unfamiliar Dogs	Dogs who play well							
	A dog who will reprimand puppies with appropriate force and restraint for getting into his personal space							
	With puppies who play well and do not get overly aroused							

Other animal species	Cats							
	Horses and livestock							
	Any types of pets you may have							
New surfaces	Concrete							
	Slippery floors such as hardwood, linoleum or marble							
	Metal surfaces-such as manhole covers, vet hospital scales							
	Wobbly surfaces such as BOSU® ball, a board on top of a book or unbalanced thick tree branch, a wobble board							
	Stairs							
	Wet grass							
	Mud							
	Ice, frost, or snow if you will live in such areas							

Checklist for Socialization

Week Start Date _____ DAY & SCORE (or check mark)

CLASS OF SOCIALIZATION	SPECIFIC SOCIALIZATION	M	T	W	T h	F	S	Sun
New environments	Suburban neighborhood							
	Residential city streets							
	High traffic city street (such as downtown)							
	Shopping mall parking lot							
	Inside buildings							
	Dog-friendly event such as an agility or obedience trial							
	Location of several different dog training classes							

Scary sounds	Thunder (CD)							
	Fireworks (CD)							
	Babies and kids (CD)							
	Alarms (CD)							
	Dogs barking (CD)							
	Doorbell ringing (CD)							
	Traffic (like downtown in a city)							
	Jack hammers (CD)							
	Vacuum cleaner (CD)							
	Sirens (CD)							

Checklist for Socialization

Week Start Date _____

DAY & SCORE (or check mark)

CLASS OF SOCIALIZATION	SPECIFIC SOCIALIZATION	M	T	W	T h	F	S	Sun
Objects with wheels	Skateboards							
	Rollerblades							
	Garbage cans outside							
	Shopping carts							
	Baby strollers							
	Wheel chairs							
	Bikes							
	Cars							
	Buses							
	Motorcycles							
Man-made objects	Pots and pans							
	Blankets or rugs being shaken							
	Brooms							
	Balloons							
	Umbrellas							
	Bags blowing in the wind							
	Sidewalk signs							
	Garbage cans in the house							
	Garbage cans outside							
	Plastic bags blowing the wind							
	Large plastic garbage bags							
	Metal pans or other metal surfaces							
	Metal-pens							

