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CANINE PREVENTATIVE CARE GUIDELINES

LIFE STAGE	RECOMMENDED ROUTINE CARE	SPECIAL CARE/DISCUSSION ITEMS
PUPPY: UNDER 6 MONTHS	<ul style="list-style-type: none"> ✓ Comprehensive physical examination – as needed during juvenile vaccination series <ul style="list-style-type: none"> ▪ Dental examination for proper dentition ▪ Body Score assessment +/- nutritional counseling ✓ Vaccination – juvenile series, age/risk based ✓ Monthly preventative - fleas, ticks, intestinal parasites and heartworms ✓ Microchip implantation ✓ Stool Test (MINIMUM 3 TESTS) and deworming (MINIMUM 3 TIMES) ✓ Complete Blood Count (CBC) + mini organ chemistry panel + urinalysis ✓ Sterilization 	<ul style="list-style-type: none"> ✓ Dewclaw removal ✓ Consider blood typing ✓ Behavioral counseling ✓ Thoracic/Abdominal radiographs <hr/> <p>Recommended blood and urine testing: Adult Wellness + UA + AP4</p>
JUVENILE: 7 MO TO 2 YR	<ul style="list-style-type: none"> ✓ Comprehensive physical examination (1 X YR) <ul style="list-style-type: none"> ▪ Dental examination +/- dental prophylaxis ▪ Body Score assessment +/- nutritional counseling ✓ Body Score assessment +/- nutritional counseling ✓ Vaccination – age/risk based ✓ Monthly preventative - fleas, ticks, intestinal parasites and heartworms ✓ Microchip implantation ✓ Stool Test and deworming = TWICE YEARLY ✓ Tick Parasite/Heartworm test = ANNUALLY > REC: 8 MONTHS ✓ Complete Blood Count (CBC) + mini organ chemistry panel + urinalysis = ANNUALLY ✓ Sterilization 	<ul style="list-style-type: none"> ✓ Dewclaw removal ✓ Consider blood typing ✓ Behavioral counseling ✓ Hip/Elbow radiographs (LARGE BREEDS) <hr/> <p>Recommended blood and urine testing: Adult Wellness + UA + AP4</p>
ADULT: 3 YR TO 6 YR	<ul style="list-style-type: none"> ✓ Comprehensive physical examination (1 X YR) <ul style="list-style-type: none"> ▪ Dental examination +/- dental prophylaxis ▪ Body Score assessment +/- nutritional counseling ✓ Vaccination – age/risk based ✓ Monthly preventative - fleas, ticks, intestinal parasites and heartworms ✓ Stool Test and deworming = TWICE YEARLY ✓ Tick Parasite/Heartworm test = ANNUALLY ✓ Complete Blood Count (CBC) + mini organ chemistry panel + urinalysis = ANNUALLY 	<ul style="list-style-type: none"> ✓ Sterilization (if not sterilized) ✓ Microchip Implantation (If not microchipped) ✓ Consider blood typing ✓ Behavioral counseling <hr/> <p>Recommended blood and urine testing: Adult Wellness + UA + AP4</p>
SENIOR: 7 YR TO 10 YR	<ul style="list-style-type: none"> ✓ Comprehensive physical examination (2 X YR) <ul style="list-style-type: none"> ▪ Dental examination +/- dental prophylaxis ▪ Body Score assessment +/- nutritional counseling ✓ Vaccination – age/risk based ✓ Monthly preventative - fleas, ticks, intestinal parasites and heartworms ✓ Stool Test and deworming = TWICE YEARLY ✓ Tick Parasite/Heartworm test = ANNUALLY ✓ Complete Blood Count (CBC) + mini organ chemistry panel + urinalysis = ANNUALLY ✓ Thyroid screen = ANNUALLY 	<ul style="list-style-type: none"> ✓ Sterilization (if not sterilized) ✓ Microchip Implantation (If not microchipped) ✓ Consider blood typing ✓ Behavioral counseling ✓ Comfort and pain management ✓ Blood pressure, ECG, eye pressures ✓ Thoracic/Abdominal radiographs <hr/> <p>Recommended blood and urine testing: Adult Wellness + UA + T4 + AP4</p>
GERIATRIC: 11 YRS OR OLDER	<ul style="list-style-type: none"> ✓ Comprehensive physical examination (2 X YR) <ul style="list-style-type: none"> ▪ Dental examination +/- dental prophylaxis ▪ Body Score assessment +/- nutritional counseling ✓ Vaccination – age/risk based ✓ Monthly preventative - fleas, ticks, intestinal parasites and heartworms ✓ Stool Test and deworming = TWICE YEARLY ✓ Tick Parasite/Heartworm test = ANNUALLY ✓ Complete Blood Count (CBC) + full organ chemistry panel + urinalysis = ANNUALLY ✓ Thyroid screen = ANNUALLY 	<p>Consider:</p> <ul style="list-style-type: none"> ✓ Sterilization (if not sterilized) ✓ Microchip Implantation (If not microchipped) ✓ Consider blood typing ✓ Behavioral counseling ✓ Comfort and pain management ✓ Blood pressure, ECG, eye pressures ✓ Thoracic/Abdominal radiographs ✓ Abdominal ultrasound <hr/> <p>Recommended blood and urine testing: Senior Profile 2 + AP4</p>

PLEASE TURN OVER

RECOMMENDED ROUTINE AND SPECIAL CARE DESCRIPTION:

COMPREHENSIVE PHYSICAL EXAMINATION: The physical examination is the most basic of routine veterinary care. A comprehensive physical examination should include an external and oral assessment and auscultation of the heart and lungs. A proper physical examination is the first step in health assessment for both routine care and illness and provides direction for preventative care and diagnostics.

DENTAL EXAMINATION AND DENTAL PROPHYLAXIS: Pets today often suffer from dental disease due to their longer life span and proper dental care should start at a young age. As teeth change from deciduous (temporary) to permanent, oral examinations should be performed to ensure proper dentition. With age comes dental disease influenced by various factors such as facial anatomy, diet, age, immunity, etc. Most pets will require a dental cleaning, often known as a dental prophylaxis, at least once in their lifetime.

BODY SCORE ASSESSMENT AND NUTRITIONAL ADJUSTMENT: Body weight changes can often be the first sign of organ disease. Many conditions if diagnosed early can be treated or managed with proper nutritional assessment and adjustment.

VACCINATION: Many potentially fatal diseases are easily preventable with consistent vaccination. Although there are many stories of vaccine reactions, the truth is that vaccine reactions occur in less than 1% of vaccinated pets and far more pets die from disease than from a vaccine reaction. Some diseases in pets are zoonotic (contagious to humans) and can potentially cause severe disease and death in humans. Consistent vaccination prevents disease in pets and people, especially children, the elderly and the immunocompromised.

FLEA, TICK INTESTINAL PARASITE AND HEARTWORM PREVENTION: Internal and external parasites may seem like an animal problem but these parasites are a people problem also since they carry diseases that are transmitted to people. Due to the significant medical consequences for people, all pets should take a monthly antiparasitic medication.

MICROCHIPPING: One of the largest threats to a pet's life is getting lost. Without identification a lost pet has a 10% chance of being reunited with its owners. Collars and tags can get lost but a microchip is implanted under the skin. A painless, easily implantable and inexpensive microchip can help ensure that your pet is return to you.

STOOL TESTING AND DEWORMING: Pets can harbor parasites that are zoonotic or contagious to people and preferentially infect children. Parasites in people can cause significant disease including diarrhea, blindness and organ failure. Consistent stool testing and deworming is the safest way to reduce zoonotic parasitic disease. The gold standard in stool testing is a fecal centrifugation test performed at a commercial laboratory which is 100 times more accurate than common onsite fecal flotation tests that are routinely performed.

TICK PARASITE AND HEARTWORM TESTING: A simple mosquito or tick bite is all it takes for a pet to contract blood parasites which can go undiagnosed until advanced stages. Although monthly antiparasitic medications are highly effective they are not without the risk of lapse of protection. Simple blood tests can screen for these diseases.

COMPLETE BLOOD CELL COUNT (CBC): A CBC is a common blood test that examines red, white and platelet blood cell populations and is used to screen for infection, anemia and a variety of other blood disorders.

ORGAN CHEMISTRY PANEL: Internal organs are difficult if not impossible to assess based upon a physical examination unless significant disease is present. An organ chemistry panel measures enzyme levels of different organs within the body and may provide an early diagnosis of organ disease.

URINALYSIS: A urinalysis can confirm certain organ tests as well as provide the ability to assess kidney function and screen for kidney and bladder disorders.

STERILIZATION (SPAY/NEUTER): It is well documented that sterilization provides long term benefits for both male and female pets. Sterilization significantly reduces roaming, aggression and testicular cancer in males and uterine, ovarian and mammary cancer in females. However the benefits of sterilization are age dependent and it is best to have the procedure performed prior to 6 months of age.

THYROID TESTING: As pets age they are at increased risk of developing thyroid disorders. These disorders can be easy to treat with medication provided the condition is discovered early.

BLOOD PRESSURE (BP): As pets age they are at increased risk of developing hypertension. Hypertension is an easily manageable condition with proper medication provided significant and irrevocable cardiac and respiratory disease has not occurred.

ELECTROCARDIOGRAM (ECG): An ECG is a minimally invasive method of screening for early cardiac disease and arrhythmias.

INTRAOCULAR PRESSURE (IOP): Intraocular pressure checks for glaucoma which can occur undetected causing retinal detachment and blindness. Glaucoma is a treatable condition with either medication or surgery if discovered early and before ocular damage has occurred.

RADIOGRAPHS: Radiology is a minimally invasive method to assess bone and soft tissue for disease and masses.

ULTRASOUND: Ultrasound is a minimally invasive method of examining tissue and organ architecture to look for disease and masses that can escape detection during physical examination, blood testing and radiographs. The advent of lower cost and higher resolution devices has made ultrasound well within reach of most veterinary facilities and is an excellent instrument at discovering early disease.

DEWCLAW REMOVAL: Many dogs are born with loose dewclaws that should be surgically removed to prevent injury later in life and many breeds have their dewclaws removed at 3-10 days of age.

BLOOD TYPING: Blood transfusion has become a common procedure in veterinary medicine. Blood typing will provide your pet with faster access to blood products in the event a transfusion is required.

BEHAVIORAL COUNSELING: Pets undergo behavioral changes as they grow and develop. Negative behavior can often be changed with training techniques but success is often dependent upon starting behavior modification techniques early.

COMFORT AND PAIN MANAGEMENT: As pets live longer they can suffer the same age related disorders as people and geriatric care is a fast developing area of veterinary medicine. A common age related condition seen in geriatric pets is osteoarthritis. Many medications and treatments are available that can reduce pain and increase quality of life for older pets.

HEALTH CARE FACTS

- ❖ Cats are the most popular pet in the United States, dogs being the second most popular pet.
- ❖ Although there is an increase in cat ownership, there is a decline in cat veterinary visits and an increase in the cat shelter population.
- ❖ Dogs were seen 2.3 times per year for veterinary services while cats were seen only 1.1 times per year.
- ❖ Owners often miss serious illness in their cat until advanced stages because cats are more self-sufficient, are less apt to show signs of illness and due to the misconception that cats are healthier than dogs, Dogs are more apt to show external signs of disease and are generally seen by veterinary facilities earlier in the disease process.
- ❖ The most common clinical indicators of disease in animals are loss of appetite, vomiting and diarrhea.
- ❖ According to the Humane Society of America statistics, 41% of people looking for their lost cat consider them to be indoor only cats.
- ❖ Less than 2% of lost cats and 16% of lost dogs are reunited with their owner due to lack of identification. Greater than 95% of registered microchipped animals will be reunited with their owners. The most important element of microchip identification is registering the microchip number with a national database.
- ❖ Dental disease and obesity are the most common disease conditions seen in dogs and cats.
- ❖ It is estimated that only 10% of cats are vaccinated against Rabies although people are 14 times more likely to be exposed to Rabies from a cat versus a dog. Estimates place Rabies vaccination of dogs at approximately 67%.

INFORMATION SOURCES

We derive our information and recommendations from legitimate advisory, research and veterinary medical organizations. We do not utilize information from individual opinion and data collectors. All the information when possible is scientifically based and peer reviewed on a national and global scale allowing for proper discussion and research in order to provide the best veterinary care possible. Veterinary medicine is a constantly evolving science with far reaching consequences that affect millions of people and animals. We believe that all decisions in veterinary medicine should have adequate scientific backing.

American Association of Feline Practitioners (AAFP)
Morris Animal Foundation
University of Cornell Health Center
Veterinary Oral Health Council
University of California at Davis Veterinary Medical Teaching Hospital

American Animal Hospital Association (AAHA) Canine Vaccine Task Force
Companion Animal Parasite Council (CAPC)
European Advisory Board on Cat Disease (ABCD)
American Heartworm Society
American Veterinary Medical Association (AVMA) Council on Biologic and Therapeutic Agents

A Dog's Age in Human Years					
Breed Size	Toy	Small	Medium	Large	Giant
Weight in pounds	3-10	11-25	26-50	51-100	>100
Actual Age					
1	15	15	14	14	12
2	24	24	23	22	20
3	28	28	28	28	28
4	31	32	33	34	35
5	35	36	37	39	43
6	38	40	42	45	50
7	42	44	46	50	58
8	45	48	51	56	65
9	49	52	55	61	73
10	52	56	60	67	80
11	56	60	64	72	88
12	59	64	69	78	95
13	63	68	73	83	103
14	66	72	78	89	110
15	70	76	82	94	118
16	74	80	87	100	125
17	78	84	91	105	
18	82	88	96	111	
19	86	92	100	116	
20	90	96	105	122	