



Congratulations on your new puppy. You are about to embark on a wonderful journey together. We have created this booklet to help you through the first phase of your relationship.

Simpson Veterinary Clinic

First just a little about ourselves.

Our facility offers a wide range of services including; Examinations and vaccinations. We have medical, surgical and dental facilities as well as in-house diagnostics. We also offer electronic pet identification (Micro chipping) and an array of prescription diets. We highly recommend booking an appointment to ensure your kitten is given the appropriate amount of time for his/her visit. Our hours are:

Monday – Tuesday	8:30 am to 6:00 pm
Wednesday	8:30 am to 3:00 pm
Thursday – Friday	8:30 am to 5:00 pm
Saturday	9:00 am to 12:00 pm

Website: www.simpsonveterinary.com

Our Team



Dr. Mankarious

In Case of an Emergency

You have a choice depending on your location of two out of hour's emergency clinics to provide you with service when we are not available.

1. Vaughan-Richmond Hill Veterinary Emergency Clinic
10303 Yonge St, Richmond Hill
905-884-1VEC (1832)
2. Veterinary Emergency Clinic
280 Sheppard Ave E, Willowdale
416-226-3663
or
920 Yonge St, Toronto
416-920-2002

Now we can get down to business.



Getting Started

You've brought your puppy home and you're going through that adjustment period. What you need to do now is to quickly bond with your new puppy, which will minimize the stress of leaving his/her mother and littermates. This

highly social species will look to you as its pack leader for "direction". Make sure all members of your family take a leadership role in your new puppy's life. Do not allow your puppy to exhibit any pushy, disobedient or inappropriate behaviour. This can lead to problems that are much harder to correct later.

Start training your puppy as soon as you get him/her home. Remember, reward the behaviours you wish your puppy to have and ignore the inappropriate ones.



Crate Training

Since dogs are such social animals they can find it tough to adapt to our schedule and lifestyle. A crate is a very handy tool to aid in your puppy's

adjustment to his/her new life in your family. This method is a great way of keeping your puppy out of mischief; it's much like putting your child in a play pen. This will teach your puppy that this is a place to relax and sleep and enables it to have appropriate toys to chew on to keep it occupied.

With a combination of scheduling and prevention inappropriate behaviours will be avoided when you are away. Make sure your puppy has time to eat, play and eliminate before you leave him/her in the crate. You must keep to a regular routine and time your departure when he/she is normally napping or playing with its own toys.

If your home is structured in a way that enables you to put up child gates, barricades or closed doors. If not confining to a single room, pen or crate. By having a smaller area to be in teaches you're puppy what to chew and where it can eliminate.

When using a crate, make sure that is large enough for the puppy to stand, turn and play in. Make sure you return before the puppy needs to eliminate again. Never use the crate as punishment. The crate is a safe place for your puppy to be and should not be a place that he/she fears. If at all possible move the crate to where you and your family are spending time. Especially during meal time and at bed time, make sure the puppy is included. This will help reduce crying out or vocalizing. This can also work

for your visits to the veterinarian, since he/she may be more settled and relaxed with their own bedding there.

House Training

House training can be done in a short period of time, anywhere from a few days to a few weeks, with a few basic rules. Make sure your puppy has easy access to a direct route outdoors.

Rule #1

Since they have a strong urge to eliminate after sleeping, playing, feeding and drinking make sure that he/she has access to the outdoors within 30 minutes of these activities. Although some puppies are able to control themselves the entire night you may have to get up and take him/her out every 3 to 4 hours in the night to prevent accidents.

Rule #2

If your puppy is only interested in playing when you take him/her out, after 10 minutes bring them back into the house and either place back in its crate or keep him/her close by so you can monitor. After half an hour, try again, always accompany your puppy so that you can make sure it eliminates and you can reward them for a good job.

Rule #3

Always supervise your puppy when indoors. This way you will be able to see the signs of pre-elimination. These are: circling, squatting, sneaking-off and heading for the door. Should he/she begin to eliminate inside interrupt the puppy either verbally or with a noise maker. Then take outside for it to complete the elimination.

Rule #4

If you are not available to supervise your puppy he/she should be confined to its crate

Always reinforce the outdoor elimination and never punish or reprimand indoor elimination. Punishment could lead to your puppy refusing to eliminate even outside for you. Remember, if you aren't supervising your puppy when it's out and it has an accident this is your fault not his/hers. Clean up the mess and promise yourself that you will keep a closer eye on your puppy.



Training Basics

Puppies can learn 'sit', 'down', and 'stay' as young as 7 to 8 weeks of age. These simple commands can make your life so much easier, especially when he/she is much older. Puppies can be motivated to learn by using simple rewards like food or a favourite toy. Simply give the command once and then use the food to move the puppy into position. Always give verbal and physical praise once the puppy has gotten into position, this is known as secondary reinforcement. After awhile these secondary reinforcers become the reinforcement themselves. You and each of your family members can train your puppy in as little as 15 minutes a day. Training classes are a good idea since they not only help you train your puppy but they help your puppy to become socialized with other dogs.



Play & Exercise

As soon as you get your puppy, get him/her accustomed to a collar and leash. Practise your walking skills in your

own yard until all the puppies' boosters are up to date. With your voice and a small tug or with a toy or treat coax your puppy to follow you. Make sure to reward him/her for good behaviour. Keep these walks short at first.

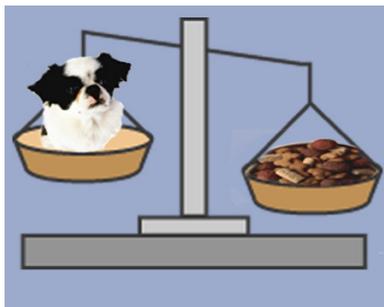
Depending on the type of breed you have chosen select the appropriate play and exercise. Remember the working breeds have higher exercise needs than do the toy breeds. Examples of the right exercise for certain breeds would be: lengthy games of fetch for retrieving breeds, pulling carts or running with an active owner for sledding breeds, catch for the terrier breeds and agility training for the herding breeds.

Avoid playing Tug-of-War with any dog. Unless you initiate it and can be confident you can get your puppy to give the item back on command. An owner can quickly lose control of the game if you are not prepared. This can lead to very undesirable behaviours later.

Nutrition

Like us puppies need good quality food to keep up with their growing bodies. Dogs, like humans, are omnivores. Meaning they eat both meat and plants. We recommend high quality diets by either Medical Development® or Hills Prescription Diet p/d®. Both of these products assist your puppy to grow at a moderate rate that helps bones to form properly without deformities and keeps obesity in check. Feel free to come and have your puppy weighed every couple of weeks to make sure his/her nutritional needs are being met with out excess.

Most puppies do well on either of these diets. In the case of larger breed puppies they should have access to a large breed diet. These diets contain less energy and calcium than regular puppy foods. This



enables these puppies to grow at a normal rate without deformities occurring. It is recommended that large breed puppies stay on this diet until they are about 16 months of age, but again monitoring is crucial to make sure they are not becoming obese. The staff at your veterinary hospital will give you an appropriate feeding guide line to follow based on your puppies' weight. The amount of food recommended for daily consumption should be divided in to two or three separate meals for the day.

Appropriate treats are acceptable to give, adjusting the amount of food fed accordingly, especially when training. We have the Medical Meditreats® and the Hills® Treats that can be broken and used as a reward.

Lastly, you should never feed human food to your pet. Not only can it cause your pet to become obese but also promotes the bad behaviour of begging. Some pets will decide not to eat their food any more if table scraps are offered. This can cause malnutrition if this behaviour is maintained.

Vaccines

A complex series of defence mechanisms that help your pet to resist infection is the definition of immunity.

Unfortunately immunity is not absolute. In certain circumstances immunity can be overwhelmed and cause the pet to become ill. Vaccines help to stimulate and build immunity without causing illness.



There are two types of vaccine available. The modified-live vaccine is

one that has been altered so that it is no longer harmful but will stimulate a protective immunity. The killed vaccine is one that has been rendered harmless but often needs something added to it (an adjuvant) to stimulate a longer-lasting immune response.

You'll notice that some vaccines are given locally; an example is the kennel cough vaccine which is given in the nose. Most vaccines though require an injection to stimulate a systemic response. The doctor will discuss with you what your puppies' requirements are since there are many factors to be considered before vaccination occurs.

Most puppies for the first few weeks have immunity from their mother, but this slowly declines over the next twelve weeks. This is why we recommend that your puppy begin a series of vaccines at 8 weeks of age. This is repeated at 4 week intervals until 16 weeks of age. It is crucial that this schedule is maintained very closely this is because if a large lapse of time occurs between boosters you may have to start the whole process over again.

Since it is very complicated, not to mention costly to test your pet's immunity status we recommend annual re-vaccination to maintain your pet's immunity level. The exam the doctor gives prior to vaccination is to make sure your pet is healthy at that time to receive the vaccines.



You may notice your puppy is lethargic after the vaccines are given this is perfectly normal. If a killed vaccine is administered you may find that a lump forms where the injection site was. This too is normal but if it should be painful or persist for more than a week or so and it doesn't get any smaller please consult

our doctors. On occasion some dogs develop a severe reaction to the vaccine. The signs usually develop within a few minutes of the vaccine, although they may be delayed for a few hours. Always be on the lookout for breathing problems, salivation, vomiting or diarrhea. You may also see facial swelling; these are all signs that your pet is having an allergic reaction. Please bring your pet back to us right away, if we are not open proceed to the nearest emergency clinic for medical attention.

Neutering/Spaying

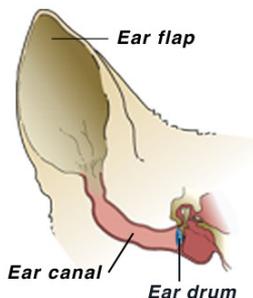
Neutering of male animals prevents unacceptable sexual behaviour, reduces aggressiveness and prevents accidental breeding. Un-neutered males are at risk for prostate problems, perianal adenoma and testicular cancer. Spaying of female animals prevents roaming; the possibility of a false pregnancy, and infections of the uterus, reduces the chance of breast cancer and of course eliminates the risk of uterine and ovarian cancer. Since obesity is caused by overfeeding and lack of exercise; spaying or neutering will not cause these problems.

The best time to spay or neuter your pet is between 5 and 6 months of age. We recommend a pre-anaesthetic blood test, which not only makes sure your pet is healthy enough to go under anaesthetic but also gives us a base line to work from for the rest of their lives. They are then administered an anaesthetic intravenously and a breathing tube is placed in the trachea. This is to aid the pet in breathing as well as delivering gas anaesthetic to the lungs. After the area is shaved and surgically prepared the doctor will proceed with the surgery; either removing the uterus and ovaries of the female or the testicles of the male. We recommend that you keep your

pet quite with just leash walks outside to do their business and no running, jumping or climbing stairs. This is time for your pet to recover. Within 7 to 10 days you should be able to resume your normal activities.

Ear Cleaning

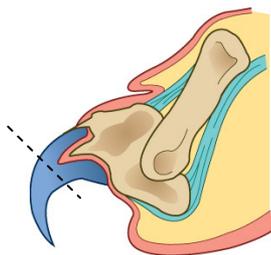
Along with getting your puppy use to having its feet handled and brushing the teeth you should also get him/her use to having their ears touched. This will make ear cleaning a much easier job when he/she is not afraid of you touching them around the head. On a weekly basis, check for any waxy build up in the outer ear and opening to the ear canal. If you see wax use an appropriate cleaner from your veterinarian and cotton ball to clean out the ear. Apply a small amount of the cleaner to the cotton ball and gently wipe out the ear and canal as far as you can reach with your finger. **DO NOT** use Q-Tips® as you may puncture the ear drum if you go too far.



Always be on the lookout for redness, discharge or odour from your pet's ears as this is an indication that your pet has an ear infection. Contact your veterinarian and have your pet examined. There are many different causes for ear infections and the correct one must be diagnosed before medication is dispensed.

Nail Trimming

As we stated earlier, your puppy should be trained to have his/her feet touched so as to make trimming the nails easier on you. Get yourself a good quality nail

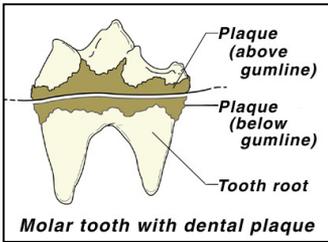


trimmer that is built for your breed of dog. The small delicate trimmers will not last long if you have a large breed dog; the nails are too big for this type. Now if you look at your finger the structure of your dog's nails are similar. If you're lucky to have a dog with white nails you will be able to easily see the 'quick' or the pink area under the nail. You only want to trim back to before this area or you will cause bleeding. This is the leading cause for why dogs' shy away from having their nails done. You may have to start slowly and only do a few nails at a time to get your puppy use to this procedure. The frequency with which you will have to trim your pets nails depend on varying factors, where you walk your puppy and the quality of the diet.



Teeth & Tartar Prevention

Right now your puppy has his/her baby teeth but soon you'll start to notice that he/she is chewing on things. This is because they are teething this is when you need to supply them with appropriate chew to chew. No your antique furniture is not a chew toy. Once they have their adult teeth in, by around 6 months of age most of them will be in, you should be brushing your puppy's teeth. Up to this point you should be getting them use to having your fingers in their mouth using flavoured toothpaste. Now you can start your work in earnest.



You want to prevent tartar from forming on the teeth since this is a very harmful substance to them. Not only does tartar serve as a place for bacteria to live and multiply in, which can end

up in the blood stream and harm various organs, it builds up along the gum line causing the gums to be pushed away from the roots which ultimately leads to tooth loss. The best way to prevent tartar and tooth loss is to brush your pet's teeth. Ideally brushing daily is the number one method of tartar prevention. If not possible then at least twice a week with a soft bristled brush and an appropriate dog toothpaste, such as CET. The human products are not made for use in animals and may cause frothing if used.



Emergencies

We hope you and your pet never have to experience an emergency situation but if you do here are a few things you need to know about dealing with them.

Here are some common emergency situations and there clinical signs.

Anaphylaxis: A severe allergic reaction or acute hypersensitivity reaction. Sudden collapse and severe

breathing problems occur with this emergency. Swelling around the face or muzzle, hives on the skin, vomiting or diarrhea and restlessness. It can be caused by many things that vary from insect bites, contact allergies to reactions to injections. Proceed immediately to your veterinarian for assistance.

Bites & Fight Wounds: If you see persistent bleeding or a large volume of blood is lost and cannot be stopped with direct pressure seek medical attention immediately. Especially serious are wounds that involve the head or where there may have been damage to internal organs.

Bleeding: If an injury causes blood to pump or drip so fast that it makes a puddle or it seeps through a normal bandage within minutes seek medical attention as quickly as possible.

Burns & Scalds: Due to the furry nature of our pets you are not likely to know that these have occurred unless you witness these occurrences. Contact us immediately if you suspect these things have occurred to your pet.

Persistent Vomiting or Diarrhea: If your pet repeatedly suffers from vomiting or diarrhea you should come in right away since the major concern is dehydration. These signs could be caused by anything from poisoning, obstruction of the intestinal tract or acute gastrointestinal infection. Above all DO NOT administer any human medications to your pet, you can cause more harm than good doing this.

Convulsions: These are characterized by a serious of violent, uncontrolled spasms. They can last for more than five minutes or be accompanied by defecation or

urination. This is very serious and needs to be attended to immediately.

Hemorrhagic gastroenteritis: This is a condition where the pet has severe bloody diarrhea and vomiting. If you see blood in the stool, if vomiting or diarrhea persists for more than 6 to 12 hours or if he/she becomes less responsive or weak seek medical attention.

Heart Failure: This is also known as a “heart attack”. This can be caused by a condition called congestive heart failure. Unfortunately, this condition may not be diagnosed until the pet suffers from coughing or has a sudden collapse. Signs to look out for are coughing (especially at night), difficulty breathing, a bluish colour of the tongue and decreased exercise tolerance. Should any of these signs occur or your pet collapses seek medical attention immediately.

Heat Stroke: This is the number one killer of pets in the summer months, especially when left in a parked car with little ventilation. The signs are excessive panting, distress and lethargy. Unconsciousness and death can quickly follow.

Injuries: Any penetrating wound to the chest or abdomen, as well as anything that occurs with the eye should be regarded as an emergency. Immediate attention should be given to your pet if an injury occurs to the head or causes problems with breathing.

Poisoning: Look for signs of excessive salivation, vomiting, diarrhea, collapse, skin damage due to a caustic substance, etc. Immediate medical attention is needed to reduce the absorption of the toxin. Always bring any

packaging you have with you to the hospital. This way appropriate treatment can be given rapidly.

Unconsciousness or Collapse: These may occur with or without seizure activity. It may occur because of a blow to the head or from sudden heart failure and can strike without warning. Seek medical attention immediately.

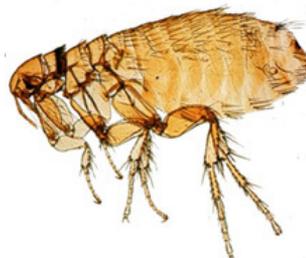
What to do in an emergency

1. Stay calm and try not to panic.
2. Contact your veterinarian. Explain what has happened and follow the advice given. Keep your pet warm and quiet.
3. Keep your pet as still as possible especially in the case of limb or spinal trauma.
4. Carry out all procedures and first aid that your veterinarian advises.
5. Transport your pet safely to the hospital.

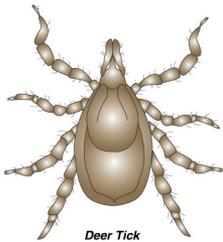
Fleas & Ticks

Both of these parasites can cause your pet a lot of discomfort and can carry some serious health problems. Fleas can cause nothing more than a slight irritation in some dogs where as others can have a severe allergic reaction to their bites. This is seen in the form of extensive itching with hair loss and lesions. If you have a small puppy and a heavy infestation of fleas they can cause your puppy to become anemic. The flea can carry various diseases but also carries the most common parasite known as the tapeworm.

The flea has no wings so to get around it jumps, and that means it has to hitch a ride to go long distances. When they decide to take a ride on your pet they usually have a blood meal along the way. The flea can ingest up to 15 times its



own body weight daily. The female flea can lay from 30 – 50 eggs a day. Within about 2 days the larvae hatch and are hidden in dark places like carpets and baseboards of your home. After about a week the larvae spins a cocoon and prepares to go onto the next stage of their life. In the pupae form they can live for up to 2 years waiting for some movement to trigger their release. Once they emerge they develop into adult fleas and the cycle continues. There are several products on the market that



are great for breaking the cycle. They work by either killing the flea out right or by sterilizing the females so they don't lay eggs.

Ticks also have no wings so they tend to do a lot of crawling. Once they locate a potential meal, through their keen sense of heat detection, they crawl on the animal and embed their

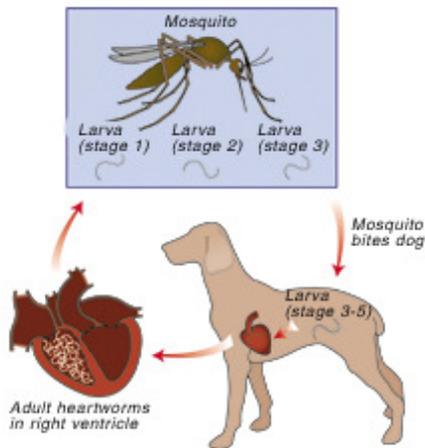
mouth parts. If you and your pet have been in a wooded area or where there is tall grass make sure you inspect both of you for ticks. Ticks can carry Lyme disease and Rocky Mountain spotted fever, both of these can be transmitted to humans. Make sure to thoroughly comb your pet within 4 to 6 hours of exposure to these environments. If you find a tick make sure to remove it safely; use gloves and tweezers and make sure to grab the tick as close to your pet's skin. Then gently pull until the tick is freed from you pet. Make sure to wrap the tick in several tissues and flush it. DO NOT try to crush it as you may spread the harmful bacteria. There is at least one product in Canada that can help prevent ticks from biting your pet.

Don't be alarmed if after administering any of these products you see a flea or tick. These creatures must

absorb the product which may take a few hours to a few days depending on how recently you have administered the product.

Heartworm

With heartworm disease the adult worms live in the heart and the pulmonary artery of an infected dog. The females release millions of tiny worms, called microfilaria, into the blood stream. These microfilariae are then sucked up by mosquitoes when they bite your pet. The microfilaria develops further in the mosquito, about 10 to 30 days, and then is injected into the next dog the mosquito bites. Once in the dog the microfilaria finishes its development and proceeds to the dog's heart and the cycle begins again.



LIFE CYCLE OF THE HEARTWORM

Now this is where it gets a little tricky. Here in Canada when the mosquitoes start to emerge in the spring they may start biting but may not infect your pet right away. The interesting thing is that the weather has to be warm for at least 21 consecutive days before any microfilaria can fully develop. Once you have this occur the heartworm season has begun.

Each spring in Canada we have you and your pet come in and have a blood test done to make sure your pet is free of heartworm before putting him/her on a six month course of preventive medication. It can be deadly if your pet isn't heartworm free and is put on this medication.

This is because if he/she has the adults in the their heart the medication will kill them but the dead worms plug up the heart and in essence give your pet a heart attack. So you can see why it is imperative that we make sure your pet is free of this parasite beforehand.

Now you can choose from a topical once a month product to a pill that's given once a month. Most of these products not only give your dog protection from heartworm but also fleas and certain intestinal parasites. If you travel to the southern United States during the winter months here you may wish to keep your dog on this preventive medication all year round.

We wish you and your puppy a long and happy life together.

We hope this booklet is informative and feel free to call us with any questions you may have. If you have concerns about any of these topics and you wish to learn more we would be happy to print you more in depth handouts on any and all topics.

