

VISIT  
THE  
MALL!

CLICK  
HERE!

PHR DIRECTOR:  
Jan Jorolan  
Donna Moore  
James Watson

ADVISORY BOARD:  
Francesca Alfino  
Rita Charvat  
Linda Fleisch  
Bob Foulk  
Jim Parrott  
JR Wythe

BOARD LIAISON:  
VACANCY



# THE WAY HOME

An outreach e-communication from Papillon Haven Rescue

## THE PAPILLON BREED TIPS YOU MUST KNOW

by Top Dog on February 21, 2010  
Reprinted with permission  
from dogs.com

Dogs come in all shapes and sizes to make great family pets. There are always dog lovers out there that have a favorite breed, but how do you know what you may like if you don't know the breed's peculiarities? If you have never really been around dogs you should always find as much information about them as possible, including the breeds that are available and how you should interact with them. The Papillon dog breed is considered a toy. It is one of the smaller dogs among the list. You will find that it is also an older breed in European history.

Dating back to the 16th century, you will find the Papillon was considered a lap dog for most of the nobles in Europe. The name means butterfly in the French translation and when you see this dog you will understand why it's an apt name. The ears really resemble the wing span of a butterfly with the shape and the hair that grows around them. In fact you could argue their ears are actually larger than their face. You will find this dog weighs nine to ten pounds and stands about eight to 11 inches.

They have one of the finest coats in the dog breeds as well. They are usually white with patches of black, tan, and other colors. Their coat is long and almost silky. You will discover they are soft to pet and that their hair is going to be a little longer than most dog breeds. Luckily the hair doesn't grow too long on their limbs, but they are fairly fluffy in all around appearance.

Like most dog breeds in the toy category you will find the Papillon to be extremely alert, playful, and affectionate. They are also known

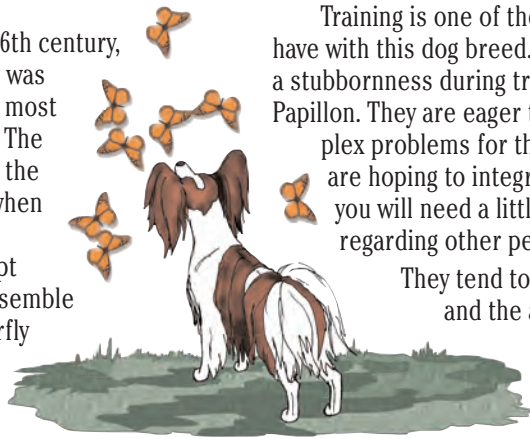
for their elegance. They do not make a great guard dog as they tend to be overly affectionate with everyone. You will find they are not shy or aggressive. They like to be the center of attention, and despite their size you will find them to be quite sturdy.

A Pap likes to have plenty of affection and doesn't do well with mistreatment; therefore older children are recommended before adding the Papillon to your family. They are often a little protective towards the family or owner, but they will never be dangerous.

Training is one of the easier options you have with this dog breed. Most dogs can display a stubbornness during training, but not the Papillon. They are eager to learn and like complex problems for their intelligence. If you are hoping to integrate them into a family you will need a little socialization training regarding other pets.

They tend to like being protective and the attention seeker, which may cause issues. You will find this is often a show dog or used for therapy because of their temperament. They need to have daily exercise if you hope to keep them healthy and happy. They do need to have yard space or parks that they can go to for running and playing. You should never leave this dog in the back yard unsupervised though – some tend to be escape artists!

Care for your Papillon requires weekly brushing for their hair. They are medium shedders and they tend to get a little tangled during the week. You will also find they are prone to ear issues and the paws need to be trimmed at appropriate intervals. Health issues you may find with these dogs are cataracts, patella luxation, and Von Willebrands disease.



SHOPPING  
OPPORTUNITIES



amazon.com

### BECOME A VIRTUAL FOSTER!

Click here to see how you can make a difference in a rescued Pap's life!

### DON'T FORGET – MAKE DONATIONS THRU PAYPAL

<https://www.paypal.com/cgi-bin/webscr>  
Remember – all donations are tax deductible!

GoodSearch

### SAVE A DOG!

(iGive has over 560 stores to shop from. Enter the site as a Pap Haven supporter and PHR gets a percentage in return)

[WWW.IGIVE.COM](http://WWW.IGIVE.COM)

NEWSLETTER  
SUBSCRIPTION

CONTACT PAP  
HAVEN

PHR LENDING LIBRARY:  
<http://butterflyboulevard.pbwiki.com/>



HELP PAPHAVEN RESCUE  
EVERY TIME YOU SEARCH.

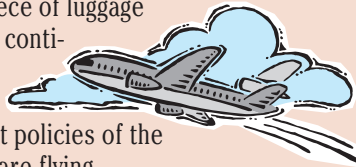
IT'S THAT EASY!

(Remember: you must be logged in to iGive before you begin your search!)

iSearchiGive™

## AIRLINE POLICY UPDATE

Here is an update on last year's airline story. With the recent changes, I thought it prudent to update this info. I have also included the cost of the first checked piece of luggage (within the continental US). Be familiar with the pet policies of the airline you are flying.



	Pet Fee	Checked bag
• <b>Air Tran</b> ( <a href="http://www.airtran.com">www.airtran.com</a> ) – 800-247-8726	\$69*	\$15
• <b>American</b> ( <a href="http://www.aa.com">www.aa.com</a> ) – 800-433-7300	\$100*	\$25
• <b>Continental</b> ( <a href="http://www.continental.com">www.continental.com</a> ) – 800-525-0280	\$125*	\$25

- **Delta** ([www.delta.com](http://www.delta.com)) – 800-221-1212 \$125\* \$25  
also Northwest Airlines
- **Frontier** – ([www.frontierairlines.com](http://www.frontierairlines.com)) 800-432-1359 \$150\* \$20
- **Jet Blue** ([www.JetBlue.com](http://www.JetBlue.com)) – 800-JETBLUE \$100\*<sup>o</sup> FREE
- **Southwest** – ([www.southwest.com](http://www.southwest.com)) 800-435-9792 \$75\* FREE\*
- **Spirit** ([www.spiritair.com](http://www.spiritair.com)) – 800-772-7117 \$100\* \$20
- **United** ([www.united.com](http://www.united.com)) – 800-241-6522 \$125\* \$25
- **US Airways** – ([www.usairways.com](http://www.usairways.com)) 800-428-4322 \$100\* \$25  
also American West Airlines
- **Virgin America** ([www.virginamerica.com](http://www.virginamerica.com)) – 877-FLVIRGIN (359-8474) \$100 \$25

\* = one-way, per container      + = has Pet Frequent Flyer program  
o = non-refundable      ° = first & second bag free

### FEES FOR “CARRY-ONS?”

**Spirit Airlines** will charge as much as **\$45 each way** for a carry-on bag, adding a fee other airlines have yet to try.

The charge will apply to bags placed in the overhead bin. Personal items that fit under the seat will still be free. Spirit said it will add measuring devices at the gates to determine which carry-ons are free and which ones will incur the charge.

The new charge is \$45 if paid at the gate, and \$30 if paid in advance; begins Aug. 1. Spirit said that it reduced its lowest fares by \$40 on average, so most customers won't really pay more to fly.

### ATLANTA IS “TOP DOG!”

Reprinted from *Modern Dog Magazine*: <http://www.moderndogmagazine.com/articles/first-class-fido/7486>

The Atlanta Airport welcomes its canine customers with a new dog park

Dogs flying in and out of Atlanta are being treated to a little bit of first class with the recent opening of the Atlanta Airport Dog Park. Two dogs at a time are permitted in the naturally landscaped, 1,000 square feet park, offering a welcome respite to the stress and anxiety of traveling with your pet. Let's hope that this becomes a trend.



## PAP-OF-THE-MONTH: ANDREW & MACKY

**A**ndrew (5.11 years old), affectionately called Andy, is 7.1 pounds and 10.5 inches tall at his shoulders.



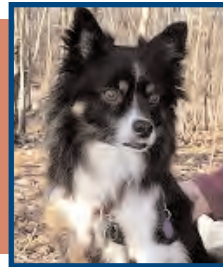
He has freckles on his nose and one ear is folded down, making him look like a lovable, mischievous little red-haired boy. His coat is red and white.

Actually, he is quite shy, but his confidence level is growing every day. He enjoys being in your lap and he loves to follow you around and be your little shadow. He is very sweet and as he grows accustomed to you, will enjoy being a little lap dog lavishing kisses on you. He sleeps all night in his foster mom's big bed. He gets along well with the other Papillons in his foster home. He and Cody have been together all their lives and would like to be able to stay together if possible.

**M**acky is 5.2 years old, and a sturdy 13.5 pound dog with a wonderfully silky coat and an adorable underbite, is a great hiking or jogging companion, loves rides in the bike basket, enjoys tramping in the snow, can play ball for hours (really!), entertains himself and his people by

zooming around the yard, and then just wants to snuggle when the day is done.

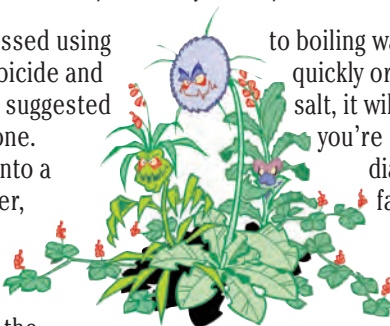
Men seem particularly attracted to Macky but of course his foster mom thinks any active person – male or female – will find Macky a wonderful pet.



Macky is a big attention hog and would do best in a one-dog household or in a household with a mellow female dog. He is good with older children who can gauge his playful instincts and keep their fingers out of the way when he goes after the ball, but he can play too rough for younger children. Although he possibly has a questionable parentage, 5-year old Macky has a papillon's wonderful qualities and behaviors including keen intelligence and an affectionate nature. He would be a great candidate for flyball and possibly for agility. Macky joyfully greets everyone at the door wagging his gorgeous black and white tail and will jump onto any available lap for a cuddle, but he gets stressed out in crowds or in very noisy situations. He also needs further training so he is not reactive to other dogs he encounters while on leash.

Reprinted with permission from [www.pawfriendlylandscapes.com](http://www.pawfriendlylandscapes.com)

Recently PFL discussed using vinegar as an herbicide and some of you have suggested using boiling water as one. Pouring boiling water onto a plant, will kill it. However, some of PFL's clients have turned it up a notch by adding salt to their hot water and say the results are also amazing. The only downside



to boiling water is it has to be used rather quickly or it will cool down. By adding salt, it will have a longer shelf life if you're not going to be using it immediately – but make sure it's still fairly warm when used.

Another household product that acts like an herbicide is bleach. Simply spray or pour it onto a weed. Unlike vinegar,

bleach can be used at any outdoor temperature; it does not have to be above 70°.

So to summarize – you can use boiling water (with or without salt), vinegar (any variety), or bleach (non diluted) as an herbicide. But remember, all solutions will kill every plant so only use it only on the plants you want to eliminate.

**HAVE FUN & GET DIRTY!**

## Papillon Haven Rescue's "Mother's Day" Raffle Fundraiser

IN AN ON GOING EFFORT TO RAISE MONEY FOR OUR DOGS IN FOSTER HOMES  
WE ARE OFFERING OUR "PapillonMobile" BUMPER STICKER

### Join Us in Celebrating "MOTHERS' DAY"

by purchasing ONE OR MORE of our PapillonMobile BUMPER STICKERS.  
"PapillonMobile" BUMPER Sticker – 1 for \$4; 3 for \$10; 5 for \$15; or 10 for \$25

FOR THIS SPECIAL EVENT, PapHAVEN's FREE gift to you for supporting our organization with your purchase, will be AN AUTOMATIC ENTRY in OUR MOTHER'S DAY RAFFLE FUNDRAISER!



#### Grand Prize

Papillon FLEECE JACKET (Size: Large)



#### Second Prize

Papillon HAND BAG



#### Third Prize

Needlepoint Papillon COIN PURSE

#### How It Works

BEGINNING NOW, with each purchase of a BUMPER STICKER you will RECEIVE AN ENTRY in our "MOTHER'S DAY" RAFFLE FUNDRAISER.

Qualifying purchases ends at "midnight" – May 8, 2010 PST.

You can purchase your BUMPER STICKERS by visiting  
[http://www.paps-r-us.com/mothers\\_day\\_raffle.html](http://www.paps-r-us.com/mothers_day_raffle.html)

You can click on the links at the bottom to purchase your bumper stickers!

They will take you to our eBay site where you can make your purchase. OTHER METHODS of payment we will accept are: PERSONAL CHECKS & MONEY ORDERS

CHECKS and MONEY ORDERS should be made payable to PapHAVEN and sent to:  
PapHAVEN RESCUE  
PO Box 20306, Hot Springs AR 71903

The papillons and members of PapHAVEN, Thank you for your GENEROSITY and support!

Working together making a difference – one papillon at a time! [www.paphaven.org](http://www.paphaven.org)

## 'WE'RE ALL EARS!'

### POCKET PUPS:

Definitive Guide to Diminutive Dogs

By Nikki Moustaki



“A Pomeranian in a pink Prada purse ... the dog's world gone to hell in a very expensive handbag!”

Thus begins *Pocket Pups*, a colorful, joyous celebration of the world of portable pooches. Don't let the author's sassy tone or the photographers' tantalizing camera angles sway you, this *Definitive Guide to Diminutive Dogs* contains worldly, to-the-point advice about selecting and caring for a toy dog. Author Nikki Moustaki is as well-versed in juicy haute couture and expert pampering techniques as she is in obedience and house-training. Your pocket pup will not only look fabulous but also act like an upright member of canine society.

Trendy, urbane, and reliable describe this definitive guide to fashionable Fidos and Fidgettes who are toted about by the likes of Paris Hilton and Britney Spears. The author, herself a New York City pocket-pooch groupie, covers every toy tot imaginable, from the popular AKC toy dogs to lesser-known small wonders, advising

about the pluses and minuses of each breed. She also discusses the challenges of training little dogs, describes the special care they require, and offers lots of fun activities for owners and their pocket pups.

Take a chic stroll through the world of *Pocket Pups*: meet the stars who are accessorizing with their perfectly coiffed pets and find your perfect canine match by viewing the profiles of the top 45 toy-dog contenders, from Affenpinschers to Yorkshire Terriers.

#### ABOUT THE AUTHOR

*Nikki Moustaki is a dog lover and freelance author living in NYC. She is a monthly columnist for Dog Fancy and contributor to other doggie periodicals; a consultant for allthings haute couture, and an award-winning member of the Dog Writers Assn. of America.*

#### FROM THE PUBLISHER

*BowTie Press (BTP): The publisher of the national pet best-seller, The Original Dog Bible, BTP has a unique tradition of collaboration with its sister division, Fancy Publications – the world's largest publisher of pet and lifestyle magazines. Leveraging the expertise that's been assembled by them, this channel to superior content affords BTP access to the most current and provocative topics in each given field, which in turn allows us to deliver the most up-to-date books possible to our readers.*

AUCTION MAY BE OVER, BUT PREP NEVER ENDS ...

## WE NEED YOUR HELP!

Do you have a closet full of gifts that you received that you can't (or won't) use??? Would you be willing to donate them to PapHaven? **Good, NEW, unused gifts** can be donated to auction / fundraising committee for the Auction! Also, the newest addition to our fundraising efforts, *MissionFish*, is ALWAYS looking for donations.

Jim Parrott writes, “*eBay/Mission Fish is up and running. But, sadly we have only a few items for sale. We need more items! If you have items to sell, please contact me. You may have items that can't go in the auction but may be useful for eBay. They don't have to be dog-related. Every penny we sell goes to PapHaven! New items that you can't re-gift, collectibles, etc. Look around and see what you can find. You may know a local vendor with items to donate. These can be turned into cash.*”



**Come on everyone!** Tap all your sources ... local crafters, wood-workshops, etc. Do you know someone who paints (water-color or oil), or does great photography, etc.? Would they donate a piece of their work to us? Antique jewelry that you no longer wear? Think about it ...

If you have something you think would be a good donation, please take a picture and email it and the info / dimensions of the item to [paphaven@gmail.com](mailto:paphaven@gmail.com). Jim Parrot will be able to tell you if the items can be used and what the next step is.

**Don't delay!** Prep for the Auction is a year-round event! If you are out-&-about and see something you think is unique, would you be willing to pick it up and send it along to the Auction? Crafters, get your art / sewing / needle-craft supplies ready! And *MissionFish* needs donations NOW!

**PLEASE!** Feel free to cross-post our news!

## HELP WANTED!

### WHAT DO YOU FEED YOUR DOG?

If the answer is *Natural Balance*, then we need your help!

Van Patten's Natural Balance Pet Foods has offered to make a donation to a rescue group if they can save 50 bar code / purchase receipts from their foods (specific flavors don't matter). They do require 50 bar codes before they accept a submission.

If you can help, please send your bar codes and receipts to **Stephanie Sherwin** – she will collect and then mail in the necessary paperwork when we have enough for submission. This is a continuous program – so please save them!

**Please send to:** 4 Woodsong, Roland, AR 72135



#### INTRODUCING PAPHAVEN RESCUE — WWW.PAPHAVEN.ORG

This group came about through the love of a small deaf puppy that required transport halfway across the country to her new home. It took the effort and dedication of people from Texas to Washington D.C. and on to Ohio. It took the cooperation of three other rescue groups. In the end, it took the hearts of every one. It is this good will and renewed faith in the goodness of people everywhere that led us in forming Papillon Haven Rescue (Pap Haven). We are a 501(c)3 non-profit organization, all volunteer National group specializing in Paps and Papillon mixes, their rescue, and rehabilitation.

Since then, PapHaven Rescue has grown dramatically and continues to grow and evolve to try to meet the changing needs of rescue and the on-going saga of Papillons in need... where ever they are.

We would like to invite you to join in our rescue efforts. With hands reaching out across the country, we can form a circle of love and caring that refuses to let even one Papillon in need fall through the cracks. We are not in competition with any other rescue groups. In fact, it is our goal to work hand in hand with every rescue group and shelter that will join us in this effort. We will not ask for perfect lineage, origins, or looks. We will coordinate with other groups for transporting each other's breed. We welcome volunteers, sponsors, interested folk, contributors, and especially kind words.

Our eNewsletter, *The Way Home*, will try to bring informative articles, announcements, feature stories, up-coming events, and urgent alerts about situations where the need for rescue is great.

# PAPILLON NATIONAL SPECIALTY

**P**HR will have a presence at the 2010 Papillon Club of America (PCA) National Specialty in

a bigger way this year than ever before! And we hope all of you can attend! At this time, planning for our "booth" is almost complete and we have collected many wonderful things to sell while we are there! We are still accepting items – donut beds, belly bands, etc. Please contact Jan at [jorolan@catc.net](mailto:jorolan@catc.net) if you can provide items for us to sell. If you have things to ship to Nationals, please contact Carrie Helle at [run.dog.run@hotmail.com](mailto:run.dog.run@hotmail.com)

Also, we are looking for members/helpers to help man the booth. If you plan to attend, please contact Nora at [nora-jl169@yahoo.com](mailto:nora-jl169@yahoo.com). She will be keeping a



running list of names, cell phone numbers, and booth times. We are trying to keep schedules in consideration – who's participating in agility trials, etc. – so everyone can participate and help out as well.

PapHaven members are invited to attend a dinner & meeting at Mezzodi's Italian Restaurant at 7:30 on May 6th. Carrie has arranged a private room, so we can meet, eat, and have fun.

If you plan to join us, please inform Carrie as soon as your plans have been finalized, so she can adjust our reservations accordingly.

[Run.dog.run@hotmail.com](mailto:Run.dog.run@hotmail.com)

General admission seating at any event is free – reserved seating is \$75. Dogs are permitted in the spectators' section providing they are calm, quiet, and under control.

## RESCUE PARADE

It's time to think about the Rescue Parade at the PCA National Specialty. PCA needs a preliminary count of participants.

For new people, PCA has a tradition of dedicating the show ring to our wonderful second-chance furbabies at the National. These are Papillons that lost their homes, or in some cases never had a home, and were rescued and adopted by wonderful families and given a second chance for a happy life. This year's event will take place:

### The Rescue Parade

**Saturday, May 8, 2010 @ 9 AM**  
Held at the Host Hotel – Holiday Inn Des Moines-Airport/Conference Ctr.

*Hope to see you there!*

## PROGRAM

### MONDAY, MAY 3, 2010

9:00 am Papillon Only Agility  
Jester Park Equestrian Center\*\*

### TUESDAY, MAY 4, 2010

9:00 am Papillon Only Agility  
Jester Park Equestrian Center\*\*

*All other events starting on Tuesday May 4 thru Saturday May 8, 2010 will be held at the Airport Holiday Inn, 6111 Fleur Dr., Des Moines, IA*

### TUESDAY, MAY 4, 2010

8 am – Vendor set up (until 5 pm)  
9 am – Papillon only Agility (off site)  
Jester Park Equestrian Center  
*Lunch available for purchase*

12:00 pm PCA Regional – Conformation Only (\*)

7:30 pm Welcome Dessert & Coffee  
(Hospitality Rooms 158 & 160 [Cost: **FREE**])

### WEDNESDAY, MAY 5, 2010

6:30 – 9 am Hospitality (Rooms 158 & 160)  
8:00 am Obedience & Rally (\*)  
9:30 am Open Board Meeting (Boardroom)

11:00 am Awards Luncheon (Tropical Courtyard [Cost: **\$20**])

3:00 pm Puppy & Veteran Sweepstakes (\*)  
*(Dinner Break at Judge's Discretion)*

### THURSDAY, MAY 6, 2010

6:30 – 9 am Hospitality (Rooms 158 & 160)  
8:00 am Conformation Judging – Dogs & Veteran Dogs (\*)  
*(Lunch at the Judge's Discretion)*

3:00 pm Papillon Genetics Seminar  
Presenter: Dr. Jerald S. Bell  
(Westview [Cost: **\$25**])

7:30 pm Top 20 Competition (Grand Ballroom [Cost: **FREE**])

**7:30 pm PHR Dinner & Meeting**  
**Mezzodi's Italian Restaurant**

### FRIDAY, MAY 7, 2010

6:30 – 9 am Hospitality (Rooms 158 & 160)  
8:00 am Conformation Judging – Bitches & Veteran Bitches (\*)  
*(Lunch Break at the Judge's Discretion)*

Juniors Pizza Gathering During Lunch Break (Hospitality Room)  
Phalene Fun Match (\*)  
30 minutes following bitch judging

(Phalenes must be owned /co-owned by a member of PCA to enter Fun Match)  
4:00 pm Judges Education Seminar (Westview [Cost: **FREE** – Judges ONLY])  
*Presenter: Joanne (Jan) Paulk*  
5:00 pm Phalene Fanciers Recognition Dinner (Boardroom)  
7:30 pm Annual General Meeting (Westview) – announcement of silent auction winners at the close of AGM

### SATURDAY, MAY 8, 2010

6:30 – 9 am Hospitality (Rooms 158 & 160)  
**9:00 am Rescue Event (\*)**  
10:00 am Parade of Title Holders (\*)  
11:00 am Lunch Break  
12:00 pm Junior Showmanship (\*)  
Intersex & Non-Regular (\*)  
7:30 pm Champagne Celebration for Winners & Announcement of Top 20 Winners (Iowa Room, Library & Bar [Cost: **FREE**])

*(\*) held in the Grand Ballroom*

*\*\* (breakfast & lunch available)*

# DIABETES MELLITUS

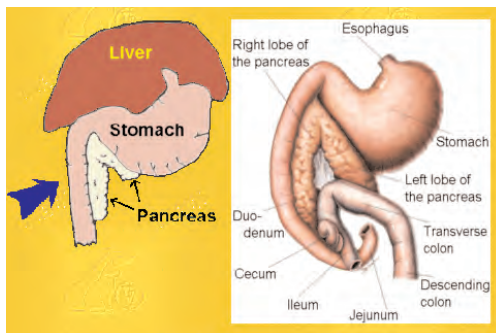
[http://www.marvistavet.com/html/diabetes\\_mellitus.html](http://www.marvistavet.com/html/diabetes_mellitus.html)

As common as this disease is for both humans and small animals, a general understanding of this condition is surprisingly lacking in the public. Typically one has heard of this condition, perhaps knows some people afflicted by it, and then one day comes to own a pet who loses weight despite an excellent appetite or seems to drink a spectacular amount of water. We have put together this area as a resource for such pet owners and have sought to make it as complete as possible.

Because the management of diabetes mellitus is substantially different for dogs versus cats, we have divided this center into canine and feline "sub-centers."

## WHAT IS DIABETES MELLITUS?

In order to understand the problems involved in diabetes mellitus, it's necessary to understand something of the normal body's metabolism.



The pancreas is nestled along the stomach and small intestine. It secretes digestive enzymes into the small intestine, but it also secretes hormones into the bloodstream to regulate blood sugar.

The cells of the body require a sugar known as glucose for food and they depend on the bloodstream to bring glucose to them. They cannot, however, absorb and utilize glucose unless a hormone known as insulin is present. This special hormone, insulin, is produced by the pancreas. Insulin can be considered to be a key that unlocks the door separating our cells from the sugars in our bloodstream.

Glucose comes from the diet. When an animal goes without food, the body must break down fat, stored starches, and protein to supply calories for the hungry cells. Proteins and starches may be converted into glucose. Fat, however, requires different processing which can lead to the production of ketones rather than glucose. Ketones are another type of fuel which the body can use in a pinch, but the detection of ketones indicates that something very wrong is happening in the patient's metabolism. Ketones may be detected in the urine of starving animals as massive fat mobilization is required for ketone formation. Ketones can also be detected in diabetic ketoacidosis, a severe complication of unregulated diabetes, so it is helpful to periodically monitor for ketones in a diabetic patient's urine. The point, for now, is that body fat cannot be converted into glucose; in times of extreme fat burning (such as in starvation), ketones are a fat burning byproduct.

Urine dipsticks to detect ketones are available at most drug stores and can be used for home monitoring. The presence of ketones in urine for three days or more in a row warrants a visit to the veterinarian.

## DIABETIC ANIMALS DON'T HAVE ENOUGH INSULIN

- The cells cannot receive glucose from the blood because there is no insulin to permit it.
- The body is unable to detect the glucose present in the blood and is fooled into thinking starvation is occurring.
- Protein, starch, and fat break-down occurs as in starvation.
- Yet, all along there has been plenty of glucose in the blood. In fact, by now, there is a large excess of glucose in the blood as all resources have been mobilized. Still, without insulin, this bounty of fuel cannot get to the tissues that need it.
- A normal kidney is able to prevent glucose loss in urine. In a diabetic animal, there is so much glucose in the blood that the kidney is overwhelmed and glucose spills into the urine and is lost.
- Glucose is able to draw water with it into the urine. This leads to excess urine production and excess thirst to keep up with the fluid loss in excess urine production.

## CLINICAL SIGNS OF DIABETES

- Excessive eating
- Excessive drinking
- Excessive urination
- Weight loss

It is usually fairly clear from the history and tests showing dramatic glucose elevations in the blood (and usually the presence of glucose in the urine, too) that diabetes mellitus is the diagnosis. Some pets are able to substantially raise their blood sugars from stress (such as might occur when a sensitive, sick, and anxious patient goes the vet's office). This could create misleading test results. If there is any question about the diagnosis, a test called a fructosamine level may be requested. This test reflects an average blood glucose level over the past several weeks so if this is also elevated, a one time elevated glucose can be distinguished from the persistent elevations of true diabetes mellitus.

**(continued on pg.7)**

## facebook

Join other PHR members on this exciting site! Network, share ideas, chats that are OT (off-topic) on the PapHaven group's site.

We have arrived! You now can find us on Facebook. Please feel free to join us and help spread the word.

This is a great place to share pictures and stories.

Also, join the **Facebook – Papillon Haven Rescue** (PapHaven) page. Or refer your friends and family to this page ... great way for them to get their 'feet wet' to the fundraising and ideas of PHR! Our e-news, fundraising, and general information are up-to-date for anyone who wants to get a better idea about what we do!

If you have items to post and would like us to do it for you, please contact Rita Charvat ([rcharvat@ford.com](mailto:rcharvat@ford.com)).

If you are already a member of Facebook, look us up! We will be using Facebook and Twitter to post future events and discussions.



## DIABETES (continued from pg. 6)

The fructosamine test is also used in monitoring therapy for diabetes mellitus.

- Note, in the dog, sugars can enter the lens of the eye causing rapid cataract formation. Because the lens of the cat is different, this phenomenon occurs only in dogs.
- Another common symptom of diabetes mellitus is urinary tract infection. All the sugar in the urine makes the bladder an excellent incubator for bacteria. Antibiotics are necessary to clear up such an infection when it occurs and some monitoring may be needed to help detect these infections.

### TYPE 1 & TYPE 2 DIABETES?

Diabetes mellitus is a classical disease in humans and most of us have heard some of the terms used in its description. In humans, diabetes is broken down into two forms: Type I and Type II. These are also referred to as “juvenile onset” and “adult onset” diabetes or “insulin dependent” and “non-insulin dependent” diabetes. In

short, type 1 is the type where the pancreas produces no insulin at all, and type 2 is the type where the pancreas produces some insulin but not enough. Virtually all dogs have “insulin dependent diabetes” and must be treated with insulin. Most cats have “non-insulin dependent diabetes.” This might suggest that most cats can get away without insulin injections but that is not the case at all. Instead, for cats, there is potential for the diabetes to actually resolve if the pancreas improves its insulin-secreting ability. Insulin injections are needed to treat most diabetic cats but for some cats, the situation is mild enough for oral medication to suffice. Good glucose control and proper diet can resolve the diabetes in some lucky cats but virtually never in diabetic dogs.

### WHAT HAPPENS ONCE A DOG IS DIAGNOSED

First, an insulin type and dose will need to be selected. There are several types of insulins to select from and it is not

possible to know how much insulin your individual pet will require. Your veterinarian can make a guess based on what works for other cats and dogs and what has been reported in the literature. Most pets require injections twice a day, approximately 12 hours apart, following a meal.

You will need to learn how to give insulin injections to your pet. The technique of subcutaneous insulin administration should be demonstrated by your doctor or an assistant. You may be surprised to find that the most common reason for a pet having difficulty achieving regulation is that the owner is not giving the injections properly. Be sure you know how to hold the bottle, manipulate the syringe, hold your pet, and give the injection. Some situations require that the pet be hospitalized for a few days for the initial regulation but most of the time your pet will be at home receiving injections shortly after the diagnosis has been reached.

Some insulins are available from the neighborhood pharmacy and some kinds are available only through veterinary offices or pharmacies. You will need syringes and a bottle of insulin to begin home treatment. Your veterinarian will either provide you with supplies or will give you the necessary prescriptions. Insulin syringes are marked in insulin units so the insulin syringes must match the insulin concentrations (either “U-100” syringes for 100 unit/cc insulins or “U-40” syringes for 40 unit/cc insulins.) Whenever you receive more supplies, always double check these numbers.

Never alter the insulin dose recommended by your doctor. To determine whether dose adjustments are needed (or even if a different type of insulin would be more appropriate), the pet will need a “glucose curve” where blood sugar levels are monitored every 2-4 hours or so for 12-24 hours. This kind of testing tells the doctor how long the insulin injection is lasting, as well as what the lowest and highest glucoses of the day are. It is important to find out when your pet's curve is due. Often in the beginning, it takes several dose selections and several curves before the right dose is determined.

### WHAT ABOUT HOME GLUCOSE TESTING?

Not every pet is amenable to getting pricked with a lancet so that a drop of

(continued on pg. 8)



### IN THE BAKERY WINDOW ...

## BOO-SOTTO

by Rachael Ray

As Boo got older, she needed a careful balance of lean protein and a large amount of carbs. (Yup, that was my girl!) My mom and I would make this for Boo and end up eating as much as she did.

**Humans:** Eat this with a green salad.

Always check with your vet about which foods are appropriate for you to share with your pet.

### DIRECTIONS:

Preheat a deep skillet (or wide 4-quart saucepan) over medium heat. Add the EVOO (2 turns of the pan), and the garlic, then grate the onion juice into the skillet. Cook for 2 minutes, then add the rice and barley. Season with salt and pepper and cook for 2 to 3 minutes more. Add the wine, raise the heat to medium-high and cook away the liquid, about 1 minute. Add a few ladles of the warm stock to cover the rice and barley, then drop in the ground meat in small bits. Stir frequently and continue to ladle in the stock until the rice and barley are cooked al dente, about 22 minutes. Stir in the cheese, adjust the seasoning and garnish with the parsley.

4 Servings – Prep 10 min – Cook 22 min

### INGREDIENTS:

2 tablespoons extra-virgin olive oil (EVOO),  
2 turns of the pan  
3 garlic cloves, crushed  
1 small onion (to be grated for its juice)  
2/3 cup arborio rice  
2/3 cup barley  
Salt and freshly ground pepper  
1/2 cup dry white wine  
4 cups low-sodium chicken broth  
(keep over low flame)  
1 pound ground veal or turkey  
1 cup grated Parmigiano-Reggiano cheese  
(a few good handfuls)  
A handful of flat-leaf parsley, finely chopped

## DIABETES (continued from pg. 7)

blood can be harvested for testing. We do not want your pet to fear interaction with you and do not want you to get bitten or scratched; still, some pets are very comfortable with periodic glucose monitoring at home. Home testing may work best for pets that become so agitated by the trip to the vet that their blood sugar levels are altered at the vet's office and cannot be interpreted. Further, a pet owner can save a great deal of money if they can produce their own glucose curve at home when the veterinarian requests one.

Human glucose meters can be bought from any drugstore, but ideally the *Alpha Trak glucometer* should be obtained, as it is designed especially for pet use. The *Alpha Trak* is more accurate in cats and dogs than the human equipment; though certainly the human equipment was all that was available for decades and worked sufficiently. If you would like to get an *AlphaTrak meter*, contact your veterinarian.

Also, *Sugarcats.net* has put together an extensive review of equipment needed for home monitoring as well as picture guides for testing both dogs and cats. Visit [www.sugarcats.net/sites/harry/bgtest.htm](http://www.sugarcats.net/sites/harry/bgtest.htm)

If you choose to use a glucometer at home, be sure to keep a log of when your pet was fed, when insulin was given, and what the glucose levels were. Bring this log to your veterinarian when you come for check ups. Glucose levels obtained prior to the first insulin administration of the day are particularly useful.

If your pet is too sensitive for a valid glucose curve at the vet's office and you do not think you are up to blood sugar testing at home, the fructosamine blood test may be particularly useful. Again, this test looks at average glucose levels, so wide fluctuations won't be discovered but at least there is a monitoring option for this situation.

Ketostix can be obtained at any drug store and are used to detect ketones in urine. If it is not difficult to access your pet's urine, a first morning test is helpful. Remember, the occasional presence of ketones is not a problem but a positive dipstick three days in a row is a criterion for a vet visit.

A bottle of insulin should be expected to last 6-8 weeks. After that time it should probably be replaced.

### WHEN TO RETURN TO THE HOSPITAL/WHAT TO WATCH FOR:

Your pet will probably require re-regulation at some point. During re-regulation periods, expect a curve to be run a week or two after each adjustment in insulin dose.

Take your pet in for a re-check and glucose curve if you note any of the following:

- the pet seems to feel ill.
- the pet is losing weight.
- the pet has a ravenous appetite or loses its appetite.
- the pet seems to be drinking or urinating excessively.
- the pet becomes disoriented or groggy.
- the presence of ketones in the urine for three days in a row.

It is important for diabetic pets to have their teeth cleaned annually. Dental tartar seeds the body with bacteria and when blood sugar levels run high, infections in important organs can take root. The kidneys are particularly vulnerable.

### INSULIN SHOCK

If your pet appears wobbly or drunken, his/her blood sugar level may have dropped too low. This occurs after an insulin overdose. First try to get your pet to eat. If the pet will not eat, administer light Karo syrup at a dose of one tablespoon per 5 pounds. If no improvement occurs, immediately see your veterinarian for emergency treatment. When your pet is more stable, a glucose curve will be needed to determine a more appropriate insulin dose).



### SOME PETS ARE DIFFICULT TO REGULATE

Some pets seem to require re-regulation frequently. There may be an underlying reason to sort out. Here are possibilities to consider:

1. Improper administration of insulin. If possible, have your doctor observe you giving the insulin to your pet. Your insulin may be out of date.
2. Rapid insulin metabolism. Insulin wears off quickly in some animals. Your pet may require a different type of insulin or a second injection during the day.

(continued on pg. 9)

## TIME TO CLEAN OUT & HELP



PapHaven Rescue is hosting an online gadget drive through Gazelle to raise money for the Papillons we love and serve, and we would love your support.

A gadget drive is a new way to fundraise that turns your used and unwanted electronics (laptops, cell phones, MP3 players, digital cameras, & more) into cash to support our cause. Contributing to this drive is simple. Just visit the webpage, find the value of the gadgets you would like to donate, and send them to Gazelle (shipping is free). The value will go to support PapHaven.



If you would like to donate, please check out the drive's page (<http://paphaven.gazelle.com/>) to learn more and track our progress. You will receive a confirmation of your donation by email, and PHR will be notified as soon as you make your donation.

Thank you for your support,  
PHR's Fundraising Team

To learn more about Gazelle, visit [gazelle.com](http://gazelle.com).



## DIABETES (continued from pg. 8)

3. Insulin overdose may actually lead to elevated glucose levels (and clinical signs of diabetes mellitus) at the end of the day. In these cases, excess drinking, eating, or urinating are seen in the afternoon and evening but not in the morning.
4. Steroid administration (such as prednisone, prednisolone, etc.) will interfere with insulin.
5. Progesterone, a female hormone, also interferes with insulin. Unspayed female diabetics should be spayed once they are sufficiently regulated.

For more details on trouble with regulation, please see the section on The “Hard To Regulate Pet” at [www.marvistavet.com/html/the\\_hard\\_to\\_regulate\\_dog.html](http://www.marvistavet.com/html/the_hard_to_regulate_dog.html).

### FEEDING A DIABETIC PET

Regulation is achieved via a balance of diet, exercise, and insulin. Realizing that special diets are not always attractive to pets, there are some ideal foods which should at least be offered.

The most up-to-date choice for cats is a low carbohydrate high protein diet such as Hill’s M/D diet or Purina’s CNM-DM diet. (Both these companies use initials to name their prescription foods.) These diets promote weight loss in obese diabetics and are available in both canned and dry formulations. For dogs, high fiber diets are still in favor as fiber seems to help sensitize the pet to insulin.

One should avoid soft-moist diets as sugars are used to preserve them. Breads and sweet treats should be avoided. If it is not possible to change the pet’s diet, then regulation will just have to be worked out around whatever the pet will eat.

### DIET

A lot of information has recently been published about high protein diets in the management of diabetes mellitus in the cat. It may be tempting to try to apply similar rules to dogs but, in fact, an entirely different approach is needed. Canine diabetes mellitus is more like “Type I” or insulin-dependent diabetes mellitus in humans, while feline diabetes mellitus is more like “Type II.” What this means is that the canine pancreas is not producing any insulin at all while the feline pancreas sim-

ply isn’t producing enough. The dietary approaches are very different.

### FIBER

Classically, high fiber diets have been recommended for the management of canine diabetes mellitus. More recent scrutiny of fiber has led to conflicting results. In many cases, addition of insoluble (non-digestible) fibers to the diet assisted with “glycemic control,” meaning that blood sugars were more stable over the day.

Fiber blunts the increase in blood sugar levels that occur after eating, delays the emptying of food from the stomach, and slows the digestion of carbohydrates (glucose sources). All this means that blood sugar levels are inclined not to jump as high after eating compared to those of patients fed low fiber diets.

If the diabetic dog is over-weight (and many are) fiber also helps the patient feel full after eating, thus encouraging weight loss. This may not be desirable in a diabetic pet that is underweight (and many are).

### HIGH DIGESTIBILITY DIETS: PROBABLY NOT THE BEST THING

There are numerous diets on the market designed for dogs with “sensitive stomachs.” These foods typically are designed for easy digestion and absorption into the body. While this is helpful to the dog with digestive issues, easy digestion and absorption amounts to higher blood glucose levels after eating. This is probably not the best thing for a diabetic dog.

### LOW FAT DIETS

A common issue that accompanies diabetes mellitus is elevated triglycerides (fats) in the bloodstream. In humans, this is the doorway to vascular disease, cholesterol deposits, heart disease, and stroke. Dogs do not generally have to contend with these issues but the elevated fat levels in the blood can lead to pancreatitis, which is a serious disease. Many nutritionists recommend that metabolizable energy of a diet not exceed 30 percent fat, but this information is not readily available on a pet food label. Protein recommendations should be 18-25 percent in the diet (on a dry matter basis).

To calculate the percentage of protein in a diet on a dry matter basis, look for the “crude protein” and the “moisture content” amounts on the guaranteed analysis on the food label. Multiply the moisture content by the crude protein and subtract that number from the crude protein.

(Example: a food is 20 percent crude protein and 10 percent moisture. Multiply 20 x 0.10 = 2. Subtract 2 from 20. The answer is 18 percent protein on a dry matter basis.) If the food is dry, there is typically so little moisture content that the numbers off the label approximate the dry matter percentages. If the food is canned, though, the food might be 80 percent water and calculation becomes more important.

### OTHER CONCEPTS

As long as the diet is consistent, it is generally possible to work with it in achieving diabetic regulation. Here are some additional tips:

- If the dog has an additional medical problem which requires a special diet in its management, then this trumps the suggestions for diabetic management.
- As long as a reputable food that has passed AAFCO feeding trials is being fed, it should not be necessary to add nutritional supplements.
- Soft-moist foods typically use sugary preservatives and should be avoided. Canned and dry foods are equally acceptable.
- Ideally, a brand of food with a “fixed formula” is preferred to one with an “open formula.” Foods with an “open formula” stick to their prioritized ingredient list on the label and to the guaranteed analysis minimums and maximums, but the exact ingredient amounts are not fixed. A “fixed formula” food uses specific amounts of each ingredient every time in every lot. In general, non-prescription diets are open formula.

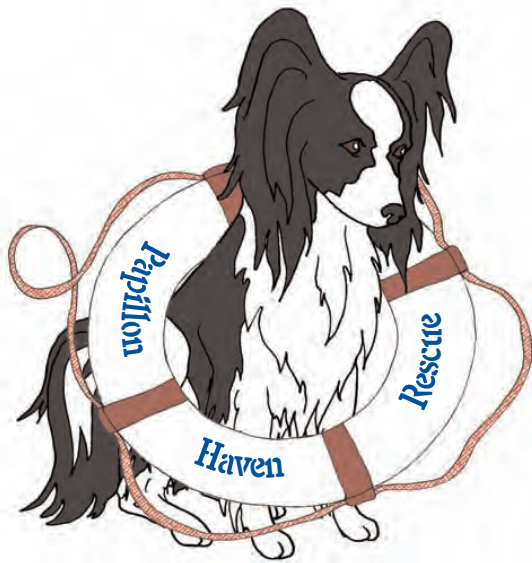
### LINKS

For more information you can visit:

[www.caninediabetes.org](http://www.caninediabetes.org)

[www.petdiabetes.org](http://www.petdiabetes.org)

A listserv for owners of diabetic pets is also available. To subscribe, send a message to [majordomo@listserver.net](mailto:majordomo@listserver.net) and put the words “SUBSCRIBE PETDIABETES” in the body of the message.



# Local Foster Families Needed

Established in 2003, PHR has placed many Papillons into their forever homes. Many have been owner surrenders, shelter surrender as well as stray rescues. Our members pride themselves in finding the best possible homes for our Papillons.

**But it's impossible to do without foster homes!**

All of our rescued Paps go through a screening process, are altered, and fully vetted prior to placement. We are a national group of volunteers spanning the US who do this just because we love the breed and are trying to protect and preserve it! During their time with us in foster care, we work on crate training, socialization, basic obedience, and housetraining, so that the transition period is smoother once placed into their forever homes.

If you are interested in:

**Adopting / Fostering / Volunteering**

**Please contact PHR at (501) 865-4442**

**Email:** [jorolan@catc.net](mailto:jorolan@catc.net) or [dogmom5@twcny.rr.com](mailto:dogmom5@twcny.rr.com)

**Website:** [www.paphaven.org](http://www.paphaven.org)

*"Dogs come into our lives to teach us about love ... they depart to teach us about loss. A new dog never replaces an old dog, it merely expands the heart. If you have loved many dogs, your heart is very big."* Erica Jong



**MAIL TO:** Jessica Nosek  
 Modern Dog Magazine  
 PO Box 310402  
 Newington, CT 06131-0402

MODERN DOG MAGAZINE BELIEVES IN SUPPORTING THE EFFORTS OF RESCUE ORGANIZATIONS AND DOG-RELATED CHARITIES LIKE PAPHAVEN. THEIR DONATION PROGRAM WAS DESIGNED SOLELY TO HELP SUCH ORGANIZATIONS RAISE MUCH NEEDED FUNDS. A portion of your subscription price goes directly to PHR! Modern Dog Magazine is published 4 times a year; your first issue will arrive in 6-8 weeks.

- 1 YR. SUBSCRIPTION \$15
- 2 YR. SUBSCRIPTION \$24 **BEST DEAL!!!**

Name (please print) \_\_\_\_\_

Address \_\_\_\_\_

City / State / Zip \_\_\_\_\_

Phone (\_\_\_\_\_) \_\_\_\_\_ Email \_\_\_\_\_

Organization name: PapHaven Rescue Shelter ID: DP29

Payment:  Visa  Mastercard

Card Number:

Valid through:

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

MONTH		YEAR	

