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NEWSLETTER SUBSCRIPTION



An outreach e-communication from Papillon Haven Rescue

CONTACT PAP HAVEN

Mingle photos / story appear in the Nov. 2010 issue! Watch for it!

See more on pg. 13.



PHR's own Amy Fretz (PA) brought herself a new present - her very own Papillon license plate sanctioned by the State of PA. She wondered if she hadn't gone a bit overboard! What do you think?

Fall Auction begins Oct. 11!

PHR's Fall Auction will begin shortly! Thousands of dollars worth of items have been graciously donated to our cause. We hope it will all bring large donations to help care for our rescues. http://www.paphaven.info/fall_auction.html

Bidding begins at midnight Oct. 11 and runs through Oct. 24 th at midnight (central time). You will be notified via email of your prizes and their donation value. (Please give the committee a few days to finish up their paperwork ... they will be sure to let you know about your winnings!)

You can make your payments thru PayPal (via the link on the PapHaven.org home page) or by check (payable to PapHaven Rescue) mailed to: Jan Jorolan, PO Box 20306, Hot Springs, AR 71903.

Watch for the email telling you that the auction is open, and tell all of your friends, family, and colleagues to "Shop 'til they drop!" We know the recession is hitting everyone... but our rescues are relying on us!

Halloween safety reminders

On Halloween crazy costumes and fun are everywhere. Dogs dress up as people and people dress up as dogs. Neighborhoods light up for a magical hour in which kids stroll around and have only to knock on a door to get candy. It's a fun night for parents, one of the best days of the year for kids, and one of the most stressful for some dogs.



In addition to the stress brought on by noise and commotion, there are other concerns to keep an eye on. With this in mind, here are a series of tips to keep your dog safe.

- **Avoid chocolate and other candy.** Chocolate is a big no-no for dogs as it contains theobromine, which their bodies cannot properly digest. The darker the chocolate, the worse it can be.
 - **Be careful when walking your dog after Halloween** – loose candy can be found and he may grab a big piece if he sees it before you do.
 - **Put your dog in a safe place.** Loud noises, costumes, and commotion will stress him out and can cause problems ranging from stress to aggression.
 - **Don't leave your dog around kids without supervision.** The erratic movements and loud, startling noises can really upset him. Add in a scary costume and you have a formula for disaster.
 - **Be careful about placement of electrical cords for decorations.** Arrange them for safety and use a bitter apple spray on the cord to keep pets at bay.
- **Don't leave candles unattended.** Carved pumpkins look great with a lit candle inside them, but they can be tipped over.
- **Make sure that your dog's costume is the right fit.** Don't put him in a costume that is too small or tight. Also check for loose ends that could be chewed on or cause other problems.
- **Walk your dog before the festivities begin** – all those costumes can be scary.
- **Think twice about taking him out with your family to trick or treat.** He might be happier at home.
- **Tell kids the dangers of the treats and to not feed the dog.**
- **Watch out when the door is open.** If your dog is not secured in another room or in his crate, then he might bolt out the door.
- **Be firm. Don't let anybody who wants to greet your dog just to be polite.** Be willing to say "no thanks" if your dog is feeling anxious or if the other person (perhaps an excited, sugar-filled child) is approaching inappropriately.
- **If you take your dog with you, do not take him up to a stranger's door** – the resident dog may not take kindly to that and it could end up being a bummer.
- **Do not leave your dog outside.** There are plenty of rumors that dogs are taunted and teased, that gates are opened, and that candy is tossed in yards.
- **If your dog is startled and scared by a noise,** get the situation under control and then go back to a normal, calm attitude.

It may seem like a lot, but the truth is that Halloween is a fun time for parents and kids and can easily be fun for dogs, too.

Happy Halloween
Everyone!

Dog Blood Banks Save Canine Lives

By Tracy Libby - http://www.thedogdaily.com/Health/Care/dog_blood_banks_save_lives/index.html

Dog Blood Banks Save Canine Lives

Checkers and his owner, veterinary technician Bonnie Heitz, acted as heroes, even though their names never made the headlines. While this pair may not be familiar to you, Checkers, the Australian Shepherd from Concord, Calif. donated blood to save the lives of countless dogs that required blood transfusions to treat trauma, cancer, and other life-threatening conditions. These dogs were given a second chance because of Checkers, who passed away at a ripe old age in 1990. Both he and his owner helped inspire additional canine blood donations, which have since led to organized dog blood banks nationwide.

Why Dog Blood Banks Are on the Rise

Much progress has been made in the canine blood banking industry since Checkers' lifetime. Most donor dogs in the early 1980s, like Checkers, belonged to veterinarians or their staff. "Checkers was before anyone thought of blood banks for dogs," says Heitz. In fact, the practice of banking canine blood is a relatively new concept, with most facilities opening within the last 15 to 20 years. One reason is that advances in veterinary medical technology have fueled the need for blood. Animals are benefiting from many of the advanced tests and procedures developed initially for human medicine, and blood transfusions are no exception. Also, more owners are treating their dogs as part of the family and are willing to spend money on emergency and internal medicine, orthopedic and soft tissue surgery and oncology, all of which can require life-saving blood transfusions.

Donating Dog Blood: The Requirements

Qualifying as a donor is relatively simple. While purebreds and mixed breeds can be donors, dogs must meet certain age and weight requirements, which vary from program to program. For example, one program requires that dogs must be between one and six years of age and weigh at least 55 pounds. Another requires donors to be between one and eight years

old, with a weight of at least 50 pounds. Yet another requires dogs to be aged between nine months and seven-and-a-half years old and weigh at least 35 pounds.

In addition, dogs must pass a physical examination and meet additional requirements. These may include that the dog is:

- healthy, obedient and even tempered, which helps to ensure a positive experience, and that each animal is a willing participant. Stressed or untrained dogs are more difficult to handle and are less likely to cooperate.
- up-to-date with its vaccinations to make sure only healthy dogs enter blood donor programs. You can obtain copies of your dog's vaccination records from your veterinarian.
- free of blood- or tick-borne diseases that can be spread from one dog to another through blood transfusions. Tests are performed by blood bank facilities to help guard against future problems.
- free of heartworm, which helps to secure the safety, health and well-being of donor dogs. Testing is performed by blood bank facilities.

Heartworm positive dogs require medical treatment and are therefore not donor eligible.

- taking no medications other than a possible heartworm and flea or tick preventative. A dog that is on medication generally has an illness attached to it, which renders it unacceptable as a donor. Some medications can be transfused in the blood.
- a dog that's never received a blood transfusion. It is possible that a previous transfusion may not have been from a blood-matched donor dog. A recipient of unmatched donor blood could have been sensitized to some incompatible blood cell component that might result in an adverse reaction should this dog's blood be transfused into a dog with unknown blood type history.

Screening and Typing Canine Blood

If dogs meet the pre-qualifications, their blood is typed and screened for pathogens, such as leptospirosis, Lyme disease, and ehrlichia. The blood is typed

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A star was born!

And Bingo is his name-o!

Bingo came to me to foster on Feb. 4, 2006. Jan brought him to me in Pine Bluff when I came up there to attend a dog show with a couple of my dachshunds. He was big and fuzzy, and I questioned Jan as to whether he was pure papillon, and she assured me that he was. Anyway, I brought him home and treated him like one of the dachshunds and taught him house manners and such.

His worst problem was getting car-sick, and I had to give him *Bonine* to help with that, but he eventually got over it.

On that June 26 a potential adoption in Baton Rouge fell through, and I started thinking do I really want to part with this guy? Especially since I was working a little with him in obedience and he was catching on fast. So I decided to adopt him (yes, I know – a 'foster flunky!'). Since then we have trained and shown in agility, obedience, and rally, and he has some titles in each. He is a pretty tall guy – 13.75" at the withers, but he does finally look like a papillon!



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Dog Blood Banks Save Canine Lives

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since dogs, like humans, have different blood types. A complete blood count and a chemistry screen then check the red and white cells, platelets, electrolytes levels and general organ function. Screening potential donors is expensive – roughly \$220 per dog, according to a 2006 study published in the *Journal of Applied Animal Welfare Science*. Donna Oakley, director of the Penn Animal Blood Bank at the University of PA School of Veterinary Medicine, says, “You can’t put a price on the blood we collect. It helps us practice better medicine, and it helps save the lives of pets.”

How Canine Blood Helps Other Dogs

Dogs that pass with flying colors are eligible to become donors. While dogs can safely donate monthly, most programs collect every seven to 12 weeks, with dogs between 35 and 50 pounds donating one-half pint and dogs over 50 pounds donating one pint. Once collected, the blood is processed into components including packed red blood cells, which have a shelf life of about 30 days, and fresh frozen plasma, which can be stored for one year without losing its clotting factors. As a

result, one unit of blood can theoretically treat three, four or more dogs depending on the recipient’s size and status, according to Oakley. “The therapeutic impact is much quicker when you use only the components – that part of the blood that a dog needs.”

Laws Protect California Donors

California is the only state where commercial veterinary blood banks are required to be licensed and inspected yearly by the Department of Food and Agriculture. As a result, these facilities are required to house donor dogs on-site. Garden Grove’s Hemopet, a nonprofit facility that ships blood products nationwide as well as to Canada and Hong Kong, houses racing greyhounds rescued from Texas, Oklahoma and Arizona. Hemopet’s dogs, according to Founder and President W. Jean Dodds, DVM, receive 24-hour-a-day, on-site veterinary care and maintenance. Dogs remain in the program for approximately 12 to 18 months before being adopted by loving people within the region. “These dogs have given blood to save the lives of other animals,” says Dodds. “They have a special need to be

adopted, and we have an ethical obligation to see that they are well cared for.” California facilities that collect and store blood for internal use, such as the University of CA, Davis, School of Veterinary Medicine, are exempt from housing on-site donor dogs.

The Incentive Program

In addition to plenty of free cookies, kisses, and tummy rubs, some programs offer dog contributors free physical examinations, blood tests to guard against infectious diseases, and comprehensive health care screening as long as a dog remains a donor. Others provide free vaccinations and canine goody bags filled with toys, treats, and food. Some facilities, like the Eastern Veterinary Blood Bank (EVBB) in Severna Park, Md., which ships 25,000 units a year, guarantee free blood for all donors. “For every unit of blood a dog donates,” says Theresa Connelly, EVBB events coordinator, “that dog is guaranteed one unit of blood for free if it ever needs blood.” If the dog requires a transfusion any time throughout its life, EVBB will ship blood products, which normally cost upwards of \$300, for free.

Canine Owners and Donors Are Indispensable

While closed colony or hospital-based donor programs were once the norm, many universities and blood bank organizations nationwide are turning to community-based volunteer donor programs using community blood drives that allow facilities to develop a large, reliable source of blood products without maintaining a colony of on-site dogs. “We are looking for people who care about people and animals. People who take good care of their pets and whose pets are in the best of health,” says Donna Oakley. The School of Veterinary Medicine at the University of PA, where Oakley works, started the first volunteer donor program in 1985. The program currently has about 1500 active donors and the nation’s only canine blood mobile.

Canine Donors Are True Volunteers

Commitment requirements may vary, with some programs requiring that dogs

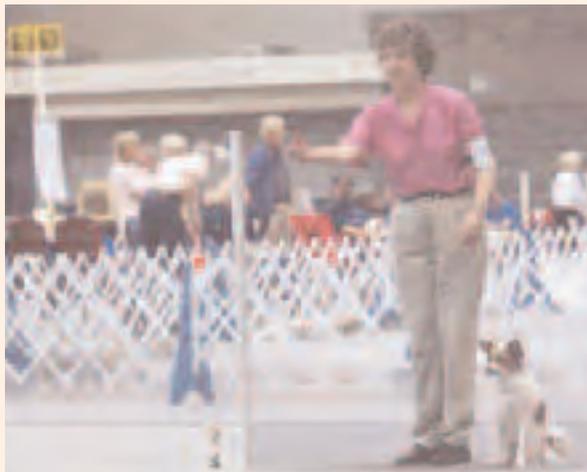
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And Bingo is his name-o!

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Our latest title in obedience is the CDX, or Companion Dog Excellent, which we earned this July 3. We are working on learning the utility exercises, but it may be a while before we’re ready for that! Bingo has a “little sister” papillon, but she is only 9”. Both are having fun pretending they are dachshunds. We are having fun on the journey in the performance venues. Bingo is the only dog I have that really does the “zoomies” and he is fast! Good for the agility course but sometimes he just picks his own course... Hope to keep on going as long as we are both having fun.

*Dr. Julie Roane
(Louisiana)*



BE A "WELL-EDUCATED" OWNER ... Wellness Exams

Regular wellness exams allow your veterinarian to evaluate your pet's general health and become aware of any health problems before they become serious illnesses. Since your pet cannot vocalize his feelings, you must rely on regular physical examinations by a vet and your at-home observations to assess your pet's health. Your vet may also wish to perform diagnostic tests, including blood tests and/or x-rays, to evaluate your pet's health.

Routine blood testing, urinalysis (urine testing), and other tests are recommended for all pets in their "senior years." Your vet may recommend routine blood testing and urinalysis for younger pets to establish baseline values, which can be used for comparison as pets age.

How often does my pet need a wellness exam?

Every year for a dog or cat is equivalent to five to seven human years, so it is important that your pet receives a wellness exam at least every year, and more often when he enters his senior years. Many aspects of your pet's health can change in a short amount of time, so make sure your pet does not miss even one exam!

Similar to people, pets need to visit the vet more often as they get older in order to prevent and treat illnesses that come with age. AAHA recommends that healthy dogs and cats visit the veterinarian once a year for a complete exam and labo-

ratory testing. Healthy senior dogs and cats should receive a wellness exam and lab testing every six months. Depending on your pet's age and health, your veterinarian will suggest an appropriate physical examination schedule to help keep your pet in tip-top shape.

What can I expect during my pet's wellness examination?

Your vet will request a complete history of your pet's health. **Don't forget to mention any unusual behavior that you may have noticed in your pet,** including:

- Coughing
- Diarrhea
- Eating more than usual
- Excessive drinking of water, panting, scratching, or urination
- Vomiting
- Weight gain or weight loss

Your veterinarian will also want to know about your pet's daily behavior, including his diet, how much water he drinks and his exercise routine. Your veterinarian may ask:

- Does your pet have trouble getting up in the morning?
- Does your pet show signs of weakness or unbalance?
- Does your pet show an unwillingness to exercise?

Depending on your pet's lifestyle, age, where you live, and other factors, your vet may also ask about your pet's exposure to fleas, ticks, heartworms, and intestinal parasites. He or she will develop an individualized treatment and/or preventative plan to address these issues.

Vital Statistics

Usually at the start of the exam, your vet, a vet technician, or an assistant will take your pet's temperature, pulse, respiration (breathing) rate, and body weight. If your pet has lost weight since his last physical exam, he may be experiencing the early stages of metabolic disease, such as kidney disease or diabetes. If your pet has gained weight since his last exam, your vet will work with you to develop an appropriate

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Dog Blood Banks Save Canine Lives

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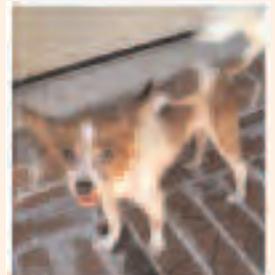
donate blood as little as three times a year. Others require a minimum of six times a year, while still others need a minimum three-year commitment, during which your dog would donate blood three or four times a year. Dogs must be calm enough to lie on their side for about 10 minutes, which is approximately how long a collection takes. "This is truly a volunteer program from the owner to the dog," says Oakley. "The dog decides whether or not to donate blood. We use no chemical or physical restraints. If a dog struggles, we don't draw blood." Despite the possible discomfort, with a bit of coaxing from you, your dog can be a Checkers-inspired hero and help save many canine lives.

About the Author

Tracy Libby has authored six books about dogs, including Building Blocks for Performance (Alpine 2002) and exhibits Australian Shepherds in obedience and conformation.

Chili says "Thanks!"

Chili (shown right), the little pap found wandering in the mountains of Arkansas wanted to say thank you to all those who made a donation to the fund for his medical bills.



But please, don't stop there! He is FAR from being out of the woods.

Donations can be made to the "Chili Fund" c/o of our PayPal account at <https://www.paypal.com/cgi-bin/webscr>.



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www.paphaven.org
Issue 56
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As of 9/30/10:
812 rescues

The Way Home is a monthly e-publication for the members / supporters of the Papillon Haven Rescue (PapHaven).

Newsletter deadline
Materials and color photos for the next issue must be received by the 15th of the month prior to publication. Send materials to: norajl169@yahoo.com

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 would love your support.

A gadget drive is a new way to fund-raise 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.

To learn more about Gazelle, visit gazelle.com.



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.

Wellness Exams

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diet and exercise plan to return your pet to a healthier weight. Weight is an important consideration in your pet's health – an extra two or three pounds could mean the difference between your pet being fit and healthy or obese.

Ears

Your vet may ask if your pet has been shaking his head or scratching at his ears, and if you have noticed an odor coming from your pet's ears. Your pet's ear canals protect his inner ear, but can become a home for parasites and other foreign objects. Your vet will closely examine your pet's ears to make sure they are healthy.

Eyes

Eye examinations often reveal many health issues, including anemia, infections, glaucoma, cataracts, high blood pressure, jaundice, kidney problems and allergies, in addition to eye injuries and ulcers. Your vet may examine your pet's eyes to evaluate her past and present nutritional condition. Observation of the inner structures and outward appearances of the eyes will be included in an eye examination.

Mouth

Your vet will inspect your pet's gums, teeth, tongue, and palate (roof of the mouth) for tartar buildup, dental abnormalities, fractures, loose teeth, tumors, infection, and other problems.

For example, similar to people, a lack of red or pink color in your pet's gums or lining of his lips could signal anemia. Your vet will discuss the importance of regular at-home and professional teeth cleaning to prevent periodontal disease, which can cause bad breath and tooth loss.

Heart & Lungs

Your vet will use a stethoscope to listen to your pet's heart and

lungs for early signs of heart and respiratory disease.

Reproductive Organs

If your pet has not been spayed or neutered, your vet may discuss with you the many health benefits of spaying/neutering beyond just birth control. Your vet will check your pet's reproductive system for swellings, discharges and breast lumps.

Skin

Your pet's skin is his largest organ and a good gauge of his health. Your vet will check your pet's skin and hair for fleas, ticks, other external parasites, tumors and wounds, as well as signs of allergies, dehydration, infection, warts, and tumors.

From Head to Toe

Your vet will feel your pet's abdomen for abnormalities, including masses, painful areas, or enlarged organs, to detect problems with the kidneys, liver, stomach, intestines, and other organs. Your vet will also examine your pet's legs and feet and the condition of your pet's joints, muscles, lymph nodes, and nose.

Your vet may recommend additional testing to diagnose or verify a health problem if he finds any abnormalities during your pet's examination.

Vaccination

Vaccinations are one of the most important preventive measure you can take for the health of your pet. Dogs can be immunized against distemper, hepatitis, leptospirosis, parainfluenza, parvovirus, coronavirus, Bordetella (kennel cough), rabies, and Lyme disease.

How frequently you should have your pet vaccinated against certain diseases depends on many factors, so talk to your veterinarian to understand what is recommended for your pet's unique environment and lifestyle.

Do not underestimate the importance of taking your pet to the veterinarian for regular wellness examinations. These regular examinations will help your pet live a longer and healthier life, so do your part to care for your furry friend!

Complementary Medicine

Have you ever basked in the luxury of a professional massage? Ever been to a chiropractor to have that creak in your back fixed? Are you a believer in taking Echinacea to recover from colds more quickly or Ginkgo to improve your circulation? If you answered yes to any of these questions, then you understand how alternative forms of medicine can benefit you. But did you ever think Pierre or Fifi might want to give these methods a try, too?

Thousands of pet lovers are turning to alternative approaches for their four-footed friends. New professional associations for veterinary chiropractors and acupuncturists have been created. But do alternative treatments they promote really work?

Complementary Medicine?

Complementary and Alternative Medicine (CAM), a term often used interchangeably with holistic medicine, provides “non-conventional” treatments for a variety of ailments, and is not just for humans anymore. Pets can now enjoy better health, too, as many vets and pet owners increasingly embrace new treatments and techniques. According to the American Animal Hospital Association’s 2003 National Pet Owner Survey, 21 percent of pet owners have used some form of CAM on their pets. Compare this to the 1996 survey, in which only six percent of pet owners said they’ve used alternative therapies on their pets.

Holistic medicine combines conventional veterinary medicine with one or more complementary therapies. Holistic practitioners consider your pet’s entire well-being, not just individual symptoms or conditions, and mix and match treatments to best serve Pierre’s or Fifi’s needs. The holistic approach to your pet’s problem will likely prove beneficial in nearly all cases. Research into a variety of veterinary medical therapies is ongoing, and the quality of care our pets receive is continually improving. Below, we describe some of the common complementary medical therapies.

Advocates & Skeptics Square Off

In 1996, the largest organization of veterinarians in the U.S. – the American Veterinary Medical Association (AVMA) – all but gave its seal of approval to alternative remedies for pets. In new guidelines, the AVMA stated that “sufficient clinical

and anecdotal evidence exists” to suggest real benefits from a number of unconventional approaches – including chiropractic and homeopathy. As for acupuncture, the guidelines called the use of needles “an integral part of veterinary medicine.”

The statement sparked a furor. “The only way to know if any therapy works is to test it in scientifically controlled studies,” said a Seattle veterinarian. “Convincing evidence that these techniques work just doesn’t exist.” He drafted a letter protesting the AVMA’s guidelines and collected the signatures of more than a dozen leading veterinary experts.

In part because of protests like this one, the AVMA reviewed its guidelines. The new statement says all veterinary medicine, including complementary and alternative, should be held to the same standards.

Weighing the Evidence

Advocates and skeptics agree on one thing: Few carefully controlled studies have been done on animals. Even in humans, these approaches remain “alternative” because their benefits are unproven.

Still, a few studies hint at real benefits. The most widely studied technique is acupuncture. In 1997, writing in the journal *Acupuncture and Electrotherapy Research*, experts in complementary therapies at the National University in Venezuela found that dogs with ear infections who were given both antibiotics and acupuncture fared better than animals given the drugs alone. Acupuncture seemed to speed the recovery time and ease the symptoms of pain.

In 1987, researchers at the University of Pennsylvania reported that acupuncture significantly reduced chronic back pain in horses. In that study – reported in the Jan. 1987 issue of *Veterinary Surgery* – 14 horses with back problems were given weekly acupuncture treatments. Ten of the horses showed signs of significant improvement. Among them, four went on to win ribbons.

So far, most studies haven’t included control groups for comparison, making their findings difficult to interpret. And several well-designed studies have found no benefits at all. In research published in the *Canadian Journal of Veterinary Research* in April 1989, for instance, scientists at the University of Georgia tested electroacu-

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www.bringfido.com

Dog Friendly Vacations

Need help deciding where to bring Fido on vacation this year? *Bring Fido's* (BF) dog friendly city guides rank more than 10,000 cities worldwide for their popularity among dog owners and general “dog friendliness.” Dig in to see the most popular destinations, or in your own neck of the woods. Once you’ve narrowed it down to a particular city, we’ll give you the best places to stay, play, & eat with Fido when you’re there. PapHaven receives \$5 for each reservation made through BF. **Use Referrer ID:** *paphaven*.

Speak to a pet-friendly travel expert
at 877-411-FIDO

'We're All Ears!'

Memoirs of a Papillon:

The Canine Guide to Living with Humans without Going Mad

by Genevieve Fried



Want to know what your dog really thinks of you? In this hilarious exposé, Genevieve, a two-year-old papillon, takes you into the inner sanctum of dogdom, revealing canine secrets never before shared with humans. Genevieve sinks her teeth into such topics as driving tips for dogs, finding a reason for cats, the tragedy of doorbells in TV commercials, measuring the intelligence of humans, how prehistoric dogs saved the caveman's bacon, converting your house into an agility course, and productive kitchen behavior. **IMPORTANT** – read this book before your dog does!

“A light-hearted, fun read ... entertaining from the first paragraph ... tongue-in-cheek the whole way... enjoyable reading for dog lovers everywhere.” – *Dog World Magazine*, Dec. 2000



Don't forget – make donations thru paypal

<https://www.paypal.com/cgi-bin/webscr>

Remember – all donations are tax deductible!

Complementary Medicine

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puncture's ability to help horses with chronic lameness. The alternative approach was no more effective than no treatment at all, the study found.

And despite its popularity, there's no good evidence that magnetic therapy helps animals with pain or injury.

But first...

How do you know to whom you should entrust your pet's care? “When choosing someone to perform any of these treatments on your pet, be sure he or she has been educated in that particular medical discipline,” says an AAHA veterinarian. “If your own veterinarian doesn't offer the therapy you're interested in, ask him or her to refer you to someone who does.”

And while your pet is being treated by another medical professional, keep your regular vet updated on your pet's progress and any problems that may arise. Continued communication with everyone involved in your pet's care is the best way to ensure that your pet gets the help it needs. Treatments should always be performed under the supervision of, or by referral from, your primary care veterinarian.

Complementary therapies

We've all heard about the many “alternative” types of care available today in our society. Here are a few explanations about how these types of therapy might help your precious pet.

Acupuncture

Acupuncture has been practiced by the Chinese for more than 3,000 years. Needles are inserted into specific points on the body that are thought to be located along pathways that correspond to different bodily organs. Acupuncture can relieve muscle spasms, increase blood circulation, stimulate nerves, and help release natural pain control hormones and other helpful chemicals produced naturally by the body. Sometimes, electricity, heat, massage, or lasers are also used to stimulate acupuncture points. Research shows that this complementary medical procedure can work well in many instances. You may want to consider acupuncture for your pet if it has musculoskeletal, skin, respiratory, or diges-

tive problems. It can also help with some reproductive problems.

Botanical (Herbal) Medicine & Nutraceuticals

Plants provide a wide variety of remedies for a range of ailments. Many modern drugs, such as aspirin (not for use with dogs), are derived from plants, but these drugs go through chemical processing that is thought by some to diminish the plant's original healing power. Your vet may prescribe a variety of herbs that work together to treat your pet's problem(s). Sometimes one herb is prescribed to offset possible side effects of another. Since some herbs can be toxic, and this toxicity varies among animal species, it's important that your vet is educated in herbal veterinary medicine. Herbal remedies may be appropriate if your pet has digestive problems, kidney or bladder disease, skin problems, parasites, or injuries to bone or tissue.

Nutraceuticals are nutritional supplements derived from plants or animals. They can be used to help pets with a wide variety of illness and diseases, such as joint, respiratory, or digestive problems, or to promote the well-being of healthy pets.

Chiropractic Care

Chiropractors believe that some illnesses result from misaligned vertebrae that diminish the flow of impulses from the spinal cord to the body's muscles, organs, and tissues. By manipulating and adjusting specific joints and cranial sutures in animals, veterinary chiropractors try to restore the flow of impulses. Chiropractic treatments may help if your pet has a spinal disability, such as a slipped disc or pinched nerve; or even in some cases of epilepsy, skin disorders, and behavioral problems.

Homeopathy

Homeopathic treatment relies on the administration of substances that can produce clinical signs similar to those of the disease being treated. The idea is to provide the substances in small enough amounts to be harmless, yet enough to encourage the body to develop a curative

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Complementary Medicine

(continued from pg. 7)

response to the disease. The substances most often come from plants, but may also be extracted from animals and minerals. The substance is diluted and made more potent, after which it's usually put into pellet or liquid form. Administered properly, homeopathic treatment can help a wide variety of ailments, including allergies, wounds, poisonings, viral infections and many diseases. Some danger lies in the potential to use too much of the substance, which in large enough amounts may be toxic. For this reason, it's important to choose a veterinarian who has been educated in homeopathic veterinary medicine.

Physical & Massage Therapy

Physical therapy is used to rehabilitate an injured animal. It may include simple techniques such as stretching or other exercises, or applying heat or cold to the affected area. Or it may consist of more extensive treatments, including hydrotherapy or stimulation with low-level lasers, electricity, magnets, or ultrasound. A veterinarian may recommend just one or a combination of these treatments.

Massage therapy – in which a therapist uses his or her hands and body to massage your pet's soft tissues – may help rehabilitation after an injury. If your pet is experiencing circulation problems, degeneration, muscle cramps, or soft tissue injuries, massage therapy may help.

Foster Goodies

Pat Schmidt (OH) is the NEW Blankie / Ball Lady who sends warm blankies and foster balls to all the good little girl and boy fosters in PapHaven. Everyone gets one whether they are old or young. The blankies are soft, colorful, and have the Pap Haven Logo embroidered. The foster balls (made by Amy Fretz) are colorful and squeak... big time.

She can't keep up with all the newbies from her end, so we ask that all of you with

The future

The interest in holistic and complementary approaches in veterinary medicine is growing rapidly, as it is in human medicine. As more research is done, we'll have a better understanding of what works – and how – for various problems in our pets.

What If Your Four-Footed Friend Gets Sick?

Should you consider alternative therapies for your pet? Here's what most experts recommend:

- Talk to your veterinarian first. Only a trained vet – with a DVM degree – can properly diagnose your pet's ailments. Even advocates of alternative approaches say it's wise to try proven conventional treatments first.
- Find a qualified practitioner. Spurred by booming popular interest, pet doctors with little experience or training are hanging up shingles as alternative medicine specialists. **Beware:** In the wrong hands, techniques such as chiropractic – which involves manipulating the spine – could be dangerous.
- Finally, don't expect miracles.



Rexx Pancero

new Paps, or with foster Paps who have been around awhile but have not yet received their blankie or ball e-mail her off list (pat@pancero.com). Provide your address and the weight of the dog. We do have a few larger blankies for our Super-Sized Pap mixes. Pat's happy to send PapHaven's bright and fuzzy gifts to your foster dog.

PS: YES! The blankie goes with the pap when it is adopted! Taking something that has a scent that they are comfortable with makes the transition a little easier.

Pawfriendly Landscapes (PFL) Tip

<http://www.facebook.com/home.php?#!/photo.php?pid=4320417&id=223141086885>

Reprinted with permission from www.pawfriendlylandscapes.com

This time of year, many of us are buying mums (Chrysanthemum spp.) for fall flowers. However, keep in mind, they are toxic to our pets. They can cause GI upset, diarrhea, and lack of coordination. Their leaves and stalks contain a toxin called *Arteglasin A* which can cause dermatitis after long exposure. Although they are beautiful – it's best to keep them away from furbabies and children.



Have fun and get dirty!!!

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

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

The Benefits of Milk Thistle for Dogs

Milk thistle has powerful antioxidant effects that could help reduce symptoms of liver disease, diabetes, and inflammatory bowel syndrome in your dog. Its use is still experimental, but many vets have seen positive effects for their patients.

Benefits of Milk Thistle

Milk thistle is a flowering plant (*shown below*) from the Aster family, which includes daisies. Of European origin, milk thistle was once used as liver tonic by Roman emperors. It is one of the few herbs used in conjunction with conventional Western medicine for humans. The active ingredient is silymarin, which makes up about 80 percent of milk thistle extracts and powders.

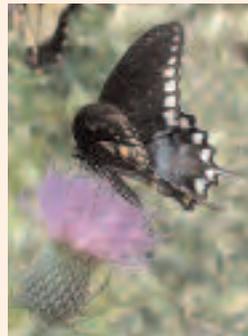
The uses for dogs are similar to those for humans. Milk thistle has demonstrated effectiveness in protecting the liver against toxins and stimulating growth of cells to replace those that are killed or damaged. Milk thistle is also a powerful antioxidant and anti-inflammatory.

In humans, milk thistle is used primarily for treating liver diseases, such as cirrhosis of the liver. But in dogs, it is being successfully used in the treatment of diabetes and inflammatory bowel disease (IBD). It reduces inflammation of the liver and bile ducts that occur during IBD, and stabilizes red blood cells affected by diabetes.

Uses of Milk Thistle

Currently, vets are prescribing milk thistle to combat liver disease, diabetes and IBD, but many others believe that there are other beneficial uses.

Many different types of medication, such as phenobarbital, which is used in the treatment of seizures, and soloxine, which is used to treat thyroid disease, can cause liver damage after long term use. Because these conditions often aren't curable, dogs are required to stay



on these medications for life, which may eventually cause irreparable liver or kidney damage.

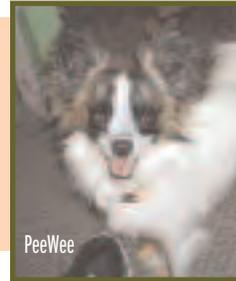
Many vets suggest regular doses of milk thistle during such drug therapy to improve the liver condition and prevent problems that can occur later. However, some herbalists believe that long term use of

milk thistle may disrupt liver function and recommend it only in treatment of an existing disease.

Milk thistle could also promote faster recovery from adverse reactions to vaccinations and illnesses such as parvovirus, which can do serious damage to your dog's body. Antioxidant and anti-inflammatory

Pap-of-the-Month: PeeWee & Cassee

Hello, my name is PeeWee and my foster mommy says I have personality plus. I am only 7 pounds but don't let that fool you. I think I'm a 100 pounds!! I am two



PeeWee

years old but I am totally all puppy. I love everyone in my two-legged family. They are always laughing at me. My foster mom is pretty sure that I have been debarked. I growl a lot to communicate when I am playing, when I really like something, and especially when someone is scratching my back. I like to try and howl, which makes everyone laugh because nothing comes out. I love to go outside on walks and play with people's feet. I am not very comfortable with other dogs yet, but I am beginning to understand that not all of them are bad. I ignore the cat here. I am pretty much a people person... My foster mom is working with me on having better house manners. I am not quite sure what she means because I think my house manners are just fine... My perfect furever home would be an experienced dog owner who is patient, kind, with no small children and who would continue to work with me on things that I need help with.

Cassie (10.75 yrs. old) is a delightful and charming little 8 lb. lady who adores kids. One of her favorite games is playing soccer with the children in the backyard. After they kick the ball, she hunts it down, stands in front of it, and barks at it to keep it from trying to escape again. She has tons of energy and the kids usually get tired of playing before she does. She loves going on long walks. She is well house- and crate-trained, and is a pleasure to walk on a leash. While she has tons of energy outside, she is very calm in the house and likes to curl up on her dog bed where she can supervise the household activities. We have been working on her recall off-leash and she is doing much better with that. She loves to learn tricks and can dance, sit up and beg, roll over, and also knows basic obedience commands such as sit and lie down. She does very well with other calm, polite dogs of any size, but has little tolerance for pushy, hyper dogs. She would be perfectly happy as an only dog. She would prefer a home without cats – she does not hurt them, she is just not fond of them.



Cassee

properties of milk thistle could help dogs recover more quickly.

Research at Case Western University even suggests that milk thistle might assist in the treatment of cancer. Their research showed that the effects of milk thistle protected the body from tumor promotion. This research provides hope that milk thistle could be used along with chemotherapy and radiation to treat cancer and help the body recover more quickly from such treatment.

Milk thistle can be easily acquired at health food stores, but consult an herbalist or vet before beginning treatment with your dog. Improper dosage may lead to disruption of liver function. However, there are significant health benefits to using milk thistle with your sick dog.

Tips for Tick Season

September marked the beginning of crisp and clear fall weather made for hiking, camping, and many other outdoor activities. But it's also peak season for pet ticks. So if you are going to be outside with your best friends, always check for pet ticks. These critters have a way of burrowing and burying deep into your pets' fur and can cause serious harm to your pets.

What you need to know

Ticks are parasitic arachnids, and for our purposes, this means they have eight legs and they live on the blood and tissue of their host animal.



They live in wooded and grassy areas and hang out on the edge of leaves, twigs, and grasses, so that they can drop on a potential host as it passes by. (Deer trails and human hiking trails are favorite stalking grounds for common dog tick species.) They do not jump or fly. Once a tick lands on its potential host, it will try to travel to a warm, dark crevice – armpits, ears, and belly folds – to attach and feed. A tick attaches to its host via its jaw and inserts a feeding tube directly into the superficial capillaries. Because they attach with their head and jaw, they tend to burrow beneath the skin, making it more difficult to remove them.

The dangers of common American deer & dog ticks

Beyond being a parasite, a tick has many other bad-news qualities. Namely, these bugs carry diseases that can cause serious illness and sometimes death for any kind of host, humans included. One of the big disease threats to your dog or cat is Lyme disease.

Lyme disease is caused by a bacteria carried by the American deer tick. Bacteria are transferred to the host during the bite and work their way through the host's system. Not all American deer ticks carry the particular bacteria responsible for Lyme disease. However, if your pet has been bitten by ticks, you should keep a close eye on your pet for symptoms of disease:

- Fever
- Lethargy
- Loss of appetite
- Joint pain

If you notice your pet has been exhibiting these signs, take him to the vet immediately. The sooner your pet starts antibiotic treatment, the better his odds are of overcoming the disease with the least amount of complications.

Another dangerous tick-borne disease is Rocky Mountain Spotted Fever. It is carried by the American dog tick and is a serious danger to dogs and humans. Keep a close eye on your dog after you have removed a tick from his body and watch out for the same symptoms associated with Lyme disease. Do not hesitate to get your sick pooch to the vet if you suspect any tick-borne infection.

Checking your pet for ticks

There is a similar protocol for checking both your cat and dog for ticks, but cats can be a little more challenging. To get started, pet the animal to get him/her comfortable and relaxed. This way, they'll relax their muscles and you can manipulate their limbs to check sensitive places, like armpits, where ticks tend to go.

- Put on a pair of latex gloves. Humans are susceptible to infection from tick diseases, and taking this precaution helps protect you from illness.
- Feel for small bumps and ridges all over your pet's coat. Typically, you will first recognize a tick through touch. They are small, round, and smooth, and most species have a hard exterior.
- Examine the crevices between skin folds, especially under the legs of your pet. Ticks love a warm, dark place to hide out and are likely to burrow into these places on your pet's body. Don't forget the area in and around their ears!
- Pull back the fur around a suspicious area to inspect. Depending on length and thickness, you may have to go to more trouble to part the hair so you can see your pet's skin. Shorthair

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Fall allergens cause havoc for four-legged, outdoor enthusiasts

Allergies Create Nightmare For Pets This Fall

From Seth Pederson - http://vetmedicine.about.com/od/diseasesandconditions/a/VVP_fallallergy.htm

Chicago is again among the worst places to live with allergies this fall, and many Americans are unknowingly living in allergy "hot spots." Recently ranked as the "Fall Allergy Capitals" by the *Asthma & Allergy Foundation*, these locations are considered the worst places to live with allergies as ragweed and mold spores peak in September and October. But this dubious honor fails to account for the family members that suffer most from fall allergies, the pets.

Just like with people, ragweed is one of the most common types of allergens for dogs. While tree and grass pollen levels start to drop off as autumn approaches, ragweed sees explosive growth across the country from late August to late October, according to the *American Academy of Allergy Asthma and Immunology*. In humans, ragweed allergies manifest as watery eyes and sneezing, but for many of America's 7 million allergic dogs, ragweed reactions take a far more serious form as itchy, inflamed skin and infections that develop from atopic dermatitis, or atopy.

Second only to ragweed as a canine allergen, mold spores also see a surge in early to late fall due to higher concentrations of dead leaves and other decaying matter. Widespread in fields, ditches and front lawns, ragweed and mold spores live at the perfect sniffing level of any active, curious dog.

"In early fall, it doesn't matter where you walk your dog or let her run, she's bound to run into ragweed and mold, which can lead to intense allergic reactions," says Dr. Keith Hnilica, associate professor of dermatology in the

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Allergies Create Nightmare For Pets This Fall

(continued from pg. 10)

College of Veterinary Medicine at the University of Tennessee. “The best precaution you can take for your dog in early fall is to limit exposure to allergens, but when allergic reactions occur, pet owners should consider how their vet can help with medicine for dogs – especially since people are increasingly turning to those options for themselves.” Although many over-the-counter options exist for people, only one option for long-term management of canine allergies is available for dogs, FDA-approved Atopica (Cyclosporine capsules, USP) modified.

Owners can proactively avoid some frustration by limiting their dogs’ exposure. Hnilica recommends dog owners pay close attention to surroundings, time of day and weather conditions to ensure their pets steer clear of risky allergens.

- Stay away from un-mowed grass – Ragweed pollen is more likely to be airborne in areas with high grass and weeds. To limit exposure, restrict a dog’s outdoor time to either mowed lawns or areas of packed dirt during the peak ragweed season, Aug. 15 through the end of September.
- Clean up leaves and other decaying matter promptly – Leaves sitting on a lawn are more likely to absorb water and decay, creating higher concentrations of mold. Clean up decaying matter quickly and keep dogs inside to limit exposure.
- Avoid morning, take advantage of rain – Pollen tends to circulate most heavily between 5 and 10 a.m., so limit outdoor activities during those times. Conversely, rain helps prevent pollen from spreading, so take advantage after rain showers for outdoor activities.
- Brush the dog down when returning indoors and bathe frequently – Any time spent outdoors exposes dogs to mold spores and ragweed pollen

Tips for Tick Season

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dogs and cats are often the easiest pets to check.

Be thorough with your inspection. Get out a fine-tooth comb and go over every inch of your pet’s coat if you need to. It may be a bit of a chore, but it’s worth it – the longer a tick stays on a dog or cat increases the risk for disease transmission and infection.

How to remove a pet tick from your dog or cat

Take a deep breath and stay calm – steady hands are essential. You’ll need a pair of latex gloves, tweezers, some disinfectant, and a small jar with an airtight lid to store the tick after you’ve removed it.

- Pull all of the fur back and away from the area where the tick has burrowed.
- Use the tweezers and firmly and evenly grasp the tick body. Do not squeeze the tick at this point, you can easily crush the body and make it very difficult to remove the head.
- Pull the tick out in a single vertical motion. Do not try to loosen the tick’s body or lift up at an angle.
- Seal the tick in the airtight jar.
- Swab the bite area on your pet with disinfectant.
- Flush the tick down the toilet.
- Disinfect the jar, tweezers, and gloves. Throw the gloves away after you have disinfected them.

Make sure you remove all of the bug’s body from your pet’s skin. If the

that gets trapped in their coat. Grooming the dog with a stiff brush before coming indoors helps prevent the prolonged contact that leads to allergic reactions. Bathing weekly washes off many of the pollens and spores that cannot be removed through brushing.

- Talk to a vet about managing allergies – Even with a close eye, dogs still develop allergic reactions. Vets have many options to manage atopic der-

tick is crushed or bisected, use the tweezers to draw out the head and legs, too. Remember that you are not trained to do this, and if removing the tick starts to feel precarious, call your vet. He or she will be able to tell you whether you need assistance. The same holds true for when your dog or cat has multiple ticks. Your vet can also inform you about the best tick repellents and medications for your pets.

Protecting yourself from pet ticks

The diseases that ticks carry are contagious and infectious to humans, and we can’t stress enough the importance of proper sanitation while you remove a tick from your pet. Both Lyme disease and Rocky Mountain Spotted Fever are devastating to humans and can be transmitted through contact with a tick that is carrying the disease. Even though not every tick is a carrier, you’ll best serve yourself and your household by exercising a high level of caution and sanitation.

One final note, September and May are peak tick seasons, and checking your dog, cat, and even your own family regularly is best to prevent tick-related complications. Run a thorough check over you, your dogs, and your gear before you come back inside from any nature excursion. This way you can often find stray ticks before they have attached and remove any shortly after they have latched on to feed. Don’t forget about the family cat, either. Make sure you check her routinely, especially if she is an indoor-outdoor cat.

matitis including Atopica to target the harmful reaction to allergens like ragweed that cause itchiness and inflammation.

**Be sure to check out the
PHR Events Calendar at**

<http://www.paphaven.info/events.html>

**For up-to-date details regarding
pet events across the nation!**

Antioxidants – Keep Your Dog Healthy The Natural Way

Antioxidants for dogs are a fairly new subject, but one which makes perfect sense when it comes to maintaining your pet's overall health. We know that antioxidants can help to rid our own bodies of built up toxins, so it's not a stretch to assume they can do the same for dogs and cats. In fact, most animals that live outside come by antioxidants naturally in their original setting every day. Now there's a way to help domestic animals get the same natural healing.

The best antioxidants for dogs will clean the liver and the lymph system and boost immunity to fight off and/or prevent infection and disease. This can give your pet a fighting chance when sick with an autoimmune disorder or cancer and is the best form of prevention. In this article, you'll learn more about the herbs that can help prevent and fight disease.

Though domestic animals seem to have a good life, they are actually exposed to quite a few environmental hazards on an everyday basis.

Everything from lack of exercise to a diet heavy with artificial additives can combine to take a toll on the function of your pet's immune system. When it comes to your average dog and antioxidants can go a long way toward reversing the damage done and increasing your dog's chances of living a long, healthy life.

Animals that live in the wild have access to herbs and other plants which have many healing properties. It may be hard to explain, but most of these animals seem to have a natural instinct to turn to these plants for help when they are ill or injured. By doing so, they bolster their own immune systems, which improves overall health. Antioxidants for dogs, now available in a line of natural products, can do the same for domestic animals.

Countless pet owners have begun turning to natural healing alternatives to help their pets. Natural remedies are

healthier because they actually get to the source of the problem and create healing instead of just masking the symptoms. For instance, the best dog antioxidants on the market actually kill the free radicals that cause inflammation and disease.

Unlike drugs, natural remedies won't cause side effects that can worsen your pet's condition. They won't interact negatively with any other drugs your dog might be taking, so they allow you to combine traditional and alternative therapies without a problem.

These remedies work by providing much needed nutrients that your pet cannot get in its food. If you've ever seen your dog chewing on plants in your backyard or eating soil in an attempt to get essential minerals, then you know what I'm talking about. **Problem is:** domesticated animals are not free to roam the wilderness

to find the herbs that they instinctively know they need to heal. Instead, they are limited to the plants that are growing in their own backyard.

Keeping your pet healthy begins with controlling their environment. Make sure they have clean water and a healthy diet, free of food coloring and other additives. **All food and water should be served in glass or metal bowls** – never plastic, which can leech chemicals into the contents. To bolster your dog's diet, antioxidants should be part of the regular routine.

As with your own environment, you'll want to keep your pets free from hazards such as pesticides and herbicides and try to keep your house smoke-free, as smoke can damage your pet's lungs too. Along with these steps, antioxidants for dogs can be found in certain herbs, including Milk Thistle and Indian Ginseng. You can make these available to your domestic pet by including a natural supplement in his/her daily routine.

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In the Bakery Window ...

Chicken BLT

by Rachael Ray

2 Servings –
Prep 10 min;
Cook 15 min



This big BLT is for you and the pup to share. Always check with your vet about which foods are appropriate for you to share with your pet.

Ingredients:

4 slices turkey bacon
2 chicken cutlets (6 1/2 ounces)
4 slices whole wheat bread, toasted
1/2 cup chicken or vegetable broth
1/2 avocado
1 small plum tomato, seeded and chopped
Extra-virgin olive oil (EVOO), for drizzling
Juice of 1 lime
A few dashes hot pepper sauce
1 leaf romaine lettuce, torn in half
Salt and pepper

Directions:

In a medium nonstick skillet, over medium-low heat, cook the turkey bacon until crisp, about 11 minutes.

Wipe out the skillet and drizzle with a little EVOO. Cook the chicken, turning once, until opaque, about 3 minutes on each side.

For the pup, finely chop 1 piece chicken, 2 pieces toast, and 2 slices bacon, and combine in a bowl. Moisten with the broth and serve.

For yourself, season the remaining 1 piece chicken with salt and pepper and set aside. Mash the avocado and mix in the tomato, lime juice, and hot pepper sauce; season with salt. Top 1 piece toast with half the avocado mash, the lettuce, the reserved chicken, the remaining 2 slices bacon, more avocado mash, and the remaining piece of toast. Cut the sammy from corner to corner.

