



AMSCOPE

Newsletter of the American Miniature Schnauzer Club

August 2023

Volume 44

Issue 8

Studies Reveal a Stunning Treatment for Human Anxiety and Depression

Written by Dr. Karen Shaw Becker

For those of us who love and live with dogs, there's absolutely no question they provide not only companionship, fun and affection, but significant mental and physical health benefits as well. Luckily, research is confirming what we already know about the ability of dogs to lower our stress level, decrease anxiety and depression, alleviate loneliness, inspire physical movement and encourage us to play and **stay in the moment**.

Caring for a dog helps kids learn responsibility, gain confidence and be more active. Having a dog who depends on them gives older adults a reason to get up and get moving every day. And all these benefits are wrapped in a funny, furry friend who also offers us the purest form of unconditional love.

Study Shows Pet Adoption Can Have a Dramatic Effect on Adults With Major Depressive Disorder

A 2018 study published in a psychiatric journal reports that **adopting a pet** can result in lower rates of recurrence in people suffering from severe depression.¹ The benefits are so significant that even patients resistant to antidepressant medications or psychotherapy report improvement in their mental health. According to study authors:

"Treatment resistant major [depressive] disorder (TR-MDD) is a severe disease, with very low remission rates. The resistance to pharmacotherapy leads to the search of non-pharmacological alternative approaches. Animal therapy has been used in patients with psychiatric conditions and the results have been promising."

While **animal therapy** has been used for many psychiatric conditions, the study authors noted

that it hadn't been tested clinically with patients with TR-MDD. According to Christian Jarrett, Ph.D., writer and editor of the British Psychological Society Research Digest:

"The prognosis (of TR-MDD) is not good. The low mood and emotional pain for these individuals has not lifted even though they are on a combination of antidepressant medications and may also have participated in psychotherapy."

Researchers assessed the effects on 33 patients who accepted the challenge to adopt a pet (primarily dogs) among 80 who were asked. Another 33 of that number, who neither adopted a pet nor had one already, served as the control group. The patients who adopted a pet improved "to the point where their symptoms could be considered mild," reports the U.K.'s Independent.

Children with Dogs May Be Less Likely to Suffer From Anxiety

In 2015, researchers from the Bassett Medical Center of Cooperstown, New York conducted a study looking into pets and children's health, and in particular, whether having a pet in childhood can help prevent chronic disease.

The study involved 643 children with a mean age of 6.7 years. While no relationship was found between pet ownership and the kids' body mass index, screen time or physical activity, there was an association with anxiety. Compared to children without dogs, a lower percentage of children with dogs met the clinical cut-off value of Screen for Child Anxiety and Related Disorders (SCARED-5, a test used to screen for childhood anxiety disorders).

Specifically, only 12 percent of children with dogs suffered from probable anxiety compared to 21 percent of those without. The study found "pet dog ownership was associated with a 9 percent reduction in the probability of a SCARED-5 score of three or higher," which is the point at which further assessment is recommended to diagnose anxiety.

Dog Ownership Can Decrease Heart Disease Risk and Increase Longevity

Dog parents have a lower risk of heart disease and premature death than non-dog owners, with the benefit being particularly pronounced among singles. Writing in the journal Scientific Reports, researchers explained:

"Dogs may be beneficial in reducing cardiovascular risk by providing a non-human form of social support and increasing physical activity. Dog ownership has been reported to be associated with alleviation of social isolation and improved perception of wellbeing, particularly in single persons and the elderly."

Among single-person households, dog owners had a 33 percent lower risk of premature death and a 36 percent lower risk of heart disease than those without a dog. Among those with dogs living in multi-person households, premature death and heart disease death risk were 11 percent and 15 percent lower, respectively.

Part of the benefit could be linked to increased physical activity among dog parents. In older women, for instance, dog ownership was associated with a higher likelihood of walking at least 2.5 hours a week and a lower likelihood of being sedentary for eight or more hours a day.

Another way dogs may boost heart health and longevity is via beneficial effects on blood pressure. In the 10-year-long National Health and Nutrition Examination Survey study of 1,570 people aged 60 years or over, having a dog was associated with a 3.34 mmHg decrease in systolic blood pressure.

"To put that into perspective," Dr. Ragavendra Baliga, a cardiologist and professor of internal medicine at Ohio State University's Wexner Medical Center, told the Columbus Dispatch, *"even a 2 mm reduction in systolic blood pressure is*

TREATMENT. cont's on p.2

**The deadline
for the September issues
August 8**

TABLE OF CONTENTS

CPR	2
FLYING?	4
New Applicants	5
TREATMENT	1

LOOK

Please let me know if you make a change

* DECALS & PINS. You can get AMSC decals (\$1.00) and replacement pins (\$7.50) from

Debbie Herrell
13445 Phal Road
Grass Lake, MI 49240
Phone: 517-522-4173
sercatep@yahoo.com

Report all changes to the Roster to
treasurer@AMSC.us

Bonnie Keyes
511 River Terrace
Endicott, NY 13760
(607)742-3828

Have you set up your Member login on our new, revamped website? If not, go to <https://amsc.us/my-account/> click on "Lost Your Password?" to set up your account using the email AMSC has on record.

Please also update your contact information for the Member Roster in your Dashboard at <https://amsc.us/my-account/my-profile/>

TREATMENT...fro p. 1

associated with a 6 percent reduction in stroke, a 4 percent reduction in coronary heart disease and a 3 percent reduction in overall mortality."

Seniors With Dogs Are Significantly More Active Than Their Pet-Free Counterparts

Another recent study suggests **senior citizen dog parents** are able to meet internationally recognized exercise goals as established by the World Health Organization (WHO) through the simple act of walking their canine companions.

A team of U.K. researchers compared two groups of 43 older adults aged 65 to 81. One group consisted of dog parents; members of the other group did not own dogs. All the seniors lived on their own, and members of the two groups were matched by gender, height, weight, health conditions and walking abilities.

The two groups were evaluated on their time spent walking. They wore monitors to track their movements for three one-week periods over the course of a year. The weeks were chosen so the participants' steps could be measured during different seasons and weather conditions. Past research on this topic has relied on self-reporting by participants as to their level of physical activity. The use of activity monitors in this study provided objective data on patterns and intensity of physical activity, as well as periods of sitting.

The researchers discovered the dog-owning group walked an average of 22 minutes more per day than the dog-less group, which was enough to meet both U.S. and international exercise recommendations for substantial health benefits. And the extra exercise the dog walkers received was "marching," not "just dawdling," according to senior study author Dr. Daniel Simon Mills.

WHO recommends at least 150 minutes of moderate to vigorous weekly physical activity. The U.S. Centers for Disease Control and Prevention (CDC) recommends adults get a minimum of 150 minutes a week of moderate-intensity exercise, or 75 minutes of vigorous-intensity aerobic activity a week.

The researchers also found that dog owners had fewer continuous periods of sitting down than non-dog owners. Mills, who teaches veterinary behavioral medicine at the University of Lincoln in England, told Reuters Health:

"It's very difficult to find any other intervention that produces this size of effect. It's good evidence that dog ownership amongst the elderly increases physical activity in a meaningful and healthy way."

Mills feels the study proves that the exercise benefits of dog ownership stem from having dogs, not from the idea that dog owners are more active to begin with.

How to Perform Dog CPR on Small & Large Pets

By *Dr. Jerry Klein, CVO*

In an emergency knowing how to conduct CPR on your dog could save their life. Dr. Jerry Klein, Chief Veterinary Officer in American Kennel Club, demonstrates how to give CPR (cardiopulmonary resuscitation) to dogs until they can reach a veterinary.

What is CPR For Dogs?

CPR involves chest compressions with or without artificial respiration. It is ONLY used on dogs when you cannot feel or hear the dog's heartbeat and the dog is NOT breathing. This can occur for a few reasons: trauma, **choking**, or illness. Before performing CPR for dogs, keep in mind that CPR is potentially hazardous and can cause physical complications or fatal damage if performed on a healthy dog.

CPR should only be performed when necessary. Ideally, you will be able to have someone call your veterinarian for guidance to perform dog CPR on the way to the clinic. Make sure the dog's airway is clear of any objects before proceeding. Follow different guidelines depending on the size and breed of the dog you are assisting.

Situations to Use CPR on Your Dog

Perform CPR on your dog if you can't yet reach a veterinarian and:
the dog is nonresponsive OR
the dog isn't breathing OR
the dog has no heartbeat
CPR For Small Dogs

For the purposes of CPR, a small dog is considered any dog under 30 pounds.

Form your hands around the dog's rib cage
Using your thumbs and fingers, press on the chest about 1/3 of the way down

CPR For Large Breeds

For the purposes of CPR, a large dog is considered any dog 30 pounds and over.

Form your palms one on top of the other on the widest part of the dog's rib cage

Using your hands, press on the chest about 1/4 of the way down

CPR For Dogs Instructions

CPR...cont'd on p 3

CPR...fom p. 2

In an emergency knowing how to conduct CPR on your dog could save their life. Dr. Jerry Klein, Chief Veterinary Officer in American Kennel Club, demonstrates how to give CPR (cardiopulmonary resuscitation) to dogs until they can reach a veterinarian.

What is CPR For Dogs?

CPR involves chest compressions with or without artificial respiration. It is ONLY used on dogs when you cannot feel or hear the dog's heartbeat and the dog is NOT breathing. This can occur for a few reasons: trauma, [choking](#), or illness. Before performing CPR for dogs, keep in mind that CPR is potentially hazardous and can cause physical complications or fatal damage if performed on a healthy dog.

CPR should only be performed when necessary. Ideally, you will be able to have someone call your veterinarian for guidance to perform dog CPR on the way to the clinic. Make sure the dog's airway is clear of any objects before proceeding. Follow different guidelines depending on the size and breed of the dog you are assisting.

Situations to Use CPR on Your Dog

Perform CPR on your dog if you can't yet reach a veterinarian and:

- the dog is nonresponsive OR
- the dog isn't breathing OR
- the dog has no heartbeat

CPR For Small Dogs

For the purposes of CPR, a small dog is considered any dog under 30 pounds.

- Form your hands around the dog's rib cage
- Using your thumbs and fingers, press on the chest about 1/3 of the way down

CPR For Large Breeds

For the purposes of CPR, a large dog is considered any dog 30 pounds and over.

- Form your palms one on top of the other on the widest part of the dog's rib cage
- Using your hands, press on the chest about 1/4 of the way down

CPR For Dogs Instructions

If you have to try to perform CPR, just like in people, the mainstay are chest compressions. [Make sure the airway](#)

[is clear](#), and the dog should not be breathing. You shouldn't do chest compression if your dog is alert and able to bite you.

If you perform chest compressions, act quickly, but steadily. Do your chest compressions firmly — not too fast and not too slow. Don't stop for at least five minutes.

As a good rule of thumb, sing the song, Staying Alive (ah, ah, ah, ah, staying alive) and press down on each "ah." Someone should be trying to get you to a

veterinarian, but in the meantime, you can try doing this for five full minutes. In a large breed, you have to use more effort. If you aren't able to get to the vet yet, try to get a veterinarian on the phone to walk you through these steps.

After five minutes, if there's no response, you can't feel a heartbeat, and there's no breathing, you can do another cycle. You may find it becomes less successful with each cycle. You can do up to three cycles. The chance of resuscitating after three cycles is very low.



Breaking NEWS!!!!!!

The AMSC would like to invite each of their members to consider advertising in the 2023 Montgomery County Kennel Club show catalog!

The Montgomery County Kennel Club Catalog is one of the most premier and historical catalogs that is passed on from generation to generation so don't miss this opportunity to promote your kennel and special dog(s).

Let's support the AMSC and have your kennel recognized by purchasing an advertisement!

Full page \$75

Half page \$40

\$10 charge for each photo.

Deadline is August 16th.

Late charge of \$10 received after that date with final deadline of September 15th.

Please use attached ad sheet and mail along with photo/artwork to:

Amy Gordon

342 Putnam Ranch Rd

West Palm Beach, FL 33405

561-371-0011

aragonms@att.net

When mailing photo/artwork with the attached ad sheet, please include payment in the form of cashier's check or personal check made payable to the American Miniature Schnauzer Club of America.

Flying With a Dog? Tips for Traveling Safely

By Dr. Jerry Klein, CVO

Planning to travel with your dog on an airplane? Here's what you need to know.

Question:

My family and I are relocating, and instead of driving to our new home we would like to travel by plane. Our dilemma is how to transport the dog. There are so many frightening stories in the news. I've heard you have to place a dog in the cargo area. How do I find the definitive answer on dog air travel safety, requirements and regulations?

Answer:

Whether going on vacation, to dog shows or relocating, over 500,000 dogs hit the wild blue yonder each year in the US. Yes, there are certainly risks for airline travel, as there are with every form of transportation. These risks are well known due to the coverage of a few tragic incidences reported on the news and in social media.

Thankfully, increased awareness of the risks has led to stricter rules and guidelines to ensure that all pets travel with the utmost safety in mind.

If you are taking to the skies any time soon, this checklist will help you take precautions to ensure your dog is safe and comfortable for his journey:

Do Your Research

While there are general TSA and USDA guidelines for dog travel, each airline has their own regulations and fees. Be sure to call, familiarize yourself with the rules and prepare accordingly. The airline guidelines will list weight restrictions, crate, and temperature requirements and certain embargoes (due to the time of year, weather, or even certain breeds), among other guidelines. You may want to consider contacting airlines before booking to determine which one will work best for the needs of your dog. Give yourself plenty of time to do this.

Schedule a Visit to Your Veterinarian

Most airlines require a certificate of health within a specific period of flying. Be sure you are aware of the airline requirements before scheduling your veterinary visit.

- Other than you and your family members, your veterinarian knows your dog best. Discuss any concerns or special issues your dog has and other topics that come up.
- With your veterinarian, consider whether or not your dog is healthy enough for air travel.
- Consider whether or not your dog possesses the right temperament for the potential stress of air travel.
- Decide with your veterinarian whether or not it is necessary to give your dog a sedative.
- If your dog is not microchipped, you can have him microchipped at this time. Microchipping can be an essential tool in reuniting lost dogs with their owners.

FLYING ...from p. 4

- Verify that your dog's rabies vaccination is up-to-date. If traveling internationally, be aware that some countries may require a specific type

of rabies vaccination. Research the requirements before seeing your veterinarian.

- Discuss any other testing that must be done before air travel.

Research Your Destination Country's Pet Import Requirements

Research will be required for domestic and international dog travel. Be sure to look up requirements such as vaccinations, blood and parasite testing, licensing requirements, destination airport rules and regulations, quarantines, etc.

Help Your Dog Get Accustomed to the Crate

Purchase the crate well ahead of the travel date and train your dog to stay in his crate before travel, using it as his "home" for a least one week before your planned travel to give him or her more security and less anxiety. This is very important, and many people skip this very important step. Make the crate a friendly place for your dog by putting treats in there and allow your dog free access to the crate.

Confirm and Book Reservations

Contact your airline and tell them you are traveling with your dog before you book your ticket to be sure your airline has not met its limits on the number of pets they will carry on your flight. Most airlines restrict the number of pets — both in the cabin and underneath — allowed on each flight.

Additional Pet Travel Tips:

- Try to avoid layovers altogether, but if necessary, keep them as short as possible. Direct flights are optimal to minimize the stress on your dog.

- Schedule a trip to the groomer. A clean pet makes for a more comfortable traveler.
- Consider booking your travel at the earliest time of the day or the latest, especially in warm temperatures to reduce the risk of overheating.
- If your pet is traveling in the plane with you, you might want to consider booking a window seat to keep your pet safe from aisle traffic while in the carrier. Check with your airline to make certain your pet and its carrier meet the requirements for traveling in the cabin with you.

Essential Pet Travel Supplies:

- Airline-approved pet carrier and bedding
- Leash and collar
- Name tag (with your cellphone number on it)
- Photo of you and your pet (in case you should be separated)
- Water and a portable water dish — follow TSA guidelines
- Supply of sealed pet food, dish, and spoon
- Dog treats
- Toys — chew toys are recommended, rather than plush or squeak toys.
- Medications sealed in a plastic bag with the proper name, directions, and labels attached to each.
- Plastic bags for picking up after your pet

Helpful Links

U.S. Department of State Pets and International Travel

USDA Animal and Plant Health

Inspection Service

Transportation Security Administration (TSA)

NEW APPLICANTS**Elise R. Wolpert**

9282 Grays Hwy
Ridgeland, SC 29936-3986
912-531-3232

elise586@aol.com.

Rose Court

Elise is a dog trainer and is applying for regular membership because she has fallen in love with the Breed for AKC Show and Performance. She is looking to downsize from Mini Am. Shepherds. She has read the AMSC Code of Ethics and Breed Standard and agrees to abide by both. Her Mini Am Shepherds are all Grands with Performance. Elise has produced three litters from stud dogs and bitches in the past five years. She is involved in Conformation, Agility, Obedience, Tracking, Barn Hunt, Dock Diving, and Scent Work. She attends at least two dog events per month. She is a member of Mid-American Mini Shepherd for the past nine years and Savannah KC. Elise is currently working with three juniors and is also willing to help AMSC with various activities when she becomes a member.

Sponsors: Carol WeinbergerLeslie Arendt

Rebecca E Makdad

182 Hunters Trail
Gettysburg, PA 17325
717-338-0511

remakdad@gmail.com

Rebecca would like to join AMSC to help promote this great breed by helping to hold and sponsor events. She has read the Code of Ethics and the Breed Standard and agrees to comply with both. She owns two Minis ages 13 years and 5 years, both purchased from a Breeder. Rebecca is involved in Agility, Tracking and Rally and attends approximately 30 events per year. She is a member of Adams County SPCA. Since her retirement she has devoted her free time to training activities with her two dogs. She is not a breeder.

Sponsors : Cathy Farr, Tatiana K Myers



Carla Borrelli, Editor
1799 South Creek Road
Derby, NY 14047-9729

FOR YOUR CONVENIENCE: The following information is given to help conduct AMSC business, Please remember that the Secretary and AMSCope editor should BOTH be notified of address chnges.

PRESIDENT

Vicki Kubic
523 River Terrace
Endicott, NY 13760
Phone: 607-725-3662
vickikubic@aol.com

SECRETARY

Sara Mathies
37332 County 56 Blvd,
Cannon Falls, MN 55009-5539
Phone: 952-239-1001
Email: Secretary@AMSC.us

TREASURER

Bonnie Keyes
511 River Terrace
Endicott, NY 13760
treasurerer@amsc.US
Phone: 607-742-3828

VICE PRESIDENT

Patricia Obrien
273 Mableann Lane
Merlin, OR 97523
Phone: 916-662-5278
Emerald_Isle_95661@yahoo.com

AMSCOPE

Carla Borrelli
1799 South Creek Road
Derby, NY 14047
Phone: 716-572-7010
cborr@aol.com

MEMBERSIP

Debbie Herrell
13445 Phal Road
Grass Lake, MI 49240
Phone: 517-522-4173
sercatep@yahoo.com

AMSC Web page: <http://amsc.us>
AMSC home page: <http://akc.org/akc/>

