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# AMSCOPE

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## Never Feed Your Dog These Fruits and Veggies

Written by Dr. Karen Shaw Becker

Dogs, like people, can benefit greatly from the addition of fresh, whole foods to their diet. For dogs, fruits and vegetables should only make up a small percentage of a **nutritionally balanced, species-appropriate diet**, but including some can help to mimic their ancestral diet, similar to the one consumed by wolves, while providing valuable nutrients.

In fact, feeding your pets only meat, bone and organ (without any roughage coming from vegetables) has been documented to decrease the health of the gut **microbiome**, not to mention denying your pets the antioxidants, phytonutrients and flavonoids that only come from produce. If you think vegetables could be bad for pets, please watch my **interview with Kimberly Morris Gauthier here**.

Wolves and coyotes and even wild cats have been documented to eat some grasses, berries, and wild fruits and vegetables, and your dog can too. However, not all foods that are safe for people are equally safe for pets, so it's important to be aware of this distinction. In a nutshell, the following are fresh foods that shouldn't be fed to dogs. Below that, I'll cover some of the best options to feed to your dog instead.

### Don't Feed Your Dog These Fruits and Vegetables

Vitis vinifera fruits, including grapes, raisins, sultanas and currants, are not

safe for dogs. Ingestion of even a small amount may lead to vomiting, diarrhea and kidney failure, which may occur several days after consumption.<sup>1</sup> Not all dogs are affected by these fruits, and some believe that a **fluoride-based pesticide** called cryolite used on grape crops could be to blame.

However, some dogs have gotten sick even after eating organic or homegrown grapes, so it's best not to take a chance and avoid feeding these to your dog. Plants of the genus allium, which includes onions, chives, garlic and leeks, are another category that can make some dogs sick.

If large doses are consumed, it can lead to drooling, abdominal pain, vomiting and diarrhea, which may not occur for several days after ingestion. Oxidative damage to red blood cells, causing them to risk rupturing, can also occur,<sup>2</sup> as can weakness, rapid breathing, high heart rate, pale mucous membranes, reddish or brown urine and anemia.

That being said, in the case of garlic very large quantities are needed to be dangerous — much more than you would typically feed to your dog. Dogs can healthfully consume 1/4 teaspoon of freshly chopped garlic per 15 pounds of body weight and reap substantial health benefits, just don't overdo it.

### Top Fruits and Vegetables to Feed Your Dog

The following fruits and vegetables can add valuable nutrition to your dog's diet when fed in moderation.<sup>3</sup>

**Apples** — Apples, with the seeds and core removed, provide vitamins A and C, plus fiber and additional antioxidants.

**Avocados** — The flesh of avocados (the same part you eat) provides fiber, folate and vitamins K, B5 (pantothenic acid), B6 and C to your dog, along with healthy fats.

**Bananas** — **Bananas** are a rich source of potassium, which is useful for controlling heart rate and blood pressure. They're also a good source of flavonoids, including lutein, zeaxanthin and beta-carotene — and

most dogs love them.

**Blueberries** — Bring on the phytochemicals, including anthocyanidins, which are powerful antioxidants, plus fiber in these nutritious little berries.

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**Broccoli** — Your dog can reap the benefits of broccoli just like you can, which includes detoxification, anti-inflammatory properties and nutrients like potassium, calcium, protein and vitamin C. Your dog may prefer steamed broccoli.

**Brussels sprouts** — Similar to broccoli, Brussels sprouts provide anti-inflammatory, detoxification and even anticancer benefits, plus loads of nutrients and antioxidants.

**Cantaloupe** — Cantaloupe is rich in vitamin A and carotenoids, plus provides water and fiber.

**Carrots** — This is another carotenoid-rich food many dogs enjoy.

**Celery** — Celery provides important vitamins A, B and C and may even freshen your dog's breath.

**Cucumbers** — Crunchy and low in calories, but rich in vitamins like K, C and B1, cucumbers make an excellent doggy snack.

**Green beans** — This dinnertime staple provides vitamins A, C and K, along with calcium, copper, fiber, folic acid, iron, niacin, manganese, potassium, riboflavin, thiamin and beta-carotene.

**Mango** — Mango, without the pit, is a favorite for some dogs and provides vitamins A, B6, C and E, plus potassium.

**Oranges** — You might not think of feeding your dog an orange slice, but they're an excellent source of vitamin C, potassium and fiber. Be sure to peel them first.

**Peaches** — With the pit removed, peaches provide vitamin A and fiber

**DON'T FEED.....cont'd on p. 2**

**The deadline  
for the July issue is  
June 10**

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# 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

**Jacquelyn Ebersbach**  
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West Palm Beach, FL 33407  
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\***LOCAL CLUBS...**please be sure to include all information when sending Specialty tear sheets for inclusion in AMSCOPE e.g. Judges, dates, entry, obedience.

\***LOCAL CLUBS...PLEASE** send a copy of your newsletter to the following members of the Local Club Bulleting Committee.

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## DON'T FEED...from p. 1

for your dog.

**ears** — Pears are rich in copper, vitamins C and K, and fiber. Remove the seeds and pit before feeding to your dog.

**Peas** — Fresh or frozen peas make excellent training treats (but avoid canned varieties, which are high in sodium).

**Pineapple** — This tropical treat is a unique source of bromelain, an enzyme that's good for digestion.

**Raspberries and strawberries** — Both of these berries are good for your dogs, with fiber, vitamin C and anti-inflammatory properties.

**Spinach** — This green leafy vegetable has anti-inflammatory properties and can help support **heart health**

**Watermelon** — Watermelon is a hydrating treat on a hot summer day, providing vitamins A, B6 and C, plus plenty of beneficial lycopene. Be sure it contains no seeds and the rind is removed.

## Have You Given Your Dog Fermented Vegetables?

One of the best ways to feed vegetables to your dog is to ferment them first. The fermentation process is similar to what occurs in the wild, as it imitates the digestion of plant foods in the gastrointestinal tracts of the small prey animals that dogs would eat.

Not only does fermenting make vegetables easy for your dog to digest, but it also provides **beneficial bacteria** to balance your pet's gut microbes. **Fermented vegetables** are also wonderful detoxifiers and the lactic acid produced by fermentation is a chemical repressor that fights cancer cells without harming healthy cells.

It's easy to **make fermented veggies** at home, and when you do, start out feeding them slowly (with just a half a teaspoon or so, until your pet can tolerate more). Feeding too much right off the bat could lead to digestive upset. Fermented vegetables make an excellent addition to the fresh foods you feed your pet — but they needn't replace the healthy fruits and veggies listed above. For best results for your pet's health and taste buds, provide a wide variety of fresh produce on a rotating basis.

## ACKNOWLEDGEMENTS

The following AMSC members who served on KEY committees for Schnauzerpalooza 2019. Many had multiple roles and were instrumental making this event an unqualified success. We did identify some opportunities for improvement but by and large the people listed below were the heroes that saved the day! Please tell them how much their dedication and work made your Schnauzerpalooza experience the best ever

Hospitality Chairs -- Cathi Rohrer & Sharon Edwards -others involved in various capacities in this effort were Patty Ledgerwood, Laurie Moore, Rene Wiggins and Barbara Donahue. This included ring decorations (plants and Table decorations) Meet&Greet/Top Mini Schnauzer, Signage, Hospitality Bags and Raffles plus

Agility Co-Chairs –Robin Ohrts, Lynn Baitinger including a host of volunteer members, Karin Kinnon, Sonny Lelle

Obedience/Rally – Sue Ratz, Lynn Tamms and many volunteers

Barnhunt – Jalyynn Davis and the “rat Patrol” par excellence

Speciality Store/Catalog Ads/PhotoBooth –Jackie Harris, Carol Henning

Facebook/Media PR – Vicki Kubic

Top Schnauzer - Beth Santure

Seminars – Patricia O'Brien

Showsite Layout and Reserved Grooming – Amy Gordon

Trophy Chairs -Amy Gordon, Barbara Donahue

RV Parking – Barbara Donahue

And Jackie Ebersbach for her willingness to step in anywhere she was needed! Teresa Handlin for her million trips hauling various and sundry Palooza items, for the Fabulous Gateway MS show on Friday and the Greater Cincinnati MS show on Sunday -- a real TEAM effort made a difference at every turn!

## NEW APPLICANTS

### HEATHER DANGELMAIER

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Heather has been involved with Miniature Schnauzers since 1979. She is a breeder and has had seven (7) litters of her own. She competes in conformation. She attends 8 – 10 events a year. She belongs to the Canadian Kennel Club, Canadian Miniature Schnauzer Club, and Vernon Kennel Club. She runs a boarding kennel and dog grooming business. She is interested in helping the club with Legislative Issues, Membership, Ethics and Health. She is interested in good breeding practices and genetics as well as sportsmanship.

**Heather's sponsors are Gail Wilford and Kate McMillan**

### JOHN SCHAUER

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734-344-1203  
John has been involved with Miniature Schnauzers for 40+ years. He is not a breeder. He participates in Agility and Obedience and attends about 30 events per year. He belongs to the Miniature Schnauzer Club of Michigan. John is retired. He is interested in Agility and has competed from Novice A thru MACH.

**John's sponsors are Beth Santure and Lynn Baitinger**

### PEGGY J. AMBROSCH

1297 Leona Road,  
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570-297-4518  
Peggy has been involved with Miniature Schnauzers for about 2 years. She got her Miniature Schnauzer from Gale Schnetzer, Ward's Creek Hocus Pocus.. She is not a breeder...She is currently showing in Conformation and attends 8 – 10 events a year...Peggy belongs to the Elmira Kennel Club, in Elmira, N.Y. Peggy works as a Lab Technician and also has a grooming business. She would like to help the club out with Newsletter, Education, and Health.

**Peggy's Sponsors are Vickie Kubic and Bonnie Keyes**

### LISA K MILLER

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770-361-1776  
Lisa has been involved with Miniature Schnauzers since 1997, more than 20 years. She has been showing three of her dogs very successfully in Conformation and Performance Events.

She is not a breeder, but has raised several litters which she has co-owned with Hilde Haakensen. Lisa attends 20+ dog events a year, most recently Schnauzerpalooza 19' where she helped out with Agility Top 25 Event.

She belongs to Atlanta Obedience Club, (Agility Trial Chair for years), Canine Capers Agility (Hospitality for AKC Shows), AMSC 2016-2017 (membership accidentally lapsed). Lisa is interested in helping our club out with Rescue, Membership, Agility, Barn Hunt, Rally and Fast Cat. She has excellent computer skills, and is a people person.

**Lisa's Sponsors are: Barbara Donahue and Marie Murphy**

### ALBERTO MONTILA

1209 Darwin Street  
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209-331-0863  
Alberto has been involved with Miniature Schnauzers for the past 6 years...

He got his start and was mentored by Bev Verna until she passed, and then with Bill and Taffee McFadden...

He has had many Regency dogs and is a breeder, has had two (2) litters and has one on the way...

Alberto is a Professional Dog Handler, and competes in Conformation, Agility, and Obedience and attends a dog show almost every weekend throughout the year...He does not belong to any local dog clubs... He is interested in assisting the club with Newsletter, Electronic Media, Education, Ethics and Health...

**Alberto's Sponsors are: Carol Hafner and Kathleen Soares**

### ALFREDO SANTIAGO CEDENO

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Alfredo has been involved with miniature schnauzers for 15 years and has had 10 miniature schnauzers. He is a breeder and has had 5 litters.

He has participated in conformation. He attends about 8 shows in PR and about 5 shows in the USA. Alfredo belongs to Federacion Canofila de Puerto Rico, Rio Piedres, PR, Caribe Kennel Club, Guayues, PR, Portland Miniature Club, Oregon, USA, MSCNC, California, USA

Alfredo is employed in IT, Information Systems. He is ready to help the club out with rescue, awards/trophies, membership, obedience, agility, and health.

**Alfredo's sponsors are Stephanie Davis-Rae and Laurie Moore**

## Gateway MSC Specialty April 5<sup>th</sup>, 2019

**Sweepstakes: Janet TaylorBreed;  
Lydia Coleman Hutchinson**

BOB- Repitition's once in a Blue Moon  
BOW-Manit's Back to Black  
BOS-Ch Diego China Rush  
Sel Dog- GCH Regency's Play to Win  
Sel Bitch- GCH Carmel Sky High  
Wish Upon a Star  
AOM-GCHS Sparx Sun Worshipper  
AXAJPRATO  
AOM- Okaye' Mojave Debut  
AOM- CH Tivoli's it's a Reality  
AOM- GCHB Cruising in Style  
AOM- CH Randus's Tiger Khan

Sweepstakes-  
BISweeps- Riversong's Cold as Ice  
B Opp Sex in Sweeps\_  
Scandles Candy Crush

The judges: Virginia (Ginger) Kinion and Jim Comunale

Obedience High in Trial  
P.S. Addie's Back in Town owned by Barbara Koscielski with a perfect score of 200 out of Nov B.

High Combined in both Rally and Obedience  
MACH Southcross Double Feature UDX2  
OM5 BN GN VER RAE MXB MJB SE  
RATO owned by Christine Carter

High Rally Triple Q  
Aristos' Lady Arwen owned by Amy McGovern

## *Bouquets & Biscuits*

**CH.SUMERWYND SORSORESS** ( GCHS Earthsong Remedy for the Blues x Sumerwynd Sugar on a Stick) finished the requirements for her AKC Conformation Title at the Maryland Kennel Club show in West Friendship, MD. Zipper's owner/breeder is Wade Bogart "Sumerwynd"

**Ch.Minuteman Life Is Sweet** finished her AKC title with her fourth major, at Sacramento KC on April 13. "Diva" is co-owned by Vickie Boechler and owned/bred by Catherine McMillan. The 12th champion for her sire GCh.Tomar's Captain Kirk and second for her dam, GCh.Minuteman Sweet Justice.

**Ch.Minuteman Colder Weather** completed his AKC title at 10 months of age at Sacramento KC on April 14th. "Colder" is breeder-owner handled by Catherine McMillan and is the first champion for both sire and dam. (Ch.Scandals 'N Bowsers Family Feud ex Ch.Minuteman Bad Chemistry)

## Dogs and Toxic Algal Blooms: A Warning for Pet Parents

By Aly Semigran

In the last several years, reports of dogs getting sick or dying after swimming in ponds, lakes, and streams have become more common.

Most recently, a 16-month-old Black Lab named Alex fell ill after swimming in a New York reservoir that, unbeknownst to his owner, had an outbreak of harmful algae, according to a report from EcoWatch. "Alex later collapsed and was immediately rushed to the vet," the article stated. "Unfortunately, despite treatment, he died five hours later from cyanobacteria neurotoxins, one of the toxins found in algal blooms."

In another recent tragedy, two dogs died after swimming in a pond in Napa County, California, that contained toxic blue-green algae, the Sacramento Bee reported. Warnings of similar algae blooms have been popping up more and more in California.

These stories, in addition to the hundreds of other reported cases by the CDC, have touched a nerve with fellow pet owners, especially those who take their dogs near bodies of water. The Department of Environmental Conservation (DEC), in conjunction with veterinarians, scientists, and the New York Sea Grant, created a helpful guide about the dangers of harmful algal blooms and the deadly impact they can have on dogs.

Toxic algal bloom are visible scums found in bodies of water like ponds, lakes, and puddles, where dogs can often be found playing or even drinking. Exposure to these toxins can lead to poisoning or even death.

According to the guide, these blooms typically occur after periods of warm, sunny, and calm conditions during the summer and fall, at water temperatures between 60 to 86 degrees Fahrenheit, or due to runoff after a big storm. Dr. Christopher Gobler, a professor at Stony Brook University and one of the guide's contributors, told petMD that global warming may also have an impact because "warmer temperatures make blooms more intense, as does excessive nutrients from wastewater or fertilizers."

Dogs are more susceptible than humans to toxic algae poisoning because of their behavior, the DEC guide explains. "When toxins are present, dogs can be exposed to toxins by drinking the water, by eating washed up mats or scum of toxic cyanobacteria and by having skin contact with water. Dogs are often attracted to algal scum odors. After leaving the water, dogs can also be poisoned by grooming their fur and paws."

If a dog has been poisoned by a toxic algal bloom, some of the signs and symptoms include repeated vomiting, diarrhea, seizures, hives, rashes, difficulty breathing, loss of appetite, and drooling, among others. In more extreme cases, a dog can die from being exposed to toxic algal blooms in water.

If a dog has been playing in or even drinking infected waters, signs can begin to show up in as little as a half an hour after exposure. Even scarier, there can be delayed effects from longer or repeated exposure. While all dogs are at risk, smaller dogs (those weighing less than 40 pounds) are expected to have higher health risks when exposed to high toxin concentrations.

If you suspect your dog has been exposed to a toxic algal bloom (which the DEC describes as appearing "foamy or like pea soup, spilled paint, colored water; also as scum or floating mats"), it is imperative that you seek immediate veterinary care.

To avoid contact all together, the DEC suggests keeping your dog out of these bodies of water. If your dog does enter the water, "rinse/wash them thoroughly with fresh water from a safe source if available (i.e. bottled water or household garden hose). Otherwise, a towel or rag can be used to remove algal debris." The guide also recommends using rubber gloves while you clean your pet.

The DEC warns that these water-based toxins "are increasing in many areas" and "the number of dog poisonings from cyanobacterial toxins is also on the rise."

## This Can Emotionally and Physically Scar Your Pet for Life, Please Avoid

Written by Dr. Karen Shaw Becker

Like humans, pets can and do develop **osteoarthritis** (OA), also known as degenerative joint disease (DJD). About 20 percent of dogs and cats of all ages suffer some degree of OA, including 1 in 4 dogs in the U.S.<sup>1,2</sup> The risk increases with age, just as it does in humans. In fact, one study showed that more than 90 percent of kitties over the age of 10 have arthritis in at least one joint.<sup>3</sup>

### Inflammation Is a Primary Source of Pain in Arthritic Pets

OA is a chronic inflammatory joint disease that causes pain, soreness, stiffness, swelling and lameness in pets. One of the most important ways we help dogs and cats with arthritis is managing their pain. As veterinary pain specialist Dr. Robin Downing explains it:

*"... [U]nmanaged (or undermanaged) pain leads us down a dark rabbit hole in which pain moves from a minor nuisance, to decreased quality of life, to unbearable suffering, and it can ultimately result in physical pathology that leads to death. In other words, it's not an exaggeration to state that pain kills."<sup>4</sup>*

**Inflammation** is one of the pain-causing factors in arthritic pets, so decreasing it is of paramount importance in keeping your dog or cat comfortable and mobile. In addition, inflammation increases the risk for many other serious diseases, including insulin resistance and Type 2 diabetes, high blood pressure, heart and respiratory disease, cranial cruciate ligament (CCL) disease, kidney disease and decreased life expectancy.

Another disease associated with inflammation is cancer. Inflammation kills the cells of the body. It also surrounds cells with toxic inflammatory byproducts that inhibit the flow of oxygen, nutrients and waste products between cells and blood. This creates an environment in which abnormal cells proliferate.

### Excess Fat Is a Primary Source of Inflammation

Unfortunately, most pets with arthritis are

**PLEASE AVOID...**cont'd on p. 5

**PLEASE AVOID...from p. 4**

already, or become **overweight**, in part because they can no longer move around comfortably.

*“The white fat that accumulates in overweight and obese patients secretes inflammatory and proinflammatory hormones that can enhance and amplify the chronic pain experience,”* writes Downing. *“For this reason, normalizing body composition — decreasing both the pet’s weight and the size of its fat compartment — is a critical component of any multimodal pain management strategy.”*<sup>75</sup>

Downing makes the point that simply cutting back on the amount of food your pet eats isn’t enough, because while body mass will decrease, the fat compartment will remain (in proportion to the smaller body size). “In other words, a large marshmallow will simply become a smaller marshmallow,” she explains, which is why it’s necessary to feed a diet that allows the body to burn fat selectively for energy.

Veterinarian Dr. Ernie Ward, founder of the Association for Pet Obesity Prevention (APOP), calls excess fat an “adipokine storm” inside your dog’s or cat’s body:

*“Adipokines are signal proteins produced by fat tissue,”* says Ward. *“Leptin, adiponectin and interleukin-6 (IL-6) are examples. We know adipokines cause or contribute to hundreds of harmful inflammatory processes throughout the body. Think of every fat cell as a little factory pumping out hundreds of potentially toxic compounds. Multiply that by millions or billions in an obese pet. The real danger of excess fat isn’t the fat; it’s the inflammation the fat causes.”*<sup>76</sup>

Ward firmly believes inflammation is the biggest threat pets face today. Scientific evidence of the damage excessive inflammation causes to the body continues to mount.

I agree, and I think toxic fat combined with a toxic environment (lawn chemicals, flame retardants/PBDEs, vaccines, and flea and tick pesticides, to name just a few) plus malnutrition, courtesy of the **processed pet food industry**, is a 100 percent guarantee pets will suffer from at least one degenerative condition such as arthritis in their lifetime.

**Processed Pet Food Is a Primary Source of Obesity in Dogs and Cats**

Most integrative veterinarians, including me, believe processed diets are by far the biggest contributor to pet obesity. Most processed pet food isn’t biologically appropriate and contains exactly the types of ingredients that promote weight gain and inflammation in the body.

It’s also true that today’s dogs and cats are overfed and under-exercised, however, the first thing I scrutinize with any overweight patient is the type of food he’s eating. I look for things like the omega-6 to omega-3 ratio in the diet. Food high in omega-6 essential fatty acids and low in **omega-3s** (which is the case with most processed pet diets) is associated with inflammatory conditions.

Commercial pet food is also typically high in pro-inflammatory **carbohydrates**, including processed, high glycemic grains and starchy vegetables like potatoes or legumes, which contain lectins. If a pet is fed any dry food it’s a red flag, because all kibble contains some form of starch — it can’t be manufactured without it.

**Arthritic Pets (and All Pets) Should Eat an Anti-Inflammatory Diet**

All dogs and cats, especially those with inflammatory conditions such as arthritis, should be fed a moisture-rich, nutritionally balanced, species-appropriate diet that is naturally anti-inflammatory, consisting of real, whole foods, preferably raw, organic and non-GMO. It should include:

High-quality protein, including muscle meat, organs and bone (protein coming from animal sources should make up more than 80 percent of a cat’s diet)

Low to moderate levels of animal fat (depending on your pet’s activity level)

High levels of EPA and DHA (omega-3 essential fatty acids)

A few fresh cut, fibrous vegetables, pureed

No grains or starches

A whole food vitamin/mineral supplement that meets the additional E, zinc, iron, copper, manganese and vitamin D deficiencies often found in homemade diets OR enough of these hard-to-source foods in whole food forms, daily

Beneficial additions such as probiotics, digestive enzymes and super green foods

Along with a nutritionally balanced, species-appropriate diet, it’s important to practice portion control at every meal. For most pets, this means a carefully measured morning and evening meal. And don’t forget to factor in any calories from treats. You also need to know exactly how many calories your dog or cat should be eating per day. Use these **calorie calculators** to determine how many calories your pet should take in to lose weight or maintain his or her current weight.

**Natural Supplements to Manage the Inflammation and Pain of Arthritis**

Chondroprotective agents (CPAs) protect the joints and slow the rate of cartilage degeneration, and include glucosamine sulfate, collagen, MSM, eggshell membrane, perna mussel (green-lipped clam), Adequan and cetyl myristoleate.

Natural substances that can reduce or eliminate the need for painkillers in the early stages of arthritis include a high-quality omega-3 supplement (**krill oil**), ubiquinol, turmeric (or curcumin), supergreen foods (spirulina, astaxanthin), natural anti-inflammatory formulas (such as proteolytic enzymes and SOD), homeopathic remedies (Rhus tox, Bryonia and Arnica, for example), and Esterified Fatty Acid Complex (EFAC).

I have found **CBD oil** to be a very safe, long-term management strategy for chronic pain, and there are also Ayurvedic and Chinese herbs and nutraceuticals that can be very beneficial, depending on the animal’s specific symptoms.

**Additional Beneficial Treatment Modalities for Arthritic Pets**

Laser therapy  
Maintenance chiropractic  
Assisi loop  
Underwater treadmill  
Massage  
Acupuncture  
Daily stretching

I recommend bringing your arthritic pet for a wellness checkup with your integrative veterinarian at least twice a year to review the status of her health, and to check the range of motion in her joints, the muscle mass she’s either gaining or losing, and to make adjustments to her protocol as necessary to ensure her quality of life is optimal.

## This Pet Crisis Needs Urgent Action, but Don't Ignore These Other 13 Signs

Written by Dr. Karen Shaw Becker

When our dogs don't feel well, or we suspect they don't, it would be such a relief if they could just tell us, wouldn't it? It's incredibly stressful to have a dog who, for example, is clearly miserable judging by her hunched posture, tucked tail and sad eyes, and there's no way to gauge what's going on, how long it might last or how serious it is.

Even if you're very disciplined about taking your dog for regular veterinary checkups, it's still very important to be alert for changes in her health or behavior between visits. After all, you know your furry best friend better than anyone, and you're her first line of defense when there's a problem brewing beneath the surface.

### 14 Common Health Warning Signs in Dogs

The Morris Animal Foundation lists common signs to watch for in dogs that should always prompt a call to your veterinarian.<sup>1</sup>

**1. Skin lumps or bumps** — Most of the time, **lumps and bumps** on a dog's skin are harmless, though they can be unsettling and ugly. However, it's important to have new growths evaluated by your veterinarian. It's rare that a growth requires emergency action, however, occasionally a mass like an abscess or cyst may require urgent care.

My recommendation when you find a growth is to monitor it. If it's growing or changing quickly, you'll want to see your veterinarian as soon as possible. However, if you notice, for example, a discoloration on the skin or what looks like a skin tag that doesn't get bigger or change over the course of days, weeks or months, then just mention it to your vet at your pet's next wellness exam.

**2. Sudden collapse — this is an emergency!** — When a dog collapses, it means he experiences a sudden loss of strength that causes him to fall and not be able to get back up. If a collapsed dog also loses consciousness, he has fainted. Either of these situations is an emergency, even if your dog recovers quickly and seems normal again within seconds or minutes of the collapse.

All the reasons for fainting or collapsing are serious and require an immediate visit to your veterinarian. They include a potential problem with the nervous system (brain, spinal cord or nerves), the musculoskeletal system (bones, joints, muscles), the circulatory system (heart, blood vessels, blood) or the respiratory system (mouth, nose, throat, lungs).

**3. Dramatic weight gain or loss** — If your dog seems to be gaining a lot of weight, it's most likely a result of what she's eating (e.g., a dry diet), how much she's eating and a lack of physical activity (most dogs — no matter their size or age — don't get nearly the exercise they need).

However, it's also possible that a tumor in her abdomen can make your dog appear to be gaining weight or getting fat, so it's best to give your veterinarian a call if your dog is getting bigger and you don't know why.

On the flip side, often a loss of appetite is the first sign of an underlying illness in dogs. There can be many reasons your dog isn't hungry or refuses to eat, but not eating can begin to negatively impact his health within 24 hours. And for puppies 6 months or younger, the issue is even more serious.

Weight loss is the result of a negative caloric balance, and it can be the consequence of anorexia (loss of appetite) or when a dog's body uses or eliminates essential dietary nutrients faster than they are replenished. Weight loss exceeding 10 percent of your dog's normal body weight will be a red flag for your veterinarian. There can be several underlying causes, some of which are very serious.

**4. Changes in chewing, eating and drinking habits** — If your dog is having difficulty chewing, there's something painful going on in his mouth that needs investigating. Possibilities include dental or gum disease, a broken tooth or **tooth resorption**.

Changes in your dog's appetite or eating habits can signal any number of underlying problems, from oral disease to a gastrointestinal (GI) disorder to cancer. If your dog is suddenly drinking his water bowl dry, it's also cause for concern. Excessive thirst (along with excessive urination) are symptoms of several disorders, including urinary tract problems and kidney disease.

**5. Non-healing sores or wounds** — If your dog has a sore or wound that isn't healing, the most immediate concerns are pain and the potential for infection. There are many nontoxic therapies that can successfully treat these wounds, including manuka honey, **negative pressure wound therapy (NPWT)**, **shockwave therapy** and **laser therapy**.

Since sores that won't heal can also be a sign of a more serious underlying disease such as cancer, I recommend making an appointment with your veterinarian for diagnosis and treatment.

**6. Loss of energy** — A lethargic dog will appear drowsy, "lazy" and/or indifferent. She may be slow to respond to sights, sounds and other stimuli in her environment. Lethargy or exhaustion is a non-specific symptom that can signal a number of potential underlying disorders, including some that are serious or life-threatening. If your pet is lethargic for longer than 24 hours, it's time to make an appointment with your veterinarian.

**7. Bleeding or discharge from any orifice** — "Orifices," or openings into and out of your dog's body, include the eyes, ears, nose, mouth, anus and urethra. If you notice bleeding or unusual discharge from any of these openings, make an appointment with your veterinarian. Be aware that digested blood in your dog's poop will appear as black tarry stools. Fresh blood in the stool indicates bleeding in the colon or rectum. Either situation is cause for concern and should be investigated as soon as possible.

Blood in your dog's urine, called hematuria, can be obvious or microscopic. There are a number of serious disorders that can cause bloody urine, including a blockage in the urinary tract, a bacterial infection and even cancer. Vomited blood can be either bright red (fresh) or resemble coffee grounds (indicating partially digested blood). There are a variety of reasons your dog might vomit blood, some of which are relatively minor, but others are serious and even life-threatening.

**8. Persistent cough** — Coughing in dogs, unless it's a one-and-done situation, generally indicates an underlying problem. Examples include a possible windpipe obstruction, **kennel cough**, bronchitis, pneumonia, heartworm disease, heart failure, and tumors of the heart and lungs. All causes of coughing

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## PET CRISIS ...from p. 6

require investigation, and in most cases, treatment.

**9. Change in breath or body odor** — A common cause of stinky breath in dogs is dental or gum disease, which is entirely preventable in the vast majority of cases. If your pet's mouth has reached the point of emitting a foul odor, it's past time to make an appointment with your veterinarian for an oral exam.

Poor skin and coat condition can cause unpleasant body odor in dogs, as can a **yeast infection**. If your pet's normal "doggy smell" suddenly turns sour, give your veterinarian a call.

**10. Persistent lameness, stiffness or limping** — Mobility problems in dogs are always a sign of an underlying, often painful condition such as arthritis. There are many things you and your veterinarian can do to either resolve or effectively manage the disorders that inhibit your dog's ability to move around comfortably, so it's important to have him seen by your vet as soon as possible.

**11. Difficulty breathing, urinating or defecating** — A dog in respiratory distress will have labored breathing or shortness of breath that can occur when he breathes in or out. Breathing difficulties can mean that not enough oxygen is reaching his tissues. Additionally, dogs with heart failure may not be able to pump enough blood to their muscles and other tissues.

Respiratory distress often goes hand-in-hand with a buildup of fluid in the lungs or chest cavity that leads to shortness of breath and coughing. If your dog has sudden undiagnosed breathing problems or appears to be breathing harder, heavier or faster than before, he should see a veterinarian immediately.

Difficulty urinating includes discomfort while urinating, straining to urinate and frequent attempts to urinate with little success. If your dog cries out while relieving himself, seems preoccupied with that area of his body or is excessively licking the area, you should make an appointment with your veterinarian right away. There are several underlying causes of urinary difficulties, some of which can result in death within just a few days.

Your dog should poop at least once every day because it's an important part of his body's natural detoxification process. He's constipated when he either has difficulty pooping (and the stool he produces is dry and hard), or he isn't pooping at all. This is why it's so important to keep an eye on

those daily "deposits." The quantity, color, texture and smell, along with the presence of mucus or blood in your pet's feces (and urine), are all indicators of his general well-being.

Often, what passes from (or in the case of constipation, doesn't pass from) your pet's body is the first sign of a health problem, so you should regularly **monitor your dog's potty area** and familiarize yourself with what "normal" looks like for your pet.

On potty walks, constipated dogs tend to look like they're trying to go or need to go, but nothing's happening. If after a few minutes of hunching and straining your dog doesn't go or produces poop that is small, hard and dry, you can reasonably assume he's constipated.

Sometimes constipated dogs appear bloated and painful, especially when trying unsuccessfully to poop. The stool a constipated dog does manage to pass is often darker than normal and may contain mucus, blood or strange debris. If your dog seems constipated, make an appointment with your veterinarian so she or he can check for underlying conditions.

**12. Vomiting or diarrhea** — Unless your dog vomits or has a bout of diarrhea as the result of eating something she shouldn't have, which you have identified, it's cause for concern. Chronic vomiting or diarrhea are red flag signs of an underlying problem that requires your veterinarian's attention.

**13. Eating more than normal** — If your dog suddenly becomes **food-obsessed** (or more food-obsessed than usual), a relatively unlikely but potentially serious possibility is the presence of an underlying medical condition that causes excessive hunger, no matter how much he eats.

I recommend making an appointment with your veterinarian if your dog seems to be extra hungry even though he's eating well, and especially if he's also losing weight.

**14. Excessive drinking, panting, scratching or urination** — A brewing bladder infection, other types of infection, a metabolic problem such as Cushing's disease and diabetes can cause excessive thirst and water consumption. Some forms of cancer cause pets to drink more. If your dog is drinking more water than normal, you should have her checked by your veterinarian to rule out an underlying condition.

Normal panting typically occurs when your dog's body is overheating and is considered a natural, healthy response. Abnormal panting, on the other hand, may be a sign that your dog has a physical or emotional issue that needs further investigation.

Abnormal panting is excessive compared to your dog's normal panting behavior and occurs during times when she isn't overly warm and doesn't need to cool her body down. It doesn't sound quite like normal panting — it may be louder or harsher, for example, and requires more exertion.

If your dog suddenly starts panting at inappropriate times or the panting seems heavier than usual, you should be concerned, but there's no need to panic. Make an appointment with your veterinarian to discuss your pet's symptoms and have her checked out.

If your dog is scratching a lot, there can be any number of causes, all of which deserve investigation. A chronically **itchy dog** feels miserable, and in addition, underlying causes of itching almost always get worse over time when they aren't diagnosed and effectively treated.

Excessive urination in dogs typically goes hand-in-hand with excessive thirst as discussed above. Both situations are clear signs of an underlying disorder that requires a vet visit.



....and you were saying???



# AMSCOPE

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## UPCOMING SPECIALTIES

Lone Star MSC July 4, 2019  
Judge: Thomas L. Hossfeld  
Sweepstakes: Barbara Casey  
Portland MSC July 19, 2019  
Regular Classes: Richard Powell  
Sweeps: Jackie Harris  
Milshore MSC July 26 2019  
Sweepstakes: Tim Malueg  
Regular Classes  
Show 1 John Constantine Amodei  
Show 2 Julie Felton

## AMSC SPECIALTIES

Montgomery County 2019  
Regular Classes - Brian Bogart  
Sweepstakes Classes - Carla Nickerson  
Roving Specialty April 11, 2020  
Sacramento, CA  
Regular Classes - Mrs Marcia Feld  
Sweepstakes - Gail Wilford  
Montgomery County 2020  
Regular classes - Mrs Bergit Kabel  
Sweepstakes - Cheryl Coffman

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