



®

AMSCOPE

Newsletter of the AMERICAN MINIATURE SCHNAUZER CLUB
September 2020 Volume 41 Issue 9

Take the 'Ultimate' Antiaging Pill - Did You Know Your Pet Was This Incredible?

Written by Dr. Karen Shaw Becker

Everyone who loves and lives with dogs knows how much they add to our lives, and scientific studies are now confirming what we already knew or at least suspected about the benefits of canine companionship. Among recent research findings are that dogs may help us live longer, relieve feelings of stress, encourage us to be more physically active and add structure to our day.

They may also help us save on health care costs, relieve severe depression in adults, lessen anxiety in kids, build a sense of community and teach children priceless lessons about life.

10 Evidence-Based Benefits of Canine Companionship

1. Your dog may help you live longer

— This is especially true if you're single or a senior. Your dog may help reduce your cardiovascular risk by providing both social support and increased physical activity. The results of a recent study showed that single dog parents had a 33% lower risk of premature death and a 36% lower risk of heart disease than people without a dog. Another way dogs may boost heart health and longevity is via beneficial effects on blood pressure and triglyceride levels.

2. Hanging with your dog can leaving you feeling relaxed and content

— Spending time with your dog may help you feel calmer and happier, benefits associated with the release of the "love

hormone" oxytocin. When you and your furry companion gaze at one another, your levels of oxytocin increase. This may explain why regular visits with therapy dogs have been shown to improve mental health and well-being.

3. If you're a parent, your dog may lower your child's risk of eczema and asthma

— A growing body of research suggests dogs in the home decrease the risk of allergic disease in children. In one study, exposure to a dog during pregnancy was associated with a lower risk of eczema in babies by age 2.

Early exposure to the diverse bacteria and other microbes from dogs may benefit infants by helping to prime their immune system to function optimally. Exposure to pets while in the womb or up to 3 months of age is even linked to higher levels of certain gut microbes linked to a reduced risk of allergies and obesity.

4. Senior dog parents walk more and sit less

— A recent U.K. study compared two groups of older adults aged 65 to 81. One group owned dogs; the other group did not. The two groups were evaluated on their time spent walking as measured by individual activity trackers.

The dog-owning group walked an average of 22 minutes more per day — enough to meet both U.S. and international exercise recommendations for substantial health benefits. The researchers also found that dog owners had fewer continuous periods of sitting down than non-dog owners.

5. Retirees receive substantial emotional benefits from dog ownership

— For people entering retirement, a dog provides companionship and alleviates loneliness. In addition, your dog becomes a focal point for your attention and requires you to provide a certain amount of structure to each day.

Dogs are also something to touch, which can be especially beneficial for retirees who live alone. People derive comfort from the presence of a dog on their lap or lying next to them. Dogs also need to be cared for, and the act of nurturing a pet enhances emotional and physical relaxation.

Dogs are, of course, fun and funny, which can bring much-needed joy and laughter to the lives of seniors. In addition, studies show dog walkers are more likely to interact socially with other people when they're out and about with their pet.

6. Your canine companion may save you money on health care

— A 2015 study conducted on behalf of the Human Animal Bond Research Institute (HABRI) Foundation found that Americans save \$11.7 billion annually in health care costs due to pet ownership. HABRI Executive Director, Steven Feldman, even said, "Thinking about things that people should do to maintain their health, 'get a pet' belongs on that list."

The cost savings was primarily due to a lower incidence of doctor visits. Pet owners — 132.8 million in all — visited a doctor 0.6 times less than non-pet owners. About 20 million dog owners also walked their pet five or more times a week, which lowered the incidence of obesity in this group, leading to another \$419 million in health care savings.

7. Adopting a dog can have a dramatic effect on adults with major depressive disorder

— A 2018 study concluded that adopting a pet can result in lower rates of recurrence in people suffering from severe depression. The benefits are so significant that even patients resistant to antidepressant medications or psychotherapy report improvement in their mental health.

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 were considered mild.

8. Kids with dogs may be less anxious

— A 2015 study involving 643 children with a mean age of 6.7

**The deadline
for the October issue is
September 10**

TABLE OF CONTENTS

ANTIAGING	1
Body Scan	5
Chipper	3
Member Meeting	2
New Applicants	4
Specialties	2

ANTIAGING...con't on p. 2

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

The log in information for the Members section is as follows:

Password is: **2020Schnauzer**
It is case sensitive.

Here's the link to the Members Section:

<http://amsc.us/members-log-in>

Please write down or save the User Name and Password as there is quite a bit of pertinent information in our Members Section.

ANTIAGING .from p. 1

years concluded that 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% of children with dogs suffered from probable anxiety compared to 21% of those without. The study found that dog ownership was associated with a 9% 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.

9. Being a dog parent increases your "social capital" — The results of a recent survey of 2,700 people in three major U.S. cities and Perth, Australia found that pet ownership is significantly associated with higher levels of social capital, defined as the relationships among people who live and work together that allow society to function effectively and realize productive benefits.

Dog owners who walked their dogs experienced the highest average social capital levels, being five times more likely to get to know others in their neighborhood than people with other types of pets.

10. Caring for a dog can teach children vital life lessons — Kids have much to offer their dogs, not the least of which is a built-in playtime and cuddle companion. But the rewards work both ways. Your child can learn much from owning a pet, including these valuable life lessons:

- **Responsibility** — Pets require daily feeding, exercise and affection, not to mention grooming and potty time (and clean-up). Older children can learn how to care for another living creature and even younger children can help with feeding and playtime.

- **Compassion** — Caring for a pet requires compassion, understanding and empathy. Kids learn to be kind and to take care of others' basic needs.

- **Self-Esteem** — Pets show unconditional love, which can be a great boost to a child's self-esteem. So, too, can the satisfaction that comes from having responsibility and caring for a pet's needs.

- **Patience** — Bonding with a new pet often takes time. Your child will learn patience while your new pet becomes comfortable in your home and also during training.

Annual Member Meeting

Due to COVID the Annual Member Meeting will be done via Zoom. It will be by phone only, no video or internet.

This is the Call-in info.....

Topic: AMSC Annual Member Meeting
Time: Oct 3, 2020 07:00 PM Eastern Time (US and Canada)

To Join Zoom Meeting

Dial by your closest location

+1 312 626 6799 US (Chicago)
+1 646 558 8656 US (New York)
+1 301 715 8592 US (Germantown)
+1 346 248 7799 US (Houston)
+1 669 900 9128 US (San Jose)
+1 253 215 8782 US (Tacoma)

Meeting ID: 619 827 0812
Passcode: 266524

If you have any specific questions for the officers or board please send to john@adamis.org.

UPCOMING SPECIALTIES

Roving – Grays Lake, IL
June 20, 2021

Regular Classes: John P Wade
Sweeps: Linda Drost

Montgomery County
October 19, 2021

Regular Classes: Bruce Schwartz
Sweeps: Tatiana Meyers

2022

Roving – Northern Calif Terrier Assn
April 16, 2022

Regular Classes: Marcia Feld
Sweeps: Amy Gordon

Montgomery County
October 9, 2022

Regular Classes: Bergit Coady-Kabel
Sweeps: Cheryl Coffman

CHIPPER, THE THERAPY DOG AND INFECTION DETECTOR

This is a story about a Miniature Schnauzer, Sir Chips of Rainybrook, "Chipper", who "served on active duty" as a therapy dog at the U.S. Naval Hospital, Philadelphia, PA from October, 1957 to December, 1961. The hospital was the navy's east coast amputee center. Chipper's "duty station" was in Ward P, the rehab branch of the physical therapy department. Ward P was one of the WWII "temporary" wooden buildings east of the main hospital (well east) which were built for the war casualties. Chipper was owned by navy Lieutenant Junior Grade Jean Lamb (now Heath), the officer in charge of the rehab section of the physical therapy department. LTJG Lamb obtained 8-9 weeks old Chipper in Sept. 1957 from his breeders, Herman and Vivian Hayes, Chalfont, PA. This was the first purebred dog that Jean had ever owned. The only other two dogs with which she had had a close relationship were family pets, a Scottie and a Cocker mix. While stationed at the naval hospital, Jean lived in a small garden apartment southwest of Philadelphia and arranged for her neighbors to exercise Chipper during the day while she was at work. Jean knew nothing about a crate or an exercise pen to contain Chipper so he was loose all day in her apartment. Needless to say, he had a blast! Self-entertaining with lots of things to chew and "re-arrange"—books, wooden bookcase made of boards, toilet paper strung clear down the hallway, shoes including a highly polished pair of dress heels (the replacement of which hurt the junior officer's budget badly), etc., etc. The crowning blow, Chipper's ultimate achievement, was when he pulled down the living room drapes, the brackets AND the plaster! That was "the straw that broke the camel's back"! However, neither getting rid of Chipper nor resigning her commission were options. So, out of desperation, Jean decided to request permission to take Chipper to work with her until she could get him through the chewing stage. This meant having to gain approval from the physical therapy department head, the chief of orthopedics and perhaps even the executive officer and the commanding officer. A frightening challenge indeed for a junior officer! When Jean explained

the chewing problem she was having with Chipper, that "the straw that broke the camel's back" was the drapes/brackets/plaster scene and that she was very respectfully requesting that she be permitted to bring Chipper to work with her for a few days, the p.t. Department head said simply that she would have to have the approval of Capt. Bundens, the chief of Orthopedics. When She explained the situation to Capt. Bundens and requested permission to bring Chipper to work with her, he responded without hesitation, "Sure! It would be great for the patients!" The buck stopped there. No mention was made about going further up the chain of command for approval.

Thus began Chipper's career as a therapy dog. To say that this little dog was a bright spot in the day for the amputees, veterans from the local V.A. Hospital, and other patients with various injuries/disabilities is a gross understatement! He would visit with each and every one of them. He made sure that every patient doing group exercises on the huge exercise mat was checked out for cookies, he chased foul balls at the amputees' softball games, he chased the tennis ball up and down the ward and greeted his "special" patients at the ward entrance at their scheduled treatment time because he knew that they had a cookie in their side pocket for him.

He also made friends with the civilian workers (the orthotists and prosthetists) from the brace and limb shop, one of which was an amputee himself and would tease Chipper with his artificial leg. Chipper's gentle nature with everyone was put to the test daily as well as on weekends. Capt. Bundens, his wife and three children lived in base officers' quarters. At the Captain's request, Chipper spent many weekends on base with the Bundens family.

Oftentimes Chipper would go home with Jean multi-colored as the result of the childrens' art work. One time he came home with half of his beard cut off due to 3 year old Bobby's attempt at "barbering" with Chipper sitting on the potty lid. About the same time that Chipper started going to work on Ward P every day, a young hospital corpsman third class with a chronically dislocating left shoulder came to Ward P for pre- and post-op treatment.

After his surgery, he stated that he was a navy trained physical therapy technician and, acknowledging the heavy patient load and only 1-2 techs at Ward P, he offered to help treat patients. This corpsman was HM3 William H. Cosby, Jr. Cosby and Chipper soon became fast friends and Cosby taught Chipper how to talk, especially how to ask how to go outside to "exercise". Chipper learned fast and very soon it was no longer necessary to swab the deck after he had an accident. And when Cosby entertained a group of patients at the end of each day, Chipper would sit beside him and listen to The "Cos" tell his funny stories.

Grand rounds for the amputees was held every Monday morning at Ward P. Capt. Bundens would sit in the middle chair of a row of his orthopedic residents. Standing alongside and behind the doctors were the amputee ward nurses and corpsmen, physical and occupational therapists and technicians, psychologists, dietitians. Sitting on the floor between Capt. Bundens' legs was Chipper. This was the whole amputee treatment team. One by one the amputees (mostly lower extremity amputees) would sit in front of Captain Bundens who would examine the condition of the stump. He noticed that Chipper took an unusual interest in some stumps which outwardly appeared to be healed perfectly and showed no signs of infection. (The incision was perfectly healed, there was no swelling or redness, etc.). After one or two of the patients' stumps did develop signs of an infection a few days later and required re-opening of the incision, Capt. Bundens was convinced that Chipper could detect an infection in a stump. Thereafter, when Chipper showed that special interest—meaning that his sniffing was lingering longer than a "passing sniff"—Capt. Bundens would turn to his chief resident and direct him to take the patient to the o.r. (Operating room) and open up the incision BECAUSE CHIPPER SAYS THAT IT IS INFECTED! Every single time that Capt. Bundens told one of his surgeons to open up an incision based on Chipper's keen sense of smell THERE WAS A POCKET OF INFECTION! CHIPPER NEVER MISSED! HIS DIAGNOSES WERE 100% ACCURATE!

CHIPPER...con't on p. 4

CHIPPER...from p. 3

Interestingly enough, there was never a word about Chipper being out on Ward P in the 4+

years that he was there...even from the commanding officer or other administrative staff. Of

course we managed to hide Chipper when we had the weekly inspection.

Time changes all things. HM3 Cosby was discharged, attended Temple U., earned a doctoral

degree and became a famous comedian.

Lt. Lamb married, served at several more large naval hospitals, achieved the rank of Captain and retired in 1977. CHIPPER accompanied Jean everywhere and lived to be almost 18 years old. In June of 1972,

Jean and Dr. Cosby met for the first time since they served together at the Philadelphia naval hospital. The occasion was

the annual meeting of the American Physical Therapy Association annual conference. Dr. Cosby was to be the headliner entertainer for the annual banquet. After exchanging warm greetings, Dr. Cosby immediately asked about Chipper, the talking dog. Chipper was 15, alive and well. When Dr.C. learned that Jean was breeding and showing Miniature Schnauzers, the first words out of his mouth were "We'll be partners!" They were partners for 38 years.

(Note: Chipper did not have a tooth in his mouth after 7 years of age. Although he was of show

quality (according to several renowned breeders), he was shown only once—in the veteran dog class at the MSCNC specialty under Mr. Heywood Hartley. When Mr.Hartley opened Chipper's mouth and saw no teeth he looked at Jean and grinned. With as straight a face as possible, Jean said,"He didn't use Crest!" It was bad enough for his novice owner to be dumb enough to leave Chipper all alone in her apartment all day but even dumber to think that chewing on a hard shank bone would keep the teeth clean and gums healthy. Wrong! Chipper lived a longer than usual life because he had no teeth and healthy gums. Lesson learned —pay strict

attention to a dog's teeth and gums! Be sure to have a dental checkup every six months and

cleaning as needed to prevent gum disease. Have loose teeth pulled.

Post script.... In Chipper's "time", other than Guide Dogs for the Blind, dogs were not permitted in hospitals or rehab facilities. To the best of my knowledge, there was no appreciation for the use of dogs and other animals as therapy animals. Thanks to the brilliant and compassionate foresight of navy medical leaders, Chipper was able to play a very important role in the rehabilitation of literally hundreds of patients. We are forever grateful to Chipper, "the talking dog", for his role as a therapy dog and infection detector. He spoiled many perfectly lousy days in his precious lifetime.



I'm watching you!



NEW APPLICANTS

Patricia L Hartzell

855 Wild Rose Dr.
Kamas, UT 84036

Patricia L Hartzell has owned Schnauzers for over 20 years. She loves the breed and wants to ensure the Standard is preserved for future owners. She would like to share her knowledge, help educate, and promote healthy purebred dogs. She agrees to comply with both the AMSC Code of Ethics and Breed Standard. She has bred nine litters in the past five years. She currently has two Minis. She is a previous member of the Golden Spike KC in Ogden, UT. Due to a move she is now in the process of applying to Bonneville KC and The Terrier Group in Salt Lake. Occupation is Social Worker.

Sponsors: Carma Ewer and Marilyn Lande

Ronie Coronado

2483 Hastings Boulevard
Clermont, Florida 34711

Ronie Coronado has been showing dogs in conformation for over 30 years and plans to continue as well as breeding according to the Standard. He owns six dogs, a Ch. Miniature Schnauzer and two Ch. Westies. She belongs to The Welsh Terrier Club of America and has read and agrees to comply and support both the AMSC Code of Ethics and Breed Standard. Her occupation is Guest Services and he is willing to help future new comers.

Sponsors: Patricia Bond and Krystal Mason

Jamie Morgan

3813 Lamar Ave
Chattanooga, TN 37415

Jamie would like to become a member of AMSC to support the club and associate with other Schnauzer owners and to also support preservation of the breed. She has read and agrees to abide by the Code of Ethics and the Breed Standard. She has three Miniature Schnauzers, one from a breeder, two from rescue. She also has owned Toy Poodles, some AKC, some rescue.

Jamie is involved with Agility, Barn Hunt, FASTCAT, CGC and Trick dog and attends twelve to fourteen dog events per year. She belongs to the Obedience Club of Chattanooga.

Sponsors: Marie Murphy and Karin Kinnan

Is a Full Body Sniff-Scan by a Trained Dog in Your Future?

The canine sense of smell is one of many irreplaceable gifts dogs offer us. It may be just a matter of time before scent detection dogs are employed as often as the latest technology in medical offices. Cancer-sniffing canines tend to grab all the headlines, but there are likely many other human diseases and disorders that can be detected by dogs as well. Among the countless one-of-a-kind gifts that dogs offer humans is their miraculous sense of smell. Most of us recognize that canines have sharp noses, but the degree to which they're able to detect "odorant molecules" is rather beyond our comprehension. Some of the specifics of dogs' super sniffers are described in a 2012 study comparing the canine ability to detect the odor of cancer to laboratory testing:

Dogs possess an extraordinary dimension of their olfactory epithelium (up to 170 cm vs. 10 cm in humans)² (the olfactory epithelium is a specialized type of tissue inside the nose)

They also possess a huge number of olfactory receptors (over 200 million vs. 5 million in humans)

There is also a "dense innervation of [dogs'] olfactory mucosa and their ability to 'sort' meaningful incoming odors from those that are unwanted or unnecessary" Bottom line: These very special anatomic features of the canine nose give dogs the ability to detect even minute amounts of a particular odorant — an ability estimated to be one million times more efficient than in humans!

Dogs Are Able to Detect Cancer Odors With a High Degree of Accuracy

In an article for veterinary publication *dvm360*, researcher Ed Kane, PhD, compiled a sampling of fascinating case reports and studies of dogs detecting human cancer:

3 Year Case Report or Study , 1989

A 44-year-old woman's Border Collie-Doberman cross continuously sniffed at her left thigh, which was later biopsied, and a malignant melanoma diagnosed.

2001

A 66-year-old man's Labrador Retriever repeatedly sniffed at his leg through his trousers; he was found to have a basal cell carcinoma.

2004

Two dogs, a 4-year-old Standard Schnauzer and a 6-year-old Golden Retriever, were trained to identify melanoma tissue samples hidden on the skin of healthy volunteers. One of the dogs positively identified samples at first tested negative, but further histologic examination re-

vealed a small number of cancerous cells.

Six dogs of varying breeds and ages were trained to detect the urine of patients with bladder cancer. The dogs correctly determined bladder cancer urine in 41% of the cases.

2006

Researchers used a food-reward system to train five household dogs to identify exhaled breath samples of lung and breast cancer patients, distinguishing them from healthy controls. The sensitivity and specificity were 99% for lung cancer patients and 88-98% for breast cancer patients; results were remarkably similar across all four stages of disease.

2008

A dog was taught to identify ovarian carcinoma samples consisting of 31 different histopathological types of various grades and stages. In double-blind tests, the dog was capable of correctly identifying all cancer samples with 100% sensitivity and 97.5% specificity, as well as discriminating ovarian carcinomas from other gynecological carcinomas with 100% sensitivity, 91% specificity.

2010

Two dogs were trained to detect ovarian cancer from normal ovarian tissue and distinguish blood plasma of patients with ovarian carcinomas. Tissue test sensitivity was 100% and specificity 95%; blood plasma sensitivity was 100% and specificity 98%.

2011

A Belgian Malinois was clicker-trained to scent and identify prostate cancer patients from their urine. The dog correctly identified cancer in 31 of 33 patients, with 91% sensitivity and specificity.

A Labrador Retriever was trained to scent-detect colorectal cancer from breath and watery stool samples. Compared with colonoscopy, dogs showed their ability to detect cancer from breath samples at 91% sensitivity and 99% specificity. With stool samples, sensitivity was 97% and specificity 99%. Accuracy was high even for early cancer.

2012

Trained dogs successfully detected lung cancer from human breath with sensitivity of 90% and specificity of 72%.

2015

Two 3-year-old explosion-detection German Shepherds were trained to identify human prostate cancer from specific volatile compounds in urine samples from 362 patients with prostate cancer. For the first dog, sensitivity was 100% and specificity 98%; for the second dog, sensitivity was 99% and specificity 98%.

2017

Researchers investigated the feasibility of whether dogs could use olfactory cues to discriminate urine samples from dogs with diagnosed urinary tract transitional cell carcinoma versus control dogs.

Researchers investigated the detection of hepatocellular carcinoma from human breath using canine olfaction. Results showed an accuracy rate of 78%.

The first item in the above list — the 1989 case report — was also the first published account of the ability of canines to detect cancer, and as you can see, the dog spontaneously sniffed out the disease. It was that first case that planted the seed with scientists that if dogs are able to naturally express the behavior, they can be trained to offer it on command.

Is a Sniff-Scan in Your Future?

As you read this, formally trained veterinarians are helping to train cancer detection dogs across the globe — in Costa Rica, Canada, Slovenia, Finland, Norway, the U.K., France, Germany, the Netherlands and Poland.

With what looks to be clear evidence that trained sniffer dogs can be as or in some cases more effective than other cancer screening methods, as researcher Michael McCulloch, PhD points out to *dvm360*, the next step is for entrepreneurs and scientists to collaborate to turn scientific results into a commercial service, if feasible.

While dogs that can sniff out cancer tend to grab the headlines, the keen canine sense of smell also has the potential to be helpful in detecting other diseases with characteristic odors, including:

Urinary tract infections

Gastrointestinal (GI) disorders (e.g., gastritis due to a *H. pylori* infection)

Diabetes

Psychological disorders

Endocrine disorders (e.g., Cushing's syndrome)

Thyroid disorders

Cirrhosis

Candida esophagitis

Sinusitis

Alcohol abuse

So, maybe one day in the future while visiting your doctor's office you'll be asked to undergo a full body sniff-scan by a four-legged, fur-covered physician's assistant! I don't know about you, but I'll take a wet nose scan any day over the less benign alternatives!

ed.'s note. I had a dog that used to tell me every morning if my mother'd blood sugar was high



AMSCOPE

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

FOR YOUR CONVENIENCE: The following information is given to help conduct AMSC business more efficiently. Please remember that the Secretary and the AMSCOPE editor should **BOTH** be notified of address changes, club officers and specialty results.

PRESIDENT

John Constantine-Amodei

27159 Terra del Fuego Circle
Punta Gorda, FL 33963-5437
Phone: 215-527-5437
john@adamis.org

VICE PRESIDENT

Vicki Kubic

513 River Terrace
Endicott, NY 13760
Phone 607-725-3662
vickikubic@aol.com

SECRETARY

Kaye Kirk

5528 North Barnes
Oklahoma City, OK 73112-7729
405-245-2099
ostategop@gmail.com
secretary@amsc.us

MEMBERSHIP

Debbie Herrell

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

TREASURER

Bonnie Keyes

511 River Terrace
Endicott, NY 13760
(607)742-3828
treasurer@amsc.us

AMSCOpe

Carla Borrelli

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

AMSC Web page: <http://amsc.us>

AKC home page: <http://www.akc.org/akc/>

