



AMSCOPE

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Despite the Law, Here's Proof Your Pet Probably Doesn't Need This Vaccine

By Dr. Becker

I have some encouraging news!

On March 1, 2016, the Compendium of Animal Rabies Prevention and Control Committee, under the auspices of the National Association of State Public Health Veterinarians, published revised recommendations for the handling of pets overdue for a rabies re-vaccination in the event they're exposed to the virus.

The new guidelines, published in the Journal of the American Veterinary Medical Association, recommend that cats and dogs exposed to rabies who are overdue for a vaccine be given a booster shot (re-vaccination) followed by an observation period rather than be quarantined or euthanized.¹

Currently, if a pet with a lapsed rabies vaccination is exposed to a rabid animal, the law in many states requires the pet to be quarantined for several months at the owner's expense, or euthanized.

The revised guidelines also recommend reducing the quarantine period from 6 months to 4 months for unvaccinated cats and dogs exposed to rabies.

New Guidelines Follow 4-Year Study

VACCINE.... cont. on p..5

**The deadline
for the December issue
is November 10**

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Top 10 Holistic Tips For Managing Your Pet's Fall Allergies

By Patrick Mahaney, VMD

Regardless of location, the elemental tumult of fall (dying plant life, dryness, moisture, cooler temperatures, wind, etc.) stirs up environmental allergens and irritants that can affect the eyes, nose, skin, and other body systems of both people and animals.

Common clinical signs of allergies include:

- Nasal and eye discharge
- Sneezing
- Coughing
- Pruritis (itching/scratching, licking/chewing at body parts)
- Fur loss or color change (tears and saliva contain porphyrins, which stain light colored fur pink to brown)

The competent immune systems of most companion canines and felines will ultimately adapt to the seasonal changes, leading to the resolution of clinical signs. With animals that are not quite able to self-adjust, we pet owners must intervene with baths, conditioning rinses, eye/ear drops, oral or injectable medications (antihistamines, antibiotics, steroids, etc.), nutraceuticals (omega-3 fatty acids, *antioxidant*, etc.), or other treatments.

A pet's ability to *acclimate* to environmental allergens is based on a variety of factors, including:

- Overall state of health (i.e., healthy vs. sick)
- Underlying diseases that compromise immune system function (cancer, immune mediated [i.e., autoimmune] diseases, Cushing's disease, hypothyroidism, etc.)
- Immunomodulating medications (chemotherapy, steroids, etc.)
- Diet (whole versus processed food, protein and carbohydrate allergies, etc.)
- Degree of exposure (occasional vs. frequent)
- Others

Since so many factors can affect immune system health, the management of allergies can potentially be very complicated.

My top tips for holistically managing your pet's seasonal allergies addresses both whole-body health and environment factors:

1. Keep your home low in allergenic potential. Vacuum all carpeting and upholstery and wash all pet and human bedding at least every seven days. After vacuuming, dispose of the vacuum bag or canister in a sealed away from your home.

2. Keep windows closed, use air conditioning during the warmer times, and run an air filtration system on a year-round basis.

3. Change filters on both heating and cooling systems as per manufacturer guidelines.

4. Bathe your pets every 7 to 30 days (once weekly to once monthly) or as per your veterinarian's guidelines based on your pet's skin and coat needs. Besides removing allergens and irritants from the skin and coat, bathing can have a variety of other effects including killing and removing bacteria and *yeast*, removing fleas and their saliva and feces (free dirt), and lifting off flaking skin.

5. Use an over-the-counter eye irrigating solution to rinse your pet's eyes on an as needed basis.

6. Schedule a physical examination with your veterinarian and pursue recommended diagnostics at least every 12 months.

7. Commit to readily resolving or managing disease conditions, as inflammation associated with illness negatively impacts immune system health.

8. Use topical and oral anti-parasite (flea, tick, etc.) treatments as per the guidance of your veterinarian. My general recommendation is to lessen the need for these products by

con't on p.2.... ALLERGIES

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

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

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ALLERGIES...from p. 1

heavy light from TV, computer and mobile phone screens that are used after sunset can severely upset sleep patterns. And finally, there are all the chemicals we apply to our pets for flea and tick control or by giving them conventional medicines.

All of these cause obvious adverse effects (including death) in a proportion of unlucky pets, and subtle toxic harm in others. Whenever possible, use natural alternatives to these products. If you must use the pharmaceutical versions, be especially cautious of products with a long residual activity, and don't use new products at all until they've been in the marketplace for a year or more.

Search online for adverse reactions before trying them. Do your research, then make an informed choice. This is an extremely important point. When we minimize our own exposure to toxic chemicals, we minimize our pets' exposure to toxic chemicals. This is because our pets have to live in our environment, it's not their choice.

6 Ways To Minimize Toxins

It's practically impossible to completely escape toxic background smog in our environment, but there are many steps you can take to minimize your pet's exposure.

1. Do Away With Plastics

Get rid of all the plastics that your pet comes into contact with. This may include carpets and your furniture! It also includes all plastic food bowls and toys, and plastic food storage containers. Invest in stainless steel bowls, glass storage containers and natural fiber toys.

2. Eliminate Artificial Products

Remove from your home products that have artificial fragrance or perfume. These compounds are extraordinarily poisonous because most are made from the same family of chemicals as pesticides, and they are readily absorbed through your dog's skin.

They include, but are not limited to: fragrances in cleaning and personal products such as air fresheners, floor cleaners, cleaning sprays, perfumes (yes, even really expensive ones), laun-

dry liquids, shampoos, conditioners, deodorants, soaps, detergents, car fresheners – and the list could go on forever. To deal with this one, you'll need to become an avid reader of labels, and you will quite likely have to throw out a lot of products.

3. Don't Use Pesticides

Remove all pesticide or insecticide sprays from your home and stop using them altogether. Use fly paper and sticky traps or bait traps to control insect pests instead. Don't use herbicide or pesticide sprays in your yard, on your lawn or in your garden. If you live in an area with a lot of spraying of pesticides or herbicides, you might want to consider moving to a new area.

4. Don't Feed Commercial Pet Foods

Stop feeding your pets commercial pet foods altogether. The carbohydrates are sourced from industrial farms and contain Roundup (glyphosate). Roundup attacks the metabolic pathways in plants that are also in your pet's good gut bacteria, and poisons them, which leads to all sorts of gut problems and ill health in your dog.

These foods are also packed in plastic, and are often moldy and contain mold toxins (which can cause fatal liver damage), not to mention the artificial flavors and colorings which are also toxic. Feed your dog only organic, whole foods.

5. Cut Back On Electronics

You could consider removing wi-fi from your home entirely and return to hard-wired internet access. There are some good products available to protect against electro-magnetic frequencies (EMFs). I'm particularly sensitive to EMFs and I find the Blushield devices to be really effective.

6. Use Natural Bedding

Artificial fibers in fabrics are toxic too. Use natural fibers or products (leather) in your dog's bedding, collars and clothing. Be sure to wash all bedding and collars or clothing before you put them on your dog, even if they are made of natural fibers.

cont'd on p. 3...ALLERGIES

ALLERGIES...from p. 2

Help Your Pet ... Help Your Family

Now, following some of the above recommendations might seem impossible, but it's really not. The kicker here is that everything you do to help your dog on this front is helping you and your family to be healthier, too!

Pick one of the points at a time, and then do what is needed to deal with it. It can be a huge help to have a friend buddy up with you for this process. It's always easier to clean out other people's stuff, after all.

And if it seems too hard, ask yourself, "Would I rather keep using this thing and continue poisoning myself, my family and my pets, or get rid of it and find something new that's healthy?"

If you're going to start anywhere after dealing with your pet's personal products and food, make it a priority to get rid of all artificial scents from your life. They're extremely poisonous and they're everywhere. If I ever have to go to a home visit where they have artificially fragranced air fresheners, I feel really ill for days afterwards.

You'll notice this too, but not until you've been free of these chemicals for a month or two. Our bodies adapt as best they can to the toxic load. It's like not having a coffee for a month, then having an espresso!

Good luck with detoxing your environment, your life and your pet's life too!

About the Author

Dr Edward Bassingthwaighte

Dr Edward Bassingthwaighte is a holistic home visit vet living in Australia. He also offers phone consults. He came to the holistic way of treatment through needing to explore alternatives to heal himself from chronic fatigue syndrome. You can read many entertaining and informative veterinary stories at his website thehealingvet.com

Dog Ownership Benefits for Seniors

By Dr. Becker

A new study suggests senior citizens who are also 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.¹

Study Compared Dog-Owning and Non-Dog Owning Seniors

For the study, a team of U.K. researchers compared two groups of 43 older adults aged 65 to 81. One group consisted of dog owners (average dog age for the group was 8 years); 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.

All participants were British and Caucasian. About two-thirds were female, and the average participant was at least slightly overweight. 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.

Dog Owners Walked More and Sat for Shorter Periods

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.

The additional 147 minutes dog owners spent walking at a moderate pace is just three minutes under WHO's recommendation of at least 150 minutes of moderate to vigorous weekly physical activity.

The U.S. Centers for Disease Control and Prevention (CDC) recommendation for adults is 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.

Dogs and Older Folks: It's a Win-Win
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."²

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. The study also confirms earlier studies in which dog owners reported walking more, at a moderate pace, than non-dog owners.

However, the researchers conceded that since all the study participants were volunteers, they may have been more physically active than the general population. Study co-author Nancy Gee of the WALTHAM Centre for Pet Nutrition told EurekAlert!:

"Our results indicate that dog ownership may play an important role in encouraging older adults to walk more. Ultimately, our research will provide insights into how pet ownership may help older people achieve higher levels of physical activity or maintain their physical activity levels for a longer period of time, which could improve their prospects for a better quality of life, improved or maintained cognition, and perhaps, even overall longevity."³

cont'd on p.5, **SENIORS**

SENIORS..from p.3

Dogs Offer Many Benefits to Retirees Beyond Exercise

If you're in good health and have the financial means to support a pet, there are incredible benefits of dog ownership, no matter your age. For example, in addition to encouraging you to stay active, dogs provide companionship and alleviate loneliness. Another important benefit is that dogs become a focal point for our attention and require us to provide a certain amount of structure to each day.

Dogs are also something to touch, which can be especially beneficial for older folks 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.

Dogs Also Offer a Cure for Self-Absorption

Another reason a dog can have such a powerful influence on your health is because his presence pulls your attention away from yourself. One of the most effective ways to reduce stress and increase feelings of optimism is to focus on something other than you. This can be a struggle for people who sense their independence slipping away and who are also dealing with the physical limitations of an aging body.

A small research project conducted years ago in California illustrates how the presence of a pet influences several important aspects of life for people who are aging. 4 Researchers recorded the casual conversations of senior citizens as they walked their dogs in a mobile home park.

All dog owners talked to and about their dogs. They gave their dogs instructions and used their names and nicknames frequently. The dogs caused their own-

ers to stay in the present moment. This is often difficult for older people, who tend to think often about the past or worry obsessively about the future.

Other people out for walks talked to the owners about their dogs whether the dogs were present or not. The conversations of dog owners frequently were about things in the here and now, whereas non-dog owners focused on stories about past events.



Dog owners took twice as many daily walks on average as non-owners, and reported much less dissatisfaction with their social, physical and emotional states. This shows a healthy lack of self-absorption and a happier, healthier, more hopeful outlook. Mills offers some great advice for seniors contemplating pet ownership: "If you'd like to get a dog, don't be put off by the fact you're elderly. It's good for the dog, and it's good for you," he says.

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

User Name is: AMSC#1

Password is:
Schnauzer2015

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.

Bouquets & Biscuits

* **MACH 4 Southcross Vote For Me VCD3, UDTX, GO, RA, MXJP, MXP, T2B, XF, EE, AMSC VAX** (Finch) -CH Bravo's The Great Gatsby x CH Cholet's Dangerous Devotee. On 9/2 Finch earned her Endurance Earthdog title at the Madison Area Dachshund Club's trial. To earn the EE, the dog must qualify in both Senior and Master Earthdog tests at the same trial five different times. Finch was bred by Sonny Lelle and is owned and loved by Lynn Tamms. "Get the rats Finch!"



* **P.S. GIVE IT TO MIKEY, UD.RN,RI, RATCHX,VER,CGC** (CH Souvenirs Berry Blue, P.S. OH Mercy Mercy Me) Breeder Sally Dahlke

Mikey earned his RATCHX and CRAZY8 BRONZE Barn Hunt at Fort Dodge, Iowa. Mikey was #3 Top 10 Terrier Novice Rally. Sooo proud. He is owned and loved by Barb KoscielskiTHANK you Sally

* **Am/Ch.Minuteman Vigilante** finished the requirements for his AKC title at the Monroe KC on October 1st. "Virgil" is the first champion for both his sire and dam -- AmCan.Ch.Minuteman Rock Hard Ten and AmGCh.Minuteman Sweet Justice. Bred and owned by Catherine McMillan.

TICK REPELLENT RECIPE

20 Drops Lemongrass Essential Oil
20 Drops Eucalyptus Essential Oil
4 oz. of Water

Add all ingredients in a spray bottle...

Shake Well!

Spray on shoes, socks, and pant cuffs



VACCINE...from p. 1

The new guidelines follow the results of a study conducted at the Kansas State Veterinary Diagnostic Laboratory (KSVDL) by veterinary researchers led by Dr. Michael C. Moore.²

Dr. Moore and his team set out to evaluate whether dogs and cats overdue (by law) for a rabies vaccine respond satisfactorily to a booster (re-vaccination).

For 4 years, between 2010 and 2014, the researchers collected blood samples from 74 dogs and 33 cats that had 1) been exposed to rabies and brought to a veterinarian, or 2) were brought to a veterinarian for a rabies booster.

The KSVDL researchers gave a rabies booster to each dog and cat to evaluate their anamnestic antibody responses.

They discovered that after 5 to 15 days, all the animals - both those with current vaccinations and those overdue for a vaccination - had rabies neutralizing antibody titers of ≥ 0.5 IU/mL, indicating immunity to the virus.

Study Proves Rabies Protection Doesn't Suddenly Disappear on a Predetermined Date

The study results demonstrate that when an animal with an out-of-date rabies vaccination receives the booster, the antibodies in his or her blood rise, protecting against exposure to the virus. The study authors concluded:

"Findings supported immediate booster vaccination followed by observation for 45 days of dogs and cats with an out-of-date vaccination status that are exposed to rabies, as is the current practice for dogs and cats with current vaccination status."³

Moore said, "When it comes to vaccinating either people or animals, they don't just all of a sudden on a predetermined date have zero protection or loss of priming."

The team at the Rabies Laboratory at the Kansas State Veterinary Diagnostic Laboratory gets several calls each month about cats and dogs that have been exposed to rabies and are overdue for a vaccine. Traditionally, the only options available have been a very costly 6-month quarantine or euthanasia.

"We are very excited that people might have an additional option if their cat or dog is out-of-date and exposed to rabies," said Moore.

Most Pets Overdue for a Booster Were Still Immunized Against Rabies

More interesting than the rabies booster findings for those of us fighting against over-vaccination of pets is what the researchers discovered about the dogs and cats in the study be-

fore they were given rabies re-vaccinations.

Based on blood samples drawn on day 0 of the study, several of the animals whose rabies vaccinations were out-of-date had acceptable and even high rabies antibody titers pre-booster. Examples:

A dog that was 3 months overdue for a 3-year vaccination had a pre-booster titer of 9.7 IU/mL

A dog 5.5 months overdue for a 3-year vaccination had a pre-booster titer of 12 IU/mL

A dog 2 years overdue for a 1-year vaccination had a pre-booster titer of 0.6 IU/mL, as did a dog 3.5 months overdue for a 1-year vaccination

A dog 1.5 years overdue for a 1-year vaccination had a pre-booster titer of 1.8 IU/mL

A cat 9 months overdue for a 3-year vaccination had a pre-booster titer of 12 IU/mL

For the entire group of 74 dogs, those with current vaccinations (55) had a median pre-booster titer of 2.6 IU/mL. The remaining 19 dogs with out-of-date vaccinations had a median pre-booster titer of 2.0 IU/mL – well over the ≥ 0.5 IU/mL that indicates protection against the virus.

Of the 33 kitties, 7 had a current rabies vaccination and the remaining 26 were overdue. The cats with a current vaccine had a median pre-booster titer of 2.4 IU/mL, and interestingly, the kitties whose vaccinations were out-of-date had a median pre-booster titer of 6.3 IU/mL – again, well over the ≥ 0.5 IU/mL target.

This means the vast majority of pets in the study, whether they had a current rabies vaccination or were overdue for a 1- or 3-year vaccine, had adequate rabies neutralizing antibody titers and were protected in the event of exposure to the virus prior to receiving a rabies booster.

Will the New Guidelines Change State Rabies Vaccination Laws?

Unfortunately, the veterinary community can only provide recommendations with regard to the management of pets exposed to rabies. According to Dr. Richard Ford, an emeritus professor at North Carolina State University College of Veterinary Medicine:

"The application, interpretation and enforcement of rabies vaccination laws can vary significantly from state to state, and even county to county. Complex and sometimes conflicting rabies laws can lead to considerable confusion, misinterpretation of state and local statutes and inappropriate actions on the part of individual practitioners."

As Dr. Jean Dodds, veterinary vaccine authority and chairperson of the American Holistic Veterinary Medical Association

(AHVMA) Communications Committee, points out in a press release titled "Changes Sought to Rabies Vaccination Laws Based on Scientific Research":

"Until legal changes occur, animal guardians and veterinarians must comply with existing legal statutes. Rabies serum antibody titering can be performed for information, documentation, and to satisfy export and import requirements, but this does not replace the legal requirement for rabies booster vaccinations."⁴

Hopefully, I'll have more good news to report in the near future about states adopting the new recommendations in the Compendium of Animal Rabies Prevention and Control, 2016.

In the meantime, you can bookmark RabiesAware.org, a new site (sponsored by the veterinary drug company Merial) that "provides rapid access to current, validated state-level laws and regulations on rabies vaccination." The information is a resource for veterinarians, but pet guardians will also find it useful. The site is still being populated as of this writing, so not every state has information available yet.

Spread the Word to
Friends And Family
By Sharing this Article.

This is a tip that I hope you'll never have to use, but one that I feel strongly that every dog owner should know. It's an acupressure point taught in almost every canine first-aid class because you can use it to keep your dog alive, in emergency situations until you reach veterinary care.

Although some may scoff at acupressure thinking it is too weird or fringe, there are many stories of how this simple technique has resuscitated dogs that have been pronounced "clinically dead."

If your dog suffers a seizure or traumatic injury and loses consciousness this techniques isn't only worth a try, it could save his life.

Simply rest one hand comfortable on your dog, and place your thumb just above your dog's upper lip, halfway between his nose and mouth and gently apply about 2 pounds of pressure for approximately 30 seconds. It should help your dog regain consciousness.



AMSCOPE

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UPCOMING SPECIALTIES

Greater Columbus MSC Nov. 18, 2017
Regular Classes: Kathleen Ferris
Sweeps: Andy Deer

Portland MSC Jan 17, 2018
Regular Classes - Bruce R Schwartz
Sweepstakes - Cynthia Mulheron Klein

Gateway MSC March 2, 2018
Regular Classes: Mrs. Boutwell
No Sweepstake classes offered
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Great Western June 24, 2018
Regular Classes: John Constantine
Sweeps: Kim Griffin

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Sweeps: Susan Atherton

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Sweepstakes Classes - Patricia O'Brien

Great Western 2019
Regular Classes - Steve Hayden
Sweepstakes Classes - Cheryl Coffman

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Regular Classes - Brian Bogart
Sweepstakes Classes - Carla Nickerson

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.

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