



Congratulations! The decision to raise a puppy is a fun filled, exciting, and challenging time for you! At Pet Care Veterinary Hospital, we are thrilled to share in your joy and will assist you in making sure that your little one gets off on the right paw!

It is essential that your puppy have several examinations within the first year of its life. We will address many different areas to make sure that the health of your pup is excellent. We will also discuss such issues as micro-chipping, spaying/neutering, blood work, behavior and nutrition and can even recommend training options. Also, we will discuss the first year wellness schedule based on your puppy's first exam.

Essential Puppy Info

Wellness Visits and Nutrition.....2

Parasites and Diseases.....9

Puppy Behavior.....11

Between nine and twelve weeks of age, puppies lose the disease protection they received from their mothers and develop the ability to form their own immunity. It is important to have your puppy vaccinated to help prevent infection and to keep him/her healthy.

Vaccination Recommendations for Puppies

Vaccination	Info	Symptoms	Vaccine is given:
Distemper	Highly contagious, potentially fatal virus	Thick eye and nose discharge, fever, which often comes and goes unnoticed, poor appetite coughing and development of pneumonia, vomiting and diarrhea, seizures	See below
Adenovirus (also known as Infectious Canine Hepatitis)	Contagious disease	Range of symptoms including fever, loss of appetite, lethargy, runny eyes and nose, cough, vomiting	See below
Parainfluenza	Highly contagious respiratory disease	Coughing, sneezing	See below
Parvovirus	Highly contagious intestinal disease that can cause severe dehydration and can be fatal despite aggressive treatment	Severe vomiting, bloody diarrhea and loss of appetite	See below

The 4 viruses listed above are commonly grouped together in one vaccine which is known as the “distemper vaccine” or DAPP. The vaccine series begins at 6 – 8 weeks of age and continues every 3 weeks until 15 – 17 weeks of age.

PLEASE NOTE ~ It is extremely important to keep your puppy in your yard until he/she has received all of his/her vaccines! Your puppy’s immune system is still developing.

Vaccination	Info	Symptoms	Vaccine is given:
Leptospirosis	Can affect humans as well as dogs. Transmitted by wild animal urine	Vary but can include vomiting, abdominal pain, diarrhea, refusal to eat, severe weakness and depression, stiffness, severe muscle	As a series of two vaccines, 3 weeks apart, followed by a yearly booster
Bordetella (also known as Kennel Cough)	Commonly found where groups of dogs are ~ groomers, kennels, dog parks, pet stores, training centers	Harsh, hacking coughing and bronchitis	As a series of two vaccines, 3 weeks apart, followed by a yearly booster
Canine Influenza	Easily spread and commonly found where groups of dogs are ~ groomers, kennels, dog parks, pet stores, training centers	Sneezing, coughing, fever, lethargy	As a series of two vaccines, 3 weeks apart, followed by a yearly booster
Rabies	Fatal virus that can affect humans	Apprehension, nervousness, anxiety, solitude, and a fever may be noted. Friendly animals may become shy or irritable and may snap, whereas, aggressive animals may become affectionate and docile.	Required between 12 – 16 weeks of age and then boosted 1 year after the initial vaccine. Then given every 3 years in the state of Virginia.



After your puppy's vaccine series is complete, annual physical examinations and a vaccine program individualized for your puppy will be discussed. Our goal is to provide the best life-long care for your furry friend!

It's important that you bring your dog to us for a checkup at least once a year, even if your dog seems to be healthy at the time. During these annual checkups, we will give your canine a thorough physical exam, which will include:

- examining his/her body from nose to tail
- weight and body condition
- temperature
- listening to his/her heart and lungs
- checking for abnormal discharges from his/her eyes, ears and nose
- checking the teeth and gums
- inspecting for parasites
- testing a stool sample for parasites
- administering any needed vaccinations based on physical exam and lifestyle
- checking for heartworms and exposure to tick borne disease
- checking the skin to evaluate coat condition and any lumps or bumps



Puppy Wellness Chart

6 - 8 Weeks of Age



Weight _____

- Wellness examination
- Distemper/ Adenovirus/Parvo/Parainfluenza (DAPP) vaccine
- Fecal flotation
- Deworming
- Bordetella vaccine
- Nutritional recommendations
- Heartworm prevention
- Flea/tick prevention
- Nail trimming

9 - 11 Weeks of Age



Weight _____

- Wellness examination
- Distemper/ Adenovirus/Parvo/Parainfluenza (DAPP) vaccine
- Leptospirosis #1 vaccine
- Fecal flotation
- Deworming, if needed
- Discuss dental care (brushing, OraVet)
- Recommendations on grooming
- Heartworm prevention

12 - 14 Weeks of Age



Weight _____

- Wellness examination
- Distemper/ Adenovirus/Parvo/Parainfluenza (DAPP) vaccine
- Leptospirosis #2 vaccine
- Deworming, if needed
- Fecal flotation, if needed (2 stool samples with no parasites seen)
- Spay/Neuter information
- Microchipping information
- Heartworm and flea/tick prevention monthly

15 - 17 Weeks of Age



Weight _____

- Wellness examination
- Distemper/ Adenovirus/Parvo/Parainfluenza (DAPP) vaccine
- Rabies
- Deworming, if needed
- Fecal flotation analysis, if needed
- Heartworm and flea/tick prevention monthly

Every 12 Months



Weight _____

- Wellness examination
- Check for intestinal parasites with a stool sample
- Heartworm prevention once per month year-round
- Dental health care (brushing, Sanos)
- Flea/tick prevention
- Nutrition recommendations
- Vaccinations:
 1. Rabies
 2. DAPP vaccine
 3. Leptospirosis annually

Nutrition for Puppies



The 3 primary influences in determining whether your animal will live long are:

Genetics
Environment
Nutrition

The goal of Pet Care Veterinary Hospital is to help you understand the nutritional needs of your pet in order to maximize its health and performance throughout life. In designing a dietary plan for your pet you should feel confident in choosing a good quality pet food that meets your pet's nutritional needs. A specific dietary recommendation for an individual animal is made after assessing its overall health, energy requirements, and anticipated lifestyle.

Keep in mind that your pet's nutritional needs will most probably change depending on life stage (growth, mature, senior), activity level and health status. As your pet matures you want to ensure that he is receiving balanced nutrition. This starts by assessing the fur coat for luster, shine, fullness and lack of flaking. As well, it will be important to determine if your pet is maintaining a healthy weight by understanding how to assess his/her body condition score (BCS) so that you can properly adjust their feeding regime. See the back of this booklet for the page titled **Body Condition Scores**.

Use the feeding guidelines on the pet food label as a general guide to the amount of food offered. Puppies should be fed a food designed to support growth until they are full grown which can be up to 24 months in giant breeds such as Great Danes. **After spaying or neutering the amount of food offered should be decreased by 25% as their daily caloric requirements decrease.** Measure your pet's food and keep a log of exactly what they are eating; how much and how often they are being fed.

Common Pet Food Questions and Answers

- **What is the best diet for a growing puppy or kitten?**
 - Growing kittens: kitten food or an "all life stages" formula until 1 year of age
 - Growing small- medium breed puppies: puppy or "all life stages" formula until year
 - Large and giant breed puppies (adult size > 50lb) need a food specifically designed for large breed puppies until 12-18 months of age
 - Ideal if product has passed AAFCO feeding trials rather than being "formulated to meet" the nutrient profile for growth.
- **What is the best per food to feed my pet?**
 - No best diet for all pets: expense does not always equal quality. Larger companies generally have more stringent quality control protocols, employ nutritionists and food scientists and perform in depth research.
- **Is the ingredient list a good way to determine the quality of a pet food?**
 - Can be subject to intentional manipulation by the food manufacturer
 - Ingredients are listed on labels in order of weight, including water, so ingredients with high water content (like fresh meat and veggies) are listed before similar amounts of dry ingredients, even though they may contribute fewer nutrients overall

- Pets require nutrients, not ingredients
 - Some manufacturers add ingredients to increase appeal to consumers
- **My friend said grains are bad for dogs. Is this correct?**
 - Whole grains are not fillers- they are valuable nutrients including proteins, vitamins minerals, essential fatty acids and fiber
 - They help keep the calories lower than if animal products were used in their place
 - Dogs and cats can efficiently digest and use nutrients from grains
 - Allergies to grains (and even to animal products such as chicken, beef and dairy) are actually uncommon in dogs and cats
 - Many of these products substitute highly refined starches (potatoes or tapioca) in place of grains- these ingredients provide fewer nutrients and less fiber (and cost more)
- **I read online that by-products can include hair, hooves and floor sweepings. Is this true?**
 - By-product: any ingredient that is leftover from animal carcasses once the desirable (for Americans) muscle meat has been removed. AAFCO standards specifically exclude hair, hooves, horn, hide trimmings, manure and intestinal contents as well as anything that is not specifically part of the carcass.
 - By-product quality can vary, so select manufacturers that have stringent quality control standards
- **I've heard that raw diets prevent and/or solve a lot of health problems in pets. Is that true?**
 - No evidence that raw foods offer any benefits over cooked ones
 - Substantial evidence that raw foods may be associated with nutritional deficiencies, bacterial and parasitic infections and other health concerns- also expose a risk to people, especially those that are immunocompromised
 - Pets that eat raw foods have been demonstrated to shed viable pathologic organisms in their feces- all raw meat should be considered to be contaminated until proven otherwise
 - Nearly all home-prepared raw diets and many commercially available raw products are deficient in essential nutrients
- **Are home-cooked foods healthier for my pet than commercial products?**
 - Commercial pet foods have been tested over decades to provide adequate nutrition for the dog and cat
 - Home cooked meals are commonly deficient in essential nutrients

For more information on feeding your dog, click on the [Association for Pet Obesity Prevention](#)

The 411 on Parasites

To keep your puppy safe from a parasitic infection, here is everything that you need to know about parasites

We will test a stool sample every time your puppy comes in until there are 2 samples with no parasites seen. This is how we can find out whether your pup is infected or not. Most puppies are born with microscopically small roundworm larvae and unfortunately, these pests can cause everything from puppy vomiting to fatigue if left untreated. The Centers for Disease Control (CDC) has found that 34% of dogs in the United States are infected with intestinal parasites!

Roundworms

- Long, spaghetti-like in appearance
- Cause diarrhea, vomiting
- Seen occasionally in vomit or stool
- **Zoonotic:** can be transmitted to humans

Hookworms

- Thread-like worms
- Attach themselves to intestinal wall; suck blood from intestine
- Left untreated, can result in potentially life-threatening blood loss, weakness and malnutrition
- **Zoonotic:** can be transmitted to humans. 1-3 million people are infected by their pets **every** year

Tapeworms

- Long, segmented worms
- Caused by dog swallowing a flea that is carrying a tapeworm egg
- Tapeworms may be seen in the stool as small, ivory colored rice-like segments

Whipworms

- Intestinal parasites about a ¼ inch long
- Pass microscopic eggs in the stool
- Causes watery, bloody diarrhea, weight loss

Giardia

- Single celled parasites
- Attach themselves to the intestinal wall
- Causes sudden, foul smelling diarrhea

- Source: contaminated water (streams, ponds, lakes)
Zoonotic: can be transmitted to humans

Coccidia

- Single celled protozoa
- Destroys the intestinal lining
- Can cause diarrhea

Heartworms

- Carried by mosquitoes
- Cause serious heart and lung disease
- Monthly heartworm protection must be continued year round to prevent infection
- Yearly heartworm blood test

External Parasites: Fleas

- Live on the skin; feed on the blood of their hosts
- Can cause skin irritation, inflammation and deadly anemia if present in large enough numbers
- Products used to control them: Sentinel, Capstar, Revolution, Frontline, Trifexis, Comfortis

Ticks

- Live on the skin; feed on the blood of their hosts
- Transmit several diseases including Lyme disease, Rocky Mountain Spotted Fever, Ehrlichiosis, and Babesiosis
- Present everywhere from deep woods to urban parks
- Products to control ticks: Scalibor tick collar, Frontline, Revolution

Zoonotic – What Is It? Should I Worry?

Some parasites are zoonotic, meaning that they can infect people as well as animals. Some humans are more at risk than others:

- Infants and small children - immature immune systems, poor hygiene - hands in mouth, etc.
- Pregnant women - immune systems are more susceptible and there are additional fetal hazards
- Elderly - immune systems may be impaired
- People whose immune systems are compromised - undergoing cancer therapy, HIV/AIDS patients, etc.

How can I become infected?

Roundworms: oral contact – not washing your hands after working with litter boxes or working in soil contaminated with infected feces.

Hookworms: get into the skin after you have worked in contaminated soil, whether through gardening or walking barefoot in the yard, at the beach, or in a park.

Giardia: oral contact or by drinking water from streams or lakes.

Basic Rules for Houstraining Puppies

- Teach the puppy where to go. Always take the puppy on a leash to the same area outside to eliminate. Don't just let him wander outside in the backyard every time. If you say a key word every time he eliminates (like "hurry up" or "go potty"), he will associate the word with eliminating.
- Take the pup outside frequently. Immediately take the puppy outside after play and naps or after it has awakened at night. Also take the pup out 15 – 45 minutes after he eats. Watch for behaviors like pacing, whining or circling that indicate he may be ready to go. Praise the puppy when he eliminates.
- Control access to food. Feed the puppy twice daily (3 or 4 times for smaller breeds) at the same time every day. Only leave the food down for 20 minutes. Do not feed for 3 to 4 hours prior to bedtime.
- Provide constant supervision or confinement. Until the puppy has not soiled in the house for two consecutive weeks, it must either be under constant supervision by a family member who is actually watching it at all times or must be confined to a crate or a small room. The puppy should stay in the crate for no longer than 1 hour plus the age of the pup in months (a 4 month old pup = 5 hours in a crate at one time). Inadequate supervision, confinement, and inconsistency are the most common reasons for failure to houstrain a puppy. **Everyone** in the family must be consistent with training.
- Teach the pup to signal when it has to eliminate. This can be done by frequently keeping the pup on a leash indoors, especially during times when it is likely to have to eliminate. Puppies quickly learn to sneak away from the owner to eliminate so they can avoid a scolding. When the puppy is prevented from sneaking away, it will become anxious and vocalize or fidget. Since the owner is nearby, these behaviors will be noticed and the pet will be taken outdoors. It doesn't take too many repetitions of this scenario for the pup to learn that being close to an owner and vocalizing or fidgeting results in a trip outdoors.
- Odor control. Use a good commercial product made specifically for pet elimination odors, such as Urine Away or Nature's Miracle.
- Punishment. The only punishment permitted is a loud "no" if the pet is caught in the act of eliminating in an inappropriate area. Your goal is to startle the pup, not

scare him/her. Submissive or greeting urination should never be punished as it will only make the problem worse.

Crate Training Your Puppy



One of the most useful devices for raising a puppy is a fold-up wire or thick plastic crate (We do not recommend fabric crates as the puppy can chew their way out of it). This device can be used as an aid in housetraining puppies. It can also save hundreds of dollars in damage to household items, as puppies can't chew things when they are in a crate. Since the crate is portable, it can easily be taken along on trips.

This makes overnight visits or vacations with the family pet more enjoyable. People who raise, train, and show dogs have been aware of the benefits of crates for years.

Using a crate to prevent problems is based on several canine tendencies. These include the pup's preference to bed down with, or in the presence of others, to bed down in a sheltered, den-like atmosphere and to learn through association with others.

1. The crate should be large enough for your pup to stand, turn around, and lie down in comfortably. Owners of large breed puppies can buy larger crates and divide it while the pup is small. If the crate is too large, the pup will use part of the crate as a restroom area and the other part as a den which will defeat the crate's purpose.
2. Assemble the crate and place it in your bedroom. We recommend this room because the pup wants to be with you while you sleep.
3. Introduce your pup to the crate by placing several treats around it. Toss a treat into the back of the crate and say a word (ex: "kennel"). The pup will run to eat the treat thereby learning to associate the crate with a pleasant reward. When you say the key word (like "kennel") again, he will know it is time to run into the crate.
4. Long before bedtime, toss a treat to the back of the crate while saying the key word. Once your pup runs in, close the crate door.
5. Leave the room. Stand outside of the door to monitor your pup's behavior.
6. At the first sign of any separation responses (barking, whining, howling), intervene with a sharp, raised voice. The idea is that your pup will associate its behavior with the inflection in your voice. Some pups will not respond to a raised voice; however, many will respond to the sounds of a shaker can (an empty soda can filled with a few coins, its top sealed shut with tape). Your goal is to startle, not frighten, the puppy.
7. Eventually your pup will settle quietly in the crate. Once your pup is quiet, keep it inside the crate for about 10 minutes. Do not release or praise your pup while it

is vocalizing. This will reinforce the negative behavior. Wait until he is quiet (even if only for a second) to praise your pup.

8. After a 30 - 45 minute interval, repeat the procedure. Eventually extend the pup's quiet time in the crate to about 30 minutes.
9. While the pup is in the crate, provide one toy. A Kong toy is ideal due to its ability to be stuffed with food. Make sure that whatever toy you select cannot be swallowed or eaten by the dog. Also, be sure to remove any collars from your pup to prevent entanglement.

Once bedtime arrives, your pup has associated being quiet while inside the crate. Also, the effects of separation are lessened because of the crate's location in the bedroom where a family member sleeps. Be advised that usually after waking the pup will need to go to the bathroom. It will probably whine or bark since dogs tend to avoid eliminating in the bedding area. Your pup can then be taken outside to take care of its business.

How to Solve Puppy Biting



All puppies will display some form of biting behavior during puppy hood. Some biting will only occur during play, whereas other biting may be accompanied by growling and be more intense. Play biting in puppyhood is a normal behavior, but it needs to be modified so that the puppy does not harm anyone.

Techniques to manage biting in puppies:

- Avoid aggressive play (wrestling, tug of war).
- Keep your fingers curled when playing with your puppy.
- Supervise play between children and puppies so that your puppy won't learn to dominate the child.
- When your puppy bites, make a high pitched sound (yip, ouch). This is similar to the sound puppies use when they are bitten by a litter mate.
- Use time out (only for 5 - 10 minutes). Time outs should not be done in the dog's crate as you never want a negative association with the crate. Instead use a bathroom or spare bedroom for time outs. Often simply ignoring the puppy during this time is enough.
- Use gentle leader head collar (we will be happy to provide you with more information on this training technique).
- When the puppy is biting, redirect him/her to appropriate toys (Kong toy, gumma bone, toys stuffed with food).

We do not recommend bitter apple spray to control biting. It can increase anxiety, cause head shyness, and can lead to a negative experience.

Helping Your Dog with Storm/Noise Phobia Anxiety

A few key points:

- Fear leads to a physiologic stress response; heavier breathing and an increased heart rate are two methods of response.
- Different breeds will show varying types of fear response. Some breeds will pace and quiver while others will run and bark. Many will look for a place to hide.
- Your dog's mind and body will notice key indicators when storms are approaching – dark skies, the sound of rain on the roof, a decrease in barometric pressure. All of these will initiate the fear/stress response.
- There is probably a genetic component at play as many of these dogs tend to be naturally nervous or anxious.

Treatment: Management and Medication suggestions

- Try a Thundershirt™: a T-shirt that wraps around the dog's upper body, applying gentle, constant pressure that reportedly has a dramatic calming effect for most dogs. There is no scientific basis regarding its efficacy but many clients swear by it.
- Physically create a safe spot or let your dog choose one that they will seek out during storms. The ideal place will have no windows nearby or, if it does, make sure that the windows are covered. If using a crate, Taylor Made Thunderhut Crate Cushion Covers are available on-line. These are crate covers that are filled with 1 lb. 9 oz. density sound-deadening foam, providing a dark, quiet den to which your pet can escape. You can also try noise proofing a crate by wrapping it in thick blankets.
- Try distracting your dog using white noise like a fan, radio or the TV—keep in mind that the ambient noise level needs to be louder than the storm.
- Food filled Kong® toys are also good distraction devices. Once your dog is in his designated safe spot offer him one of the toys.
- Counter-conditioning: this means to teach your dog to respond in non-fearful ways to sounds that previously frightened him. This must be done gradually. Select a calm location with few distractions for training- you can use your dog's safe spot as described above. Train him to settle down and relax in this safe spot and offer food rewards once he exhibits a calm demeanor.
- Try using a nature CD recording of thunderstorms approaching to desensitize him. Start by playing the CD using the low volume setting and reward with food once he is calm. This tool needs to be repeated often but only continue if it does not cause excessive anxiety. Once your dog is able to calmly handle the noise, begin to slowly increase the volume.
- There are also medications available that can calm or sedate your pet: diazepam (Valium®) and alprazolam (Xanax®) are two examples. These are prescription drugs and need to be prescribed by a veterinarian.
- Antihistamines; Benadryl does work for some dogs; however, your dog needs to be dosed at least **one hour before** the storms or anticipated noise event occurs

- Long term management: Calm diet from Royal Canin. Containing natural calming supplements, it does work for small to medium sized dogs. However, this diet may take from 4-6 weeks for any noticeable improvements. Another option is Zylkene®, a unique milk-derived protein with calming properties (capsule/powder form) that helps keep pets calm without drowsiness or sedation. HarmonEase™ Stress Management Chewable Tablets are composed of a natural blend of extracts that help dogs overcome their stress during noisy and fearful times.

Many times, dogs with storm/noise phobia require a combination of all of the above for success. Storms tend to be more challenging to “mask” but the “safe spot” is a real help in calming these anxious dogs’ fears. Good luck and be patient!

Peter G. Fisher, DVM

Diplomate, American Board of Veterinary Practitioners – Exotic Companion Mammal

Recommended Links

Not sure if you need pet insurance? How about knowing that you want insurance but just don’t know where to begin? The link below will bring you to a site written by a vet with easy to follow charts, explanations and suggestions so that you can find exactly what you need.

Pet Insurance University
A Vet's Guide to Pet Insurance

<http://www.pet-insurance-university.com/>

Recommended Local Dog Trainers

4 Paws Inn Canine Training Unlimited

873 Clearfield Avenue
Chesapeake, VA 23320
757-463-3973
fourpawsinnva.com

Canine Obedience Training at Hunt Club Kennels+

2400 London Bridge Rd
Virginia Beach, VA 23456
Dory Hoffman 757-427-2292
dog-school.biz

Cavalier K9*

Maynard Keys
757-574-4049

Chalquest Kennels*

2525 St. Brides Rd W.
Chesapeake, VA 23322
757-421-7411
chalquestkennels.com

Citizen K9 Dog Training+

620 Margaret Dr.
Chesapeake, VA 23322
Brandy Eggeman
757-724-1332
citizenk9dogtraining.com

Dale's Dog Training Academy

900 Cantor St.
Chesapeake, VA 23322
Dale Ward
757-389-5359
daleward.positively.com

Endless Pawsibilities*

Todd Valentine
757-342-0782
endlesspawsibilitiesK9.com

Half Moon Bay Canine Training

1233 Taft Rd.
Chesapeake, VA 23322
Georgie Young
757-621-6163
halfmoonbaycaninetraining.com

Roger That K9 Training*

Ashley Tucker
757-812-4550



*Welcome to
the Party!*

PUPPY PARTY REGISTRATION			
PET'S INFORMATION			
Pet's Name:		Date of Birth:	
Breed:	Color:	Female	Male Unknown Neutered Spayed
Identifiers: (Microchip #, tattoos, special marks, AKC #)			
Acquired at what age:		Origin: Breeder Animal Control Rescue Group Stray Pet Shop	
Individual/Friend			
Has your pet ever traveled/lived out of Virginia? No Yes (States and approximate dates)			
Who is your puppy's veterinarian?			
Date of last Vaccination/ Deworming:	Deworming:		
	Bordetella (Kennel Cough):		
	Canine Distemper/Parvo:		
	Rabies:	Name/Date of Flea Preventative:	
Food: Dry	Soft/Moist	Canned	Brand(s): Treats/Supplements:
Do you currently have Pet Insurance? Yes No If Yes, which company?			
Please tell us what you would like to accomplish in this class?			
OWNER INFORMATION			
Owner Name: (Last)		(First)	
(MI)			
Co-Owner Name: Spouse Parent Other (Last)		(First)	
(MI)			
Mailing Address:			
Residence Address (if different):			
Primary Ph#:()		Home Cell	Alt.Ph#:() Home Cell
Work			Work
Alt.Ph#:()		Home Cell	E-mail:
Work			
How did you become aware of our puppy parties?		Personal Recommendation: (whom may we thank?)	