



Tally Oaks

Veterinary Wellness Center
Puppy Handbook



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WELCOME! To Tally Oaks Veterinary Wellness Center, we are happy that you have chosen to follow an integrative veterinary care path that combines conventional and holistic medicine to provide your pet with a longer, and healthier life.

Veterinary Wellness Center At Tally Oaks Veterinary Wellness Center, we combine holistic and conventional medical care by first reviewing your pets history, diet, lifestyle, and completing a comprehensive examination to determine the best forms of therapy that is personally suited to your pet.

We at Tally Oaks are proud to offer Fear Free Handling. The Fear Free initiative is a nationally recognized movement that seeks to eliminate fear from veterinary visits through educating both veterinary professionals and pet owners about Fear Free techniques. It is through having Fear Free certified personnel that we are able to make your pet’s healthcare more elevated by helping prevent and alleviate fear, anxiety, and stress throughout your pet’s visits. Not only does being Fear Free help your pet relax, it also helps provide more accurate diagnostic results for testing that has the potential to be altered with a patient that is stressed.

Services we provide at Tally Oaks Veterinary Wellness Center include:

Conventional	Holistic
Dentistry	Acupuncture
Digital Radiographs	Assisi Loop
Ultrasonography	Essential Oils
Internal Medicine	Laser Therapy
Ophthalmology	Nutritional Therapy
Preventative Care	
Senior Care	

Our integrative veterinary care path will begin together as Dr. Woerner will perform a full examination, answer any questions you have, and will discuss personalized treatment plans for your pet. We deeply care about all of our clients and their pets, we look forward to guiding you and your pet through a wellness plan that will take them into their senior years.

Thank you for joining the Tally Oaks Veterinary Wellness Center Team!

MISSION STATEMENT

Our mission is to provide you with the highest level of integrative veterinary medicine in a relaxed and caring atmosphere for both you and your pet. Your pet’s health and overall well-being is our top priority. Our pets provide so much happiness and stress relief for us, it’s time we think about doing the same for them!



GENERAL INFORMATION

Office Address: 19302 Silcott Springs Road
Purcellville, VA 20132

Phone Number: (540) 338-7081

Email: drtaniawoerner@gmail.com

Office Hours: Monday 8:30AM – 5:00PM
 Tuesday 8:30AM – 5:00PM
 Wednesday 8:30AM – 8:00PM
 Thursday 8:30AM – 5:00PM
 Friday 8:30AM – 5:00PM
 Saturday – Appointments upon request
 Sunday – Closed

*If your pet is in need of emergency care during normal business hours, please call ahead to make sure we are in the office and to make us aware of your arrival.

Tally Oaks Veterinary Wellness Center is not staffed 24 hours, if after hours care is necessary, we may have to transfer to an emergency care facility.

AFTER HOURS EMERGENCIES

Valley Vet Emergency Service

210 Costello Drive
Winchester, VA 22602
(540) 662-7811

The Life Centre-Animal Emergency Hospital and Referral Center

165 Fort Evans Road NE
Leesburg, VA
(703) 777-5755

VCA SouthPaws Veterinary Specialists & Emergency Center

8500 Arlington Boulevard
Fairfax, VA 22031
(703) 752-9100

24-Hour ASPCA Pet Poison Hotline

1-888-426-4435 *There is a \$70 fee for consultation with board certified toxicologists along with the most up to date and complete information on toxicities.

PREVENTIVE CARE

Prevention is the key to your pet's long-term health, as well as minimizing the lifetime cost of care. Routine wellness exams, vaccinations, yearly lab work, deworming and fecal checks, as well as medications to prevent heartworm, fleas, ticks, and intestinal parasites are necessary to protect your pet. We carry conventional, as well as natural alternatives for flea/tick products.

Preventive care is tailored to your pet's age, lifestyle, risk factors, and other elements that can help prevent common diseases or detect them at early, and easily treatable stages. This approach helps to offer your pet an extended period of vitality and good health.

Immunizations are one of the best tools we have in preventive veterinary medicine. The key to using vaccines appropriately is to determine which diseases your pet may be at risk for and then vaccinate for those diseases and no more than necessary. Due to advances in veterinary immunology, diseases that were once relatively common and fatal to pets are now easily preventable.

Puppy Care

We recommend taking steps to prepare your pet for his or her first visits to avoid having a negative experience. Some tips that will help your puppy experience less stress, and be confident when visiting our clinic include; looking in their ears often at home, rolling them on their back, touching their feet, looking at their nails, holding their toes, hug them, and if they are small enough, pick them up.

Throughout puppyhood during your visits, and included in this book, we will discuss diet, housetraining, behavior, when to spay or neuter, microchipping, individualized vaccine protocols for your puppy, intestinal parasites, and monthly preventatives.

The schedule for puppies appears to be a little busy; however, it is very important that puppy visits, vaccines, and deworming are completed at recommended intervals or they can be susceptible to detrimental diseases and parasites.

Starting when the puppy is 2 weeks of age, they need to be dewormed for the first time, then dewormed every 2 weeks until they are 10-12 weeks of age. It is important to have their stool checked during their veterinary visits to allow for the correct choice of a dewormer. When they are 6-8 weeks of age, they will get the first of their Distemper/Parvovirus vaccines. These are repeated every 2-4 weeks until there are 16-18 weeks of age.

Rabies vaccines must be administered between the age of 3 and 4 months and a booster is given in one year, after which rabies is given every 3 years.

Other vaccines such as Leptospirosis, Lyme, Bordetella, and Influence will be administered to your puppy based on their individual needs. Most vaccines need at least one booster after the primary vaccine.

LIFETIME SCHEDULE FOR CANINE WELLNESS

6-9 Weeks

Comprehensive Examination
Weight and Body Condition Scoring
Intestinal Parasite Screen
Deworming
1st Distemper Combo Vaccination
Nutritional Assessment
Discuss Flea/Tick Prevention (start holistically)

10-13 Weeks

Brief Examination
Weight and Body Condition Scoring
Deworming
2nd Distemper Combo Vaccination
*Bordetella Vaccination (6 months)
Behavior/Obedience
Heartworm & Flea/Tick Prevention

14-17 Weeks

Brief Examination
Weight and Body Condition Scoring
Intestinal Parasite Screen
Deworming (if needed)
3rd Distemper Combo Vaccination (1 year)
Rabies Vaccination (1 year)
* 1st Leptospirosis Vaccination
* 1st Lyme Vaccination
* 1st Influenza Vaccination
Behavior/Obedience
Dental Care
Heartworm & Flea/Tick Prevention

4-6 Months

* 2nd Leptospirosis Vaccination
* 2nd Lyme Vaccination
* 2nd Influenza Vaccination
Heartworm/Intestinal Parasite Prevention
Dental Care

1-6 Years

Annual Comprehensive Examination
Nutritional Assessment
Body Condition Scoring
Intestinal Parasite Screening
Heartworm/Tick Borne Disease Testing
Distemper Combo Vaccination (3 years)
Rabies Vaccination (3 years)
*Annual Leptospirosis Vaccination
*Annual Lyme Vaccination
*Bi-Annual Bordetella Vaccination
Monthly HW/Intestinal Parasite Prevention
Monthly Flea/Tick Prevention
Bloodwork/Urinalysis As Needed
Dental Assessment/Cleaning As Needed

7+ Years

Bi-Annual Comprehensive Examination
Nutritional Assessment
Body Condition Scoring
Intestinal Parasite Screening
Heartworm/Tick Borne Disease Testing
Annual Geriatric Blood Profile
Distemper Combo Vaccination (3 years)
Rabies Vaccination (3 years)
*Annual Leptospirosis Vaccination
*Annual Lyme Vaccination
*Bi-Annual Bordetella Vaccination
Monthly HW/Intestinal Parasite Prevention
Monthly Flea/Tick Prevention
Dental Assessment/Cleaning As Needed
Possible Recommendations based on dog's age/breed/lifestyle:

Blood Pressure
Electrocardiogram
Eye Pressure Test
AFAST/TFAST Ultrasonography

* Vaccinations that are dependent on dog's lifestyle and breed

Once dogs reach 7+ years of age they are considered seniors, 1 human year is equal to roughly 7 dog years. Regular visits to Tally Oaks will not only help to prevent diseases, but if your dog does become ill, we will be able to help your dog quicker and more accurately by continuing to develop a comprehensive history.

D

Age
weeks
weeks
weeks
weeks
weeks
weeks
1 year
2 years
3 years
4 years
5 years
6 years
7 years
8 years
9 years
10 years
11 years
12 years
13 years
14 years
15 years
16 years
17 years
18 years
19 years
20 years



Our balanced approach to vaccines is the best way to protect your pet from disease and minimize the risk of an adverse reaction to a vaccine.

Rabies

Rabies is a deadly viral disease that affects all warm-blooded mammals including dogs, cats, wildlife, and humans. The disease affects the central nervous system which is typically shown through behavioral changes such as anxiousness, aggressive behavior, or lack of fear/being more friendly than normal. As the disease progresses animals develop hypersensitivity to light and sound and may have seizures and/or become extremely fractious. Final stage of rabies is characterized by the paralysis of nerves that control the head/throat, causing the animal to hypersalivate and lose the ability to swallow. This leads to respiratory failure and death. Rabies vaccination of dogs is required by law in Virginia. Rabies is transmitted through bite wounds, often from infected wildlife.

DA2PP Combo (Distemper, Adenovirus type-2, Parvovirus, Parainfluenza)

Canine distemper is a contagious disease caused by a virus that attacks the respiratory, gastrointestinal, and nervous system. Puppies and dogs are usually infected through airborne exposure such as sneezing or coughing from another infected dog or wildlife. The virus can also be spread through shared food/water bowls and equipment. Signs of distemper virus include fever, nasal discharge, coughing, lethargy, reduced appetite, and vomiting. As the virus innervates the nervous system, dogs develop circling behavior, head tilt, muscle twitches, seizures, jaw chewing movements and hypersalivation. The virus may also cause the footpads to thicken and harden. Distemper is often fatal, and dogs that survive usually have permanent, irreparable nervous system damage.

Canine Adenovirus is related to the hepatitis virus, and is also one of the causes of infectious tracheobronchitis. Adenoviruses are spread directly from dog to dog through infected respiratory secretions or by contact with contaminated feces or urine. Symptoms include a dry, hacking cough, retching, sneezing, watery nasal discharge, pneumonia, lack of appetite, fever, and lethargy.

Canine Parvovirus is a highly contagious virus that can affect all dogs. The virus affects the dogs' gastrointestinal tracts and is spread by dog-to-dog contact and contact with contaminated feces, environments, or people. Signs of parvovirus include lethargy, loss of appetite, abdominal pain/bloating, fever or hypothermia, vomiting, and severe bloody diarrhea. Persistent vomiting and diarrhea can cause rapid dehydration, damage to the intestines and immune system, leading to septic shock.

Canine Parainfluenza is a highly contagious respiratory virus and is one of the most common pathogens of infectious tracheobronchitis. It is transmitted through aerosolization. The virus spreads rapidly in kennels or shelters where large numbers of dogs are kept together. Symptoms include coughing, low-grade fever, nasal discharge, lethargy, loss of appetite. Although the respiratory signs may resemble those of canine influenza, they are unrelated viruses.

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Leptospirosis

Leptospirosis is a disease caused by infection with *Leptospira* bacteria. These bacterial are found worldwide in soil and water. Leptospirosis is a zoonotic disease, which means it can be spread from animals to people. Risk factors for leptospirosis in

dogs include exposure to or drinking from rivers, lakes, or streams, roaming on rural properties, and exposure to wild animal or farm animal species, and contact with rodents or other dogs. Dogs become infected with and develop leptospirosis if their mucous membranes (or open wound) come into contact with infected urine, urine-contaminated soil, water, food, or bedding. Signs of leptospirosis include fever, shivering, muscle tenderness, reluctance to move, increased thirst, change in frequency/amount of urination, dehydration, vomiting, diarrhea, loss of appetite, lethargy, jaundice, or painful inflammation within the eyes. Leptospirosis causes permanent residual kidney and/or liver damage.

Lyme Disease

Lyme disease is caused by a bacteria and is transmitted through the bite of a tick. There are at least 4 known species of ticks that can transmit Lyme disease, but the most commonly known is the deer tick, or black legged tick. The signs of Lyme disease vary, but the most common signs include fever, loss of appetite, painful or swollen joints, off and on lameness, swollen lymph nodes, and lethargy. If Lyme disease is left untreated it can lead to damage in the kidneys, nervous system, and heart.

Bordetella

The bordetella vaccine vaccinates for infectious tracheobronchitis, commonly known as “kennel cough.” Infectious tracheobronchitis is a contagious, upper respiratory disease that is transmitted by an airborne virus and often complicated by a secondary bacterial infection. Dogs with kennel cough are usually bright and alert, however, they have a dry, hacking cough or bouts of deep, harsh coughing often followed by gagging. Kennel cough is treatable, but needs to be addressed in a timely manner to prevent secondary infections and/or pneumonia.

Each puppy and adult dog should receive their own individual vaccination program. The type of vaccines administered and frequency of vaccinations will be based on their age, lifestyle, and risk of exposure to infectious diseases.

TITER TESTING

At Tally Oaks, we offer in-house titer testing for Canine Distemper/Adenovirus type-2/Parvovirus. For puppies, the recommended protocol is to vaccinate them at 8, 12, and 16 weeks; then, puppies can be tested as early as 19 weeks. If the puppy is negative, then it should be vaccinated once more, and the test can be repeated in 2 weeks. Puppies should then continue their next titer testing at 12 months. Adult dogs are due for titer testing at the time when their immunization would be due.

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CANINE PARASITES

INTERNAL PARASITES

Almost all puppies start life with intestinal worms, usually roundworms and hookworms which are passed from their mothers. The larvae of roundworms,

hookworms, and whipworms and commonly found in our yards, fields, and gardens. Although rare, roundworm and hookworm parasites can pass to people.

Contamination with a protozoal parasite called coccidia is very common in shelter, breeding kennel, and/or dog rescue environments. Another protozoal parasite, giardia, is common in moist areas and unfiltered water sources.

Heartworm larvae, or microfilariae, are introduced to a dog's bloodstream by the bite of a mosquito.

INTESTINAL PARASITES

Intestinal parasites are most common in kittens and puppies but can infect cats and dogs of any age. The most common types of intestinal parasites are roundworms and hookworms. Kittens and puppies can become infected with parasites before they are born (transplacental transmission) or through their mother's milk immediately after being whelped. If untreated, puppies will continue to reinfect themselves.

Adult cats and dogs become infected with roundworms and hookworms through contaminated feces in the environment. Once a cat or dog is infected, they too will pass intestinal parasite eggs through their feces.

Roundworms:

- Adults are round, white, and 2-4 inches long. They resemble spaghetti
- Can either be coughed up, vomited, or passed in the feces
- When present in large numbers, can cause intestinal blockage
- Infected pets can present with a "pot-bellied" appearance
- Incubation period is 7-14 days
- Have the potential to infect people

Hookworms:

- Adult worms are very thin and almost transparent
- They measure about ¼ - ½ inch long and are normally not visible to the naked eye
- Hookworms attach to the intestines with hook-like mouthparts which and lead to blood loss and anemia
- Can cause bloody diarrhea, weight loss, and death when severe
- Incubation period of 3 weeks to several months
- Have the potential to infect people

INTESTINAL PARASITES

Roundworm and Hookworm Infection in People:

Humans can become infected with roundworm and hookworm through direct contact with infected feces. Typically, humans are exposed through handling or accidental ingestion of contaminated soil, sand, or plant life. Children are more

susceptible than adults due to the increased exposure risk of playing in the soil barefoot and/or putting dirty objects into their mouths.

In humans, roundworms can cause ocular and visceral larva migrans. This occurs when roundworm eggs are ingested and then hatch into larvae. These larvae then travel through the liver, lungs, and other organs in the body. The migration of roundworm larvae can cause permanent nerve damage, eye damage, or even blindness.

Hookworms can cause cutaneous (skin) larval migrans in humans. This occurs when hookworm larvae move into and within the skin which causes redness and inflammation in affected areas. Some larvae are capable of penetrating deep into the tissue and cause damage to the intestines and other internal organs.

Whipworms:

- Live in the large intestine and cecum of the dog
- Not visible to the naked eye
- Cause chronic diarrhea, bloody stool, generalized poor health
- Infection occurs through ingestion of eggs in contaminated soil/ground and can survive in the environment for several years
- Lifecycle lasts 90 days, therefore several treatments are necessary to eliminate an infection

Tapeworms:

- Tapeworms shed in segments into fecal material
 - Segments are about ¼ inch long and flat, and resemble a grain of rice or sesame seed
- Can cause poor hair coat, dry skin, weight loss, and gastrointestinal upset
- They can be seen on fur, around the rectum, and/or in recently passed stool
- Fleas are the most common vector for tapeworm eggs
 - Dogs that are infested with fleas become infected with tapeworms when they chew or lick their skin/fur
- Some types of tapeworms can also be carried by rodents
- Humans can become infected with tapeworms if they incidentally swallow a flea – this is rare, and is mostly seen in children

INTESTINAL PARASITES

Coccidia:

- Protozoan that lives in the gastrointestinal tract of cats and dogs
- Cause diarrhea in puppies and kittens
- Become infected through exposure to infective cysts in feces
- Infected puppies/kittens are contagious to others, however this species cannot infect humans

Giardia:

- Parasite that lives in the intestine and is passed through feces
- Microscopic and is not visible to the naked eye
- Can survive outside of the body and in the environment for many months due to a protective shell
- Animals and humans become infected by swallowing contaminated water, eating contaminated uncooked food, or having contact with someone who has giardiasis
- Symptoms of a giardia infection include diarrhea, greasy stool, stomach and/or abdominal cramping, and vomiting.
 - These symptoms can lead to weight loss and dehydration
- Giardia can be spread to humans

How do I prevent and/or treat parasite infections in my pet?

- It is recommended to check a stool sample annually
 - Due to intermittent egg shedding and variety in the quality of sample checked, a “negative” or “no parasites identified” does not guarantee that your pet is worm free
- If your pet has a fecal test that is positive for specific parasites, appropriate dewormers should be administered and repeated as dictated by the parasite’s life cycle.
- Year-round monthly preventative medications are recommended
 - Common parasite prevention is usually combined with monthly heartworm preventative
 - Monthly flea/tick prevention is imperative in preventing tapeworm infections as fleas are a vector for tapeworms
- Play areas, lawns, and gardens at home should be kept free of feces
- Learn to recognize and avoid possible contaminated soil, sand, plants, water, and other sources of parasite exposure. Always wash your hands well after working outside, playing outside, or handling your pet or the pets of others, especially before eating.
- Do not allow your pet to hunt and eat rodents or rabbits
- Puppies and kittens should be dewormed starting at 2 weeks of age through 16 weeks of age.
 - If you acquire your puppy or kitten after weaning, it should be dewormed at least 3 times at 2 week intervals, usually during the course of their puppy or kitten vaccine series

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FLEA AND TICK PREVENTION

Fleas

One female flea can lay up to 2000 eggs in her lifetime which is why even a small number of fleas can quickly turn into a severe flea infestation. The flea lifecycle occurs in four stages: egg, larval, pupae, and adult. The adult portion of the flea population that is visible only accounts for 5% of the total population. Fleas have the potential to cause health problems such as tapeworms, skin infections, and anemia. For pets that are

allergic to fleas, it can only take one flea to cause intense itching, leading to your pet chewing out their hair and traumatizing their skin. Additionally, fleas can carry several zoonotic diseases.

In Virginia, the highest number of fleas and the greatest risk for infestation of you and your pet is during late fall (November and December), prior to sustained freezing weather.

Ticks

One female tick can lay up to 3000 eggs in her lifetime. The development of one egg takes up to two years and requires three different hosts for food. All ticks have four stages to their life cycle: egg, larvae (seed tick), nymph, and adult. Ticks require a blood meal to progress to each successive stage in their life cycle (with exception of the eggs). Ticks can cause severe itching, skin irritation, and can transmit serious diseases such as Lyme Disease, Rocky Mountain Spotted Fever, Ehrlichiosis, and Anaplasmosis, among others. Tick borne diseases are growing at an alarming rate in Virginia, so it is best to protect your pet year-round.

Flea and Tick Prevention

At Tally Oaks, we recommend using NexGard for your dog's flea and tick prevention. NexGard is a highly palatable chew that is given monthly and is safe to start as early as 8 weeks of age, weighing 4 or more pounds. NexGard targets and kills adult fleas before they can lay eggs. After administration of NexGard, fleas will start to die four hours after initial administration, and by eight hours, has >99% effectiveness. By 24-hours post administration, NexGard demonstrated 100% effectiveness against adult fleas for 35 days in controlled laboratory studies. NexGard is also effective in killing Lone Star ticks, Black-legged ticks, American dog ticks, and Brown dog ticks.

CANINE HEARTWORM DISEASE AND PREVENTION

Heartworm disease is a serious and potentially fatal disease. The life cycle of heartworms involves the mosquito as a vector. The route of transmission of heartworms to dogs are as follows:

1. A mosquito bites a dog that is infested with heartworms and ingests microfilaria (young heartworms).
2. The microfilariae develop into infective larva while in the mosquito.

3. The mosquito then bites a dog and releases infective larvae into the dog.
4. The larvae fully develop and move into the dog's bloodstream. Once in the bloodstream, they start to migrate towards the heart and pulmonary arteries.
5. Once in the heart and pulmonary arteries, the larvae take 4-6 months to reach maturity and start to reproduce.
6. Adult worms reside in the heart and pulmonary arteries which leads to restricted blood flow to the heart and/or lungs and can lead to death.

Most dogs infected with heartworms do not show clinical signs for up to two years after being infected, depending in the severity of infection. Typically, if a dog is showing clinical signs, the infection is well advanced. Clinical signs include chronic cough, shortness of breath, weakness, nervousness, and exercise intolerance.

Tally Oaks recommends annual heartworm testing. According to your dog's lifestyle, we can conjunctly test for Heartworm disease, Lyme disease, Ehrlichiosis, and Anaplasmosis. At Tally Oaks, the heartworm prevention we carry is Iverheart Plus. Iverheart Plus is a flavored chew that is given monthly and prevents heartworm disease, as well as several intestinal parasites.

NUTRITION

Nutrition is the foundation of your dog's health. Without good nutrition, good health is very difficult to attain. At Tally Oaks, it is our goal to have our pets thriving, not just surviving.

When choosing a dog food, it is important to select good quality proteins. Proteins should be from meat sources. Foods containing soy, gluten, or other grain-based proteins are not optimal nutrition. Higher-quality foods and fresh foods tend to

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have higher protein levels. In general, foods with meat by-products or meat meal should be avoided. However, not all by-products are bad; for example, organ meats are considered a by-product, and are packed with good nutrition. That being said, the term 'by-product' is very vague and has the potential to contain meat contaminants as well.

It is important to be mindful of the fat content in your dog's diet. Too much fat can lead to weight gain, but certain fats are essential for life. Essential fatty acids are fats the body cannot make and must be included in a diet. Omega-3 fatty acids are mainly found in fish and should be supplemented in the diet to ensure adequate levels. Medium chain triglycerides, such as coconut oil, are also a great addition to a dog's diet.

Low amounts of carbohydrates can be useful in the diet for a quick source of energy. Dogs have evolved to thrive on low amounts of carbohydrates, but excessive amounts can lead to weight gain, inflammation and potentially disease. In addition, carbohydrates such as gluten and soy are likely to be genetically modified. However, grains such as millet, barley, and oats are less likely to be genetically modified. Most commercial kibble contains more carbohydrates than your pet needs. Even "grain-free" and "low-carb" labeled diets are too high in carbohydrates. Carbohydrates are used in pet food as part of the extrusion process that is made to produce dry dog food. The heat that is needed and used to extrude kibble produces toxins. Canned foods are also processed at very high temperatures, which causes loss of nutrients and production of toxins.

Diets that are high in legumes should not be fed to certain breeds of dogs. Recently, dogs found to be primarily in the retriever family have increasingly been diagnosed with a diet induced, life threatening form of Dilated Cardiomyopathy (DCM). If caught in time, the condition can be fully reversible. It is suggested that the ingredient causing this disease is legumes. Legumes are found in many high-quality, commercial brands of dog food.

Optimal nutrition is best achieved with fresh, whole food diets. Alternatives to kibble and canned foods are low temperatures processed foods such as freeze-dried diets and fresh, whole food diets that are either fermented raw or lightly cooked.

Additionally, adequate water consumption is a critical component of your dog's well-being. Dogs require between 45-65mls per kilogram of body weight per day. Ways to increase water consumption are to have free access to multiple sources of water at all times of the day, and to frequently change your dog's water. Furthermore, you can feed your dog a diet with higher water content. Diets such as canned, fresh, or whole food diets have a much higher moisture content than kibble.

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Ultimately, when choosing a pet food, it is imperative to choose a food that is approved by the Association of American Feed Control Officials (AAFCO). Tally Oaks does not support diets that are not AAFCO approved. AAFCO is a non-profit association of local, state, federal, and international regulators whose primary goal is to ensure the health of our pets through nutritional standards and non-misleading labeling of pet food. AAFCO advises pet food manufacturers and state legislators on the appropriate nutritional values needed to support animals at different life stages and how to present nutritional information on product labels.



Feeding Tips:

Do not change your dog's food frequently. Some dogs may be able to tolerate changing foods, however it is typically a common cause of gastrointestinal upset. Another way to prevent gastrointestinal upset in your dog is to limit or completely avoid feeding table food and excessive treats. Frequently feeding table food and/or treats can also lead to your dog holding out to only eat "junk" and refuse to eat their own food. It is alright to reward your dog with treats or safe people food; however, be mindful that comprises a small percentage of your dog's diet, and that you are selecting low fat and low salt options.

Feeding your puppy specific meals rather than free feeding is recommended. Puppies should be fed a measured amount of food that is divided into 3-4 meals daily. This can be increased to twice daily as the puppy ages. Food should be left down for 20 minutes, and then taken up. If your puppy eats food without pause and is gone in 5 minutes, the quantity is likely not sufficient and should be increased. Puppies will go through growth spurts where the amount of food will need to be increased. However, it is important to be mindful and not overfeed your puppy. Young puppies may appear plump at times, and then will thin out during growth spurts. When puppies get older, they should appear lean, and weigh about 80% of their anticipated adult weight.

For many breeds, growth will greatly slow at 5-6 months of age. Giant breeds however may continue to substantially grow until 12-18 months of age. It is important to note when your puppy's growth slows, and that will then trigger signs for you to start transitioning them from a growing puppy diet to an adult maintenance diet. Typically, dogs should be fed a puppy diet until 1 year of age, and giant breeds up to 18 months. Once they slow their growth, the metabolism will change as well. Furthermore, spaying or neutering your pet can alter their metabolism, so monitoring their diet is imperative to maintaining an appropriate weight through life changes.

Choosing the right pet food can be overwhelming, but it ultimately is one of the most important decisions you will make for your pet, and their diet should suit their specific needs. Every dog's nutritional needs are different depending on its breed, activity level, and individual metabolism. Tally Oaks is here to help guide you provide appropriate nutrition to serve your puppy's individual needs.

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DENTAL CARE

Unfortunately, 75-85% of our pets by the age of three have developed some form of dental disease. Typically, the only sign of dental disease noted by owners is bad breath, which is an indication that your pet's teeth may need attention.

Daily removal of plaque is the key to an effective oral hygiene regimen. If your pet's teeth are not brushed daily, plaque will build up along the gumline, and

eventually, calculus will form. Once calculus forms, the gums are then further irritated, and infection progresses to loosen and destroy the attachment of an adult tooth. Severe infections that are under the gums can then spread to the liver, kidneys, heart, and other organs.

Brushing your pet's teeth can be very easy when made as a positive experience for your pet. It is indicated to use a finger brush or soft bristled, pet formulated toothbrush. Furthermore, DO NOT use human toothpaste on your pet as it is not safe. Pet formulated, enzymatic toothpaste should be used and can be picked up at Tally Oaks.

When you start to teach your pet to have their teeth brushed, approach them in an upbeat manner and start slowly. You can start with a washcloth to simply wipe your pet's teeth as you would when you go to brush them. Once your pet has become accustomed to the washcloth, you can start with just water on your toothbrush. Finally, you can incorporate toothpaste once your dog has accepted brushing with water. Dental chews such as OraVet chews are good additions to regularly brushing your pet's teeth and preventing dental disease.

Dental disease is painful for your pet and can become costly, yet it is easily preventable with daily care. The health of your pet starts in its mouth, so it is important to not neglect it!

SPAY AND NEUTER

Castration (Neuter):

This is the medical term for surgically sterilizing the male cat or dog. This surgery consists of removing the testicles, which are the source of your dog or cat's male hormonal production. These hormones induce behaviors such as sexual interest, aggression, and urine marking/spraying. Neutering not only helps to eliminate unwanted behaviors, but it also eliminates the ability to produce unwanted offspring;

along with decreasing the risk of medical issues such as prostatitis, prostatic abscesses, prostatic and testicular cancer, and perianal tumors. At Tally Oaks, we recommend neutering your cat or dog at around 5-6 months of age. For giant breed dogs, we recommend neutering them slightly later in life, when they have reached skeletal maturity.

Ovariohysterectomy (Spay):

This is the medical term for surgically sterilizing the female cat or dog. Ovariohysterectomies consist of complete removal of the uterus, both ovaries, and the oviducts. Not only does spaying your cat or dog prevent the attraction of males, pregnancy, and unwanted litters, but it decreases your pets' risk of disease. Intact female cats and dogs are at risk of developing mammary cancer, cystic ovaries, and pyometra (serious infection of the uterus). Generally, Tally Oaks recommends having your cat or dog spayed after their first heat cycle. However, this recommendation can change depending on your individual pet and/or breed. Please consult with Tally Oaks during puppy or kitten-hood when the most appropriate time is to spay your pet.

General Considerations:

Both spay and neuter procedures require general anesthesia. At Tally Oaks, we recommend pre-anesthetic physical exams and bloodwork to identify any potential problems prior to surgery.

Throughout surgery, we utilize state of the art monitoring equipment that measures heart rate/rhythm, respiratory rate, temperature, blood pressure, blood oxygen levels, and end tidal carbon dioxide. We also ensure your pet is comfortable with a warm air circulating blanket, and thorough pain management.

The staff at Tally Oaks carefully monitors patients throughout their procedure and throughout the duration of anesthetic recovery to ensure they are fully awake and stable.

When your pet is ready to be picked up, we will discuss at home care instructions with you, along with printed, written instructions on how to care for your pet during their post-operative recovery.

SPAY AND NEUTER

Common Myths About Spaying/Neutering Rebutted:

- Will not cause your pet to become overweight/lazy
- Does not cause immature behaviors
- Does not postpone or delay normal behavioral maturity

- Does not affect personality development
- Does not reduce your pet's instinct to protect the family and/or home
- Does not cause hyperactivity

Microchipping Your Pet

Did you know that one in three pets will become lost at some point in their life? One way to dramatically decrease the risk of losing your pet is by implanting a microchip. Microchipping your pet is simple and involves injecting a small chip (about the size of a grain of rice) underneath your pet's skin, between their shoulder blades. Typically, at Tally Oaks, we microchip pets at the time of their Spay or Neuter.

The microchip serves as a permanent ID for your pet. The specific microchip number is read by use of a microchip scanner. Once the microchip number is obtained, it can then be looked up and linked back to the microchip's registrant. Therefore, it is imperative that the microchip is registered to your contact information and address, so the identity of your dog or cat can be linked back to you. At Tally Oaks, we register all chips that we implant, to ensure that pets can be linked back with their owners. In a study of 53 shelters nationwide, published by the Journal of the American Veterinary Medical Association, microchipping greatly increases the number of lost pets with their owners.

NEW PUPPY ADVICE

Socialization

The most critical time to ensure that your puppy is getting adequate socialization is between seven and a half and twelve weeks of age. This is when your puppy will learn how to interact with its environment and members of its social group. Puppies need to be introduced to stimulus-rich environments to ensure they continue their

physical, and emotional development. Supervised visits with other dogs and new people are a great way to help make sure your puppy is well socialized. However, it is important to be mindful of your puppy's immunity and keep in mind that their immune systems are not yet fully developed, and they are susceptible to contracting disease. Therefore, it is your responsibility as an owner to ensure that your puppy is being exposed to environments and situations that are safe. It is important to regularly take your puppy to the vet to complete their vaccinations and deworming, so they are adequately protected.

Confinement or Crate Training

Dogs are very social animals, which is why they make great companions. However, this can mean that when puppies/dogs are left alone, your puppy may feel the need to dig, chew, play, explore, or eliminate inside. It is because of this that puppies need to be trained to be left alone if you are looking to confine your puppy or have them in a crate for some portion of the day. It is best to schedule confinement of your puppy around when they have had sufficient opportunity to play, eat, and eliminate before you leave your puppy alone.

Benefits of crate training include, ensuring that your pet is safe while you are not home, and preventing damage to your home. When properly trained, your puppy should see their crate as a place of comfort and security; where your puppy can relax, sleep, or chew on a favorite toy. Crate training can also aide in house-training. This is because instinctively, most dogs/puppies avoid eliminating in the area where they eat and sleep. Crate training can also help to teach your puppy to develop control over its elimination.

There is a wide variety of crate options to choose from. For sizing, your puppy should be able to stand, turn, and stretch out comfortably in their crate. Some dogs feel enhanced security with a blanket draped over the crate. Additionally, the location of the crate is important because of the social nature of dogs. Therefore, the crate should be in an area where family members spend a lot of time.

Crate training should always be a positive and relaxing experience for your dog. This can be accomplished by leaving the door open when you are home, giving food, treats, and/or chew toys in the crate, along with teaching your puppy a verbal command when the puppy enters the crate, and only placing the puppy in the crate for scheduled rest and sleep periods. These components will make your puppy's crate experience a positive, enjoyable time and not punitive.

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NEW PUPPY ADVICE

Tips for Crate Training Your Puppy:

- Introduce the puppy to their crate as soon as you bring your puppy home
- Place a variety of treats in the crate throughout the day
- Food, water, toys, and bedding should be offered to the puppy in the open crate

- Place your puppy in their crate with water, a toy, and a treat after eliminating outside, play, and exercise
 - Choose a location outdoors for your puppy to eliminate and reward with praise and food lavishly when he or she eliminates there
- Leave the room when your puppy is in their crate but remain close by so you can hear them. Never release the puppy from its crate unless it is being quiet. This will teach your puppy quiet behavior and rewards them for being calm in their crate.
- If crying does not subside, a loud noise, spray bottle, or other means to “startle” your puppy can be utilized
- Your puppy should always be placed in their crate after exercise and a chance to eliminate
- At bedtime, your puppy should be exercised, then placed in their crate and left for the night. The crate can either be kept in the bedroom, or in another room away from you to deter crying.
- It is helpful to establish a routine with your puppy for successful training
- If your puppy is sleeping in one end of the crate and eliminating in the other, your crate is likely too large for your puppy, and a divider should be utilized
- **Never** use the crate as a punishment

General Guidelines For How Long They Can “Hold It”

Length of Time	Age
Through the night	3 months
During the day, up to 3 hours	2 months
During the day, up to 4 hours	3 months
During the day, up to 5 hours	4 months

PREVENTIVE HEALTH CARE IN YOUR MATURE PET

It is important to remember that dogs age much faster than people, and large breed dogs age even faster than smaller breeds. When your dog is 7 years or older, he/she is considered a senior pet, and we recommend utilizing preventive care with biennial examinations.

Unfortunately, our pets do not have the capabilities to let us know what is ailing them as they age, and they are adept to hiding symptoms of pain and/or weakness. It is very common to find medical problems on a routine physical exam that even the most conscientious owners are unable to identify. Furthermore, senior pets benefit from screening bloodwork and other testing. Tally Oaks offers Preventive Care lab work packages for all life stages. It is important to note that almost 25% of senior dogs that appear healthy on physical exams have underlying disease and being able to obtain an early diagnosis is the key to successful treatment.

The two most common problems seen in adult and senior dogs are obesity and dental disease.

Obesity is extremely prevalent in middle aged and senior pets. Obesity is linked to disorders like ligament tears/ruptures, arthritis, decreased mobility, and respiratory compromise. In general, the leaner your dog is, the better it is for them. Studies indicate that pets that are lean live an average of 2-3 years longer than their overweight peers. Weight control is best managed through a combination of dietary control and exercise.

Dental disease is another significant issue in older pets and about 80% of adults and senior pets have dental disease. The average pet that receives good dental care lives 10-20% longer. Getting in the habit of brushing your dogs teeth is one of the most important things you can do to improve and maintain his or her teeth as an older dog. It is important to know that bad breath is not normal for a dog, and is an indicator of disease.

For a long and healthy life, it is imperative to keep your dog's weight lean, keep their teeth healthy by brushing, and seeing your veterinarian on a routine basis, even when there are no apparent signs of illness.

PET INSURANCE

Pet insurance is a tool that can be utilized to allow you to make decisions with your pet's wellbeing in mind and decrease the worry of cost of services. It is a good option to consider especially during puppyhood or in breeds that are at an increased risk for medical issues. Tally Oaks recommends the following companies for pet insurance.

Nationwide

After your visit, submit a claim, then Nationwide will reimburse you directly.

BestPetInsurance.com

(800) 672-9259

Figo

Submit a claim after your vet visit, Figo then will reimburse you through direct deposit.

figopetinsurance.com

Call: (844) 738-3446

Text: (844) 262-8133