



# Lifetime Small Animal Hospital

## “Helping Your Pet Be Its Best – for a Lifetime”

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### OPTIMUM PET WELLNESS RECOMMENDATIONS

Optimum health care can add years to the life of your pet as well as substantially decrease your cost of treating medical problems associated with aging. We would make the following recommendations:

- 1. Comprehensive Physical Examinations.** Since pets age 5-7 times faster than humans, a minimum of one physical examination annually is a must to detect problems as soon as possible. Semi-annual exams are recommended as the pet ages.
- 2. Laboratory Screening For Disease.** Many medical problems can be diagnosed through the use of laboratory diagnostic testing long before clinical signs of disease become evident. Specific recommendations for your pet may include tests for internal parasites, heartworms and leukemia as well as baseline blood chemistry and CBC. As the pet ages, additional testing should be phased in including urinalysis, more complete blood screening, and thyroid testing.
- 3. Nutrition.** Feed the highest quality pet food you can afford. “Premium” foods are more digestible and result in less stool volume. Ask for our recommendations. Pet food labels can be very deceiving. Vitamin supplements help keep the skin healthy and may enhance the pet’s immune system. Fatty acid supplements may be useful for skin problems, arthritis & inflammatory bowel disease. It is best to avoid table scraps because they can lead to many very serious problems.
- 4. Fresh, Clean Water.** Water makes up about 70% of the body weight. Water is the most necessary nutrient for good health. Any changes in water consumption should be brought to our attention.
- 5. Keep Your Pet Under Control.** Letting pets run loose takes years off their life. Statistics show pets spending the majority of their life outdoors do not live as long. Be sure your pet wears an ID Tag. Lost pets without ID Tags seldom are returned home.
- 6. Vaccinations.** Maintaining appropriate vaccinations for this area prevents many serious diseases. Vaccination recommendations must be individualized for each pet based on breed, age, physical condition, diseases prevalent in the area, etc.

- 7. Heartworm Prevention.** Heartworms are a serious & deadly problem. All dogs should be on heartworm prevention from May through October.
- 8. Prevent Obesity.** Extra pounds burden the heart, kidneys, muscles & joints, decreasing life expectancy 30% - 50%. It is much harder to lose weight than to prevent the weight gain. If your pet is prone to weight gains, feeding diets designed to maintain weight and limited access to food is important for control.
- 9. Dental Hygiene.** Tartar buildup is a result of bacterial infection in the mouth and leads to periodontitis. Many respiratory, kidney, liver and heart infections are a result of bacteria spreading from the mouth. It is important to note that the “real” problem is what you don’t see (what is below the gum line) rather than what you do see (above the gum line.) Dental exams, routine use of dental hygiene products, and dental scaling/polishing are important for a healthy mouth.
- 10. Grooming & Nail Trimming.** Maintaining healthy skin, hair coat and toenails makes your pet more comfortable, prevents odor, and makes your pet “shine”. Poor skin & hair coat often indicates underlying medical problems.
- 11. Flea & Tick Control.** We now have excellent weapons in our war on fleas & ticks. We recommend a topical flea and tick pour on available at our clinic. DO NOT BE FOOLED! The over-the-counter “look alikes” are not the same – and in fact can be fatal to your pet.
- 12. Medicating Your Pet.** NEVER give human medications or medications prescribed for other pets to your pets. Dosages can be very different in each species. One Tylenol™ can kill your pet.
- 13. Maintain A Constant Environment.** Tolerance to heat and cold decreases with age. Warmth also lessens the signs of arthritis.
- 14. Perform the below CHECKLIST FOR GOOD HEALTH Each Week & Notify Us If Any Abnormalities Are Noted.**

### HOME CHECKLIST OF GOOD HEALTH

- Annual Comprehensive Wellness Exam & Screening.
- Semi-Annual Good Health and Dental Exam Due.
- HEARTWORM PREVENTATIVE** Given Monthly (May-Oct).
- FLEA/TICK CONTROL** Effective (Frontline)
- HEART AND LUNGS** – Breathing without difficulty, does not tire easily, no coughing, gasping wheezing, or sneezing.
- EYES** – Bright and clear, no lumps, masses or discharges on eyelids.
- EARS** – Should be clean and free of discharge or odor, not head shaking or scratching ears.
- MOUTH** – Make sure gums look healthy & no broken teeth. Observe for the beginning of plaque & tartar. Bad breath is usually the first sign of dental disease.
- BODY AND COAT** – Feel for tumors, lumps or ticks, look for fleas, excessive dirt or dandruff.
- LEGS AND FEET** – Feel for swelling, check between toes and check nails. Observe for changes or difficulty in walking, running, getting up, etc.
- ANUS** – No scooting or tapeworm segments seen.
- No changes in appetite, thirst, urination, or bowel habits or daily routines.

Age	ADULT SIZE IN POUNDS				
	0-30	30-49	50-74	75-100	100+
6 mo					
1	12	12	14	16	20
2	19	21	23	23	26
3	25	25	26	29	32
4	32	32	35	35	38
5	36	36	37	39	42
6	40	42	43	45	48
7	44	45	46	48	52
8	48	50	52	52	57
9	52	53	54	56	62
10	56	56	58	61	66
11	60	60	62	65	72
12	62	63	66	70	78
13	66	67	70	75	83
14	70	70	75	80	90
15	73	76	80	85	97
16	78	80	85	90	104
17	82	84	90	97	111
18	87	90	96	104	120
19	91	95	103	112	
20	97	100	110	120	

Relative age of your pet in Human Years

ADULT  
SENIOR  
GERIATRIC