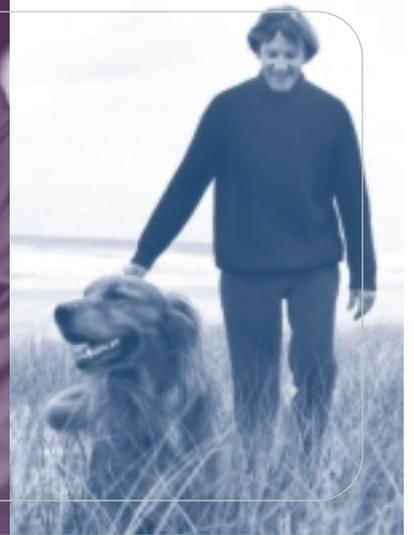


Caring for Your Dog at Any Age:

The Purina Pet Institute's
Health and Wellness Checklist



 **PURINA**
Advancing Life™

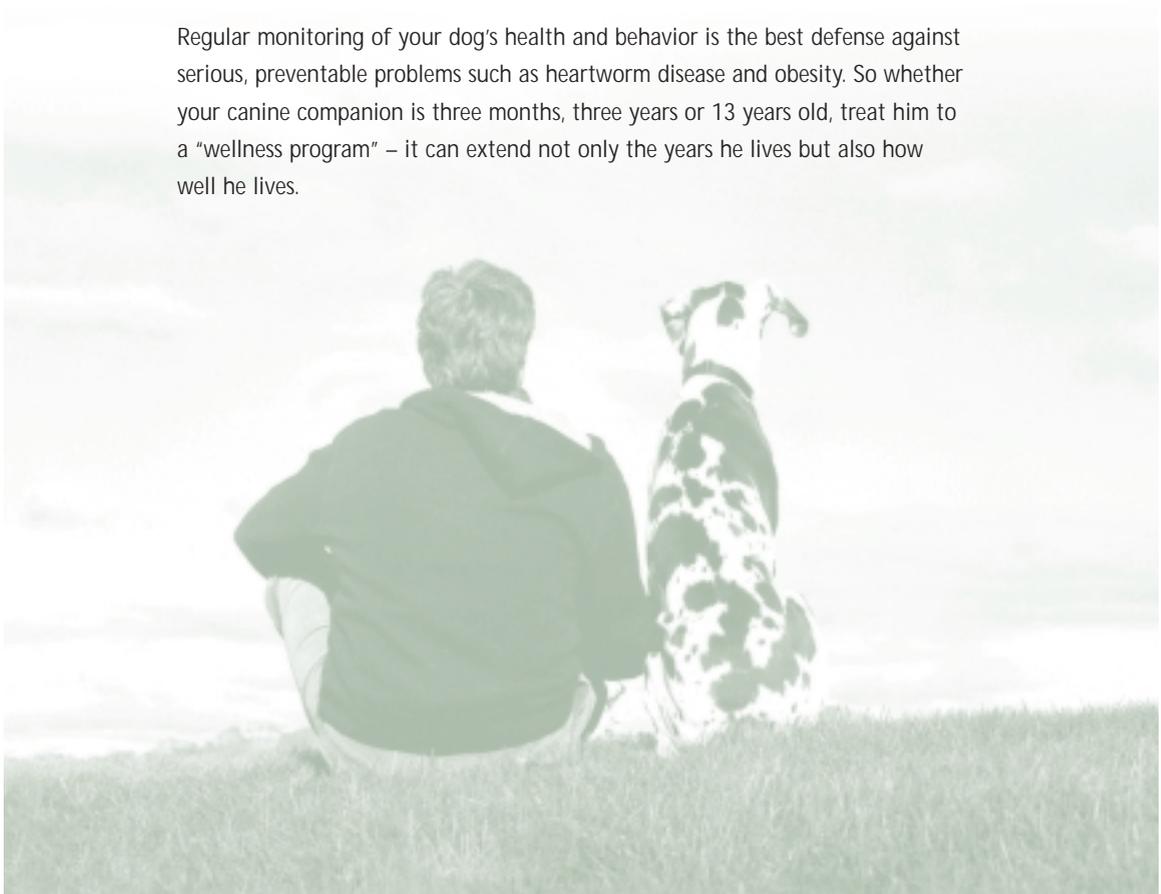
The Purina Pet Institute's Health and Wellness Checklist

The relationship you share with your dog may be one of the most rewarding you ever experience. And in return for the love and companionship your dog provides, you want to give him the gift of a long, healthy, happy existence. Your dog will have a better chance at such a life if you invest in a “wellness program” that includes routine wellness check-ups at home and at the veterinarian.

The Purina Pet Institute is dedicated to helping all dogs live longer, healthier lives. We've created this booklet to give you the tools you need to perform regular “wellness check-ups” with your dog at home. It also includes general guidelines of when your dog should visit the veterinarian and what to expect and discuss during these visits.

But this brochure is just the beginning. There is a wealth of other information on our web site at www.Purina.com, including the complete “*Caring for Your Pet at Any Age: The Purina Pet Institute's Pet Health & Wellness Guide*” for dogs and cats.

Regular monitoring of your dog's health and behavior is the best defense against serious, preventable problems such as heartworm disease and obesity. So whether your canine companion is three months, three years or 13 years old, treat him to a “wellness program” – it can extend not only the years he lives but also how well he lives.



ROUTINE WELLNESS CHECK-UP:



Forming a good relationship with your dog's veterinarian and providing regular veterinary care are important. However, it is also important for you to monitor your dog's health at home on a regular basis. Become familiar with what is "normal" in your dog's appearance, behavior and health so you can identify any problems as soon as they start.

During your dog's puppy and adult years, conduct the following home health check on a **monthly** basis. During your dog's senior years, conduct this check once a week. Alert your veterinarian to any problems or changes.

To help you remember what to look for during your home health check-up, just remember the words **C-A-N-I-N-E H-E-A-L-T-H**:

What to Look for...

C **OAT**: Smooth, thick, shiny coat. Free of tumors, ticks, fleas, greasiness, dandruff and bare patches.

A **CTIVITY**: Your dog needs regular physical activity. Make sure your dog is not showing signs of stiffness, pain or limping when walking. Also watch out for excessive panting or changes in breathing patterns when engaging in physical activity.

N **OSE**: The nose should be moist and free of discharge and sores.

I **NSTINCT**: Changes in your dog's senses and response to smells, the sound of your voice, tastes, etc.

N **UTRITION**: Puppies, adults and senior dogs have different nutritional requirements, so be sure to provide your dog with food that is appropriate for his/her age. Is your dog in ideal body condition? Ask your veterinarian to do a Body Condition Score to make sure your dog is not carrying too much weight for his breed and size.

E **ARS**: Check to make sure that your dog's ears are clean and free of odor, discharge and ear mites.

What to Look for...

H **ABITS**: Watch for changes in your dog's habits such as:

1. **Eating and drinking**. Any changes in appetite or the amount of food and water normally consumed.
2. **Urine and bowel movements**. Any changes in elimination habits, including appearance of waste. There should be no signs of pain when your dog urinates or defecates. Anus should be free from swelling, with no evidence of internal parasites (excessive scratching, licking or chewing in this area are signs).

E **YES**: Bright and clear. No signs of discharge, irritation, discoloration, tearing or cloudiness.

A **TTITUDE**: Any changes in responsiveness and interaction with family, sleeping or barking patterns; signs of confusion, disorientation or lethargy.

L **UMPS**: Check your dog's entire body — including his/her paws and underside for any lumps, bumps and unusual skin problems such as red and raised skin.

T **EETH**: No evidence of excessive tartar buildup. Pink gums with no redness or swelling, bad breath, sores or growths.

H **UG**: Hug your dog, the healthy way. Perform a Purina Rib Check:

1. Begin by placing both thumbs on your dog's back bone. Run your fingers along the rib cage. If you can't easily feel the bony part of each rib, your dog may need to lose weight.
2. While your dog is standing, stand directly over him/her and look down at him/her. You should see a clearly defined waist behind the ribs. If your dog doesn't have an "hour glass" figure, he/she may be carrying extra pounds.
3. Check your dog's profile. If you don't see a clearly defined abdomen tucked up behind his/her rib cage, he/she is probably overweight.



 **PURINA**
Advancing Life

VETERINARY CARE GUIDELINES FOR PUPPIES

0-2 years of age, depending on breed



The following wellness checklist outlines some of the important veterinary care your puppy needs during the first year. However, this should only be used as a general guide – it is important that you work together with your veterinarian to ensure your puppy is receiving the appropriate health care throughout his/her first year.

| Puppy's Age | Veterinary Visit to Include: | Things to Consider: |
|-------------|--|---|
| 6-10 weeks | <p>A baseline physical examination, including:</p> <ul style="list-style-type: none"> • Fecal examination • First vaccinations for core vaccines: Distemper, Hepatitis, Parainfluenza, Parvovirus (DHPP) <p>Ask your veterinarian if the following non-core vaccinations are necessary:</p> <ul style="list-style-type: none"> • Bordetella (Canine Cough Complex) • Lyme Disease • Coronavirus (DHLPPC) • Leptospirosis <p>IMPORTANT: Try to limit exposure to public places and other dogs until the 16-week core vaccination schedule is complete.</p> | <p>Important for first year:</p> <ul style="list-style-type: none"> • Be prepared to give your puppy's history (birth date, any vaccinations already received) • Discuss core and non-core vaccinations with your veterinarian and establish vaccination schedule: <ul style="list-style-type: none"> Core vaccinations are those vaccinations required by law or needed by all puppies Non-Core vaccinations are optional depending on your veterinarian's recommendation and your pet's lifestyle • Discuss spaying/neutering options with your veterinarian; schedule procedure if possible • Discuss puppy training classes (cost, location, etc.) and begin classes once puppy has completed the core vaccination schedule (usually at 16 weeks) • Find out the clinic's hours, emergency clinic number, etc. • You may want to drive by the emergency clinic to become familiar with its location |
| 10-12 weeks | <p>Veterinary visit for vaccinations:</p> <ul style="list-style-type: none"> • Second vaccination/booster for DHPP • Rabies vaccine (check with your veterinarian on timing, as laws vary among communities) | <p>Talk to your veterinarian about:</p> <ul style="list-style-type: none"> • Heartworm and flea prevention programs • If haven't done so already, discuss puppy training classes (cost, location, etc.) <p>Now is a great time to puppy-proof your home, including:</p> <ul style="list-style-type: none"> • Securely screen all windows • Securely store poisonous materials • Keep toilet lids down and doors and drawers closed <p>Puppy will be teething and may chew on inappropriate items. Provide a safe chew toy instead. Ask your veterinarian to show you how to brush your puppy's teeth.</p> |
| 14-16 weeks | <p>Veterinary visit for vaccinations:</p> <ul style="list-style-type: none"> • Third vaccination/booster for DHPP | <p>Now is a great time to introduce grooming and regular dental care. If you perform at-home grooming regularly, your puppy will get used to it, which will help as he/she gets older.</p> <ul style="list-style-type: none"> • Begin with short, daily grooming sessions • Brush your puppy all over including his/her underside • Handle your puppy's paws so he/she will allow nails to be trimmed • Reassure and praise your puppy as you groom <p>Training considerations:</p> <ul style="list-style-type: none"> • If your puppy has completed the 16-week core vaccination schedule, you can begin obedience class training and/or puppy agility class. Talk to your veterinarian about scheduling your dog to be spayed or neutered. |
| 6 months | <p>Veterinary visit, including:</p> <ul style="list-style-type: none"> • Physical exam for overall development and body condition • Dental Check-up (most of your puppy's permanent canine teeth have come in) • Spay or neutering procedure, unless you are planning on breeding | <p>Talk to your veterinarian about:</p> <ul style="list-style-type: none"> • Any concerns you have with your puppy's behavior or health and your veterinarian's recommendations • Your puppy's weight and how to tell if he/she is getting too heavy • When to switch your puppy to adult food • How to perform a Rib Check <p>Training considerations:</p> <ul style="list-style-type: none"> • Begin obedience class training and/or puppy agility class if you haven't already |



 **PURINA**
Advancing Life

VETERINARY CARE GUIDELINES FOR ADULT DOGS:



- 1 Year to 10 Years for Small Breeds (less than 20 pounds)
- 1 Year to 8 Years for Medium Breeds (21-50 pounds)
- 2 Years to 7 Years for Large and Giant Breeds (51 pounds and above)

Regular health care is essential throughout your dog's adult life. In general, healthy adult dogs should visit the veterinarian once a year. Use this wellness checklist to help guide you through your dog's adult years and ensure you're on top of all your dog's physical health needs. However, you should work with your veterinarian to establish the appropriate health plan for your dog. As an easy reminder to keep on track with annual veterinarian exams, you may want to schedule the annual check-up around your dog's birthday.

| Dog's Age | Annual Check-Up May Include: | Things to Consider: |
|--|---|--|
| <p>1 to 10 years for small breeds</p> <p>1 to 7 years for medium breeds</p> <p>2 to 5 years for large breeds</p> | <p>Regular health checks are advisable at least once a year. Visits may include:</p> <ul style="list-style-type: none"> • Weight analysis (Rib Check) • General physical exam to check body systems • CBC test • Chemistry profile • Heartworm test • Fecal examination • Nutritional counseling as necessary • Dental check-up <p>Core vaccinations boosters for:</p> <ul style="list-style-type: none"> • Distemper • Hepatitis • Parainfluenza • Parvovirus • Rabies Vaccination (each year according to local law by your veterinarian) <p>Non-Core vaccinations may include:</p> <ul style="list-style-type: none"> • Bordetella (Canine Cough Complex) • Lyme Disease • Coronavirus (DHLPPC) • Leptospirosis | <p>Recommended questions for the veterinarian:</p> <ul style="list-style-type: none"> • How is my dog's overall health? • Is my dog's weight in a healthy range? If not, how can I help my dog lose weight? • Is my dog getting enough exercise? What are some healthy activities for my dog? • Does my dog need to have any of the non-core vaccinations? • What is the best vaccination schedule for my dog? <p>If interested, get recommendations from your veterinarian or breeder on the following specialized training:</p> <ul style="list-style-type: none"> • Hunting • Retrieving • Obedience • Agility |



 **PURINA**
Advancing Life™

VETERINARY CARE GUIDELINES FOR SENIOR DOGS:



- 10 Years and Above for Small Breeds (less than 20 pounds)
- 8 Years and Above for Medium Breeds (21 to 50 pounds)
- 7 Years and Above for Large Breeds (51 to 90 pounds)
- 5 Years and Above for Giant Breeds (more than 90 pounds)

Regular health care is essential throughout your dog's life, but it's particularly important as your dog gets older. No matter what the life span of your breed may be, identifying and understanding the needs of your aging pet will give you a head start on beating the life expectancy odds. In general, healthy senior dogs should visit the veterinarian every six months. Use the wellness checklist below to help guide you through your dog's senior years and ensure you're on top of all his/her physical health needs. As an easy reminder to keep on track with the biannual veterinarian exams, you may want to schedule the six-month check-up six months into the year.

| Dog's Age | Biannual Check-Ups May Include: | Things to Consider: |
|---|--|--|
| <p>10 years and above for small breeds</p> <p>7 years and above for medium breeds</p> <p>5 years and above for large breeds</p> | <p>Regular health checks are advisable every six months. Visits may include:</p> <ul style="list-style-type: none"> • Review of all previous disorders • Complete physical examination • Complete blood chemistry profile • Complete blood count • Fecal examination and heartworm test • Chest X-Rays if needed • Cardiac evaluation • Weight • Nutritional counseling if necessary <p>Core vaccinations boosters for:</p> <ul style="list-style-type: none"> • Distemper • Hepatitis • Parainfluenza • Parvovirus • Rabies Vaccination (each year according to local law by your veterinarian) <p>Non-core vaccinations may include:</p> <ul style="list-style-type: none"> • Bordetella (Canine Cough Complex) • Lyme Disease • Coronavirus (DHLPPC) • Leptospirosis <p>As your dog gets older, give him a thorough home check-up every week to catch any signs of ill health.</p> <p>Conduct a Rib Check and assess your dog's body condition on a monthly basis as senior dogs are prone to gaining weight.</p> | <p>Recommended questions for the veterinarian:</p> <ul style="list-style-type: none"> • How is your dog's overall health? • Is your dog's weight in a healthy range? If not, what is healthy? • Is your dog getting enough exercise appropriate for his age? Why is it important for his/her well-being? • What is the best vaccination schedule for my dog? <p>Things you should address:</p> <ul style="list-style-type: none"> • Any changes you've noticed in your pet's behavior, activity level or appearance • Beginning a fitness program if he/she isn't on one already |



 **PURINA**
Advancing Life