



Adult/Senior Wellness Plan for Dogs

Providing your adult pet with a complete preventive health care program. Your pet's well-being is our goal.

Adult Preventive Health Care (1yr to Senior)

- Annual Complete Physical Examination
- Annual Vaccine needs assessment
 - Distemper Vaccine
 - DHPP Adult due date: _____ DHPP Adult last given: _____
 - DHPP 3-Year due date: _____ DHPP 3-Year last given: _____
 - Rabies Vaccine
 - Rabies 1-Year due date: _____ Last given: _____
 - Rabies 3-Year due date: _____ Last given: _____
 - Bordetella Vaccine
 - Bordetella due date: _____ Last given: _____
 - Bordetella due date: _____ Last given: _____
 - Bordetella due date: _____ Last given: _____
 - Leptospirosis Vaccine
 - Leptospirosis due date: _____ Last given: _____
- Fecal Floatation by centrifugation & Giardia last given: _____
 - Biannual if children or immunosuppressed adults in home
- Heartworm Prevention, Internal Parasite and Flea Control.
 - Heartworm blood test prior to starting heartworm prevention
 - Heartworm blood test every 3 years thereafter
 - done: _____
 - Heartworm prevention & Adult Strategic Deworming
 - Iverheart Plus _____
 - Adult Strategic Deworming only
 - Pyrantel _____
 - Flea Prevention only
 - Frontline _____
 - Program _____
- Dental Cleaning as needed
 - Non Anesthetic Teeth Cleaning done: _____
- Royal Canin Veterinary Diet - Early Care Diet for size and disease preventative needs, Purina JM
- Supplements:
 - Dasuquin with MSM, Glyco-Flex
 - _____

Senior Preventive Health Care

- Adult Preventive Care above, plus:
 - Annual Baseline Blood and Urine Tests
 - to see how the major bodily organs are functioning and to establish baselines for your pet
 - Canine Senior Profile, Urinalysis and Urine Culture
 - Diet: Royal Canin Mature, Purina JM

Comparative Ages of Dogs and Humans				
Dog's Age	0-20 lbs.	21-50 lbs.	51-90 lbs.	>90 lbs.
5	36	37	40	42
6	40	42	45	49
7	44	47	50	56
8	48	51	55	64
9	52	56	61	71
10	56	60	66	78
11	60	65	72	86
12	64	69	77	93
13	68	74	82	101
14	72	78	88	108
15	76	83	93	115
16	80	87	99	123
17	84	92	104	
18	88	96	109	
19	92	101	115	
20	96	105	120	

Geriatric Preventive Health Care

Senior Preventive Health Care plus:

- Biannual complete physical examination
- Blood pressure
- Royal Canin Veterinary Diet Mature or Hills B/D or specific prescription diet as needed

Dogs

Vaccinations: Many serious pet diseases can be prevented by vaccination. Even if always kept indoors, your pet can be exposed to viruses carried in the air, or on dust or clothing. Vaccination is inexpensive protection against costly treatment or premature death of your pet. Booster vaccines are necessary to maintain this protection. Vaccinations will protect your pet from: distemper, hepatitis, parainfluenza, parvovirus, coronavirus, Bordetella, Leptospirosis and Rabies.

Fecal floatation/internal parasite prevention: Intestinal parasites threaten your pet's health, and potentially, the health of children under 7 years of age, geriatric individuals and immunosuppressed adults. In large numbers, they can cause intestinal blockages, bloody diarrhea and even premature death. Microscopic examination of your pet's stool should be done annually for early detection and treatment. Pets that live with children under the age of 7 and/or immunosuppressed adults should be on a once-a-month dewormer to minimize the spread of parasites to your family.

Heartworm Prevention: Western Washington now has heartworm and we are now recommending heartworm prevention for all dogs in the area. Heartworm disease is a serious and potentially fatal condition caused by parasitic worms living in the arteries of the lungs and occasionally in the right side of the heart of dogs, cats and other species of mammals, including wolves, foxes, ferrets, sea lions and (in rare instances) humans. Western Washington currently has the same rate of heartworm infection as the upper New England States where pet owners regularly use heartworm prevention for their pets. A heartworm test should be performed on all dogs prior to starting heartworm prevention and we recommend testing at least once every three years while on preventative. This is important in order to detect and treat underlying heartworm disease, to help reduce the risk of resistance to heartworm preventatives, and to monitor for preventative failures. It is important to note, however, that many of the drug companies will not guarantee their product without a yearly test, or at least not cover the cost of treatment fully without documentation of annual tests and a good purchase history of heartworm preventatives. To see a map of incidence rates throughout the country and to learn more information about heartworm, please visit <http://www.heartwormsociety.org>

Flea Prevention: Because you and your pet live in the Northwest, fleas are a problem. These little insects bite, causing inflammation with mild to severe itching, pain and discomfort. When swallowed, fleas may also transmit tapeworms to your pet. Flea bites can also cause allergic reactions resulting in painful and difficult to manage skin disease.

Dental Cleaning: We strongly believe that regular dental care for your pet can increase the life span of your pet by decreasing the probability of bacterial insult to the kidneys, heart, liver and lungs. Bacteria in the plaque and tartar can enter the blood stream through inflamed gums and can lead to debilitating disease and organ failure. Dental care can also increase the quality of your pet's life by reducing the risk of painful periodontal disease. Regular dental care includes cleaning, scaling and polishing. We recommend either a non-anesthetic cleanings, or for more severe problems, a full anesthetic procedure. During your pet's annual physical exam, your doctor will assess your pet's need for a professional dental cleaning and, if desired, coach you on home dental care.

Blood Tests:

○**CBC** or Complete Blood Count tests for anemia, infection, inflammation and overall healthiness of the blood cells. It also evaluates the number and type of cells in circulation. White Blood Cells (WBC's) help fight infection or inflammation. Red Blood Cells (RBC's) carry oxygen to the tissues.

○**Serum Chemistry Profiles** survey many of the organ systems of the body to make sure that they are working normally. The results will help confirm abnormalities found during a physical exam and may help bring to light any other occult problems that may be lurking. They also help to establish baselines for what is normal for your pet. The following organs may be surveyed during serum chemistry examination:

- Kidneys:** in conjunction with a urinalysis, these values help analyze kidney function and health
- Liver:** these values help detect possible inflammation, infection or neoplasia (abnormal growth of cells) in the liver and gall bladder
- Pancreas:** these values may be abnormal with inflammation, infection, or neoplasia
- Muscle and Bone:** these tests help monitor the metabolism of the bones and can indicate possible damage, trauma or inflammation to the muscles.

Electrolytes: deficiencies or excesses of these electrically charge particles can be harmful to your pet's physical and mental well-being. These values help monitor the electrical water balance and cellular health of the body.

○**Thyroid Testing.** A total T₄ is useful in determining if malfunctions of the thyroid gland exist. Hypothyroidism (too little thyroid hormone) is common in dogs; where hyperthyroidism (too much thyroid hormone) is common in older cats. Because there is no single thyroid test that can diagnose all thyroid disease in animals, panels of several different thyroid tests are sometimes recommended to ensure a proper diagnosis.

Urinalysis: This test is used to assess the health and function of the urinary system. It is especially important in older animals to help in early detection of kidney disease. While some serum chemistries help evaluate kidney function, much more information is obtained when a urinalysis is done at the same time. The urine sample is tested for several chemical components (glucose, protein, blood and more), as well as any cells (WBC, RBC, epithelial cells, bacteria, etc) and crystals. The concentration of the urine is also monitored to help determine if disease is present.

Blood Pressure Measurement: Hypertension can lead to blindness, heart disease, clotting disorders, and kidney problems. It is important to diagnose it early for better management and control.