



Easy-to-learn Dog Tricks

Sit pretty/Beg:

1. First, have your dog sit, facing you
2. Hold his favorite treat just above his head and say "Sit pretty" or "Beg"
3. Your dog will probably lift his front feet off the ground to reach the treat
4. As soon as the front feet are lifted, even a little bit, give him the treat
5. You may help your dog to balance by holding out your arm and allowing them to balance themselves on it



OUR HOURS:

MON	7:30am-7:30pm
TUES	7:30am-6pm
WED	7:30am-7:30pm
THURS	7:30am-6pm
FRI	7:30am-6pm
SAT	8am-1pm
SUN	5pm-5:30pm**

**boarding pick ups and drop offs only

Companion Chatter

JULY—AUGUST 2013

How Hot is Too Hot?

Summertime is here, the heat is upon us and you may be planning vacations, weekend getaways or just some fun hikes with your dogs. You may be able to recognize the dangers of heat exhaustion or heat stroke in humans (i.e.: headache, dizziness, fatigue, disorientation, hot DRY skin, rapid heartbeat) but how do you recognize it in dogs? How is heatstroke in dogs prevented? How is it treated? Help your dog this summer by educating yourself and becoming aware of your dog's surroundings and by using preventative measures to ensure your dog's safety. It is recommended that you learn what your dog's normal resting heart rate, respiratory rate and temperature are before starting out your vacation or daily hikes in the sun.

Dogs cool off by panting, exchanging warmer air from the body for the cooler air outside. They do not sweat to cool off the way humans do, although they can release some moisture through the pads of their feet. The average body temperature for a dog is between 100-103 degrees and when the outside temperatures reach 85 - 90 degrees or more, cooling off becomes more difficult for the dog. Exercising during the heat, even just a walk, increases panting and loss of body fluid begins. Short nosed breeds such as pugs, bulldogs, boxers, and the Pekinese can overheat more quickly because they can not exchange air as efficiently. Recognizing this will help you to help your dog in the hot summer months.

Most of us have heard that leaving a dog in a car, even with the windows rolled down while you pop into a store for something can be fatal. The inside car temperature can jump quickly on warm days as well as overcast days due to the concentration of UV rays penetrating the car's windows. If you choose to leave your dog outside at home, make sure that the dog has plenty of cool fresh water to drink and plenty of

shade. Dog runs and tie downs for dogs can be a hazard when the sun changes position and the shade moves or disappears completely. You may have to provide a shade umbrella, small wading pool, misters or extra bins of water.

Now that you have taken some measures to prevent heat stroke at home, let's look at what you'll need to be aware of when you are out and about with your dog. Hiking, long walks or even just a long day at your child's baseball games, can be hard on your dog too. Make sure you bring plenty of water, a shade umbrella or pup tent and maybe even some ice and a towel to help cool off the dog's undersides if he starts showing signs of heat exhaustion. Plan on taking water breaks in the shade every 15 minutes or so for at least 5 minutes on hot days when you are hiking. When you are walking on hot sand or asphalt, your dog's feet can blister too! Watch out for metal manhole covers on sidewalks. Be aware of your dog's behavior and know what is abnormal for your dog. Learn to recognize the following symptoms and act quickly to cool your dog down.

Heatstroke symptoms include:

- Rapid, sometimes frantic, excessive panting
- Tongue and mucus membranes are bright pink or red and the saliva is thick and tenacious (drooling does not mean that your dog is hydrated! Check the consistency of the drool!)
- Vomiting and sometimes diarrhea that can be bloody
- Unsteady, staggering gait
- Nose and ears dry and hot to the touch
- Body (rectal) temperature is 104 degrees or higher

What to do:

- Move your dog to the shade
- Drinking cool water alone will not fix the problem! Do not let your dog guzzle large amounts of water at a time.
- Immerse your dog in cool NOT icy cold water. Use a garden hose or bucket to cool the undersides including the groin and arm pits. Use a wet towel or bandana to cool underside if a hose is unavailable
- Pack ice in wet towels and use on underside and head to help cool dog
- Get the dog to a vet! Even after he seems to be cooled down!

Some signs to recognize as your dog is starting to become overheated include, whining, fidgeting, and as they pant the tongue extends much further than normal and may be scooped at the end like a big spoon with slimy drool at the tip. If you can cool them off at this point, you can avoid the harsher condition of heat stroke which is very serious and can be fatal.

It's highly recommended that you have your vet's contact information in your phone just in case you need it in a hurry when you are out and about and you may even want to make a list of the animal ER's that are close to your home as well. Prevention, knowledge of your dog's normal behavior and being prepared will help you to enjoy the outdoors with your dog safely in all types of weather - get out and have some fun!



Dog Ice Cream Recipe:

- 3 ripe bananas
- 32 ounces plain yogurt
- 1 cup peanut butter

Directions:

Blend, pour the mixture into ice trays, freeze. In a couple hours you'll have a cool treat for your dog!



Fourth of July Pet Safety Tips

To help your pet keep calm create a safe space for them to retreat to when they are feeling nervous due to firework noise. Make sure to provide water, food and toys to distract them! Also, be sure to keep all pets indoors! Have a happy 4th!



Does your boarding pet need some extra love and attention during his visit?

Some of our Companion employees can be hired to give your boarding pet some extra TLC while you are gone! When you drop your pet off for boarding, be sure to ask reception about employees that are willing to take your dog for extra walks, or come in to give your kitty some extra loving, for a small fee during their stay.

Have you read **THE BURGERS?**

The results are out for "The Best of New River Valley 2013" poll. We are happy to announce that two of our own were nominated and ranked in the Best Veterinarian category. Placing #1 is Dr. Marta Downey and #3 is Dr. Matt McCormick. We would like to thank all who participated in the voting. Check out all the results to see what was rated The Best in the New River Valley!!!!

Vehicle Temperature

Outside	Inside	Time to Reach
75	100	10 minutes
75	120	30 minutes
85	90	5 minutes
85	100	7-10 minutes
85	120	30 minutes
100	140	15 minutes

Employee Spotlight

Melia grew up on a farm in Concord, NC and moved to the area in 2010. She has been married to her husband Daniel for 3 years. They have 2 dogs: Duke and Diesel, 2 cats: Spanky and Trigger, a few goats and a mini pig! In her free time she enjoys watching her husband race motocross.



Melia W.

service coordinator

EMERGENCIES

If your pet has an emergency after hours, a vet is on call here until 10pm to answer your questions and help you decide if you need emergency care. If your pet needs to see a doctor you can go to the Veterinary Teaching Hospital (Virginia-Maryland Regional College of Veterinary Medicine) 540-231-4621, Town and Country 540-382-5042 or Emergency Veterinary Services of Roanoke 540-563-8575.

