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Unlike cats, dogs may not have nine lives. But they do have many monikers. Including canine, which is a bit ironic. And a number of scientific studies suggest dogs may actually be wonderful for your health.

2 HEALTHY TOGETHER WITH FITBARK

A dog is an ideal exercise partner. Committing to a dog means committing to physical activity ourselves. FitBark is a new way to understand your dog's health, explain changes in behavior, and make better decisions with your vet.

3 EXPECT SOMETHING DIFFERENT!

Lasting weight loss that fits the way you feed your pet. Hill's Prescription Diet™ weight management can help your pet safely and effectively achieve and maintain a healthy weight for life.

4 WHAT YOU NEED TO KNOW ABOUT PET WELLNESS PLANS

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How Dogs Can Save Your Life

By: Adam Wenger

Unlike cats, dogs may not have nine lives. But they do have many monikers. Including canine, which is a bit ironic. And a number of scientific studies suggest dogs may actually be wonderful for your health.



11 Ways a Dog Can Save Your Life:

1. They can help you stay ahead of epilepsy.

While seizures themselves typically end on their own without causing serious damage, they can cause people to fall over and bruise, burn themselves, or break their bones. Also: If people with epilepsy aren't turned on their sides during an episode, they can inhale their own vomit and possibly die.

That's where seizure assistance dogs come into play. Properly trained pooches bark when their owners have a seizure. Joel Wilcox, 14, says his adorable Papillon gave him the "independence and confidence to just go to school or attempt activities," without having to live in fear of seizures.

2. They get you to exercise.

Researchers from Michigan State University found that nearly half of dog-owners exercised 30 minutes a day, five days or more a week. Do the math, and that comes out to an average of 150 hours of exercise a year — exactly what the CDC suggests you get.

Another study out of Australia found dog-owners walked roughly 30 minutes more a week than those without four-legged friends in their lives. Not known: What percentage of those walks was spent watching dogs pee indiscriminately on things.

3. They can lower your blood pressure.

Research published by the NIH found that pet owners might be protected against cardiovascular risk. That doesn't mean you can eat Taco Bell for a month straight just because you own a Chihuahua. But seeing as heart disease is the leading cause of death in the United States, it is promising.

4. They can help you kick smoking.

An online poll conducted by the Henry Ford Health System in Detroit found that about one in three smokers said the health of a pet would motivate them to try to quit smoking. So go ahead and get your smoker friend a dog for Christmas. Or dress up like a dog, then kindly ask them to quit.

5. Can keep you from seeing the doctor all the time.

According to a study published in the Australian Social Monitor, dog owners made 15 percent fewer





visits to the doctor than those who didn't have a four-legged friend at home. Giving you all the extra time you need to teach your dog how to play basketball.

6. They can help you battle depression.

In one cross-campus study, college students who were dealing with depression were invited to spend a couple hours with a therapy dog. They could pet, play fetch, and even take selfies. The results: A 60 percent decrease in self-reported anxiety and loneliness symptoms.

7. They can save you from a burning building.

Dogs have made headlines over the years for saving their owners from imminent death. In July 2014, a 2-year-old pit bull saved a deaf boy from a house fire. The pooch licked the sleeping kid's face, and the two made it out alive. It's sort of like Free Willy, if the killer whale was a deaf boy, and the inner city kid was a pit bull. On second thought, it's nothing like that movie. But it sure is a feel good story.



8. They can sniff out cancer.

Everyone knows dogs are great at smelling soggy tennis balls and used socks. Less known: Some canines can actually smell out cancer.

A study in the journal Gut found that a specially trained Labrador retriever could accurately detect cancer when

Smelling breath and stool samples. Are dogs set to replace doctors? Not quite yet. But given cancer kills over 500,000 Americans a year – according to the CDC – it's important to have options.

9. They can prevent fatal peanut allergies.

Poodles, labs, and other dogs have been trained to detect minute traces of peanuts. Which is great news for anyone who suffers from severe peanut allergies. But it's bad news for anyone who's on a budget, as the cost of owning, training and maintaining a peanut detection dog can cost thousands.



10. They may be able to predict earthquakes.

In 1975, Chinese officials ordered residents to evacuate the city of Haicheng after they witnessed dogs (and other animals) acting anxiously. A few hours later, a 7.3 magnitude earthquake leveled most of the town.

Did the dogs accurately predict the disaster? Well, maybe. While the United States Geological Survey (USGS) admits some dogs can probably feel the earth shake seconds before humans, that's not quite early enough to save lives. That said, if your dog starts going nuts tomorrow morning, you might want to step out from under the chandelier.

11. They may boost your immune system.

Quick: Think of the healthiest person you know. Then ask yourself: Do they own a dog? One study found that college students who petted dogs had significantly improved immune systems. Want to avoid mononucleosis in college? Don't: kiss every person you meet while drunk. Do: pet more dogs.

Source: <http://www.healthline.com/health/dog-health-benefits#1>

Expect Something Different!

Lasting weight loss that fits the way you feed your pet

Hill's Prescription Diet™ weight management can help your pet safely and effectively achieve and maintain a healthy weight for life.

Just like the human epidemic, almost 50% of the pet population is overweight. Even a little extra weight can impact the pet's quality of life and relationship with family because that extra weight can reduce play time, impact mobility and affect the lifelong general health of your dog.

Hill's nutritionists & veterinarians developed Hill's Prescription Diet™ Metabolic clinical nutrition specially

formulated to support your dog's weight management. In fact, 88% of pets lost weight at home in 2 months with the nutrition of Metabolic.

- Proven in home results
- Clinically proven to safely provide 28% body fat loss in dogs in 2 months and 29% body fat loss in cats in two months
- Nutrition that helps pets feel full and satisfied between meals





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(dry, wet & treats) get **20% OFF**
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FitBark monitors your dog's everyday activity and turns it into BarkPoints so you can track progress. It's a new way to understand your dog's health, explain changes in behaviour and make better decisions with your vet. For more information go to : www.fitbark.com

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- Helps to avoid weight regain following a weight loss program
- 80% of pet owners would recommend Metabolic Advanced Weight Solution to friends with overweight pets.

Source: www.hillspet.com.au

Healthy Together with FitBark

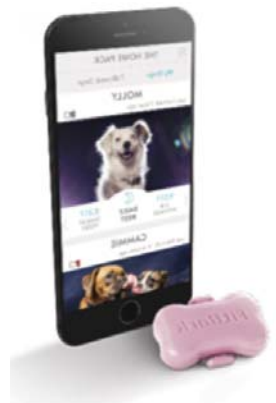
Fitbit smart bracelets are all the craze right now. These bracelets track your every move, counting steps and calories. So why not have one for your pet?

FitBark is like a FitBit for dogs, keeping track of your dog's everyday activity and sleep patterns, then sending the data wirelessly to a matching app.

The device itself is a waterproof, collar-mounted accelerometer with a battery can last up to two weeks on a single charge. Users can compare their dog's activity level to other dogs of the same age and breed, set activity goals and track their progress.

The FitBark is a small unit that connects directly to your dog's collar. When paired with an app on your phone, you have tabs

on your dog's activity—broken down by play, active and rest time—with the option to view it broken down by the hour. Coming soon, they will include the ability to compare your dog's activity with similar breeds. If your dog isn't meeting their goals, FitBark will give you a suggestion on how to help your dog, including how long you can take them out for a run or slow walk to help increase the numbers. You can also add your own activity monitors and store important medical information for your dog, should something happen while you're out on the roads.



FitBark monitors your dog's everyday activity and sleep and turns it into BarkPoints, so you can track progress. It's a new way to keep your dog (and you!) healthy, explain changes in behavior, make better decisions with your vet, and share memorable moments with friends & family.

Set the right health goal

Health is a choice. It's something we build, every day. Choose a lifestyle for your dog based on statistics from similar dogs. Average (50th percentile), Active (75th percentile) or Olympian (90th percentile)? Review a weekly report with all the doggie details.

Monitor progress together

Loving your pet means staying healthy together. Link your Fitbit and start monitoring your dog's fitness next to yours. Get active with your pet and make better choices throughout the day.

Challenge your furry friends

A little challenge keeps everyone motivated. Add friends to your TopDog Board and have fun reviewing weekly, monthly and all time champions.



Get peace of mind when apart

Keep everyone in the loop. Invite your daycare, kennel or dog walker to share activity reports, messages and pictures when you travel or when you're at work.



Understand changes in behavior.

Your dog is lethargic today. Was he sick all day and woke up multiple times in the middle of the night, or did he just rack up a lot of BarkPoints?

Your dog is strangely aggressive or anxious today. Is this a potential medical or behavioral issue, or did he just get no activity?

Get new medical insights

Get feedback on how your dog is responding to a new treatment or nutritional plan. Review longer term trends, monitor the development of

specific issues (e.g. post surgical recovery, rehabilitation, osteoarthritis, separation anxiety, dermatitis, weight loss, etc.) and make better decisions with your vet.

Train smarter

Is your dog into agility, rally obedience, disc dog, flyball, freestyle or any other competition? Quantify physical activity, monitor compliance with an exercise plan, avoid overtraining ahead of a competition, and share data and best practices with other team members.

Source: www.fitbark.com

What You Need to Know About Pet Wellness Plans

You've just received an unexpectedly large veterinary bill, or maybe an animal has somehow found its way into your life. To ensure your pet's health, you need to budget for its care.

Pets are so loyal and so low-maintenance that it's easy to forget how fragile and mortal even the strongest pets can be. Just ask the conscientious Rottweiler owner who walks her dog daily, feeds him the right food, treats him with care and kindness, and wakes up one day to find a sluggish 8-year-old companion whom subsequent tests detect is suffering from cancer. She's now faced with the prospect of amputating his leg before the cancer spreads to more vital parts of his body. It's an awful proposal to consider.

Invest in a Wellness Program

A wellness program – which is really just a frequent-buyer program – saves money on the treatments a conscientious pet owner would buy anyway.



There's a nominal sign-up fee and initial deposit, then a \$20-50 monthly premium (depending on whether your pet is a dog or a cat, and whether it's older than six months when you enroll it.) For that you get discounted examinations, blood tests, a break on regular vaccinations and teeth cleanings that are almost worth the price of the plan on their own.

Port Kennedy Veterinary Hospital offers various types of wellness programs suited to your pet. It's billed as the archetypal ounce of prevention. After all, it's far better to bring your seemingly healthy pet in for a series of scheduled routine check-ups than to wait for something frightening and frighteningly expensive to happen.

Wellness Programs vs Pet Insurance

There's a difference between a wellness plan as outlined above and actual pet insurance. The latter service is offered by formally designated insurance brokers. A Wellness Program provides your pet with preventative health care. Pet insurance is paid coverage for incidents or illnesses, which may occur during the life of your pet.

The Wellness Programs has been designed to detect and help in the prevention of various health related problems and treating any such issues before they become major problems.

Call us on **9524 6644** for more information on a Wellness Program tailored to your pet's lifestyle and get the best chance of preventing, detecting, and managing illness for your pet down the road.

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Julie Gordon
PHOTOGRAPHY
www.juliegordon.com.au

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Julie Gordon - Photography