



New Puppy Recommendations



The following is a brief synopsis of what we at
Veterinary Associates of Cape Cod recommend
for your new puppy or dog so that they
may live a long, happy, and healthy life with
you!

Vaccine Recommendations

Rabies is a viral disease of the nervous system that is fatal to both humans and animals and so prevention is crucial for everyone. Massachusetts law also requires vaccination. Rabies vaccine is started at 12-16 weeks of age and boosted 1 year later. In Massachusetts, this booster at one year will be valid for three years.

DAPP (Distemper) vaccine is commonly known as the distemper vaccine.

This vaccine protects from several diseases including the distemper virus, adenovirus, parainfluenza virus, and parvo virus. Distemper virus attacks the respiratory, gastrointestinal, and nervous system. Before the development of this vaccine, many dogs died of distemper. The virus still lives in wild canines like foxes and coyotes, so it's important to protect your puppy from the disease with the vaccine. Parvovirus is a disease of the gastrointestinal tract which causes profuse, bloody diarrhea and vomiting. If not treated with intensive care, puppies can die of the disease. Adenovirus causes an acute liver disease and is spread easily through respiratory secretions like sneezing, coughing etc. It also lives in the environment for years so it's important to protect your puppy as he explores his surroundings.

Parainfluenza causes a hacking, honking, uncomfortable cough (it's one of the agents of kennel cough, along with Bordetella).

Puppies usually receive their first DAPP vaccine while still with their mothers at 6-8 weeks of age; then they should be administered every 3-4 weeks until age 16 weeks. Dogs over 16 weeks of age who are receiving their first vaccine will receive a series of two vaccines separated by 3-4 weeks. The vaccine is then administered after a year and is continued every three years thereafter.



Vaccine Recommendations



Lyme vaccine prevents Lyme disease in dogs which is caused by the same organism that affects humans: the bacteria *Borrelia burgdorferi*. It causes lameness, joint pain, fever, and lethargy. We start the Lyme vaccine series at 9 to 12 weeks and booster it 3-4 weeks later. The vaccine is continued yearly thereafter.

Leptospirosis protects against the leptospirosis bacteria. It is contracted through the ingestion of urine infected with the bacteria. It could also be transmitted through open wounds exposed to infected urine. Coyotes, foxes, and other mammals are sources of the infection in the wild. If your pup likes to play outside, splash in puddles, or romp in the woods, they could be exposed to the leptospirosis bacteria. This bacterium attacks the liver and kidneys which can cause kidney failure and death. It doesn't just affect your puppy, though leptospirosis can be transmitted to humans too and cause serious illness in the same way. The vaccine for leptospirosis is given first at 12 weeks of age or after and the second dose (the booster) is given 3-4 weeks later. It is continued annually thereafter.

Bordetella is a vaccine that helps protect against the bacteria *Bordetella bronchiseptica* which is one of the common causes of kennel cough. This is a highly contagious respiratory illness that causes a honking cough, runny nose, and loss of appetite. If your dog will be boarding, attending day care, or visiting dog parks frequently, we recommend they receive this vaccine. It is an oral vaccine that is given once and then administered yearly thereafter.

Canine influenza vaccine helps protect against the canine influenza virus. This virus causes respiratory disease and is easily transmitted between dogs. It causes similar symptoms to those in humans like cough, fever, nasal discharge, lethargy, and possibly pneumonia. If your dog will be boarding, attending day care, or visiting dog parks frequently, we recommend they receive this vaccine. This vaccine consists of two doses given 3-4 weeks apart and is administered yearly thereafter. This vaccine protects against the two different strains of canine influenza. Canine influenza IS NOT contagious to humans.

Flea and Tick Preventative

Fleas not only cause itching and discomfort, but they can also transmit tapeworms if ingested and cause a generalized skin infection if they aren't controlled. Ticks attach to the skin to feed on the blood from your pet. They can also transmit Lyme disease and other blood parasites like anaplasma, ehrlichia, and rocky mountain spotted fever (not to mention, the ticks can get onto you too). We recommend flea and tick preventative for all dogs all year round starting as early as 8 weeks of age.

We love this interactive site to know what ticks are biting in our area! <https://tickencounter.org/>

Heartworm Prevention

Heartworm preventative: Heartworm larvae are transmitted through mosquitoes. The heartworm matures into an adult in the heart of the dog leading to heart and lung damage and can be fatal in severe infestations. Our warmer, coastal winter temperatures mean that the mosquitos can be active all year. In fact, the cases of canine heartworm disease are on the rise every year on Cape Cod. Treating heartworm disease is a long process that can have significant side effects. Therefore, prevention is the best medicine. We strongly recommend heartworm preventative medication every month to protect your pet. Get more info from our friends at the American Heartworm Society: <https://www.heartwormsociety.org/>

Intestinal Parasites

Internal parasites: Puppies frequently have intestinal parasites like roundworms, hookworms, and whipworms. These can cause abdominal bloating, diarrhea, vomiting, anemia, and failure to thrive if not controlled. It's part of our standard puppy recommendations to give a deworming medicine to all pups. We also recommend 2-3 fecal parasite tests on puppies in their first 6 months of life and then once to twice yearly thereafter. For more info, check out our friends at CAPC: <https://capcvet.org/>



Spaying and Neutering

For male dogs, we recommend neutering at a year of age. Waiting the year has been shown to decrease the risk of joint injuries as they age.

However, if your male dog is showing signs of aggression or urine marking in the house, we can neuter as soon as 6 months of age. For female dogs, the data is not as clear and we recommend spaying anytime between 6 months and 1 year of age.

Veterinary Associates is the first veterinary hospital on Cape Cod to offer minimally invasive surgical procedures. Studies show that a laparoscopic spay is up to 65% less painful than a traditional spay.

The Advantages of Laparoscopic Spays: The surgery is performed through two tiny incisions the size of a dime and it is less painful than a traditional spay. It provides the surgeon a much better view and reduces potential complications. Not only does your pet have a faster recovery, but using our advanced Ligature Vessel Sealing System, bleeding is minimal to nonexistent.

Tips for A Well Adjusted Puppy!

Handle your puppy – literally! Make a point to touch your puppy all over. Don't ever be forceful or push to the point of struggle. Just touch and hold gently and reward his acceptance with a special treat. Remember, over time, you'll need to be able to trim toe nails, clean ears and brush teeth. If your new puppy actually enjoys these rituals, life is better for you both.

Let your puppy meet people of all shapes, sizes and mannerisms to learn there's nothing to fear from people of all kinds. Introduce children, men and women, and even people with hats or costumes – Halloween comes around once a year. Don't forget the treats to make "scary" fun!

Make noise with your puppy. Expose your pup to loud noises and novel objects, like the vacuum cleaner, the doorbell and even suddenly rattling a can with coins. Show that these things aren't harmful and reward her only when she's calm. Startling at a loud noise is typical, but your puppy can learn there's nothing to fear and recover quickly from a startle. Noise phobias are real, and you can do your part to prevent them.

Adventure with your puppy. You and your pup will experience all life has to offer together, but the experiences won't be as fun if your puppy is afraid or difficult to handle. Take your puppy every- where you can for exposure to new places. Visit your veterinarian on a day just for a visit – and some friendly treats. Take the puppy on errands to see lots of new sights and smell new smells. Make all the places that you go extra special with great treats or repeat the visits until they're so normal that your pup is bored with them.

Science shows that it's easier for brains to remember bad experiences than good ones, so make sure your foundation for your puppy's brain is filled with terrific associations.



Dental Health: It's Important!

Dental health is a fundamental part of your furry best friend's future. Use this handout to start good habits in puppyhood that carry over into adulthood. Twenty-eight: That's the number of teeth in your puppy's mouth, and each of these teeth is vitally important to your puppy's daily activities and overall health. As with your own teeth, neglected puppy teeth can collect plaque and tartar that can lead to periodontal disease and even tooth loss – a fact that becomes even more important when those 28 puppy teeth are replaced with 42 permanent adult teeth. If you start training your puppy now, you can teach him to tolerate (and even like) tooth brushing as a puppy and as an adult.

Brush up on your toothbrush options. You have lots of options when it comes to choosing a toothbrush for your puppy – from brushes that look like your own toothbrush (make sure you can tell the difference!) to a soft, rubbery brush that fits over your finger. Choose a brush made specifically for dogs that can safely and comfortably fit in your puppy's mouth. Ask your veterinary team to help you pick the best brush for the job.

Teach your puppy that his toothbrush is super cool and that when it comes out, great things happen (like treats!). Slowly introduce the brush into your puppy's mouth. As long as your puppy is still comfortable, move forward. But if your puppy withdraws from your touch, go back to the last step where he was happy. Never use force – it will teach your puppy to hate the toothbrush. It's very unlikely that you'll brush all 28 teeth on the first try, and that's OK. Patiently move up to longer brushing periods over time, and keep it positive with encouragement and rewards as he improves. The goal is to brush daily because the plaque can harden into tartar in as fast as 36 hours. Brush it off every 24 hours to make the most impact. These products can help make the experience fun for your puppy because they come in different flavors, like chicken and peanut butter. Ask your veterinary team for a recommendation.

One last tip! If you keep the toothbrush in a drawer or container, store other goodies there too so your puppy can learn that opening that drawer always means good things. Then, the toothbrush becomes just another one of the fun things you do together.

Good Chews for your pet



Tartar Shield



Greenies



Kongs and Kong Balls



Pig Ears



Rawhide Sticks



Rawhide Bones



Rawhide Chips



Swizzlers



Bully Sticks



Look for this seal of approval when you are purchasing new chews for your pets!

All toys and chews should always be given with supervision. Any toy or chew could potentially be a choking or obstruction hazard

BAD Chews for your pet



Tennis Balls



Bananas



Rocks



Antlers



Ice



Nylon Bones



Cow Hooves



Real Bones



Marrow Bones



Knuckle Bones

These are a few examples of products, treats and foods that can break, wear or cause cavities in your pet's teeth. Typically, anything that cannot be bent or indented with your thumbnail has potential to break teeth

House Training!

Frequent outings: Puppies can't typically hold their bladders for extended periods, so make accommodations for her to get outside regularly as often as you can. Whenever she eliminates outside (it might help to take her to the same place every time until she associates that spot with peeing and pooping), reward her with praise and treats.

Your puppy's eliminations can be more predictable if they eat on a schedule. Avoid leaving food out for around the clock snacking.

Practice mealtimes and make sure you'll be available for a walk about 10 to 15 minutes later. A full stomach can trigger the bowel to empty, and you can reinforce this tendency with rewards and praise.

Make sure you can be counted on too. Don't leave your puppy alone in the crate for longer than she can "hold it." Every time she's forced to soil the crate, she's sending her brain the wrong message.

Punishment is a no-no: Never strike your puppy or rub her nose in an accident. She can't sort out her fear of your handling from what you're trying to convey, so she'll just learn to fear you when you seem upset. If you see her start to posture for elimination, quickly scoop her up, place her on the spot you prefer and reward her when she finishes there.

Accidents will happen: clean up mishaps with an enzyme cleaner to keep your puppy from going back to that spot. Don't depend on the puppy to warn you of an impending incident—just take her out every two hours or so. Eventually, she'll learn to let you know when she needs to go.

Hang in there. Remember, the idea of selective elimination is natural to your dog. If you're being consistent and still can't seem to house train your puppy, ask your veterinary team. They can make sure there are no medical causes for the problem and offer more tips.

Make sure your puppy has a "safe space" such as a crate or small corner where they can go to rest and feel safe. Remember this is not a place for punishment but rather a safe place for them to relax, and stay safe when you are gone.

Make Nail Trims a Breeze.

Yes, at home!

By relieving your pup's nail trim stress, you're more likely to have a calm, cooperative canine on your hands rather than one that flails and fights to get away. Transition the attitude of nail care from stressful to restful by following these tactful trimming tips.

1. Pair with pawsitives. Provide ample and super-flavorful treats throughout the entire nail trim. Treats are optimally given continuously with the licking of a tasty soft treat or delivered in fast repetition. (Hint: Cut the treats into pea-sized pieces).
2. Don't force the issue. Holding your dog down against his will for a nail trim can increase fear and resistance. Instead, build your canine's confidence gradually by earning trust and associating paw and nail handling with good things the dog enjoys.
3. Make it manageable. Divide the nail trim into smaller segments. Start with a spot on the dog that's well within your dog's comfort zone. Make sure that your dog's body language is happy, relaxed and loose, and that he's readily accepting treats before continuing.
4. Don't start with clippers. Handle your dog's paws and nails with your fingers. Then move to other items, like the closed end of a ballpoint pen or a spoon, to mimic the sensation of something touching the nail.
5. Reintroduce trimmers as a friend, not a foe. Hold nail trimmers in hand and allow the dog to approach, instead of bringing the trimmers to your dog. Encourage approach by placing a soft, spreadable treat like dog-safe peanut butter on the handle. Or place clippers on the ground with treats leading up to and around them.
6. Take it one nail at a time. Rather than doing it all at once, trim one to three nails a day. You'd be surprised at how much easier the task becomes for you and your dog.

Top 10 Toxins to Dogs

1. Chocolate
2. Mouse and Rat Poison
3. Ibuprophen (Advil/ Motrin)
4. Xylitol
5. Grapes and Raisins
6. Human prescriptions (many dogs find the bottle and will chew threw and eat the contents)
7. Insecticides
8. Vitamin D
9. Stimulant Drugs (Adderall/ Ritalyn)
10. Fertilizers

What to do if your pet ingests a toxin?

If you know, or suspect your pet has consumed or been in contact with a toxin, please contact VACC right away!

508-394-3566

You may also be instructed to call the
ASPCA Pet Poison Hotline

(888) 426-4435

🐾 Pet Insurance 🐾

Why you should
invest before
you need it....



WHY?

Dogs and cats are our best friends, but they can often have expensive medical bills. Pet care can become expensive quickly when dealing with an unexpected accident or illness. Pet insurance can help alleviate a large part of your out-of-pocket expense. Most insurance companies will not cover pre-existing conditions so you should get insurance for your pet while they are young and healthy

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Pet Insurance



But what Company?

We understand that insurance is not a "one size fits all" we have listened to our clients and compiled a list of recommended companies based off of the things our clients tell us. We do not endorse a specific company, it is our true belief that you must find what is right for you. Have trouble finding the right company? Visit "Petinsurer" they will compile a list of companies and show you what each covers and how much they cost.

Scan below to visit
PetInsurer

Companies to look at

- Trupanion
- Embrace
- Nationwide
- Pumpkin
- Lemonade
- Healthy Paws



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Veterinary Associates of Cape Cod is excited to watch your puppy grow over the next several years.

We will be here for you and your new family member, providing state-of-the-art care and letting your pet experience the benefits of our emotional support program!

If at any time your pet is nervous for their vet appointments, please call us and we can give you one of our many tips on how to ease their worry while they are with us!

Because at VACC, your pet is family!



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