

# DOGS' LIFE™

VOL. 5 • NO. 3

YOUR DOG IS SO MUCH MORE THAN A PET™



## Choosing the Right VET for Your Pet's HEALTH – and Your PEACE OF MIND

By Peter H. Eeg, DVM  
National Veterinary Consultant for Invisible Fence® Brand

Your family's health is one of the most important aspects of maintaining a good quality of life and choosing your veterinarian is as important as choosing a physician for you. As a pet owner, you should give careful consideration to finding a vet who best meets you and your pet's needs, while complying with your veterinary health budget. You are beginning a long-term relationship that will provide your pet with quality health care and you with peace of mind.

### Basic Vet Services

All veterinarians take an oath to maintain the health of animals, relieve suffering and provide preventative health care. You'll want the veterinarian you select to maintain an accurate, easy to read medical history of your pet. You should have access to concise health records, immunization records, medication history, behavioral trait communications and preventative health considerations for your pet. When choosing a vet be sure you also meet the support staff.

### Economic Considerations

While no one wants to think that money would ever play a role in considering the proper level of pet health care,

### From the EDITOR:

The noted dog lover, the late Roger Caras, once said... "Dogs have given us their absolute all. We are the center of their universe, we are the focus of their love and faith and trust. They serve us in return for scraps. It is without a doubt the best deal man has ever made."

– Roger Caras

it is still a primary factor why people end their relationship with vets. It is critical that you define the type of pet owner you are. The hard truth is that there are three basic levels of pet ownership. The first level considers pet(s) as members of the family. These "family members" should be afforded the same level of medical care as any other human family member. The second level considers pet(s) as important to the family's quality of life, but with limitations on the amount of disposable income to be expended for medical care. The third level considers pet(s) as property with very limited allowance for health care expenses.

When choosing your vet be very clear where you stand in the desire for extensive medical care and the commitment to being financially responsible for costs of pet health care. By having a clear understanding with your new veterinarian up front you can avoid the financial stress and personal heartache associated with decisions about how much is too much for the family pet.

*continued on page 2*

## In this ISSUE

CHOOSING THE RIGHT VET FOR YOUR PET'S HEALTH – AND YOUR PEACE OF MIND <i>by Peter H. Eeg, DVM</i> . . . . .	1
CONTAINMENT PHOBIA IN DOGS <i>by Karyn Garvin, Pet Behavior Specialist</i> . . . . .	2
INVISIBLE FENCE® TIPS . . . . .	2
YARD HAZARDS: A CHECKLIST . . . . .	3
INVISIBLE FENCE® BRAND MARKS 30 YEARS OF TECHNOLOGY . . . . .	3
FEATURED BREED: PARSON RUSSELL TERRIER . . . . .	3
FITNESS FOR FIDO <i>by Jennifer Degtjarewsky, iVillage.com</i> . . . . .	4



## Ten Point Checklist

(Choosing a Vet - con't.)

The following are recommendations to consider when seeking your new vet.

- **Attitude:** Friendly, professional and committed.
- **Facility:** Clean front office and waiting rooms. Staff should offer you a tour of the whole facility.
- **Level of Care:** Choose what you want: state of the art diagnostic, therapeutic, monitoring and surgical equipment, such as ultrasound and surgical laser, or older technologies.
- **Education Level:** Licensed to practice veterinary medicine in your state and committed to maintaining continuing education.
- **Location:** Convenient, easy to locate especially at night.
- **Fees:** In balance with how you perceive your pet's value to the family and your budget.
- **Convenience:** Allows you to fit visits for your pet into your family schedule.
- **On-site Care:** Able to provide house call services.
- **Extended Stay:** Ability to provide continuing medical attention for 24 hours or longer, if necessary.

- **Referrals:** What do your friends, co-workers, and neighbors recommend.

Remember that the only silly question is the one that you do not ask. Your veterinarian and his staff is there to provide you and your pet with a lifetime of quality, compassionate, qualified health care.

You can find hundreds of qualified veterinarians in your community via the online Vet Locator service at [www.invisiblefence.com](http://www.invisiblefence.com).



Dr. Eeg is the owner and director of small animal clinical services for Poolesville Veterinary Clinic, LLC., and is the Executive Vice-President for the Veterinary Surgical Laser Society. Dr. Eeg has lectured extensively in the USA and internationally on topics such as Lasers in Veterinary Medicine, Patient Quality of Life, Human-Animal Bond and topics related to animal behavior and pain management.

# Containment Phobia in DOGS

By Karyn Garvin, Pet Behavior Specialist

## Separation Anxiety

Many social animals, like people, are distressed when separated from their companions or loved ones. Feelings of loss and frustration are a result of love and attachment. Dogs are, by nature, social, so they also are more likely to show distress when left alone.

Emotional attachment is especially important for animals that depend on group living for survival. We have all heard the phrase, "dogs are pack animals." While many dogs feel some level of frustration when left alone, certain dogs express it by various behaviors such as chewing furniture, soiling in the house, barking, etc.

Separation anxiety is related to the relationship between the dog and owner – not the fear of being contained in a yard, house, crate or kennel.

## Containment Phobia

Different from separation anxiety, containment phobia is a fear of being trapped. It is the inability of the dog to move freely from one environment to another regardless of the size of the space. This can be attributed to an animal's genetically pre-programmed survival instinct to a fear of being caught.

Some Escape behaviors include:

- Repeated attempts to break out of a dog crate
- Repeated attempts to escape every kennel run
- Jumping a fence
- Digging out underneath a fence
- Chewing and digging through a fence
- Destroying exits when contained in a room (e.g., doors, windows)
- When contained in the back yard, destroying the house trying to get in



A dog with containment phobia that is locked outside in the back yard may destroy the house trying to get in or jump the wall, or destroy the house trying to get out. The dog's destructive behavior is targeted at barriers



that prevent freedom to move from one environment to another, namely from indoors to outdoors and vice versa. It is not the size of the space that frightens the animal but being trapped or contained in an area.

## Modify the Environment Therapy

The good news is that with the correct diagnosis and modification, containment phobia treatment is very successful in curbing the destruction of home and property as well as damage the dog may cause itself in the process. The environment must be modified because it is the environment that triggers the phobia. In all cases, the remedy is two-fold. First, give the dog freedom of movement. Second, have consequences in place for the escape behavior. It is very important that the modifications to the environment occur simultaneously. We have to support the dog in making the right choices in the owner's absence.

For detailed information on containment phobia check out [www.karyngarvin.com/articles.htm](http://www.karyngarvin.com/articles.htm).



Karyn Garvin has been a pet behavior specialist for over 25 years, and has owned and operated the Invisible Fence® dealership for Southern Arizona since 1998. Her experience gives her a unique perspective on behavior problems in dogs. She draws a distinction between separation anxiety versus containment phobia in dogs.

# Invisible Fence TIPS

In order for your Invisible Fence® system to work properly, the Power Cap® battery in the Computer Collar® should be changed regularly. Battery life can be drained by several factors, including low temperatures, the number of times a dog challenges the system and the fit of the collar on the dog's neck. On average, your Power Cap battery should be changed every three months. You can sign up for a battery plan through you local Invisible Fence® professional.

© 2003 Invisible Technologies, Inc.

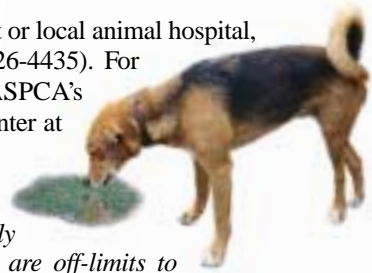
# Yard Hazards: A CHECKLIST


Your dog is, by nature, a trusting animal. It never crosses her mind that something might be dangerous. It is up to you as her owner to safeguard her environment and protect her from harm. Here are a few tips for protecting your dog outside the home:

- Eliminate potential “dig” points
- Destroy poisonous plants or shrubs, or ensure they are not reachable
- Make sure your garbage can is secure and inaccessible
- Clean up gasoline spills and antifreeze leaks immediately
- Put mouse and rat baits out of reach
  - Provide fresh water so your dog will not search out unhealthy options
- Install a barrier between your dog and flower beds/gardens\*
- Survey your yard for sharp objects such as gardening tools




In case of emergency, get to your vet or local animal hospital, or call 1-888-4-ANI-HELP (888-426-4435). For more information visit the ASPCA's National Animal Poison Control Center at [www.napcc.asPCA.org](http://www.napcc.asPCA.org)



\* An Invisible Fence® system, such as the Invisible Gate® is incredibly versatile in establishing areas that are off-limits to your pet: flower gardens, pool or a child's play area. 

## Invisible Fence® Brand Marks 30 Years of Technology



The technology pioneered by Invisible Fence® Brand has been keeping pets safe for 30 years. The most important accolade of the 30th anniversary is that more than one million people have installed the Invisible Fence® Brand solution resulting in fewer dogs escaping from the yard, fewer dogs running away from home and fewer dogs getting hit by cars. In addition, it is the only system of its kind to have been granted the Seal of Approval by the American Society for the Prevention of Cruelty to Animals® (ASPCA). Invisible Fence® Brand has met its goal for 30 years and continues a deep dedication to keeping your pet safe and out of harm's way. 

## PARSON RUSSELL TERRIER\* Formerly the Jack Russell Terrier

**BREED GROUP:** Terrier

**NICKNAME:** Formerly – JRT, Jack

**ORIGIN:** The Reverend John Russell, also known as the “Hunting Parson”, was an avid foxhunter who developed this breed in Devon, England in the mid 1800s. Foxhunters then needed dogs that could keep up with the hounds and roust foxes from dens so the hunts could continue. Reverend Russell began breeding dogs to suit these needs. However, his breeding program was never recorded and no one knows for sure exactly which breeds were used to end up with the Parson Russell Terrier, although Fox Terriers, Bull Terriers and small Beagles are said to have been part of the breeding program. This terrier is also found on horse farms where they are extremely competent at controlling the rat population. In 1977, an Englishman and his four Parson Russell Terriers took three tons of rats out of several chicken farms in one day. Other talents include tracking, agility and performing tricks.

**COLOR:** White with or without brown and/or black markings

**HEIGHT:** 12 – 15 inches (30 – 38cm)

**WEIGHT:** 13 – 17 pounds (6 – 8kg)

**TEMPERAMENT:** This breed is perky, sweet, affectionate, devoted and loving and makes great pets for adults as well as children. Spirited and obedient they are absolutely fear-



less. They can be aggressive to other dogs if not socialized and trained. Because they have strong hunting instincts, stronger than other terriers, they should not be trusted with other small animals. Being good climbers and jumpers, they can climb fences and jump as high as five feet. Keep in mind they can also be zealous diggers.


**TRAINING:** This BIG dog in a little dog's body is very intelligent but willful and determined. He can be a little difficult to train and needs a firm, experienced trainer. The owner needs to be as strong willed as this little dog or the Parson Russell will rule the roost.

**EXERCISE:** Parson Russell Terriers have lots of energy and require a great deal of exercise. They are very active indoors and if not kept occupied and well exercised they tend to get restless and destructive. They will adapt to small yards but are happiest when they have room to run, hunt and play.

**GROOMING:** This breed has three types of coats; rough, smooth and broken, which is a cross between the rough and smooth. All coat types are easy to groom and require minimal care.

**POSSIBLE HEALTH CONCERNS:** Dislocation of the kneecaps, Legg-Calves Perthes disease that affects the hip joints and deafness.

**LIFE EXPECTANCY:** About 15 years

\*Effective April 1, 2003 the name of the Jack Russell Terrier was changed to the Parson Russell Terrier at the request of the Jack Russell Terrier Association of America, which was changed to the Parson Russell Terrier Association of America. 

## Distinguished Company



The Invisible Fence® Brand is the only electronic pet containment system to have received the prestigious Seal of Approval from the American Society for the Prevention of Cruelty to Animals (ASPCA). This designation is a result of rigorous testing and evaluation by ASPCA authorities of the highest standards of quality, safety and ecological friendliness.



Invisible Fence® Brand is also recognized as a "Best Buy" by Consumer's Digest, noted for superior quality and value in pet containment. For more information, visit <http://www.invisiblefence.com/fastfacts/proftest.asp>

# FITNESS For Fido



By Jennifer Degtjarewsky, iVillage.com



Just like humans, pets need a fitness regimen to keep them on the path to good health. The first key in any pet fitness regimen is you! As the owner, it is up to you to set the routine, find the motivation and get out there and exercise with your pet.

Most experts feel that a thirty-minute routine, four times a week is sufficient for a dog of normal health.

However, if you suspect that your pet has any physical limitations, you should consult your vet before beginning any exercise routine.



For dogs you have several options. You can either break your routine into two, fifteen minute sessions or if you and your pet are up to it, you can do the full thirty minutes all at once. Your exercise options include a vigorous game of fetch, a long walk or jog, or any game to get your pet's heart pumping.

### Exercise Benefits:

- Pets who have had their bodies and their minds stimulated by regular play tend to act out problem behaviors less frequently.
- Your pet will be gaining social skills by interacting with you on a regular basis.
- The bond between you and your pet will be strengthened, creating an even happier home life for you both.
- Your pet's health will be improved so that they can live a longer and healthier life. 🐾

