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We would like to wish everyone a happy and healthy 2010!



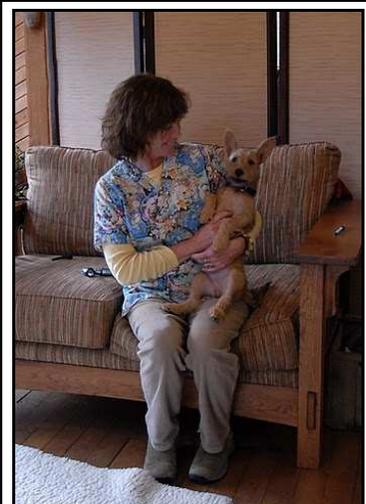
Fun in the Snow at WWAC



*Make sure to pick up the winter issue of Carolina Mountain Life and check out the Article featuring Dr. Federhart!
Read online at:*

<http://www.carolinamountainlifemagazine.com>

A special thanks to Babette McAuliffe, Linda Kramer and Karen Lehmann.



*Photography by:
www.karenlehmann.com*



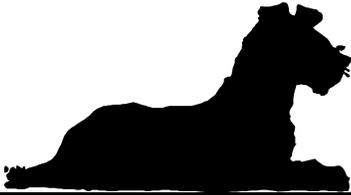
Bosco still loves his job as watchdog at 12 years old.

Essentials for Senior Dogs

Often when a dog is around the age of 7 or 8, many pet guardians experience that Vet visit where they are informed that their dog is now a senior or geriatric. After getting over this new label, one may wonder, “What does that mean, what do I do differently”? First of all, at WWAC we frequently see dogs that are 15+ years old and some in the 18-20 range; so reaching the age of 7 or 8 certainly does not have to mean the days are numbered. Fortunately, there are a number of things one can do to maintain optimal health for their pet during the golden years.

An annual or bi-annual visit to the Veterinarian is the first step. While this is always recommended, older pets can be more prone to develop certain diseases. A thorough physical examination along with Bloodwork and other diagnostics can be an integral part of the annual visit. In addition, there are many steps an owner can take to prevent the onset of diseases that are found in geriatric dogs:

- **Watch for Changes**—Monitor your dog for changes in appetite, weight, energy level, mobility, waste output, and behavior, and report any changes to your Vet. Often these things are attributed to “old age” , but they may be symptoms of an underlying condition that could be treatable.
- **Cautious Use of Vaccines**—Older pets can be more susceptible to adverse reactions from vaccines. Rabies is the only vaccine required by law. Do a titer test in lieu of additional vaccines to test for antibodies that show immunity.
- **Feed quality food & Keep your dog Lean**— Weight Management is a very effective tool in managing and preventing the onset of arthritis in older dogs. Feeding a high quality (health food store) food with a whole meat protein source and low grain or carbohydrate content is ideal. Home prepared diets are also a great avenue.
- **Mental and Physical Exercise**—Continue to provide exercise and mentally stimulating activities. This can help keep stress levels low and prevent behavioral problems. Work with your Veterinarian to determine an appropriate activity level.
- **Adapt the Environment**—Make adaptations in the home environment to promote mobility. Rugs or carpet runners can be used to provide traction on wood floors. Steps or ramps allow for access to high places. As vision declines, keep surroundings familiar and use a light for nighttime walks. Approach slowly and be careful not to startle dogs with hearing loss.
- **Groom regularly**—This helps keep the coat in good condition and reduce excess shedding. It is also a good time to check for changes in weight as well as lumps, sores, hot spots, etc.
- **Monitor teeth and gums**—Products such as Petz Life Gel can be applied regularly to help reduce plaque and tartar build up. Giving raw bones is also beneficial in maintaining healthy teeth. Always supervise your pet when feeding raw bones and ensure that they are an appropriate size for your dog.



Five Supplements for Seniors

A mature pet's diet should include additional nutrients to promote optimal health and deal with age-related issues. There are so many great products out there, that it can be difficult to determine what is best. Here are some great supplements recommended by us that are beneficial for any senior dog:

- **Enzymes and Probiotics** - Enzymes help break down nutrients in food, enzyme production in the body slows with age. Probiotics provide "good" bacteria to support digestion and bowel health. **Suggested Brands: Vet Classics Enzymes and Probiotics, The Wholistic Pet Digest All Plus**
- **Glucosamine Supplement** - Glucosamine provides a building block for the body to synthesize new joint cartilage and is beneficial for preventing and treating arthritis conditions. It often is combined with Chondroitin, MSM, or Boswellia. These combinations also have anti-inflammatory effects. **Suggested Brands: Glycoflex by Vetri-Science, Springtime Joint Health Chewable**
- **CoQ10** - CoEnzyme Q10 is beneficial in maintaining Cardiovascular and Periodontal health in aging animals. It increases the cellular energy needed for heart health, improves metabolism and maintains gum tissue health. **Suggested Brands: NOW CoQ10, Vetri-Science COQSOL**
- **Essential Fatty Acids** - Omega-3 oils are beneficial in supporting healthy skin, organ health and the immune system. **Suggested Brands: Animal Essentials Fish Oil Plus**
- **Cholodin** - Older pets can often develop what we refer to as "doggie dementia", with symptoms including confusion, restlessness, inappropriate urination, and poor mental acuity. Cholodin can help improve cognitive functioning. The components of cholodin act as neurotransmitter precursors, which are chemicals manufactured and released by nerve cells that initiate the sending of "messages" from those cells. **Suggested Brands: MVP Labs Cholodin**



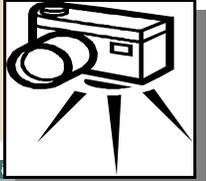
11 yr old Yana still thinks she is a puppy

There is nothing more rewarding than watching our animal friends thrive in their golden years. At WWAC we have seen many senior pets stay healthy and happy with good food, limited vaccines, and quality supplements. There are also many holistic modalities and treatment options that are beneficial to pets that have been diagnosed with specific age-related conditions. Always consult with your Veterinarian to create the best regimen to meet your pet's specific needs.



Ziva

Purrrfect Pets . . .



Zwi



Toby



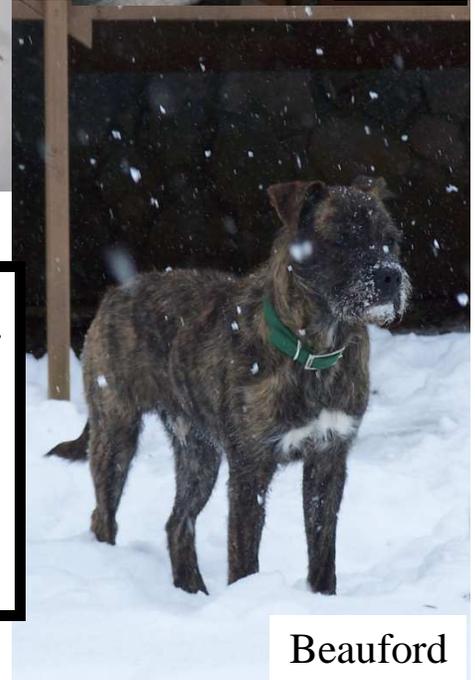
Katie



Picasso



Nellie



Beauford

The Purrrfect Picture Section is included in every Newsletter. If you would like your pet's picture to be included, just send it to:

animals_naturally
@yahoo.com

***Send us your
Pet's Purrrfect
Picture!***

Flash



If you are a lover of Horses and a friend of Whispering Waters then I'm sure you've heard one of the many stories about Flash, the registered quarter horse. You may have heard about the time that he escaped and was running down the road or about his relationship with his best friend, a four-horned Jacob's sheep. This story is about how Flash came to be a permanent resident of the pasture at Whispering Waters.

In October of 1995 Maggie and Bruce had been living in the High Country for only two weeks. One morning Bruce's trip to town came to an abrupt halt at the end of driveway. There was a horse tied to the mailbox! He was a bit thin and Maggie and Bruce thought that he may have been left there intentionally by someone who knew that Maggie was a Veterinarian. Now it is important to know that Dr. Maggie had always dreamed of having a horse and as a little girl her grandfather had promised her one. Thinking that her wishes had been fulfilled she called her mom to let her know not to be surprised if a convertible showed up in the driveway; her Grandfather's promise to Maggie's mom!

After some investigating, Maggie discovered that a neighbor had found Flash wandering up and down the road and not knowing what to do, tied him to the mailbox. The neighbor had seen Flash in the road multiple times and was concerned for his safety. It didn't take long to find Flash's home, where it appeared that his living conditions could certainly be improved. While talking to the owner, Maggie learned that he was going to sell the handsome horse and of course without a second thought Maggie offered to buy him.

Now the problem was that Maggie and Bruce had no pasture, no barn, and no property that was horse friendly. We all know that "where there's a will there's a way" and it wasn't long before Maggie had found the neighbor that had an empty Barn and an empty pasture! Flash had found his home for the next seven years. During those years Bruce and Maggie worked hard making the property a nice place for Flash and his companion, a cat named Charlie.

In 2002, Maggie and Bruce acquired additional property adjoining their house and were able to build Flash a new barn with his own pasture at Whispering Waters. These days, he loves to antagonize his canine friends across the fence and relax in the shady lane at the far end of the field. If you pull up to the pasture gate at WWAC, Flash always shows up to give you a nuzzle or more importantly to beg for a tasty snack. Make sure to have those apples ready!

