



# Senior Pug Care Guide

## Helping Your Golden-Aged Pug Thrive

Growing older is a privilege not every dog receives. Senior pugs have often spent years providing love, companionship, and laughter to their families. As they age, their needs change, and understanding those changes can help ensure their golden years are comfortable, healthy, and happy.

At Pug Rescue of Florida & Georgia, senior pugs hold a special place in our hearts. Through our **Senior Pug Pals** program, we are committed to helping senior pugs receive the care, support, and love they deserve.

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## When Is a Pug Considered a Senior?

Most pugs are considered seniors around **7 to 8 years of age**, although many remain active and playful well into their teens.

Aging affects every dog differently. Some seniors continue acting like puppies, while others begin showing signs of slowing down earlier.

The goal is not to stop aging—it's to help your pug age comfortably and gracefully.

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## Common Changes in Senior Pugs

As pugs grow older, you may notice gradual changes in their appearance, mobility, and behavior.

### Physical Changes

Normal age-related changes may include:

- Graying around the face

- Reduced stamina
- Longer recovery after activity
- Increased sleeping
- Weight gain or weight loss
- Decreased muscle mass
- Reduced hearing or vision

These changes often happen gradually over time.

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## **Behavioral Changes**

Some senior pugs become:

- More affectionate
- Less interested in play
- More attached to routines
- Less tolerant of disruptions

Others remain energetic and playful.

Knowing what is normal for your individual dog is important because sudden changes may indicate a medical problem.

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## **The Importance of Regular Veterinary Care**

Senior dogs benefit from more frequent health monitoring.

Many veterinarians recommend:

- Wellness exams every 6 months
- Annual or semi-annual bloodwork
- Urinalysis
- Blood pressure monitoring
- Dental evaluations

Early detection can help identify problems before they become serious.

Many age-related conditions are easier to manage when caught early.

# Common Health Concerns in Senior Pugs

## Arthritis and Joint Pain

Arthritis is one of the most common conditions affecting senior dogs.

Signs may include:

- Difficulty getting up
- Slower movement
- Hesitation on stairs
- Reluctance to jump
- Stiffness after resting

Fortunately, many treatment options are available to improve comfort and mobility.

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## Dental Disease

Dental disease is extremely common in older pugs.

Signs may include:

- Bad breath
- Difficulty chewing
- Dropping food
- Oral pain
- Weight loss

Dental infections can affect more than just the mouth and may impact overall health.

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## Weight Changes

Both weight gain and weight loss can occur in senior dogs.

Extra weight increases strain on:

- Joints
- Heart
- Lungs

Unexpected weight loss may indicate an underlying medical condition and should be evaluated by a veterinarian.

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## **Vision and Hearing Changes**

Senior pugs may gradually lose some vision or hearing.

You may notice:

- Startling more easily
- Difficulty locating toys
- Hesitation in unfamiliar environments
- Increased reliance on routines

Most dogs adapt remarkably well when these changes occur gradually.

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## **Cognitive Changes**

Some senior dogs develop age-related cognitive dysfunction, similar to dementia in humans.

Signs may include:

- Confusion
- Restlessness at night
- Changes in sleep patterns
- House-training accidents
- Getting "stuck" in corners
- Increased anxiety

Discuss these changes with your veterinarian if they occur.

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## **Keeping Your Senior Pug Comfortable**

### **Maintain a Healthy Weight**

A healthy weight is one of the most important factors in maintaining comfort and mobility.

Even a few extra pounds can significantly increase stress on aging joints and breathing.

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## **Keep Moving**

Exercise remains important, even for older dogs.

Good options include:

✓ Short walks

✓ Gentle play

✓ Swimming (if appropriate)

✓ Mental enrichment activities

Avoid overexertion and tailor activity to your dog's abilities.

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## **Provide Comfortable Bedding**

Senior dogs often appreciate:

- Orthopedic beds
- Soft bedding
- Easy access to favorite resting spots
- Warm sleeping areas away from drafts

Comfort can make a significant difference in quality of life.

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## **Make Home Adjustments**

Simple changes can help seniors remain independent.

Consider:

- Ramps instead of stairs
- Non-slip rugs
- Elevated food and water bowls
- Easy access to outdoor potty areas
- Nightlights in darker areas

Small accommodations often have a big impact.

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## Senior Pugs and Heat

Senior pugs may have a harder time regulating body temperature than younger dogs.

Take extra precautions during warm weather:

- Walk during cooler hours
- Provide plenty of water
- Avoid excessive activity
- Never leave your pug in a parked vehicle

Heat-related emergencies can occur quickly.

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## Monitoring Quality of Life

As our dogs age, it becomes important to focus not just on lifespan, but on quality of life.

Ask yourself:

- Is my dog comfortable?
- Are they still enjoying meals?
- Do they engage with family?
- Can they move comfortably?
- Are good days outnumbering bad days?

These questions can help guide decisions as your dog ages.

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## The Gift of Senior Dogs

Senior pugs often make incredible companions.

Many have:

- Calm personalities
- Established house manners
- Deep appreciation for comfort and companionship
- A special ability to bond closely with their people

While they may require a little extra care, senior pugs often give back far more than they ask for.

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## Senior Pug Pals









Through **Senior Pug Pals**, Pug Rescue of Florida & Georgia works to provide specialized support for senior pugs in rescue, including medical care, adoption assistance, and foster support for those with age-related challenges.

We believe every senior pug deserves comfort, dignity, and love throughout every stage of life.

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## When to Call Your Veterinarian

Contact your veterinarian if your senior pug experiences:

-  Sudden difficulty walking
-  Loss of appetite
-  Significant weight changes
-  Difficulty breathing
-  Persistent vomiting or diarrhea
-  Sudden behavioral changes
-  Signs of pain
-  Increased drinking or urination

Early intervention can often improve outcomes and quality of life.

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## A Final Thought

The gray hairs, slower walks, and longer naps are reminders of a life well lived. Senior pugs may move a little slower, but their capacity for love never fades.

With proper care, patience, and attention, the senior years can be some of the most rewarding years you and your pug will ever share.

♥ **Every senior pug deserves a soft bed, a loving home, and someone who treasures them exactly as they are.**

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**Pug Rescue of Florida & Georgia**

*Helping senior pugs live their golden years with comfort, dignity, and love through our Senior Pug Pals program.*