



The Pooches' Post

May 2019

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- **Board Meeting June 13 2019** *Bonnie Spiece's home—7PM*
- **February General Membership Meeting** *May 23, 2019, 7PM, Laramie County Library*

Joint Supplements for Dogs

Managing canine orthopedic disease with joint supplements will help your dog live comfortably.
By Catherine Ashe, DVM

If your dog has been diagnosed with a joint disease such as arthritis, then you're probably no stranger to the world of joint supplements for dogs. Just visit your local pet store, and you will see that options abound. The choices can be confusing. There are chews, powders, and even diets that claim to improve canine joint disease. But which of these supplements are legitimate, and how can you tell?

The simple answer is that it can be difficult. Most of the supplements available for canine joint disease lack evidence-based medicine to support use. Most supplements are based on anecdotal evidence or studies *in vitro* (in a laboratory rather than in "real life"). Below is a list of common supplements for dogs with joint pain. A List of Joint Supplements for Dogs:

Glucosamine chondroitin

Perhaps the most used supplement, GC was popularized because of its application in human medicine. [Glucosamine](#) and chondroitin are sourced from sea life (lobsters, crabs, and shrimp). Together, they are theorized to inhibit breakdown of the joint and have mild anti-inflammatory effects. Studies have not shown marked improvement in dogs with joint disease, but these products are safe and without significant side effects. As a result, they are frequently recommended as an adjunctive treatment. Cosequin is a labeled veterinary product with some published

Continued on Page 3:

Dog Classes in Cheyenne



Barb Sahl/ "The Elemental Dog, LLC"

Scent detection games for dogs
(307) 421-5514
the.elemental.dog@gmail.com



Cathy Anderson/ "A Paws-A-Tive Step K9 Training"

(307) 630-9616
CheyRottRescue@aol.com



Alliance of Therapy Dogs

For information contact:
Billie Smith at (307) 432-0272



Mary Flanderka/ ADAPT

Agility & Obedience
(307) 290-0069



MONICA TURNER, CTDI
Certified Trick Dog Instructor

- Private lessons
- Title evaluations
- 307 - 206 - 5588
- Pet sitting
- Dog walking
- Rover.com/sit/MonicaTurner



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If you change your contact information (email, mailing, address), please contact Bonnie Spiece at windypinecc@gmail.com or (517) 896-1417

**2019 SHOW
COMMITTEES**
*These committees will be
updated in March*

**Cheyenne Kennel Club Board Meeting
April 25, 2019
Laramie County Library**

Meeting called to order 6:32 PM

Present: Jolynn, Chandra, Robin, Barb, Bonnie, Cathy, Monica

Minutes:

Treasurer's Report:

Corresponding Sec:

Special Committee Reports:

Website –

Newsletter –

Events – Information booth at Super Day on the last Saturday in June - June 22nd -

Possible information “classes” for beginners: Barb Patterson will be consulted.

• **Old Business:**

ATTS - American Temperament Testing Society - Bonnie will check on requirements - will present to the general membership.

- Sheriff's department (security)

New Business:

Vendors - Hathaways, Debby with Woof and Hoof and Black Dog Design

Shows:

- Archer Complex - approx \$2500 per day, possibly willing to deal
- Open show at 2020 show?
- Ask Will to see complex at a board meeting, present at general

Meeting adjourned 7:09 PM

Signed: Monica Turner

Recording Secretary

Show Chairman

Chair:

Assistants:

Judges

Chair:

Obedience

Chair:

Rally

Chair:

**Chief Ring Steward
(Conformation)**

Chair:

**Chief Ring Steward
(Obedience/Rally)**

Chair:

**Conformation Trophy,
Billing, Catalog Ads**

Chair:

**Obedience Trophy,
Billing, Catalog Ads**

Chair:

Food Vendors

Chair:

Hospitality

Chair:

Reserved & Free Grooming

Chair:

Grounds

Chair:

RV Parking

Chair:

RV set-up & planning

Chair:

Raffle Committee:

Chair:

Catalog Sales

Chair:

Clean-up Crew

Chair:

Vendor Committee

Chair:

Breed Jewelry!

From Jo-Lynn Hefferman

HJH0205@msn.com

I have closed my business and I still have a lot of inventory in most breeds left for sale.

It's 14 karat gold filigree. It is half price to kennel club members.

I have both gold and rhodium plate in most all breeds.

Members can contact me ahead of the meeting to check on breed availability. I can then bring the items to the May meeting. I can only take cash or checks.

Cheyenne Kennel Club General Meeting

April 25, 2019

Laramie County Library

Meeting was called to order at 7:13 PM

Minutes: APPROVED

Treasurer's Report: APPROVED

Corresponding Secretary: Insurance bills paid.

Guest introductions: None.

Member Applications: None

Committee Reports:

Event Committee:

- Super Day: June 22 - Motion to pay \$80 for Super Day with Chandra spearheading - APPROVED

Website: Bonnie:

Education:

Newsletter/Pooches Post:

Old Business:

Archer Complex

New Business:

Meeting was adjourned at: 7:44 PM

Signed: Monica Turner

Recording Secretary

Supplements Continued:

data. Keep in mind, it is always important to evaluate who did the study and why.

Fish oil

Fish oil can be tricky! They are an excellent source of fatty acids, which are critical for canine health. Dogs cannot synthesize enough of their own, so fatty acids must be supplemented through diet. Deficiencies can lead to coat, skin, joint, and reproductive problems. Usually, supplementation is accomplished through using an AAFCO- and WSAVA-approved dog food. Recently, the dog food market has been flooded with boutique brands that do not necessarily adhere to these testing and recommendation guidelines. So choosing a diet carefully and with veterinary assistance is imperative.

Fish oil may improve joint health, although as with many of these products, strong evidence is lacking. If you choose to use a fish oil product, consult with your veterinarian first! A reduction or change in food may be required, as some diets are very rich in fatty acids. This can lead to inadvertent weight gain and possible toxicity. Fish oil capsules are also hard to dose in large dogs because of the relatively small amount found in capsules.

Green-lipped mussels (*Perna canaliculus*)

While the name is attention-grabbing, GLMs are not new to the treatment of arthritis. Like their GC cousins, these medications are derived from sea creatures. Most studies have not shown much difference between placebo and GLMs, but there is a veterinary approved product with good oral absorption called Glycoflex. Research papers on this product are available at www.etriscience.com.

MORE SUPPLEMENTS—Next Issue

2019 CLUB POSITIONS

Animal Shelter Liaison:

Robin Casey

Specialty Club Liaison:

Cathy Anderson

Events Committee:

Tess Galloway

Awards Banquet & Annual Awards

Membership Committee

Tess Galloway

Finance & Audit Committee

Barb Sahl

MEETING AGENDA

- Call to Order
- Approval of Minutes
- Treasurer's Report
- Corresponding Secretary Report
- Guest Introductions
- Member Applications
- Committee Reports
- Old Business
- New Business
- Adjournment
- Brags

PENDING APPLICATION



The 3 Most Common and Preventable Canine Maladies

With simple observation and proactive management, you can prevent the three conditions that most frequently compromise dogs' quality of life.

There are innumerable exotic diseases and bizarre injuries that can potentially afflict any individual dog, but, sadly, the vast majority of dogs in this country today will suffer from one of a few very prosaic disorders. And many dogs suffer from every single one of the maladies discussed below! Even sadder: All of these life-impairing conditions are 100 percent preventable – easily preventable!

1. Obesity

There are so many overweight pets in this country that there is at least one organization whose sole purpose is to quantify them and help their owners reduce the problem. The [Association for Pet Obesity Prevention](#) (APOP) estimates that more than 50 percent of the dogs in this country (and almost 60 percent of cats!) are overweight or obese. Obese dogs are prone to a number of health problems that are directly related to their weight, including strongly increased incidence of osteoarthritis, high blood pressure, heart and respiratory disease, cranial cruciate ligament injuries, kidney disease, many forms of cancer, and a decreased life expectancy. Though many people assume otherwise, there is actually no clear evidence that obesity causes diabetes in dogs. However, obesity can contribute to insulin resistance, making it more difficult to regulate overweight dogs with diabetes. Obesity is also a risk factor for pancreatitis, which can lead to diabetes.

Fat dogs get caught in the same vicious cycle that fat humans do: the extra weight they carry makes it harder for them to exercise by putting extra strain on their joints, muscles, tendons, and ligaments, and discouraging them from exercising as much or as long. A fat dog has to work harder than his slim counterpart on the same hike, just as you would have to work harder if you were carrying a backpack with an extra 20 percent or more of your body weight in it. Given the extra workload, a fat dog may ache more than the slim dog the day after a long walk, and be less enthusiastic about going on the next walk. And the less exercise he gets, the fatter he may become. The first step is recognizing the problem.

2. Dental Disease

I'm certain I've never met a single dog owner that liked maintaining her dog's dental hygiene – unless her dog had perfectly clean teeth without any efforts from the owner whatsoever. Whether you brush your dog's teeth and/or pay for your dog to have her teeth cleaned at the veterinarian's office, it's an unhappy chore.

Some dogs do go through life, from puppyhood to old age, without forming a bit of dental calculus (also known as tartar). But most dogs have significant dental issues by the time they are middle-aged; one study identified periodontitis (inflammation of the tissue around the teeth, often causing shrinkage of the gums and loosening of the teeth) in a whopping 82 percent of dogs aged 6 to 8 years!

What's the problem with that? Periodontal disease can lead to histopathologic changes in the kidneys, liver, and myocardium, and has been linked to cardiac diseases in dogs.

Also, unless a dog is anesthetized fully for a dental cleaning, things like cracked or broken teeth may go undiagnosed for a long time, leaving your dog in daily pain, especially when eating or trying to play with toys. And a dog who is forced to endure chronic dental pain may be (understandably) cranky with his human and canine family members. (I can't tell you how many times I've heard about dogs who had developed aggressive behavior that went away almost immediately after a cracked tooth was finally detected and removed.)

It only makes sense to keep an eye on your dog's teeth – including those hard-to-see molars in the back – and take appropriate action to keep them clean and healthy. When you schedule your dog's annual wellness exam (you do take your dog in for an annual exam, don't you?), make sure your veterinarian takes more than a one- or two-second peek at your dog's teeth. (You can facilitate this by training your dog to allow you to lift his lips for increasingly longer moments, until his teeth can be visually inspected pretty thoroughly.) And plan on taking whatever steps are necessary to maintain his dental health, from daily brushing and the regular use of dental rinses or gels that help control dental tartar, to a professional dental cleaning under anesthesia at your veterinarian's clinic.

3. Over-Long Nails

This problem may not seem as dramatic as the first two, but while it's true that long toenails only rarely cripple a dog and don't cause systemic disease, they can significantly decrease a dog's quality of life by making his every step uncomfortable. (Plus, this can contribute to or aggravate a weight problem, as a dog whose feet hurt more and more from over-long nails becomes reluctant to exercise.)

Super-long nails are usually easy to spot, but dogs who have long hair on their legs and feet may be hiding painfully long nails – and perhaps even lesions on their toes from where long, curving nails have created pressure sores on adjacent toes.

But if they are not yet at an obvious, curving, "Call the SPCA" length, how do you know if your dog's nails are too long? The best test is to listen closely as he walks across a tile or hardwood floor: If you can hear his nails go "Tick, tick, tick," as he walks, they are too long! (I'm guessing 90 percent of you just went, "Ugh!")

If your dog's nails are thick and long, don't despair – but don't avoid this important, basic responsibility, either. If you are easily able to cut your dog's nails, trim a tiny bit off each nail weekly. If it's a struggle for you (for any reason, whether your dog's behavior or your own squeamishness), look for a groomer who will help you schedule trimming visits frequently enough to restore your dog's feet to health over the next few months.