

# AUGUST NEWSLETTER

AWESOMEPAWS.ORG

ISSUE 8 | AWESOME PAWZ

## NATIONAL IMMUNISATION AWARENESS MONTH 28TH - RAINBOW BRIDGE REMEMBRANCE DAY

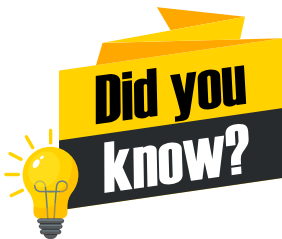
Hiya all

August is National Immunisation awareness month. With warmer months brings higher transmission of diseases; distemper, parvovirus, leptospirosis and rabies (to name a few) so go and dig out your dogs vaccination cards and make sure they are up to date with theirs! Towards the end of August (28th) it is Rainbow Bridge Remembrance Day...so I am changing the Dog of the Month to Rainbow Bridge Remembrance

Well August is now here, and I don't think we will have many more 'summer' days left ☹️ But if we do get a heatwave please be aware of heatstroke in your pooch! Heatstroke is more serious in brachycephalic breeds and those dogs suffering with cardiac issues.



Also did you know that your pooch can suffer from hayfever like we do?



Quercitin and Bromelain is 'natures own Benadryl'. This herbal supplement I feel is a lot better than putting medication/synthetic drugs into your dogs body.

Hayfever isn't always sneezing and runny eyes like in humans but a more common sign in a dog is itchy skin! I have added some information for you to read about this supplement and I recommend (have used) <https://amzn.to/3SzFIE5>



Last month saw me qualifying as a Pet First Aid Instructor. I have since spent some time working on my material and have decided that I will only offer one course...this will be a fully certified Level 3 course with CPD (continued professional development) points!

I am willing to do one to one, a small group of friends/family or larger groups (max 10). If you would like to take the course, it will take around 4-5 hours (but depends on how many questions, extra details and how many of you there are)

Take advantage of this special offer (valid until 31/10/2024)

Until next month...



# Top tips for keeping your dog safe in extreme weather;

- Always ensure there's fresh, cool water available for your pet in a place that's easily accessible to them. Remember to top up your pet's water regularly, as they will need this more on hotter days.
- If your pet doesn't normally drink a lot of water, try switching to wet food for a few days, or add water to their dry food
- Experiment with a water fountain for pets who are averse to drinking from a bowl, or a tall glass (this is particularly relevant to fussy felines!)
- Ideally, keep your pet inside in a cool room with plenty of air flow, ideally air-conditioned or near a fan
- If they prefer to be outside, make sure they have access to shade – the worst place they can be is in direct sun
- During heatwaves, restrict walks to early morning **only**. On very hot days the temperature is still too hot for dogs in the evening. Remember, it is ok not to walk your dog everyday during very hot weather- its far better to be safe than take unnecessary risks.
- Don't leave your pet in a car – even for a few minutes. Hundreds of pets die each year after being left in parked cars, even with the windows open.
- Know which pets are at highest risk – short-nosed breeds such as Bulldogs and Frenchies or Persian and Himalayan cats, super fluffy breeds such as Chows or Siberian cats, giant breeds such as Newfoundland's and any pet that is overweight are at the highest risk
- Have a cuddle break – we know it's hard, perhaps the hardest piece of advice of them all – but cuddling your dog or cat in the sweltering heat isn't exactly the coolest activity for either of you – a stroke or chin-scratch is much more preferable in this weather!
- Make cooling tasty treats by making ice cubes with your dog's favourite food inside or stuff a Kong and pop it in the freezer. You could even purchase some 'doggy' ice cream or freeze bananas, watermelon, and raspberries for a cool, refreshing treat.

**Did you know pets can suffer fatal heat stroke in minutes!!**

**Know the signs of overheating and act quickly – heat stroke is treatable, but it's so important to catch the signs early on. Look out for:**

- **Excessive panting with thick saliva**
- **Acting unusually lethargic**
- **Vomiting or diarrhea**
- **Deep red tongue and brick red gums (in dogs)**
- **Open mouth breathing (in cats).**

**If you recognise any of these signs when on a walk, stop, find a shady spot, give your dog water, and seek veterinary advice immediately!**



## WHAT DOES QUERCETIN DO?

As we've already discovered, quercetin is an antihistamine. It's Nature's Benadryl. According to Dr David Nieman of the North Carolina Research Centre, "Quercetin exerts strong anti-oxidative, anti-inflammatory, anti-pathogenic, and immune regulatory effects in vitro and in animal-based studies.

Epidemiological data indicates reduced rates of cardiovascular disease and various types of cancer in groups self-selecting diets high in Quercetin. In human studies, quercetin has shown to lower blood pressure, and in athletes it significantly reduces the incidence of the common cold, especially during periods of heavy training and race competition". In short, it zaps histamine!

## HOW MUCH QUERCETIN FOR DOGS?

So just how much quercetin is right for your dog. Simple. Just multiply the weight of your dog in kilos by 18 (in pounds by 8). Well maybe not so simple but not complicated with a calculator. Then divide this figure in two to give you the amount, in milligrams, to give your dog per meal and feed morning and night.

According to my friends over at **Planet Paws**, that is roughly equal to giving your best friend 124 red apples or 217 cups of blueberries. And so much easier than persuading your dog to eat that lot in one sitting!

And there's even more good news. Apparently quercetin for dogs can also help battle cancer courtesy of its anti-cancer properties.

## How Much Quercetin Can I Give My Dogs?

References taken from;  
[happynaturaldog.com](http://happynaturaldog.com)  
[caninenutritionist.co.uk](http://caninenutritionist.co.uk)

Dr. Angie Krause at [Boulder Holistic Vet](#) recommends the following dosage for Quercetin:

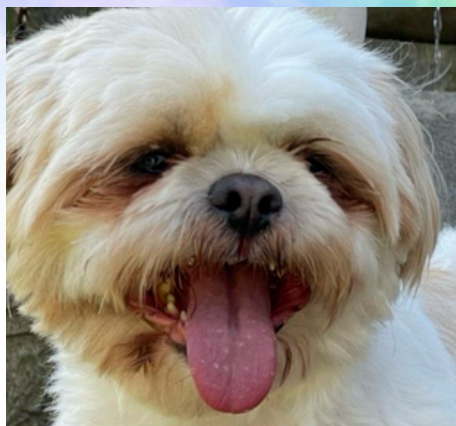
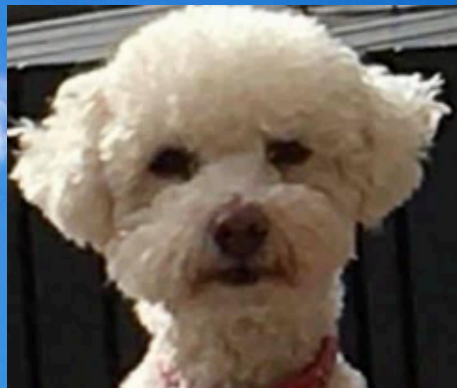
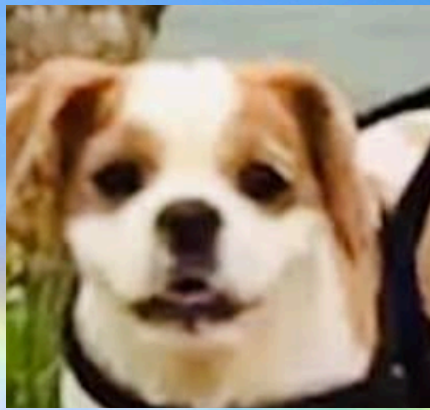
125 mg once daily for small dogs (0 - 20 lbs)

250 mg once daily for medium sized dogs (25 - 50 lbs)

375 mg once daily for large dogs (>50 lbs)

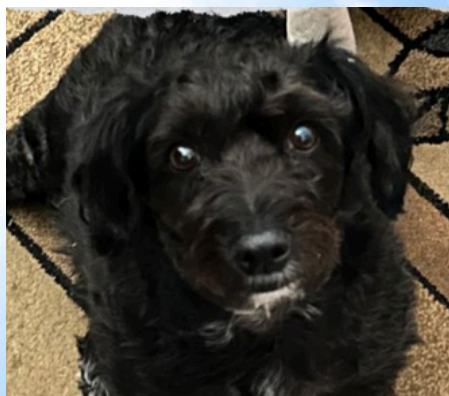
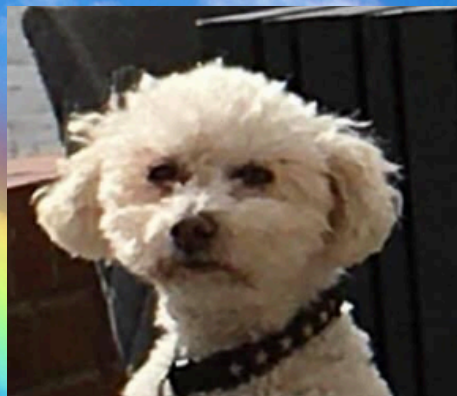
Her article lists quercetin as one of 5 supplements every itchy allergic dog should be taking, and says she usually pairs it with bromelain for the synergistic effects the two are thought to have when used together.





**SIMBA - OREO -  
PAMMY**

**RUBY - BARNEY**



**TOBY - COOPER**

**GEORGIE - MIMI -  
CORDAY**



**STARR - ROXIE -  
MILLY**

