

# Health and Wellness

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## ❑ Health Indicators

- Clear, bright eyes
- Smooth, glossy coat
- Good appetite
- Energy
- Interest in surroundings

## ❑ Contributors to Health

- Exercise
- Good medical care
- Proper nutrition
- Disease prevention
- Shelter from the elements
- Adequate human/animal/environmental interaction and stimulation



# Disease and Illness

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## ■ **Signs of Disease**

Dull, rough coat

Dull eyes

No appetite

No energy

Vomiting/diarrhea

Lameness

Behavioral changes

## ■ **Factors Causing Disease**

Poor Nutrition

Environmental Factors – shelter, interaction with other animals, what the animal is used for and how it is used

Parasites – both internal and external

Infectious agents – virus, bacteria, fungi, etc.

Non-infectious factors – poison, injury, age, etc.

# Pancreatitis

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- ❏ **Causes\_**  
Many factors can lead to pancreatitis; there is no one specific cause. Dogs that get into the garbage after holidays like Thanksgiving, Christmas, or Easter are at high risk. Other factors can be drug therapies, such as cortisone, or certain types of surgical procedures.
  
- ❏ **Signs\_**  
nausea  
vomiting  
diarrhea  
fever  
painful abdomen  
severe attack- acute shock (fast heart beat, feel cold to the touch, and low blood pressure)
  
- ❏ **Diagnosis**  
Complete blood count (CBC) may show an elevated white blood cell count.  
Blood tests may detect high enzyme levels of amylase and/or lipase.  
Radiographs and ultrasound can show inflammation in the location of the pancreas.
  
- ❏ **Complications\_**  
Dogs that recover from acute pancreatitis may continue to have recurrent bouts of the disease, known as chronic pancreatitis. Problems can occur if a large number of cells that make digestive enzymes are destroyed because the dog will not be able to properly digest food. This condition, known as pancreatic insufficiency, is treated with a daily dose of enzyme powder or tablets in food. If enough pancreatic insulin cells are destroyed, diabetes mellitus can result and may require insulin therapy.

# Leptospirosis

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## ■ **Causes\_**

Bacteria passed in the urine of animals enter the body through broken skin, mucous membranes, and bite wounds or by the ingestion of contaminated tissue, water, food or bedding. The organs most affected in dogs are the kidneys and liver. Signs are visible 7 days after exposure.

## ■ **Signs\_**

The three common forms of Leptospirosis seen in dogs are: **renal, hemorrhagic, and hepatic**. Vomiting, diarrhea, fever, depression, panting and loss of appetite are signs of all three forms. Dogs with the **renal form** (the most common form) will have acute renal failure with little or no urine production. They may have ulcers on the tongue and mouth, and have bad breath.

The **hemorrhagic form** will show multiple small hemorrhages in the mouth and conjunctiva (lining of the eyelid). Blood may be present in stool, along with a bloody nose.

The **hepatic form** causes the dog to become jaundice (a yellow tint to the skin, the eyes and gums). Other signs of the hepatic form are similar to the hemorrhagic form.

## ■ **Diagnosis**

Laboratory tests show an increase in leukocytes (white blood cells) and low platelets. Blood chemistry tests show increased levels of blood urea nitrogen and creatinine, indicators of kidney disease. Other tests help determine the degree of liver damage.

## ■ **Public health risk**

Contaminated urine is highly infectious to humans and other species. Contaminated areas should be washed with detergent and treated with disinfectants. Anyone coming in contact with contaminated urine or animals should consider starting antibiotics as prevention.

# Cancer

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- A **benign tumor** is not cancerous. It is a growth of cells that does not destroy surrounding tissue but can lessen function by its presence.
- A **malignant tumor** is cancerous. It is an abnormal growth of cells that destroys surrounding tissue and can spread to new body sites.
- **Metastasis** is the spread of cancer cells from the primary tumor to other parts of the body, usually through the lymphatic system or blood to areas such as the lungs and liver.
- **Classification of Tumors**  
Tumors can be categorized by origin and their cell features. The suffix of the tumor will indicate if the tumor is benign or malignant. The ending (oma) usually means the tumor is benign and the ending (sarcoma) usually means malignant. There will always be some exceptions to this for an example, Melanoma (cancer of the skin), is usually malignant.

<u>Tumor</u>	<u>Benign name</u>	<u>Malignant name</u>
Bone	Osteoma	Osteosarcoma
Fiber tissue	Fibroma	Fibrosarcoma
Fat	Lipoma	Liposarcoma
Lymph nodes		Lymphoma Mast Cell Sarcoma
Skin		Squamous Cell Carcinoma

# Cancer cont.

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## ■ **Carcinogenic factors (capable of causing cancer)**

hereditary – genetically transmitted

hormonal

viral

trauma

congenital – existing at birth, but not hereditary

immunologic

chemical agents

## ■ **Treatments**

*Surgery* - the best method for removing single tumors.

*Chemotherapy* - multiple and single-chemical treatments.

*Radiation Therapy* - causes disruption of the cell DNA resulting in death of that cell

# Therapeutics

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- ❏ **Vaccines** – used to prevent many diseases. Some vaccines are more successful at preventing disease than others depending on the make up of the vaccine and the tenacity of the disease.
- ❏ **Drugs** – used to treat and/or prevent diseases. Drugs can be used as a stand alone treatment, or in combination with another form of treatment.
- ❏ **Surgery** – used in cases where drug treatment is not an option, for emergencies, or in combination with drug treatment. In some cases surgery may be a last resort due to the risks associated with it.
- ❏ **Alternative Therapy** – a group of treatments originating from Eastern philosophy of the mind, body and soul. These forms of treatment were once rejected by Western medicine as primitive quack medicine. Today, they are becoming more widely used and accepted as they are showing proven results.

- Vitamin and mineral supplements
- Massage therapy
- Acupressure
- Acupuncture
- Magnetic therapy
- Meditation
- Herbal Therapy
- Hypnotherapy
- Chiropractics