



Breeders Winter / Summer Edition 2015



Dear reader

Spring is in the air and it is time for our Breeders Panel Newsletter! We have some interesting articles again:

- **“Asking these questions can only benefit new dog owners”**: This will guide breeders to ask the right questions from prospective puppy buyers.
- **“How to alleviate arthritic pain during winter”**: Although we are at the end of winter, this remains very helpful information especially for those of us with older dogs.
- **“Overweight Boxer Help”**: Weight problems are quite common in nearly all dog breeds and Boxers are no exception. This article gives reasons for weight problems and tells you what you can do to help your Boxer with losing the extra acquired weight.

Then just a reminder that the process of puppy registrations will become **AN ONLINE PROCESS!** For those of you that would like to try out the new Logix system, you are welcome to register a username and password on Logix to see the information of your own dogs. Just go to www.logix.org.za and register! All Breeders will also shortly receive a handy help file to guide you through the online registration process!

Who to contact if you need assistance or questions answered?

- Breeders Panel secretary: Els Sporen (els.sporen@gmail.com)
- Breeder Help: Ute Füglistler (breederhelp@fbcsa.net)
- Logix and puppy registrations: Karin Schoeman (KarinS@bpl.za.com)



Make yourself comfortable with a nice cup of hot chocolate and enjoy reading our Newsletter.

Breeder Panel greetings!





Asking these questions can only benefit new dog owners

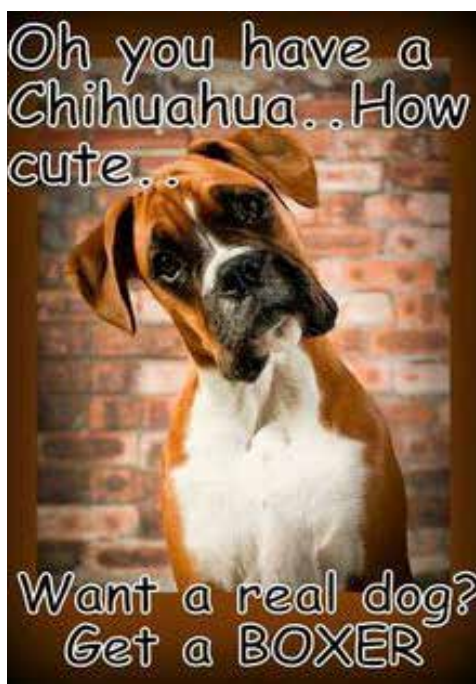
(By Katie Peralta, AMERICAN KENNEL CLUB)(<http://www.akc.org/learn/asking-these-questions-can-only-benefit-new-dog-owners/>)

Knowing the right questions to ask prospective owners helps breeders get a feel for the type of home they will provide. As breeders it's important to make sure to provide them with the information they need (the breed's activity level and grooming needs, for example) to accurately answer these questions.

Here are **10 questions** to start with:

1. Why do you and your family want a dog? Why have you chosen this particular breed
2. Who will be primarily responsible for the dog's care?
3. Do you have the time to meet the demanding needs of the puppy/dog? Time for feeding, training and exercise?
4. Do you have children? If so, how old are they? How would they be instructed in the care of the dog?
5. Does anyone in the household have allergies?
6. Are you committed to the grooming and health maintenance?
7. What is the potential owner's attitude toward training and obedience?
8. How often is someone at home?
9. How much time will you have to walk and play with the dog?
10. What will happen to the puppy if you can no longer care for him?

And when the answers to the question are satisfactory, you will send your pup off knowing they are in good hands and find gratification by phone calls and letters describing your puppies' first tooth falling out, birthday parties, and other milestones. You'll be thrilled to receive photos of a puppy's first show win or portraits with the puppy right in the middle of a happy family.





How to Alleviate Arthritic Pain During the Winter

http://www.petmd.com/dog/seasonal/evr_dg_winter_care_arthritis?page=show

Dog Care for Cold Weather Aches

Many people with arthritis will testify that they feel more pain during cold weather. The problem is doctors have not found a reason for why this is. We assume that part of the cause is the drop in air pressure, which can allow the tissues to swell, or the effect that cold has on the muscles; a stiffening that can be uncomfortable even for those who do not suffer from joint issues. The same holds true for animals that suffer from the effects of arthritis. We can see that they are feeling more pain when the temperatures dip, but doctors cannot tell us why this is happening.

What is Arthritis?

First, what is arthritis? The most common type, for both humans and animals, is the type that is related to age, or wear and tear. Called osteoarthritis, damage begins in the cartilage of the joint. Cartilage is a firm but flexible connective tissue that is found between the bones within the joints – including the joints of the knees, hips, and so on.

When the cartilage in the joints begins to erode over an animal's life, or when it is damaged due to injury to the joint, the bones in the joint are allowed to come into direct contact with each other, eventually resulting in the erosion of and further damage to the bone. The joints most likely to be affected are the weight bearing joints; those in the pelvis, knees, ankles and spine.

What may begin as mild discomfort for the dog over time becomes increasingly painful, and this is especially true for animals that are overweight, as the weight places excess pressure on the bones in the joints.

Although arthritis is a progressive disease without a cure, some of the pain can be alleviated; in some cases, the disease's progress can even be slowed. Treatment plans often include a healthy, reduced-calorie diet, therapeutic exercise, massage, and anti-inflammatory medications and/or supplements. For some dogs, alternative therapies may also be considered.

Weight Control or Reduction

One of the best things you can do for your dog right now is to make sure you have him or her on a weight maintenance diet, since extra weight places a lot of extra pressure on the already stressed joints. If your dog is already overweight, you will need to start a weight loss diet.

However, before you make any drastic food changes – either in type or amount – you should check with your veterinarian. But do it as soon as possible. The longer you allow your dog to remain overweight, the worse the arthritic pain will be for her. Given enough time, your dog will eventually not be able to move around except through a haze of excessive pain.

Needless to say, feeding your dog a quality, low-calorie, low-fat diet will help her to shed pounds and keep them off. There are even plenty of specially formulated dog foods designed for improved joint function in older dogs. Some dog food companies will even send free samples. Do your research, talk to your veterinarian and try samples of different specialty foods until you find the perfect one for your dog.

Additionally, keep in mind that major changes in the type of food may upset your dog, and that some formulas may not be appropriate for your dog's age and health. Always check with your veterinarian first.



Activity and Exercise

If possible, it is best to take your dog out for regular activity (a little each day or at least four days a week) at a dog friendly park or dedicated dog park. Start out with short walks around the park and work up from there. If you do not have that option, either because of availability or because of weather, there are an increasing number of exercise centers that are being opened for dogs around the country. Most have swimming pools (assuming they're not already frozen over), a great exercise for arthritic dogs since it is a non-weight bearing activity.

Use your preferred Internet search engine (Yahoo, Google, Dogpile, Bing, etc.) to look for "dog gyms" and "dog activity centers" in your area. Another alternative is to buy your own treadmill to keep at home so that you can exercise your dog at the convenience of your own schedule and in the comfort of your home. Even regular walks up and down the stairs in your building or home are a form of exercise that will benefit your dog (and you).

It is generally agreed that too little exercise is worse than none at all. If you are going to start an exercise plan with your dog, you will have to stick with it, and the more the better. Also, choose exercises that do not stress the joints too much, or you will have a reluctant dog who is too sore to exercise the next day.

Medications and Supplements

There are some medications that may help your dog, depending on the severity of the arthritis. Your veterinarian can prescribe an anti-inflammatory or corticosteroid drug for your dog to reduce inflammation. There are also injectable medications for the promotion of cartilage repair and protection. Dietary supplements generally do not require a prescription. In fact, the most common ones, glucosamine and chondroitin sulfate, are widely used by humans for the management of joint pain.

While supplements are not designed or marketed as painkillers, they do work to repair and reform the cartilage in the joints. For example, glucosamine and chondroitin give the chondrocytes, the cartilage-forming cells, the elements they need to manufacture new cartilage and repair damaged cartilage. These supplements take some time to begin making an obvious effect, however, and need to be given for life to continue to be effective.



Other supplements that have proven useful for arthritis include green-lipped mussel extract, omega-3 fatty acids, MSM (methyl-sulfonyl-methane), ASU, and SAME. Again, and as always, check with your veterinarian before giving your dog anything new and untried. Even simple supplements might complicate an undiagnosed, underlying health condition.



Alternative Healing

Along with the growth and acceptance of alternative healing techniques for humans, there has been a subsequent rise in the availability of alternative care for dogs, too. Therapies such as massage, acupuncture and physical therapy can be very beneficial for your dog. In some cases, such as with massage or herbal baths, you can provide the care at home. There may be pet massage classes in your area with instructors that teach the specifics of animal massage, or you can do your own research with books written on the topic – either bought from a bookstore or borrowed from a library.



Take note that it is important to know your dog well and know the correct techniques to use before attempting massage. An incorrectly placed “squeeze” could send your dog into spasms of pain and result in a bite on your end.

As before, use your favorite Internet search engine to find local classes or healers that work with dogs.

Stay Warm

Keeping your dog comfortable and warm is important during the cold season. Providing your dog with a well-padded bed in a warm indoor location or placing a heated blanket (make sure it’s pet safe) in his bed can make all the difference in his outlook. Special equipment, such as ramps to go up and down stairs or onto higher furniture, can allow your dog the ability to move freely throughout the house and to go in and out of the house easier.

Clothing can also help to keep the joints warm. Wrap your dog in a specially designed dog sweater, or alter one of your old sweaters or sweatshirts to fit your dog.





Overweight Boxer Help

(<http://boxercare.com/overweight-fat-boxer-dog-solution/>)

Weight problems are quite common in nearly all dog breeds and Boxers are no exception. Problem with your Boxer being overweight is that the extra fat can cause a lot of health problems for the dog and even possibly shorten his lifespan. The extra weight can put pressure on their joints and spine. Dogs that carry around too much weight around their waist are also susceptible to back injury. So it's important to keep your beloved dog at a healthy weight to avoid health risks associated with being overweight.

Fat Boxer – Common Reasons Why

There are different reasons behind why a Boxer would get overweight. Here are just a few that could contribute to a dogs weight problems:

- **Instinct to always want more food** – Have you ever seen your Boxer full? Have you had him refuse a nice treat? I doubt too many of you have. That is because of their instinct to always fill up on more food because tomorrow they might not be so lucky with treats.
- **Lack of exercise** – Boxers are large and powerful dogs with a lot of energy that they need to let out every now and then. If they don't get to exercise as much as they need to, their body will start storing fat.
- **Under-active thyroid** – If the dog's thyroid is not as active as it should be then your dog will start to gain weight quite quickly. If you suspect that this is the case with your Boxer, speak with your vet about it.
- **Food that lacks the proper nutrition** - Food that is poor in nutritious can cause weight issues as well as a number of other health problems.

Help Your Boxer Lose Weight

Luckily for you and your dog, there are a couple of things you can do to help your Boxer with losing the extra acquired weight.

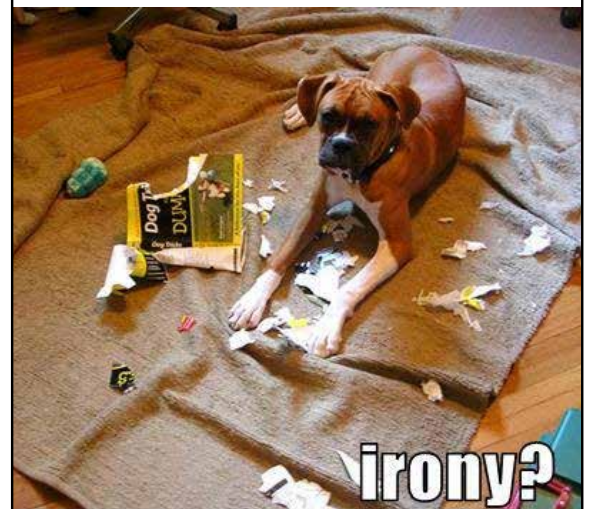
- **Take him on more walks** – he will love the extra time spent outdoors and his health overall will benefit from the activity. Exercise has always been one of the major factors when it comes to weight. Another way to exercise is though active games like fetch.
- **Use a measuring cup when feeding your Boxer** - Measure exactly how much food your dog eats and add/remove food based on his weight loss/gain.
- **Feed your dog high quality food** – For better health you will need better food. This doesn't necessarily mean you should buy the more expensive food, since expensive food can be just as bad as the cheap stuff.
- **Add multivitamins to his diet** – Multivitamins will help your Boxer get the vitamins he might be missing in his food. They will also improve his health and mood. Just be sure you talk to your vet about which vitamins you can give your dog.



Warm spring greetings,



Breeders Panel
August 2015



Who serve on the 2015/2016 committee?

Chairperson: Prof Marinda Oosthuizen

Secretary: Mrs Els Sporen

Committee members: Mrs Karin Schoeman (FBCSA Representative), Mrs Ute Füglistner, Mrs Helen Rennie, Mrs Monica Roos, Mrs Pam Zeiler