

TRUD  G[®]

SENIOR DOG FOOD

The Ultimate Diet Guide For Older &
Aging Dogs



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5 SIGNS YOUR DOG IS AGING & WHAT YOU CAN DO TO HELP

Any pet owner will tell you they wish they could endlessly keep their dogs young and vibrant. After all, they fill our hearts with so much joy, unconditional love, and often become one of the biggest pieces of our family. Despite how long we wish we could maintain our dog's youth, over time there are signs that will develop that will show signs of aging, depending on your dog's size and breed.





Symptoms Of Aging In Dogs

Here are a few of the most common signs for dog owners to recognize in their aging furry friends.

Vision Quality

As dogs age, eye conditions such as glaucoma, cataracts, or even eye cancer can occur. Cloudiness of the cornea, appearance of eye color, or a change in appearance of your dog's eyes are indications of aging. If you notice these changes, it is recommended that owners schedule a veterinary examination.

Difficulty with mobility

We all know that dogs love jumping on comfy couches, furniture, or even in and out of the car. As your dog ages, it is likely to start noticing your dog displaying some difficulties doing so. As dogs age, arthritis may begin to be observed as their cartilage begins to degenerate. This will be evident through a reluctance to climb on couches or in and out of vehicles. There are medications that can be suggested by veterinarians to help slow down this degeneration while also aiding in any discomfort.

Changes in urination

As dogs get older, they become susceptible to kidney disease and urinary tract infections (UTI). Dogs may begin making excess trips for drinks of water or have sudden accidents in the house. Noticing these changes in habits should be consulted with your veterinarian for further evaluation. While a UTI can often be treated with antibiotics, the most important thing is to rule out would be early stages of kidney failure. The early detection of kidney failure can help slow down it the illness' progression, as it can be a life-threatening condition. When left untreated, kidney failure results in leaving your dog in a state of constant dehydration while allowing for harmful toxins to flourish in your dog's body. If unusual traits are seen in urinary habits, this could indicate conditions like diabetes and hypothyroidism. Blood work and urine tests can be requested by your veterinarian to help rule out some of these common health issues.

Distinct mouth odor

While we love getting up close and personal with our dogs, you may notice a distinct change in their breath. Otherwise known as halitosis, this can be one of several signs that your dog is experiencing tooth or gum issues. Dental concerns such as heavy tartar, plaque and gingivitis, root abscesses, and tooth resorption can make things extremely uncomfortable for your dog. Aside from mouth odor, increased drooling and weight loss or showing discomfort when chewing hard food are signs your dog may be in discomfort. Having your dog's teeth examined by a veterinarian will determine if a cleaning will be helpful to aid in your pup's condition.

Changes in skin or fur appearance

There are many types of masses that may develop on your dogs from benign, fatty masses to malignant, cancerous masses. You may begin to feel specific bumps or lumps on your dogs as they get older. Have skin and tissues examined by your veterinarian to check for changes in size and consistency. Aside from bumps or lumps, keeping an eye on changes in your dog's skin or fur coat could also be beneficial in alerting you to any potential problems that should be examined further.

What You Can Do To Help

Joint Supplements

FREE ME is designed with all natural ingredients to target joints and flexibility and help reduce inflammation, increase range of motion, increase joint cushioning, reduce discomfort, and more. This one can be especially effective in reducing the possibility of your dog developing joint pain as he ages.

Anti-Anxiety Supplements

Calm Me is a supplement that's specifically meant to calm stress, reduce anxiety and help dogs relax. Especially when it comes to pain, vision, or hearing problems, dogs can experience an excessive amount of stress, which can ultimately lead to further health concerns if not addressed.

High Quality Meat-Based Diet

If your dog's diet isn't the best, then his health will likely suffer and he'll be more likely to age quickly. To help make sure your dog is in the healthiest shape possible (along with proper care, grooming and exercise, of course), be sure he is on a high quality **meat-based diet**. For instance, if you look at the ingredients in your dog's food and the first ingredient isn't a good source of meat, then it's likely you should switch to a new brand of food. Dog food should have natural ingredients that you recognize with meat being the highlight ingredient and not be stuffed with corn, grains, additives, artificial ingredients, etc.

We highly suggest putting your dog on a raw food diet if you can. Going safely raw with your dog can help keep them strong and healthy and also cultivate their natural digestive design that derives from their wolf heritage.

Conclusion

With proper care, your fur baby can live much longer than the average lifespan! It's all about providing them with a healthy diet, lots of love and a good environment.

DOGGIE STEPS: HOW TO HELP SENIOR DOGS

Scientific studies abound proving that being a dog parent makes you happier in many ways.

Having a dog means you're most likely more active than you would be without one. This inevitably leads to better health and a better heart. Our lives are enriched through time spent with them and the bond that comes from living with a dog. They cuddle with us through the trying times and wag their tails with us during the happy times. They help us to remain calm and reduce our stress. For better or worse, they're by our side through thick and thin. We are happy bonding with them...right by our side. But they're just as happy as we are to be there.

Whether it's snuggling in bed or sitting on the couch next to us watching a movie, they love to be there for us. But what do you do when you have an older dog that just doesn't get around as well as he used to? It could be difficult or even impossible for him to get to those places to show you love and provide comfort for himself. It seems as if all of a dog's favorite spots require climbing or jumping.

Making DIY (Do It Yourself) doggie steps is an easy way to ensure our fur babies can spend more quality time with us.

Your local craft store will most likely sell crates or wooden storage containers. They're generally made of pine which means they will be light and easy to work with, but will still be sturdy enough to support your dog's weight.

WATCH THIS VIDEO FOR SOME INSPIRATION MAKING YOUR OWN

In some cases, you may need to utilize different sizes. Generally, two or three crates should do the job. It will all depend on how high it needs to be and how many steps your dog is able to climb.

You can also help your dog stay mobile by getting regular checkups at the veterinarian and by scheduling him a doggie massage. You can even learn how to do it yourself!

WATCH THIS VIDEO TO LEARN MORE

Regular exercise helps keep your dog's joints healthy and can keep him flexible and mobile well into his senior years. If walking outdoors isn't an option, check out these indoor dog exercise ideas and try out a few. Some dogs will benefit from a soak in a warm Epsom salt bath while others would prefer to stay dry and get some extra rubbings on the couch curled up next to you. Try a few different approaches and see which ones your dog responds to.

Every dog is different, and mobility problems are to be expected with aging. With your help, your dog can age gracefully and still enjoy his life to the fullest.

Your fur baby has been by your side over the years, growing that ever-special bond. DIY stairs are an easy way to make sure they can stay there for years to come. If they should need some help with mobility, Free Me is an all-natural joint and flexibility supplement that will help keep them mobile and happy! Not only does Free Me provide wholesome support for your dog's joint health, It contains natural pain relievers to help your dog live happier and move better. Try It today.



WHAT'S THE BEST DOG FOOD FOR SENIOR DOGS?

Our fur babies are more than just pets, they are members of our family. Many times they come into our lives as puppies...full of energy and constant excitement. They're by our side through thick and thin over the years. But eventually we have to face the reality of caring for a "senior" dog.

WHAT IS A SENIOR DOG?

So when is a dog considered a senior?

"Though many old guidelines talk about seven dog years being equal to one human year, the size of the dog really depends on the extent to which you can follow that rule," said Dr. Heidi Lobprise, DVM, DAVDC and spokesperson for the International Veterinary Senior Care Society. "For a dog between 20 and 40 pounds these guidelines are more effective, but it's not uncommon to see a geriatric Great Dane at age seven or a Chihuahua in its twenties," Dr. Lobprise said. In most cases, dogs can be considered senior between five and ten years old.

According to the Journal of the American Animal Hospital Association (AAHA), the term "senior" can describe an aging pet, but the number of years considered to be "senior" varies and other identifiers like the state of their organs, species and breed can also help determine if your pet has reached old age. "The terms 'geriatric' and 'senior' also differ," Dr. Lobprise said. "While a dog may be considered senior, they're likely still healthy or just beginning to experience signs of aging. Geriatric animals are at the older end of the aging spectrum and often experience more health-related issues."



DO SENIOR DOGS HAVE SPECIAL NUTRITIONAL NEEDS?

In a word, yes.

According to the Association for Pet Obesity Prevention, 54% of dogs in the U.S. are considered obese. As our dogs age, just like us, their metabolism begins to slow and there is a decline in activity levels. This combination can lead to obesity if their health and diet isn't monitored. And, just as in humans, obesity can lead to a myriad of health issues such as diabetes, high blood pressure, achy joints, heart disease, and even cancer.

So what steps should be taken to keep a dog healthy well into their senior years? According to Fred Metzger, DVM, "Seniors and geriatrics generally need lower-calorie diets to help prevent obesity." But it's not only about calories...it's also about protein.

"Most veterinary nutritionists recommend a consistent diet in order to ensure a balanced meal," says Dr. Leilani Alvarez, director of Integrative and Rehabilitative Medicine at the Animal Medical Center in New York City. "The most important nutrient for senior dogs is high-quality protein, due to a higher need for protein levels."

If you have a senior dog, this begs the question, "What's the best food for a senior dog?"

| DOG FOOD BRAND | CALORIES | PROTEIN |
|---|---------------------|----------------|
| Orijen Dog Food For Senior Dogs | 373 kCal/cup | 38% |
| Wellness Complete Health Senior | 416 kCal/cup | 22% |
| Hill's Science Diet Adult 7+ Longevity | 364 kCal/cup | 16.5% |
| Blue Buffalo Senior Home-style Recipe | 396 kCal/cup | 7.5% |
| Nutro Ultra Senior Chunks In Gravy | 355 kCal/cup | 7% |

If you've ever researched dogs, you already know that they are descendants of the wolf. But even after thousands of years of domestication, their digestive systems and the way they process food are still the same. Dogs are much healthier and thrive on a raw food diet which includes meat, organ meat, blood and bone.

With most conventional dog foods you'll find grains and fillers such as barley, oats, rice, various gluten meal and vegetable meal...among many others. Not only are these fillers extra calories, they also convert to sugars (like glucose). A starch-laden diet can lead to health issues...especially in senior dogs who are less active.

So let's compare the previous list to TruDog's Feed Me:

TRUDOG FEED ME

CALORIES

PROTEIN

**Crunchy
Munchy
Beef
Bonanza**



191 kCal/cup

41%

**Crunchy
Munchy
Gourmet
Gobbler**



109 kCal/cup

46%

With TruDog's Feed Me, you'll notice a much lower calorie count and, in some cases, a significantly higher amount of protein than the 5 senior dog foods listed above. Feed Me is also a grain free dog food which means your senior dog won't be filling up on unnecessary fillers. And because Feed Me is designed with a dog's natural diet in mind, it's an easy digestion dog food.

So what's the best dog food for senior dogs? You decide!

ONE MYTH THAT CAN ROB YOU OF PRECIOUS TIME WITH YOUR SENIOR DOG

One of the hardest things about being a dog owner is watching your furry friend become older, slower, and sicker. Sometimes sooner than you anticipate, you find yourself having to say goodbye to what was once your little puppy.

A common diagnosis for aging dogs is kidney disease or pancreatitis. While there are lots of ways to treat and care for a dog with this diagnosis, there is one veterinarian recommended practice that may actually rob you of precious time with your senior dog, rather than extend it. And it's as simple as what goes in the dog bowl.

Why Is The Low-Protein Diet The Common Recommendation?

The common recommendation for dogs diagnosed with kidney disease or pancreatitis is to place them on a low-protein diet. Although many veterinarians encourage this practice as the best option for senior dogs, these pups soon become thin, weak, and rarely live for more than a couple of years.

Studies have been done showing that low-protein diets are not recommended for cats with kidney disease, so why should it be any different for dogs? Depriving our animal friends, who are inherently carnivores, of the meat and protein that they crave and need really doesn't make much sense when you think about it.



Taking A Different Approach To Protein

So why has this low-protein diet become such a common solution? Here's what our resident veterinarian Dr. Hale had to say about it:

“Most of the problem with pancreatitis is not so much the amount of protein, but what most dog food companies consider protein. When they measure protein, what they are actually measuring is nitrogen, a major component of protein, however, it does not at all measure the quality of the protein. What that means is the amount of essential amino acids that are found in meat diets.

“Without going into high level biochemistry, proteins are composed of amino acids and there are some amino acids that the body can make from the polypeptides that are produced during protein digestion. There are other amino acids that the body cannot make, these are called essential amino acids; meaning they must be supplied in the diet. So beaks and feet and leather and feathers are composed of proteins with very little essential amino acids and extremely indigestible, but still measured as protein because of the nitrogen in their composition.

“So really high or low protein dog food diets are really not either, they are a challenge for the body because that excess nitrogen has to be cleared and that requires work.

“Now another factor in pancreatitis is the challenge to produce enzymes to break down protein. What is forgotten is that a carnivore that hunts prey (ancestral diet) also consumes not only the skeletal muscle, but the organ meat and some of the stomach and intestines; all rich in digestive enzymes. In fact it has been determined that almost 1/2 of the required digestive enzymes for a dog or wolf comes from eating its prey.

“Therefore, it is my opinion that a raw, high quality diet with supplementation of digestive enzymes and probiotics would be a good diet for a dog that is subject to pancreatitis and even more beneficial for dogs with kidney disease.”

Why A Raw Diet Works

In short, a dog diagnosed with kidney disease or pancreatitis doesn't need less protein, he needs REAL protein. Throwing out the cheap, dry kibble and putting your dog on a raw food diet might just be what he needs to gain a couple more years of a healthy life.

Keep in mind of course that this is not an official medical recommendation and we could not give you any medical advice specific to your dog.

However, we do encourage you to learn more about the benefits of a raw food diet, because it may be just the thing for your dog, young or old. Learn more about a raw diet for your dog here and see why it could be an excellent option. You can also use this calculator to help determine what would work best for your specific dog.

How Do I Know If My Dog Is In Pain

Are you wondering whether or not your dog is in pain?

According to statistics, there's a chance that he is.

4 out of 5 dogs suffer from some sort of joint pain after the age of 8. 20% of dogs will experience significant pain after common surgical procedures, some dogs (depending on the breed) can suffer from certain medical conditions that can lead to chronic pain, etc.

No matter what the cause may be though, dogs are instinctive masters at hiding their pain. This is mainly because a part of the pack mentality that their ancestors lived with was to leave behind a member of the pack if they were in pain or ill and lagging behind and putting the rest of the pack members in danger. Because of this, dogs have simply learned to bite back their pain and tough it out in order to survive.

So then begs the question: how do you know if your dog is really suffering from pain?

Here are some of the most common indicators your dog is in pain. If your dog is exhibiting any of these indicators, it's a good cue for you to take action and do whatever you can to ease your furry friend's suffering and bring their quality of life back to where it should be.

How To Tell If My Dog Is In Pain

#1. Antisocial/Aggressive Behavior

If your dog typically runs to greet you with tail wagging and eyes happy and one day stops doing so, this can be a big indicator something is wrong. A dog in pain may also start exhibiting aggressive and defensive behavior towards people and other dogs and want to be left alone. In general, if your dog shows any dramatic changes in behavior, this can be cause for concern.

#2. Becomes More Vocal

Dogs in pain may sometimes become more vocal. When it comes to pain, their vocal outlets may range from growling and yelps to barking and screaming. Especially if you find your dog yelping in pain or your dog screaming in pain, the indicators don't get much clearer than that.

#3. Heavy Panting/Altered Breathing

Though panting is obviously normal behavior, if your dog starts panting heavily, even if he hasn't exercised recently, that could be a big sign he's struggling with pain. If your dog's breath becomes short, shallow or altered, it could be an indicator that it's hurting him to breathe.

#4. Changes In Eating, Drinking And Sleeping Habits

When dogs are suffering from constant pain, they may sleep more in order to try and heal or whether it. They may also experience changes in appetite (either loss in appetite or they want to eat excessively) and can also lose the willpower to be super active and become lazy or lethargic.

#5. Excessive Self Grooming

When dogs start to excessively licking themselves, it's usually a sign their trying to soothe themselves, or they could be doing what they can to tend to their pain. Pay attention to your dog's self-grooming habits and see if they exhibit any excessive or desperate behavior (as though they can't be soothed).

#6. Signs Of Agitation/Increased Irritability

If your dog becomes constantly agitated and restless and can't seem to lay still for long, it could be a sign he's struggling with pain. Dogs in pain can also become extra irritable and may lash out at people or other dogs unnecessarily. Especially if you notice your dog in pain when touched and he lashes out somehow, that's a big indicator something is going on.

#7. Struggles With Mobility

Especially if a dog is experiencing joint pain or another sort of pain that targets their ability to move, they may show signs of struggle when they try and stand up, go up and down the stairs, get down off the couch, etc. They may also become stiff or show signs of limping after they stand up.

#8. Changes In Body And Posture

Any signs of swelling in their paws, legs, face, etc. can be indicators of inflammation, infection, or even cancer. These can all cause your dog pain and should receive immediate attention. Dogs in pain may also take on a hunched stance, become rigid, or exhibit a "prayer" position where they stretch their front legs out in front of them and stick their backside in the air. While this is also a common stretching and playful position, pay attention to when your dog does it and see if it's due to pleasure or possibly something else, like abdominal pain or discomfort.

How Can I Help My Dog When They Are In Pain?

If your dog is showing any signs that he's experiencing pain, there are things you can start doing to help ease his suffering and possibly even remedy the pain. Check out these home remedies and also see what sort of natural supplements we have to offer that can make a huge difference for your furry friend. They can help if your dog is already experiencing pain or can help prevent pain altogether.

Calm Me Supplement

Calm Me is a supplement that's specifically meant to calm stress, reduce anxiety and help dogs relax. Especially when it comes to pain, dogs can experience an excessive amount of stress, which can ultimately lead to further health concerns if not addressed. Check out more about it here:

Free Me Joint & Flexibility Supplement

Free Me is designed with all natural ingredients to target joints and flexibility and help reduce inflammation, increase range of motion, increase joint cushioning, reduce discomfort, and more. This one can be especially effective in reducing the possibility of your dog developing joint pain as he ages. Check out more about it here:

High Quality Meat-Based Diet

If your dog's diet isn't the best, then his health will likely suffer and he'll be more likely to develop some sort of pain during his lifetime. To help make sure your dog is in the healthiest shape possible (along with proper care, grooming and exercise, of course), be sure he is on a high quality meat-based diet. For instance, if you look at the ingredients in your dog's food and the first ingredient isn't a good source of meat, then it's likely you should switch to a new brand of food. Dog food should have natural ingredients that you recognize with meat being the highlight ingredient and not be stuffed with corn, grains, additives, artificial ingredients, etc.

We highly suggest putting your dog on a raw food diet if you can. Going safely raw with your dog can help keep them strong and healthy and also cultivate their natural digestive design that derives from their wolf heritage. You can learn more about providing your dog a raw food diet here.

Conclusion

If your dog is in pain, there's hope for their relief. They don't need to suffer in silence any longer, not once their parents realize what's going on. Follow these tips and suggestions and do what you can to prevent your dog from developing any further pain throughout their life. If your dog is ever in excruciating pain or if your at-home efforts don't seem to be helping, be sure to consult a veterinary professional as soon as you can, as these can be indicators that something much more serious is going on.

THIS PAINFUL CONDITION AFFECTS 4 OUT OF 5 DOGS OVER THE AGE OF EIGHT

One of the worst things you can experience as a doggy parent is seeing your furry baby in pain.

Sadly, research has shown that 4 out of 5 dogs over the age of 8 experience some sort of joint pain, but most of them hide it ridiculously well. It's instinctual for dogs to hide their pain, because historically, pack animals (like wolves) would leave behind a pack member that was slowing down the pack due to pain or illness and putting all the other members in danger. Therefore, dogs today simply bite back the pain and behave as though it's non-existent.

Does My Dog Have Joint Pain?

Unlike humans, dogs can't just reach for the nearest painkillers or visit a doctor. They need help from their parents to manage their pain and luckily, there are some known signs that a dog is secretly experiencing pain that you can watch out for in your own dog:

#1. Weight Gain – This isn't the most obvious sign of joint pain (and could also be a cause for joint pain), but it can be an indicator that your dog isn't getting the motion he needs everyday and is also overeating. These both can be a dog's reaction to consistent pain.

#2. Difficulty Getting Up – When you get home and your dog struggles to get up off the floor or down off the couch, this can be one of the biggest signs that your dog is experiencing joint pain, especially if your dog typically used to greet you by running and bouncing around at your feet.

#3. Limping – Some dogs will start limping right after standing up due to joint pain. The limp may not stay for long, sometimes for only a few moments once they're standing. It can be difficult to notice if you're not paying attention.

#4. Decreased Energy – If your dog typically is bouncing off the walls with energy or generally has a perky personality and starts to display less energy one day for no apparent reason, it could be because he is experiencing joint pain.

#5. Heightened Irritability – When dogs are in pain, sometimes they can grow more irritable and start nipping or lashing out. If your dog starts displaying this behavior and it's definitely not normal, this could be due to the discomfort they're feeling from consistent pain.

#6. Increased Licking, Biting, Or Chewing – Keep an eye on your dog while they are licking or tending to their body. If they start excessively licking or even nibbling at a specific spot on their body, it could be because that's where they are experiencing pain or discomfort.

If your dog demonstrates any of these signs, there's a good chance he is in pain and needs your help. The earlier you can catch signs of joint pain, the better.

Natural Remedies For Dogs With Joint Pain

Here are some things you can do for your dog if he is experiencing joint pain or has the potential to develop joint pain:

#1. Maintain A Healthy Weight – Make sure you know what is a healthy weight for your dog and if he is overweight, do what you need to in order to help him drop the extra pounds. This can mean altering their food, cutting the table scraps, taking them on an extra walk, etc.

#2. Consistent Exercise – Check to see what your dog's energy level should be and help them get the appropriate amount of exercise everyday. Low impact walks can often be the safest route for dogs already experiencing joint pain, swimming can also be used depending on the breed and the severity of the condition.

#3. Massages – If your dog is already experiencing joint point, giving him massages can help provide him some relief. Make sure you are gentle and pay attention to his responses, especially for areas that are sensitive to the touch.

#4. Comfortable Bedding – Unfortunately, a lot of dog beds on the market are not designed to care for dog joints. Make sure to get your dog a good quality bed that can support his joints. Replace his bed when it gets worn out. Another option is to simply let him sleep with you!

#5. Supplementation – Veterinary professionals will often recommend supplementing your dog with a high quality glucosamine, MSM and Chondroitin supplement. Turmeric has also proven to help with joint pain and inflammation when consumed or used as a supplement. You don't have to wait until your dog is experiencing pain to supplement – the larger the breed, the earlier you should consider supplementation (it is often recommended to supplement bigger breeds by as early as 3 years old).



FREE ME is our own joint supplement that is made with natural ingredients and is easy for your dog's digestive system to absorb and utilize. **FREE ME** uses powerful ingredients that reduce inflammation, increase range of motion, help to cushion joints **AND** reduce discomfort **FAST!** [Learn more here.](#)

YOUR DOG'S ARTHRITIS AND JOINT HEALTH

Dogs of any age can suffer from mild to severe arthritis. Your canine may develop the condition due to age or even genetics. They may also damage their joints as a result of an active lifestyle of running, jumping, and playing hard. No matter the cause, this is something you should be watchful for in your pup and be ready to take action if it should arise.

Failing to address your dog's arthritis could affect them as mildly as causing them discomfort and challenging their movements, or as seriously as causing debilitating pain and putting them at risk of further injury or lameness. Fortunately, there are signs you can look for to help determine if your dog may be suffering from arthritis, and treatments to get them back on their feet.

Does My Dog Have Arthritis?

First, it is important to understand that "arthritis" is not a single disease; it is a general term referring to joint pain, disease, or inflammation. (1) Your dog, like any human, can suffer from this ailment in many different forms, but you will most commonly encounter one of two major types.

Osteoarthritis – This is the most common type of arthritis. This is a degenerative condition that occurs when joint cartilage wears away, causing the bone to rub against bone. This causes pain, swelling, and stiffness.

Rheumatoid Arthritis – This is an autoimmune disease in which your dog's immune system targets healthy joint cartilage instead of disease or infection. It is characterized by painful swelling that can eventually result in bone erosion.

According to doctor James L. Cook, the director of the Comparative Orthopaedic Laboratory at the University of Missouri-Columbia, the earliest signs of canine arthritis can be difficult to spot. (3) Typically, you'll notice your dog having mild difficulty with common activities:

- Difficulty getting up and down, climbing stairs, or jumping up onto places like the couch or car
- Reluctance to climb, run, walk, or play

They may perform these tasks more slowly than usual or seem to avoid doing them altogether. If their condition advances, the indicators may become more noticeable.

- Stiffness
- Limping
- Favoring of legs
- Limited mobility
- Noticeable swelling or inflammation
- Tenderness or fear of touch

In advancing stages, your dog may be affected to the point of severe pain that can result in lameness, the complete inability to move or walk. In the case of rheumatoid arthritis, they may also experience infections in other areas of their body, as well as loss of appetite, and weight loss. (2,3)

If you notice any of these symptoms in your dog, consult immediately with your veterinarian so your pooch can get treatment and relief as quickly as possible.

Frequently Asked Questions About Canine Arthritis

What are the common treatments for arthritis or joint problems?

Weight management and body conditioning are typically early treatments for signs degenerative arthritis. Exercises focussed on building muscle mass and improving muscle function will help protect the joints

Dietary options are also common, focussing on foods that are formulated for joint health. These food options have additives like fish oils, which help decrease inflammation.

Various medications may also be prescribed by your vet, such as anti-inflammatories, analgesics, and pain relievers. For more serious cases that include additional joint damage, surgery may be necessary. (4)

Is surgery the only treatment for more serious joint injuries?

No! Though it varies according to the specific injury, in many cases your dog will be able to take advantage of an abundance of surgery-free physical therapy options. Methods like underwater treadmills, electric stimulation, and ultrasound therapy are taking center stage for canine rehabilitation. (4)

Are there any vitamins or supplements I can give my dog to help with arthritis?

Yes, some additives like glucosamine/chondroitin can help where arthritis is present. It will not cure the joint, but it may slow down the progression of osteoarthritis. Fish oils are anti-inflammatory in nature and may have fewer side effects than medications, but you should always discuss all options with your vet before starting your dog on any food or diet supplements. (6)

Are some breeds more prone to joint issues and arthritis?

In general, larger and heavier breeds may be more likely to be at risk for joint problems. (4) There are, however, very breed-specific problems for some dogs. For example, Rottweilers are prone to hip dysplasia (7), while Bernese mountain dogs more commonly get elbow dysplasia. (8) The key is to research your dog's breed carefully early when they first join your home to be informed of any specific predispositions toward joint issues.

What can I do to help prevent joint injuries in my dog?

First and foremost, staying on top of your dog's weight and fitness is paramount to their likelihood of developing forms of arthritis. A balanced and nutritional diet and an appropriate amount of activity will help keep their joints in good health throughout their life.

In the case of a breed-related or hereditary predisposition, make sure you take your dog to the vet regularly – at least annually – so their joint health can be monitored. If you are proactive, then you and your vet can catch signs of arthritis early and take measures to prevent their condition from worsening over time. (5)



Conclusion

Whatever your dog's breed, age, or activity level, as a pet parent you surely want them at their happiest and healthiest! Be attentive to their needs and quick to respond to any signs of joint discomfort, and your best friend can live their best and most pain-free life as your forever companion.

1. <https://www.arthritis.org/about-arthritis/understanding-arthritis/what-is-arthritis.php>
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Natural Remedies For Dogs With Joint Pain

Dogs can be a special part of your family. Just like you feel sad when your grandpa gets old and slow, you feel sad when your dog becomes sluggish and lazy. Most of the time, their decelerate behavior is because they are suffering from stiff and painful joints. This condition is not something that only humans suffer from, dogs can feel the same pain too. They should be treated in order to minimize the pain and to increase their quality of life. Before you go spend hundreds of dollars on medication, take a look at these ideas that you can do from home to help your furry friend. Although you should still schedule a vet appointment, feel comfort in that fact that you have options to give your dog the relief he is looking for.

How Can I Help My Dog With Joint Pain?

Maintain a health weight

Excess weight will make it a lot more painful for your dog and his joints. Diet and exercise are great ways to help your dog to lose weight if necessary.

Alter exercise

Staying active is your dog's best bet to recovery, but be careful to not exert too much energy from him. Take a look at his current exercise habits. If they seem a little too intense try reducing them. If they seem non-existent, try adding so more opportunities to his day. Your dog will benefit from several shorter walks a day.

Raise food and water bowls

In order to reduce some strain on your dogs back and neck, raise his food and water bowls so he isn't required to bend over so far.

Prevent slipping

Hardwood floors and ice sidewalks may be some of the causes of your dog's sore joints Use carpet runners to reduce the amount of slipping he does in the house and little doggie booties to avoid slipping outside of the house.

Use a ramp

To keep your dog from jumping places too high and hurting himself, invest in a ramp for him to climb up. You can set the ramp to go from the floor to your bed, in the driveway to your car, or door step to the ground.

Keep nails trimmed

The length of your dog's nails can affect the way he walks. Longer nails will causes your dog to shift his weight differently, consequently putting strain on his joints. Weekly nail trims or grinding will help your dog. If you do not feel comfortable doing it yourself, consult your veterinarian.

Provide a soft, supportive bed

Invest in an orthopedic for your dog. Lying on the hard floor or somewhere with little to no cushioning can be a painful experience for your dog. It could be causing your dog to wake up sluggish or grumpy.

Acupuncture

Although acupuncture may sound familiar as a practice for humans, it has actually been recently shown to help dogs as well. The practice stimulates the body's own anti-inflammatory and pain-reducing response. This practice is not the best option for all dogs, but if yours likes to be handled, it could be a great way to provide relief for him.

Massage therapy

Massaging your dog can help improve blood circulation, loosen stiff muscles, and can really help him to relax

Joint Supplements

FREE ME is designed with all natural ingredients to target joints and flexibility and help reduce inflammation, increase range of motion, increase joint cushioning, reduce discomfort, and more. This one can be especially effective in reducing the possibility of your dog developing joint pain as he ages.



Other Foods and Supplements That Can Help Your Dog

1. **Cayenne:** Capsaicin, which is a main component of cayenne, helps to block pain and increase circulation. It is actually a common ingredient in many human pain killers and it can be equally as effective for dogs.
2. **Licorice:** The root of licorice contains medicinal properties that can help treat arthritis. It is fast acting and effective. You can give it to your dog as a tincture or a tea.
3. **Ginger:** Small amounts of raw ginger can be given to your dog as part of his regular diet, doing so will help improve circulation. Too much ginger, however, can cause the blood to thin, so use sparingly or ask your vet before using.
4. **Yucca:** Use yucca only a couple of days a week because although it is an effective drug in reduce joint pain, it can make your dog sick. Yucca is a great resource in relieving your dog from his pain, trying adding a powder form to his normal dog food
5. **Horsetail:** Horsetail is capable of healing bone and connective tissue. Using horsetail is a great way to help heal your dog. Avoid using in dogs with heart problems and nursing dogs.
6. **Anti-Anxiety Supplements:** Calm Me is a supplement that's specifically meant to calm stress, reduce anxiety and help dogs relax. Especially when it comes to pain, vision, or hearing problems, dogs can experience an excessive amount of stress, which can ultimately lead to further health concerns if not addressed.

We are so lucky to have herbs and other methods available for our use. Using a combination of both can really help your sweet companion to feel better from his joint pain. Before using always consult with your vet, but feel safe in knowing that many other have used these methods and seen results. Dogs are special creatures and shouldn't have to feel unnecessary pain. Use these tips to help your dog.

Want to give your dog the benefits of raw food, but not sure where to start? Try our most popular and affordable product: Boost Me! This 9-superfood packed food topper is freeze-dried to reduce mess and hassle! Over 4000 dogs are loving it and counting. [Learn more here.](#)

3 REASONS YOU SHOULD GIVE YOUR SENIOR DOG BONE BROTH

All dogs get older, just like we do, and with age comes some additional care. One thing you may notice as your dog gets older is a loss of appetite.

Appetite loss can be due to arthritis pain, dental soreness, and decreased activity. And if your dog isn't eating as much it's very likely that they aren't getting nutrients that need. Bone broth is an amazing power source of nutrition and calories, and it's easy to eat and delicious for your pooch. It can help give them the energy and nutrition that they may be lacking.

Bone Broth Benefits

1. Good For The Bones

It seems like a no-brainer, but bone broth does wonders for aging bones and joints. The glucosamine & collagen found in bone broth helps to enhance the joints. It can also combat inflammation and help ease joint pain. If your dog suffers from arthritis, the glucosamine and chondroitin will assist in this area as well.

2. Immune System

All doggies get sick, but senior dogs sometimes need extra care when they feel under the weather. Just how chicken soup can really hit the spot on a sick day for humans, bone broth can really do the trick if your dog is sick or recovering from surgery. Bone broth is soft on the stomach, and often one of the few things your dog may want to eat on sick days. Even if your dog isn't sick, bone broth has lots of nutrients such as vitamin C. Vitamin C acts as an antioxidant and can help keep the immune system in tact so your dog can stay as healthy as possible.

3. Appetite Stimulant

Bone broth may be what your dog needs to gain back a lost appetite. Even dogs who are picky eaters will likely perk their ears at bone broth. Bone broth is easy to slurp up, smooth on the stomach, and promotes healthy digestion. The extra bonus is that your dog will think its a special treat!

How To Make Bone Broth

Bone broth is rather simple to make, but it does take a lot of time so it's a good idea to make it frequently so you have some handy for your senior dog.

What You'll Need:

Bones (chicken, beef, turkey, anything left over from your own meals will work)

Apple Cider Vinegar, or Lemon Juice

Water

A crock-pot or large stove pot

Optional additional ingredients:

Celery, carrots, spinach

Chicken feet, or other joint bones

Instructions:

1. Put all the bones in your crock-pot, or stove pot. Since you will be cooking the bones for at least 24 hours, a crock-pot is the easiest way since you don't have to worry about leaving it unattended. But a stove pot works just as well. Chicken feet and joint bones are great additives because they add lots of flavor and gelatin.
2. Add enough water to completely cover the bones, plus an inch or two extra. Then add two to four tablespoons of apple cider vinegar or lemon juice. The vinegar and lemon help pull out all the essential minerals and nutrients in the bones.
3. Set the crock-pot or stove on low heat and let everything cook for at least 24 hours. Keep an eye on the pot throughout the day, adding water as needed to keep the bones covered. If you choose to add extra vegetables, add them near the end so they have just enough time to get soft.
4. Strain the bones from the broth and let it cool. Then serve to your dogs and watch their tails go wag-crazy!

To store your broth, keep it in a sealed container in the fridge up to 3-4 days.

Succulent Secret Weapon

If you don't have all hours of the day to be stewing over a pot of boiling broth, don't let that keep you from these incredible benefits! There are also powder options that you can simply sprinkle on top of your pup's regular meals for similar results.

So, whether you chose to let your dog lap it up in delight, or get it as a delectable dog food garnish, bone broth is an essential and succulent secret weapon you should always keep handy as a senior dog parent!

Is Your Dog Silently Suffering?

No pet parent likes to see their dog suffer, but would you know if your dog's vision was impaired?

I didn't- at least not at first.

Failing eyesight is a common problem for dogs, but it often goes unnoticed until it's severe enough that the damage is irreversible.



Do you ever catch your dog watching TV?

Dogs enjoy television because the motion on the screen catches their eye. This instinctual remnant helped them capture prey animals in the wild. Nowadays, they seem to prefer to watch upbeat cartoons (my dog's favorite is Happy Feet) and shows with lots of close ups of human faces or familiar items, like tennis balls. They watch what makes them happy, just like us.

One of the first signs of visual impairment is often a decrease in normal activities, like watching TV or playing fetch. Often, the signs can be so subtle that dogs suffer for months or even years before you notice there's a problem.

Dog Breeds and Vision

Certain dog breeds with deep-set eyes, such as the Chow Chow, already suffer from decreased peripheral vision in comparison with other dogs. This can magnify any decrease in visual function to the point of debilitation. Other dog breeds are naturally prone to vision problems and should receive eye health support throughout their lives. It's estimated that a poodle has 20/75 vision- which is quite a distinct case of nearsightedness. Decrease his overall visual function by even a fraction and the result is functional blindness.

The Bad News

Unfortunately, most dogs will suffer from some degree of visual impairment in their lifetimes. Some conditions, such as cataracts and macular degeneration can require surgery- and in many cases, aren't curable.

The Good News

Modern science has provided breakthroughs in vision support in recent years. And TruDog has done something unprecedented with that research. We've created a powerhouse OMEGA supplement for dogs, and tested it on people.

That's right. Instead of testing this product's safety and efficacy on animals for human use, we've switched the tables.



As an animal lover, isn't that a refreshing change?

COMPLETE ME's active ingredient is proven to be safe and effective because it's been tested on humans extensively. Provinal Omega 7, the primary ingredient in COMPLETE ME, has been scientifically proven to be effective in clinical trials conducted by Harvard Medical School and Cleveland Clinic.

Plus, the ingredients in COMPLETE ME have been shown to support eye health and improve visual function for many dogs when taken regularly. Not only can it prevent eye problems for many dogs, it can help improve already impaired vision.

Formulated specifically for a dog's system, COMPLETE ME is not only an eye health supplement, it's a powerful effective tool to combat chronic disease, pain and inflammation, and even cancer. The secret lies in COMPLETE ME's ability to lower levels of inflammation in your dog's body- inflammation that you may not even be aware of, and is the underlying cause for a whole host of health problems, including stubborn weight gain.

Provinal Omega 7 effectively reduces C-Reactive Protein (the marker for inflammation) levels by up to 44%.

It suppresses the production and accumulation of new fat molecules, combats metabolic syndrome, and relieves pain and inflammation naturally.

COMPLETE ME supports my dogs' eye health and provides a high-level of overall health support previously unavailable with other canine supplements. The combined ingredients of COMPLETE ME are so powerful and effective, it's the ONE thing I never let my own dogs go without- it's that vital.

That's why today I'm giving you the chance to get this life-changing supplement at 40% off the regular price. **Order today and save over \$37.** I'm confident it will make a difference in your dog's life.

You take a multivitamin everyday, shouldn't your dog, too?

Your dog doesn't have to suffer silently- there's hope for complete relief with **COMPLETE ME.**

Five Ways To Fight Hearing Loss In Your Dog

There is no doubt about it, old age is not kind on a dog's body and as he gets older, the nerves in his ears can start to degrade leading to gradual hearing loss and eventual deafness. Don't be troubled by this news, however. Deafness in your senior dog doesn't mean the end of the world. Your dog can still live a full, happy life without his hearing. Follow these 5 simple steps to help your dog deal and suffer less from his old age hearing loss.

5 Tips For Helping Hearing Loss in Your Senior Dog

1. **Know the Early Signs:** Age related hearing loss isn't something that happens all of a sudden. It is a gradual change that occurs. In fact, it happens so gradually that many dog owners often miss it. An obvious, early sign of hearing loss is less response from your dog when giving commands or from other sounds. Some people might call this selective hearing, but if your dog start to become for "defiant" when you give commands, it's more likely cause is hearing loss rather than rebellion. A couple of other early signs of hearing loss are a dog that startles easy and a one that is hard to wake up.
2. **Start Training With Hand Signals:** There isn't really any way to stop age related hearing loss once it has started. One way that you can help ease the lack of communication with your dog is by teaching them to understand hand signals. This way, when they have lost their hearing, you can still have communication with them. It might seem intimidating to teach your dog a whole new language, but hand signals don't have to be another language, they can be apart of the language you already have now, by incorporating hand signals into your daily communication now, once your pet's hearing starts to deteriorate, this new method of commands will already be in place.
3. **Learn to Be Obvious:** Often times dogs who are getting old have a reputation for being aggressive and grumpy. A lot of the time this isn't because their mood has drastically changed, but because they are more frequently becoming spooked. This can be startling for a dog that can no longer hear things approaching from behind, he may become aggressive to these new unknown threats. The best way that you can help him, is to become obvious with your movements. Never approach him from behind, stomp when you walk around him so he can feel the vibration, and if you need to wake your sleeping dog, try touching him in a non threatening area such as the shoulder or paw.

4. **Talk to a Vet:** One of the best things you can do for your dog once you've noticed that he is losing his hearing is to take him to the vet. Hearing loss due to age is a natural thing that cannot be fixed, but deafness in dogs can be caused by other things like tumors, parasitic infections, drug toxicity, injury, or ear infections. Your vet will help you to determine the causes of your dog's hearing loss, and may even be help you to reverse it!
5. **Commit to Daily Ear Care:** Committing to a daily ear care regimen seems like an easy thing to do and it is! Helping your dog clean out his ears frequently is a great way to slow down the natural cause of old age. The better health you keep your dogs' ears in, the longer he will stay your fun playful puppy. Depending on the type of dog you have will determine the frequency in which you will need to clean out his ears, but in general, you should clean them out once they start to look dirty.

There is no reason why your dog's old age has to be a bad thing. It may take time for you and your old friend to adjust to a new lifestyle of hearing loss, but if that doesn't change how you feel about him, then the both of you should continue to live a happy life together.

TIPS FOR ADOPTING A SENIOR DOG

Ask any shelter worker and they'll tell you that one of the most heartbreaking parts of their work is seeing older dogs and cats waiting for a home. Puppies almost always get adopted quickly (who doesn't love puppies and being able to train them), but adult dogs — and particularly older adult dogs sometimes have a difficult time in finding their forever home.

In most cases, it's not that senior dogs aren't wonderful pets. Like any other dog, they are the product of what has happened to them and what they've experienced up until then (they're not so different from us humans). Often times older dogs might need a bit of training like house training, and just some basic dog commands. And oftentimes you don't know what type of experiences the dog has had. Hopefully they weren't abused and have a good temperament. The shelters and adoption centers are getting much better at asking questions and also knowing the dog to be able to ensure it goes to the right home. For example, they will tell you if the dog is good with children, or good with other dogs- maybe he/she needs to be in a one dog family. Also you will need to know how much exercise the dog needs. Planning out ahead of time what type of dog you're looking for and how much time and effort you're willing to invest to get the dog that's best for you and your family.

If you ask around and talk to those who have actually adopted older dogs, surprisingly you will find that they generally adjust really well to a new home. It's uncanny how rescued dogs seem to realize that they're being given a new chance in life.

Here are some things you should do when adopting a senior dog:

- **Introduce him/her to new people or pets one at a time.** Senior dogs will generally adapt to the household around them, but don't overdo things the minute he gets into his new home. If possible, visit him/her at the shelter so that he can get to know you in a familiar place before moving in with you. During his first day, introduce him/he to all of the members of your family (furred and un-furred), but try to do it one at a time so he/she has time to acclimate without feeling overwhelmed.
- **Expect that he/she will sleep a lot at first.** This isn't always the case, but senior dogs — any dog, really, but especially senior dogs — will often spend most of their time sleeping for the first few days after moving into a new home. This is especially true if they've come from a shelter. In those cases, they've moved from a very noisy, busy environment to one of relative calm. You may not think your home with four kids and two cats is quiet, but compared to the environment he came from, it just may be like a hammock on the beach to him.
- **Make sure he/she has somewhere safe to retreat.** Whether it's a crate, a bed or some other area, make sure there's an area that's all his/her and that he can expect to be left alone when he/she crawls into it. Don't worry if he/she observes you from a distance at first. Most senior dogs will adjust and join in family fun quickly, but some will want to get to know the routine from a distance first.
- **Introduce a healthy, natural diet gradually.** An all-meat diet is healthiest for dogs and the vast majority of dogs should be on an all-meat (preferably all raw meat) diet for a number of sound reasons. This diet gives them tons of nutrition and will go along way to for them to have a happier, healthier and even longer life. Check out this nutritious food. That said, it's OK to introduce new foods to your dog slowly.



OLD DOGS CAN BE TAUGHT NEW TRICKS

Earlier in May, officers in Titusville, Florida, discovered a dog who had been abandoned and chained to a stop sign near I-95.

The dog, named 'PD,' has been given a special purpose. He will be trained to be a therapy dog for veterans with post-traumatic disorder. According to the Titusville Police Department officials, the dog was taken to Brevard County Animal Services, and he will be trained to become a therapy dog for the local sheriff's office.

With 'PD' becoming a therapy dog, the question has been, 'Can old dogs really learn new tricks?'

A group of animal experts say yes.

First of all, you should start training your dog as soon as it is possible. According to Gail Fisher, author of *The Thinking Dog*, "if the dog is awake, the dog is learning." Fisher believes that dogs can start being trained as young as 8, 9 or 11 weeks of age.

Is a dog too old to be trained?

Don Hanson, chair of the Association of Pet Dog Trainers, says no. "Any dog can be trained if it is sufficiently motivated and if the trainer has the skills, knowledge and patience."

If a dog is physically able to learn, then it can happen. The training techniques are generally the same for any dog of any age. Dogs are always learning, and they may pick up mannerisms that you don't want them to have, so you may have to 'untrain' or discourage unwanted habits.

There are several factors one must look at before beginning to train an older dog.

1. **Your dog's training history** – If your dog started early with a consistent training program, he or she will be easy to train.
2. **Physical health** – If your dog is ill or has physical restrictions, i.e. arthritis, obesity, heart programs, then training can become complicated. It might be a good idea to get your dog checked with a veterinarian before you start a training program.
3. **Your skill as a trainer** – Your dog can't do it on their own. Hanson said, "The better you are at communicating to your dog – reinforcing appropriately and in a timely manner for desired behaviors – the easier it is for him to learn new behaviors at any age." Consistency is important.

4. **Methods of training** – Dogs trained with positive methods are more willing to learn more, while those who are trained negatively, or with physical methods won't want to learn.
5. **Lessons learned** – Dogs can learn most anything. Instead of picking out something broad, get specific with what you want him to learn.
6. **Mental capabilities** – Older dogs might have what is called canine cognitive disorder – 'Doggie Alzheimer's' – and this disease can change your dog. There might be some 'senility.' The dog could have disorientation and just lose capabilities. This can restrict any further training you might want to try.

If those negative factors are not present, and the veterinarian gives the OK, then start training your old dog.

When training your dogs be sure to check out TREAT ME real meat treats to make your old or young dog come, sit and stay.

8 TIPS TO TAKING CARE OF YOUR SENIOR DOG

As dogs grow older, their body tends to change in ways not unlike a humans. Muscles become weaker, bones become more fragile, illness is more common, and movement is more difficult. While your aging dog will always be your good boy and a major part of your family, the needs of a senior dog differ substantially from the requirements of a puppy or more youthful pet.

Dogs become more sensitive to physical touch and mental commands, and they tend to need some extra help to living a happy, healthy life in their last years. Review the following tips if you're wondering how to properly care for your aging pup.

Proper Care for Your Senior Dog

A nutritious, healthy diet.

In a similar way to people, a dog's nutritional needs will change over the course of their lifetime. Older dogs tend to need much different nutrients than they did when they were a puppy. It is recommended to consult a veterinarian on your particular dog's needs. Changing their food entirely may not be necessary, but the amount or supplements necessary may vary (1). We recommend raw dog food as opposed to kibble food as it offers the most nutrients and has the least amount of additives. You can also add Boost Me to your old pup's meals for some additional supplement and energy.

Keep up satisfactory exercise.

Old in body doesn't necessarily mean old in mind. Your dog at all ages needs exercise, not only to help maintain their physical health but also their mental health. Your senior pooch will want to spend a great amount of time with you, so while he might not be up to backpacking trips, frisbee sessions, or 5-mile jogs, he will still enjoy pleasant walks around the neighborhood. Activity helps maintain your pet's health overall (2).

Maintain a healthy weight.

Your pet will need different nutrients or amounts of food in their later years than they did as a younger dog. Weight change—either gain or loss—is common in senior dogs. It is important that they get the correct nutrients, and enough of them, in order to maintain a healthy weight. Overweight or underweight dogs struggle with their muscles, organs, and immune systems, so maintaining a proper weight is vital (1).

Consider a more comfortable bed.

Old dogs have old bones, and they tend to sleep a lot more than they did in their youth. Giving them something that's more comfortable to lay on helps them out as their bodies become more stiff with arthritis. Limiting the hard-surface sleeping areas simply makes your pet's life more comfortable and pain-free (1).

Schedule more regular vet checkups.

As your dog ages, you're likely going to be visiting your veterinarian more often. This is because so many ailments come with age. Joint pain and mobility issues, weakened immune systems, and other age-related illnesses often set in during your dog's senior years. You'll want to switch to regular check-ups more often as your veterinarian recommends. Meeting regularly with your vet will help certain ailments such as cancers and organ diseases be detected as early as possible.

Maintain clean teeth.

Teeth and gums play more of a role in your dog's health than you perhaps give it credit for. Keeping up with your pooch's dental care can prevent an untold amount of diseases. Check out more info here.

Consider the effects of stairs and ramps (2).

Again, much like people, old dog bones and joints get stiff and painful. Climbing stairs and ramps can become more difficult the older your dog gets, so keep this into consideration whenever the need comes for scaling heights (1).

Mobility assistance.

Arthritis and other ailments is very common in senior dogs. Keeping your dog active can help maintain these issues, but often times some sort of supplement is required to entirely assist their ability to remain mobile (1).

What you should take away

Obviously, your pet is important to you, so maintaining their health and comfort should also be important. Just keep in mind that as your dog ages, he will become less able to complete as many physical activities. More than ever, however, he is still in need of love and careful attention.

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