

# Newfie News



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## Be Prepared in Case of a Health Emergency for your Newf

### Create a First Aid Kit

There are a number of first aid kits specifically for dogs and pets available for purchase and it's a good idea to have a kit handy. Be sure to bring it with you when you travel with your pet. You can also create a basic first aid kit with many human-grade items. Catherine suggests:

- self adhesive bandage wrap
- gauze
- alcohol free cleansing wipes or spray
- antibiotic spray/ointment
- saline to flush out eyes
- tick remover
- Benadryl for allergic reactions (consult your vet for dosage)
- spray-on plaster for larger wounds or wounds that are awkward to wrap
- foil blanket in the event of shock
- scissors
- gloves

We all want our Newfs to be healthy and pain-free and do the best we can to take care of their health needs. Some injuries require a trip to the veterinarian, but there are many first aid treatments that you can do at home to speed your dog's recovery from minor ailments.

Catherine Smith is a certified Pet First Aid instructor in the United Kingdom and owner of Muttleys ([muttleys.me.uk](http://muttleys.me.uk)), offering dog and pet first aid courses. Two levels of courses are available – for dogs, cats and other pets – as well as a security dog first aid course for working dogs.

The first step in first aid is to know your Newf's base rate. "Know what's normal for your pet," Catherine said. "Get a pulse rate and breathing rate while resting. Notice the color of the gums and take photos." Catherine also suggests performing a baseline capillary refill test to assess blood flow to tissue. Pull back your Newf's upper lip and locate the gum line above their teeth (a pink section of the gums). Gently press with your finger or thumb on the gum and release. The gum will turn white. The pink color of the gum should return within 2 seconds. The two most common causes that may increase the refill time of the capillaries are dehydration and shock. Seek veterinary care if you suspect either. (A video of the test from Registered Emergency Animal Lifesavers is here:

<https://www.youtube.com/watch?v=uq5n2qHn2x4>).

Having a basic first aid kit just for your Newf (or pets) can be helpful if they get minor cuts or other small ailments. The most common injury that Catherine has experienced

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## Who's at TNP?



**Rufus** arrived at TNP on January 9. This healthy, happy 3-year-old boy is active and full of energy. He is smart and knows some commands.

Rufus is good with other dogs, cats and older children. He is strong, however, and would be too much for small children. Although he is not afraid of the water, Rufus has not established himself as an avid swimmer.

TNP is deciding on the best home where Rufus will thrive.

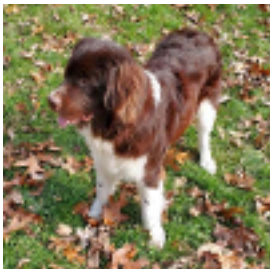
**Stripe** the French Bulldog, will be staying with TNP at this time. He continues to have eye issues that require the care of a specialist.

Since being at TNP since October, Stripe has mastered the dog door and thinks he is one of the big dogs, even though he is only 5 months old. The big dog residents at TNP don't seem to mind.

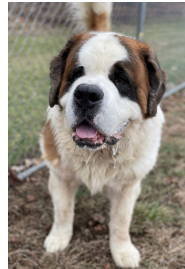


Stripe & Tessa

## Recently Adopted



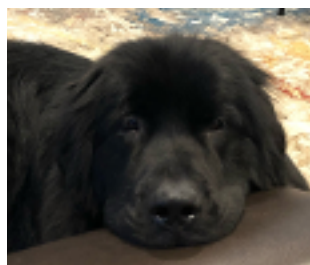
**Teddy**, a 9-month-old male, was adopted by a veterinarian in New Jersey while en route to TNP late in December.



You may have seen a post on the TNP website about 7-year-old **Otis**, who was available through the Animal Welfare Society. Otis is now happily settling into his new home.

**Admiral** is the first TNP adoption of 2021. Chris & Estelle Laurin adopted this sweet boy after taking him in as a foster in early December. Admiral, who is almost 2, is enjoying the snow in Minoa, New York (just outside of Syracuse), as well as time spent with his new family.

There have been some challenges to start. Admiral was not potty trained, having lived in a barn his entire life. He is also very nervous walking on various surfaces. The Laurins have accommodated him with throw rugs throughout the house. Admiral will also start obedience training soon, although Estelle says "he gets more comfortable and listens more every day."



Admiral is the Laurin's first Newfoundland. They wanted a big dog companion for their 3-year-old Yorkie, Bibble. Estelle grew up next to a Newfoundland that she played with and they did extensive research and spoke with many people before deciding on a Newf.

In late November 2020, the Laurins filled out an application for TNP and had a virtual home visit. Just a week and a half later they responded to Cathy's post on Facebook requesting a foster family in upstate New York. The next day they made the 2 hour journey to pick up Admiral and bring him home.

Admiral has "brought the family closer," Chris said. "The kids hang out with the family more." Estelle added, "he has given the kids responsibility." Ethan, Julian, Myla and Dylan help out with walking, feeding, and, of course, playing with Admiral. "He's the missing piece to our family," Chris said. Admiral likely feels the same way.

## Expert Excerpts

*With Dr. Lauren Flanagan of  
Pepperell (MA) Veterinary Hospital*

Hip dysplasia is a common developmental condition in large and giant breed dogs, including Newfoundlands. It is the malformation of the ball and socket hip joint, wherein it does not fit together properly, causing abnormal motion of the two parts against one another. The result is reduced cartilage and the development of arthritis in the joint.

How can you tell if your dog has hip dysplasia? The only definitive diagnostic tool is a radiograph or "x-ray". Dogs usually do not cry out with the chronic pain associated with hip dysplasia. You may notice your dog having difficulty getting up from lying down, reluctance to jump into the car or on the bed, difficulty with stairs, general reduced activity, reluctance to go for long walks, and sometimes limping can be observed as well. There are many other orthopedic and non-orthopedic problems that can mimic hip dysplasia so ultimately your Newfie needs the radiograph to confirm the diagnosis.

The cause of hip dysplasia is complex. The primary cause is genetic but there are other factors that play a role. Nutrition, amount of exercise as a puppy, age of neuter, and other environmental factors all play a role.

We rely on selective breeding to prevent hip dysplasia but unfortunately even dogs with normal hips on X-ray can produce offspring with hip dysplasia. The Labrador retriever is the only breed that currently has a genetic test to identify which parents will pass on the gene even if their hips look fine on X-ray.

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## TNP Alumni

Madeleine (Maddie) Wolfe Boschen has always been a lover of animals, especially big dogs. But she found true connection when she became a Newfoundland mom.

Maddie grew up with a St. Bernard and had a Rottweiler, Gunner, and Chow mix, Turbo, when an unassuming drive in her Long Island, New York neighborhood led her to Newfies. "This thing that looked like a bear was running loose," Maddie said. She called him over and asked around the neighborhood, successfully reuniting the Newf with his family. After the encounter Maddie told her family (husband Michael, son Michael and daughter Nicole), "that will be our next dog." "I thought how can you not love this great goofball," she said.

After Gunner passed away, Maddie looked into getting a Newf. Soon, Bear, who turns 2 on Feb 4, joined the family from an Amish breeder in Pennsylvania. Turbo passed away a couple of months after Bear's arrival. Maddie did some additional research on breeders and realized she didn't want to buy another Newf from a breeder, but would rather rescue. That's how she found TNP.



l to r: Koda, Bear,  
Cheyenne

Maddie was looking for another puppy to be a playmate for Bear. She reached out to Cathy at TNP, who suggested that Maddie bring Bear to TNP so she could meet him.

After witnessing Bear's high activity level, Cathy recommended an adult Newf, who would do better with a puppy. Maddie returned to Long Island to wait for the call from Cathy. In October, 2018, Maddie got the call that Cheyenne, a 3-year-old Newf, was ready for adoption. Maddie took the ferry again with Bear to meet Cheyenne and came home with her.

A couple of month later, Cathy called again with an available puppy and Koda was added to the

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is cuts, specifically to the pads of the foot, leg or ears. "Cuts to the ear and pads bleed a lot and can be scary," Catherine said. Applying constant pressure should stop the bleeding in a few minutes. "You can also use cornstarch to stop bleeding (this works well on toenails)," she said. Of course, deeper or larger cuts or ones that won't stop bleeding should be examined by a veterinarian.



Wrapping wounds can also help your Newf to heal faster or provide some stability until you can get to the vet. Catherine had some advise for bandaging different parts of your dog. "For wounds to toes, make sure the whole foot is bandaged, not just the injured digit," she said.

"For wounds on floppy ears, fold the ear up on the head (for dogs with pointed ears, fold it down on the head). Wrap the bandage around the entire head. For cuts on the legs, start wrapping below the cut, furthest away from the heart. For all bandages, make sure it is not too tight." The bandage should be secure but also flexible.



Catherine also teaches pet CPR and said the process is similar to that of humans. "It should be performed only on dogs that are not breathing," she said. Check to make sure the airway is clear and "make sure the dog is on it's side. Pull the tongue out slightly and clamp the mouth together. Breath into the nostrils 5 times, checking the chest. Begin 100-120 compressions on the dog's chest (a video demonstrating chest compressions by the AKC is here: <https://youtu.be/A1SOFVLKDP8>). Give 2 more breaths and continue with chest compressions for up to 10 minutes. Sadly, a dog is unlikely to recover after this time." Once the chest starts moving, discontinue CPR. "Only six percent of dogs given CPR recover," Catherine said. But, it's still worth trying.

One illness Catherine finds common in large dogs (especially heavy coated dogs like Newfs) is heat stroke. If you suspect your dog is suffering from heat stroke, "don't cool your dog too rapidly as it can cause serious internal problems," she said. "Lie the dog on his side in the shade and fold a damp cool towel over his stomach. Bring him to the vet immediately."

With planning, you can be prepared to treat your Newf's minor injury at home, or provide some stability until you can seek veterinary care. In an emergency, every minute is important.

Muttleys offers a comprehensive array of First Aid classes for dogs:

CPR	Bandaging	Body parts	Prevention	Bloat
Toxic foods	Burns	Stick Injuries	Eye care	Seizures
Parasites	Car accidents	Vaccinations	Choking/Heimlich maneuver	
Alabama Rot				

(a disease mostly in the UK that causes damage to the skin and kidney's blood vessels. The cause is not known but it is believed to originate in wooded areas.)

Sources/More information

<https://www.akc.org/expert-advice/health/performing-cpr-on-dogs/>

**Alabama rot:** <https://www.rspca.org.uk/adviceandwelfare/diseases/alabamarot#:~:text=Alabama%20rot%2C%20otherwise%20known%20as,damage%20of%20the%20affected%20tissue.>

**Dog First Aid/CPR classes in the US:** <https://www.redcross.org/take-a-class/first-aid/cat-dog-first-aid>  
<https://pettech.net/>

# Have an Emergency Preparedness Plan for your Pets

The COVID-19 pandemic has made us more aware that illness and emergencies can happen at any time. Since pets are part of our family, it's important to include them in emergency preparedness planning. Having a plan in place will put your mind at ease, knowing your Newf – and all pets – will be cared for should you need to be hospitalized. A plan is also useful in any crisis or disaster, such as fire, flood, earthquake, etc., and will save precious moments if you need to evacuate immediately.

## What should be in your preparedness plan?

First, identify someone who can care for your Newf if you become unable to, typically a friend or family member. Be sure to confirm with them that they are able to take your Newf in an emergency. Identify at least 2 caregivers who can step in if needed. That Newfoundland Place is also a resource if you need to temporarily re-home your Newf.



Create an emergency kit for your pets with the following:

- Food and water (at least a 7 day supply of each) in a waterproof container for easy access and movement. (Be sure to change out the supplies every few months to keep them fresh)
- Food and water bowls
- Copies of vaccination records – which should be up to date – and name and contact information of veterinarian
- List of medications with dosage and administration instructions
- Two weeks worth of medication (change out every few months to avoid expiration)
- Flea/tick medication
- Leash and extra collar with ID tags
- Pet first aid kit
- Cleaners, wipes and paper towels
- Comfort items such as toys, treats and familiar bedding

It's also a good idea to have your pet microchipped with current contact information in case you get separated.

The Centers for Disease Control and Prevention (CDC) maintains that there is no evidence that dogs and cats can contract or spread coronavirus, however, if you do test positive for COVID and remain at home to care for your Newf, the CDC recommends restricting contact with pets, wearing a mask and gloves while feeding and taking care of your pet, and washing your hands before and after touching your pet. Specific guidelines can be found on the CDC's website **HERE**.

Just like a fire extinguisher, an emergency preparedness plan is something we never want to use, but will be appreciated in situations where it is necessary.

Source: <https://www.humanesociety.org/resources/coronavirus-covid-19-faq#preparing>

More info on emergency tool kits:

<https://www.avma.org/resources/pet-owners/emergencycare/pets-and-disasters>

### "TNP Alumni" Continued from page 3

pack. Soon after, Maddie's son brought home retriever Axel and the quartet was complete.

Sadly, Koda passed away in July 2020 from an ulcerated stomach at less than two years old. The loss is still fresh for Maddie. "She was a beautiful soul," she said.



Still, her life is full with 3 dogs and cats Stormy and Cloudy. Newfs Bear and Cheyenne have big personalities. Bear loves to run. Cheyenne has "always just wanted love," Maddie said, but has been more active with Axel and joins in the backyard running. Maddie added, "they love swimming, walks and playing with their stuffies. But most of all, they love being loved." And she loves loving them back.

back: Cheyenne, Koda, Bear front: Axel

## Upcoming Events

COVID-19 continues to rage on in the US, making any in-person gatherings at TNP unsafe. Yet, the TNP team is hopeful that the latter half of the year will bring opportunities for Open Houses and the annual Fundraiser and Reunion in the fall.

Stay tuned for more information on TNP events in future newsletters and in the TNP Facebook group.

Currently, rescue work continues as well as filling food requests for those in need.

### Expert Excerpts Continued from page 3

In any breed at risk for hip dysplasia it is important to institute preventative practices at a young age. Maintaining a healthy lean body weight as an adult is important but also prevent too rapid growth as a puppy. Puppies should be fed a diet specific for large breeds and portion controlled. Discuss post-pubescent spay and neuter with your veterinarian as early spay and neuter may be a predisposing factor as well. Avoid high impact activities in very young puppies.

Unfortunately, even if you do everything by the book it is still possible your Newfie may have hip dysplasia and develop the clinical signs associated with it. There are several surgical options for dogs with hip dysplasia, including total hip replacement. The surgeon will discuss other surgical options based on a number of factors including age, weight, and degree of arthritis already present at the time of diagnosis.

The prognosis is best if we identify hip dysplasia before arthritis sets in so it's never a bad idea to have your Newfie's hips x-rayed after he/she turns 2. If surgery is not an option there are many advances in pain management, physical therapy, massage therapy and nutritional supplements for canine arthritis that hopefully can help keep your Newfie pain free and moving like a puppy.

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