

Newfie News



October 2022

VOLUME 4

ISSUE 2

Science Confirms Your Newf is Good for Your Health

You've had a tough day on at work and don't feel supported by your manager or coworkers.

You just found out about an illness in your family and it's very unsettling.

The kids need help with homework, you forgot to pick up a key ingredient for dinner, and the washing machine is flooding. Talk about stress!



Getty images
© jane sobel klonsky 2016

We've all had *those* moments. But we also have a furry stress buster, sometimes at our feet, in the form of our Newf. In fact, any kind of pet can provide comfort and promote wellness. There are thousands of anecdotal stories confirming this – and you likely have one of our own - but there is also scientific proof of the power of the human-animal bond.

According to the Human Animal Bond Research Institute (HABRI) website, "People are happier and healthier in the presence of animals. Scientifically-documented benefits of the human-animal bond include decreased blood pressure, reduced anxiety, and enhanced feelings of well-being. Positive human-animal interaction appears to be related to changes in physiological variables both in humans and animals, particularly dogs."

HABRI was established in 2010 by American Pet Products Association, Zoetis (the world's largest producer of medicine and vaccinations for pets and livestock), and Petco with the vision that the human-animal bond be universally embraced as an essential element of human wellness. They use science, education, and advocacy to advance the role of the human-animal bond in the health and well-being of people, pets and communities.

The Washington, DC non-profit has awarded more than \$3 million to research proposals addressing evidence-based health benefits of human-animal interaction. They house [HABRI Central](#) (maintained by Purdue University), an online database for human-animal bond research, with over 30,000 entries of journal articles, books, videos, and more.

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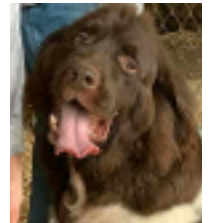
Who's at TNP?

Four-year-old **Maddie** arrived at TNP on September 12 due to family hardship. This grey beauty has been groomed and vetted and is scheduled for spay surgery on October 6. She will be looking for her new home once healed. Watch the TNP Facebook page and future newsletters for updates.



BlackBerry arrived at TNP on September 13 as a puppy mill rescue. She is a sweet five-year-old and was spayed on September 28. BlackBerry will be ready to meet her new family after recovery. Watch the TNP Facebook page and future newsletters for updates.

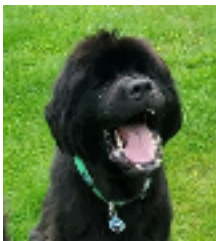
Sundae arrived at TNP with BlackBerry on September 13, also a puppy mill surrender, and was spayed on September 26. She is also five years old and has a sweet temperament. Sundae will be matched with the perfect family after healed from spay surgery. Watch the TNP Facebook page and future newsletters for updates.



Interested in adopting from TNP?

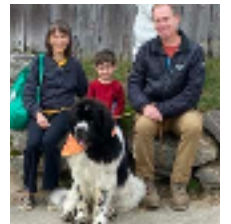
All dogs are placed only in APPROVED homes. Email Nancy for an application: nancy@thatnewfoundlandplace.org. Home checks are also required (virtual or in person). Keep in mind that TNP places dogs in homes that are in the best interest of the dog, but welcomes applicants to express interest in dogs through TNP Facebook posts.

Recently Adopted



After five months of two ACL surgeries and rehab, **Sully** was adopted by Michele Plourde and Jim Haslam of Gorham, ME. Sully joins Scarlett, his two-year-old Newf sister who was adopted from TNP in August and Oz the Cat. Both dogs are settling in well and have become great pals. Watch for a complete update in the November issue of the That Newfoundland Place newsletter.

George and Mayling Fraser of Weston, CT brought home **Tanka** on September 25. Watch the TNP Facebook page and future newsletters for updates.



Fawn the Rat Terrier and **Lucy** the Maltese were both adopted by Deirdre and Katrina of Columbia, CT on September 25. Watch the TNP Facebook page and future newsletters for updates on these six-year-old cuties.

Expert Excerpts

A Strong Digestive System is the Gateway to Good Health

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

Just like in humans, a dog's gastrointestinal system affects other areas of the body. After food is broken down through digestion, nutrients are delivered to every tissue in the body where they affect the immune system, central nervous system, and inflammatory pathways. The health of the gut microbiome plays a role in the overall health of all tissues in the dog's body. An imbalanced microbiome could be linked to certain disease outside of the gastrointestinal tract.

How does the gastrointestinal system become imbalanced?

There are many things that can alter the microbiome. Stress, antibiotic therapy, parasites, and diet (including all the wonderful things dogs find tasty that are not in their food bowl), all can affect the gut health. Yearly fecal exams and parasite prophylaxis helps prevent, or allows us to treat, any parasite problems. Judicious use of antibiotics and using a probiotic along with antibiotics can help avoid antibiotic induced dysbiosis (alteration in the microbiome). Dietary intolerances can lead to an altered biome, this includes food allergies. Sometimes it's not a true allergy, but every animal is different in their ability to process certain foods so an animal may be intolerant of a certain protein or carbohydrate but not truly allergic.

Possible solutions

Gut health and the microbiome is a very complex subject, and research into it is still in its infancy. There are many great probiotic products out there as well as some synergistic products that contain both prebiotics and probiotics. If you're choosing to supplement your pet's diet with a probiotic/prebiotic you want to rely on a

Newfoundlands needed for research study

Research is important in improving the overall health of all animals and there are studies in which pet owners can participate in advancing veterinary medicine. Requirements of research projects vary from blood draws, to providing DNA samples, to clinical trials of medications to treat a health issue.

Two studies are seeking Newfoundlands:

The University of Minnesota is looking for 400 healthy large breed dogs at least 4.5 years old living in the 48 contiguous states. The dogs must have never had a diagnosis of cancer. Owners must ship blood, serum, and plasma samples for a study to develop a reliable, minimally invasive blood test for early detection and risk assessment of canine osteosarcoma. [Participant details and enrollment instructions.](#)

The University of Wisconsin is seeking purebred Newfoundlands for a study on developing a genetic test for cruciate ruptures in Newfoundlands. Participants must be Newfs with a confirmed cruciate rupture, or Newfoundlands over age 5 who have not had a cruciate rupture. Contact genetics@vetmed.wisc.edu for more information.

From: Newfoundland Club of America
e-Notes

Wanted: Grant Writer

Do you have experience writing grants? TNP is seeking someone to research grants, write proposals, and follow up. This is an ongoing commitment; however, hours are flexible. Contact Cathy Derench at cathy@thatnewfoundlandplace.org or call 860-465-6839.

TOP 5 BENEFITS

of the human-animal bond from the Human Animal Bond Research Institute (HABRI)

habri
human animal bond
research institute
www.habri.org

*Science Confirms
Your Newf is Good
for Your Health cont.
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Research focuses on the impact of pets in three broad categories: Child Health and Development, Healthy Aging, and Mental & Physical Health and Wellness. HABRI has funded specific research on allergies and immunity, Autism Spectrum Disorder, cancer, cardio-vascular disease, quality of life, social isolation & loneliness, and workplace wellness.

Study results

In 2016, the HABRI partnered with Cohen Research Group to conduct an online survey of 2,000 pet owners to explore how pet owners' knowledge of the health benefits of the human-animal bond impacts pet care and welfare. The survey indicated that the more pet owners learn

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Pets Alleviate Stress

Owning a pet is linked to significantly lower heart rate and blood pressure in response to stress. In one study of cardiovascular reactivity to stress, those with pets had significantly lower resting baseline heart rates and blood pressure and faster recovery of these parameters to baseline after cessation of stress.¹

A national poll of older adults (50-80) conducted by the University of Michigan asked about the health benefits of pets. The majority of pet owners believed that animals connect them to other people, provide companionship, reduce stress, help them be physically active, and cope with physical and emotional symptoms, including pain. Many respondents reported that their pets positively contribute to their health and well-being. Among pet-owning respondents, 79% reported reduced stress, 73% reported a new sense of purpose, 65% reported easier connections with others, and 64% reported they are more physically active.²

Pets Fight Depression

According to a HABRI survey of family physicians, 87% said their patients' mood or outlook had improved as a result of pet ownership. Another study found that pets, through serving as a distraction from typical symptoms and encouraging activity, helped people cope with depression and other long-term mental health issues.³

Research has also demonstrated that pet owners laugh more – one study found that those with dogs or cats laughed more in their daily lives than people without pets. Pet owners reported laughing more on a daily basis, including reactions to their pet and spontaneous laughter, compared to non-pet owners.⁴



Pets Address Social Isolation & Loneliness



Pets can provide people with the kind of social support that can help reduce feelings of loneliness and isolation. A survey commissioned by HABRI and Mars Petcare⁵ found that 85% of respondents (pet owners and non-pet owners) believe pet interaction can help reduce loneliness and 76% agree human-pet interactions can help address social isolation.

A 2016 study explored the role of pets in the social networks of people managing a long-term mental health problem. The study found that pets contributed to individuals developing routines that provided emotional and social support.⁶

In older adults, the role of pet ownership may provide a sense of purpose and meaning, reducing loneliness and increasing socialization. These benefits may also increase resilience in older adults against mental health disorders, which may positively influence their mental health outcomes.⁷

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about the science behind the bond, the more likely they are to take actionable steps to take better care of their pets:

- 92% of pet owners are more likely to maintain their pet's health, including keeping up with vaccines and preventative medicine.
- 89% of pet owners are more likely to take their pet to the vet for regular check-ups.
- 88% of pet owners are more likely to provide their pets with high-quality nutrition.
- 62% of pet owners are less likely to skip visits to the veterinarian.
- 51% of pet owners (78% of millennials) are more likely to purchase pet health insurance.
- 75% of pet owners are more likely to microchip a pet.

Pet owners aren't the only ones that see the impact of the human-animal bond. A 2014 online survey of 1,000 family doctors and general practitioners examined doctors' knowledge and attitudes towards the human health benefits of pets. Doctors overwhelmingly believe – 97% of them – there are health benefits to owning pets. Additionally:

- 69% of doctor have worked with animals in a hospital, medical center, or medical practice to assist patient therapy or treatment.

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Top 5 Benefits of the Human-Animal Bond continued from page 4

Pets Improve Physical Fitness & Encourage Activity

Research demonstrates that owning a dog can lead to lower rates of obesity and increased weekly exercise. One study⁸ analyzed data from the 2005 Michigan Behavioral Risk Factor Survey to assess the overall impact of dog walking on the level of total walking and leisure-time physical activity, including exercise and recreational activities. Results found that dog walking was associated with a significant increase in walking activity and physical activity. Compared with non-dog owners, the odds of obtaining at least 150 minutes per week of total walking were 34% higher for dog walkers, and the odds of doing any physical activity were 69% higher.



Pets Facilitate Healing & Resiliency

Several studies have demonstrated an association between pet ownership and a lower risk of cardiovascular diseases and heart-related health issues.⁹ Dog ownership has been associated with a lower incidence of cardiovascular disease and a reduced risk of mortality.¹⁰

Pet ownership has also been linked to increased coronary artery disease survival.¹¹ In a study of individuals with one or more cardiac risk factors, pet ownership was associated with greater adaptability to disturbances in the cardiovascular system.¹² A study of 2,400 cat owners concluded there was a significantly lower relative risk for death due to cardiovascular diseases, including stroke and heart attack, compared to non-owners during a 20-year follow-up.¹³



- Doctors report interactions with animals improve patients' physical condition (88%), mental health condition (97%), mood or outlook (98%), and relationships with staff (76%).
- 75% of physicians said they saw one or more of their patient's overall health improve; 87% said their patients' mood or outlook improved.

Pet owners often live longer, healthier lives

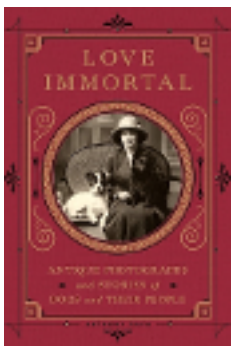
Research links pet ownership to longer life and healthy behaviors, demonstrating that pet ownership can positively impact healthy aging. Heart disease is the leading cause of death in the United States. Several studies have demonstrated an association between pet ownership and a lower risk of cardiovascular diseases and heart-related health issues. Dog ownership has been associated with a lower incidence of cardiovascular disease and a reduced risk of mortality; In one study of 3.4 million individuals over 12 years, dog ownership was associated with a lower risk of incident cardiovascular disease in single-person households and lower mortality in the general population. In a review of ten studies of a combined 3.8 million people, dog owners had a 24% reduced risk for all-cause mortality compared to non-owners.

Pet ownership has also been linked to increased coronary artery disease survival. In a study of individuals with one or more cardiac risk factors, pet owners experienced greater adaptability to disturbances in the cardiovascular system. A study using health data provided by the Swedish National Patient Register found that The risk of death for dog-owning heart attack patients living alone after hospitalization was 33% lower and 27% lower following a stroke, compared to non-dog owners. Owning cats provides benefits too; One study of 2,400 cat owners over 20 years concluded there was a significantly lower relative risk for death due to cardiovascular diseases, including stroke and heart attack, compared to non-owners. Our emotional health gets a boost as well from having a Newf in our lives. According to a Nationwide/HABRI survey, 96% of pet owners agreed that their pet has had a positive impact on their life. 85% of pet owners reported their pet brings them joy, 82% said their pet comforts them, and 73% said their pet enhances their mental health.

The evidence is clear. Go ahead and give your Newf a cuddle. You will both be better off.

For more information and to view other studies: <https://habri.org/>

'Love Immortal' Shows Human-Canine Bonds Through Photos



Love is not only felt, but often seen, as evidenced in the book [*Love Immortal: Antique Photographs and Stories of Dogs and Their People*](#) by Anthony Cavo.

Antiques dealer, appraiser, and collector Cavo selected 240 photos from his collection dating from the 1840s through the 1930s depicting the bond of humans and dogs in 24 countries.

The book also incorporates backstories of photos, including the story of Romey, a Newfoundland who helped rescue his owners, their daughter, and housemaid from an 1889 flood in Johnstown, Pennsylvania.

Mercy Dogs of World War I are also featured. These dogs were trained to retrieve an article of clothing from the wounded and return it to a medic, and then lead the medic to the injured soldier. The dogs also lay alongside wounded and dying soldiers until help arrived.

<https://www.akc.org/expert-advice/news/new-book-love-immortal-highlights-historic-human-canine-bonds/>

Fabulous pizza,
pasta, salad,
and cupcakes



Photographer
on site to capture
great moments



TNP Annual Reunion and Fundraiser

Sunday, October 9
11:30 am to 4:30 pm

554 Pucker Street, Coventry, CT

Enjoy delicious food and buy raffle tickets for the a chance to win one of MANY beautiful baskets and prizes with Newfoundland themed items, dog essentials, cat treats and toys, and something for humans too. All proceeds support That Newfoundland Place.

Dr. Wendy Ernst from Kirby Veterinary Hospital will be available to answer questions.

Bring your well-behaved, leashed dogs!

Question and RSVP:
Cathy@thatnewfoundlandplace.org or
CathyD7384@aol.com; 860-465-6839

The Reunion and Fundraiser is open to the public, held outside, and subject to COVID protocols.



TNP
rescue staff on
hand to answer
questions



Event will be
held rain or
shine

October 1 is National Black Dog Day

Solid black is the dominant color of Newfoundlands and all black dogs are celebrated on October 1. It may not be a coincidence that black dogs are recognized in October, the same month as black cats and Halloween.

The Newfoundland Club of America and the American Kennel recognize Newfoundland colors of black, brown, gray, and white and black in the US. Brown and white, beige, and gray and white Newfies are gaining in popularity but are not yet recognized as a breed standard color to be eligible to compete in a confirmation ring.

All animals are recognized on October 4 on World Animal Day. It is a great day to acknowledge all the ways in which animals enrich our lives from unwavering love and companionship of pets, to the working animals on farms, to the important role of all animals - wild and domestic - to the earth's ecosystem.

Want to learn more about color genetics in Newfoundlands? Read [Historical analysis of Newfoundland dog fur colour genetics](#).



Expert Excerpts continued from page 3

research backed product. Simply adding some yogurt to your dog's food is not enough. The quantity and type of bacteria vary from species to species and a little bit of yogurt probably is not making much of a difference. Patience is also needed. It takes a long time to reestablish the gut flora, and many dogs need to stay on the supplements long term. Discuss with your veterinarian exploring a diet change. It's often as simple as changing the protein or carbohydrate source, not necessarily looking for a very expensive hypoallergenic diet. Though not commonly implemented, there is also a procedure called fecal transplantation. This involves taking stool from a normal healthy dog, processing it, and "transplanting it" into the dog with a sick biome. They perform this procedure on people as well, and it has met with some success. It is usually reserved for extreme cases of dysbiosis.

Every day there are new discoveries about the importance of the microbiome and its effect on all the tissues in the body. Keeping the gut healthy keeps the patient healthy, in many more ways than we completely understand at this time. Talk to your veterinarian if you have any concerns about your dog's gut health, but be patient, we are all learning this together!

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That Newfoundland Place Inc. is a nonprofit corporation organized and operated exclusively for charitable purposes. Specifically, this organization has been formed to prevent cruelty to animals. Our mission is to offer quality of life to senior dogs of various breeds, to assist in rescue, rehabilitation, and re-homing of dogs in need, with a focus on Newfoundland dogs, and to provide humane education as related to care and life quality. of animals. Cathy Derench, President Newsletter editor and publisher Joanna Dumas: joanna.l.dumas@gmail.com