

Newfie News



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Research Can Help Senior Dogs - and Their Humans - Live Longer, Healthier Lives

It's no secret that dogs provide us with so much while they are part of our lives: emotional and social support, companionship, improved physical health, lower stress, a healthier heart, and more. Now, even as dogs age, they are teaching us about ourselves and the aging process.

Housed at the University of Washington, the Dog Aging Project (<https://dogagingproject.org/>) was founded in 2014. The Project looks at specific genes and whether they link to growth and aging while also considering geography, diet, water, air quality, activity, and more. The result, the researchers hope, is medical discoveries and ultimately treatment for canines, as well as humans. The Project is supported by the National Institute on Aging and shares data on tens of thousands of dogs worldwide with scientists.

Dogs have similar genes to humans, share many of the same disease, and are a large part of our environment, making them ideal to unlock some of the secrets of aging in humans. Data is collected through surveys, veterinary medical records, activity data (monitored by doggie Fitbits), environmental data, and biological samples such as DNA. Any dog can be part of the study as long as the owner has a good estimate of the dog's age. To enroll your dog, visit:

<https://redcap.dogagingproject.org/surveys/?s=DYYDHK8HAP>

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TNP Reunion and Fundraiser Recap



The 10th Annual TNP Reunion and Fundraiser, held on Sunday, October 1, brought together nearly 200 people and dozens of dogs. The day was filled with hugs and sunshine, and muddy conditions from 2 days of rain prior to the event did not dampen the heartfelt connections that were made with old friends and new. Many previously adopted Newfoundlands - and other breeds -

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What's Inside

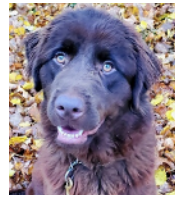
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Who's at TNP?

Delaney is a 1-year-old female scheduled to be vetted and spayed in November. She was surrendered because she was too much for her older owner to care for. Watch for updates in future newsletters and the TNP Facebook page.



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).

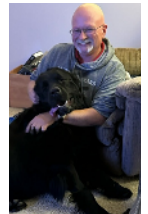
Keep in mind that TNP places dogs in homes that are in the best interest of the dog, but welcomes applicants to express interest in dogs through TNP Facebook posts.

Recently Adopted



Kai was adopted by Michael Pierce and Laura Domine of Arlington, Massachusetts on October 7 after being fostered for several months by Faith Ferguson in Connecticut. Stay tuned for updates on 4 year-old Kai in future newsletters and the TNP Facebook page.

Hank is a 2 to 3 year old male found as a stray by Animal Control and never claimed by his owner. He was vetted and neutered by TNP and adopted by Deborah and Patrick Sullivan of Lunenburg, Massachusetts on October 26. Watch for updates in future newsletters and the TNP Facebook page.



4 year old male **Ringo**, now Angus, was adopted by Emma and Michael Gilson of Senioa, Georgia on October 21. Ringo/Angus was surrendered due to family hardship and vetted and neutered by TNP. Watch for updates in future newsletters and the TNP Facebook page.

A pregnant French Bulldog was surrendered to TNP in August and immediately had a successful cesarean section, delivering six healthy puppies. All of the puppies have been adopted. The mom is currently at TNP and scheduled for a spay in November.



Make it a Happy Thanksgiving for Your Pets With These Safety Tips

Thanksgiving may be your canine's favorite holiday with all the extra food around the house, but it can be hazardous as well if your Newf gets into the the wrong treats. Follow these tips from the American Veterinary Medical Association to keep your pet safe during the holidays.

Keep the skin for yourself - even small amounts of turkey skin can cause pancreatitis, which can be a life-threatening condition in pets. You can treat your Newf to a small amount of turkey meat, but it should not include seasonings or stuffing. Boiled turkey is best of you want to include your Newf in the festivities.

Fat and bones are also off limits - Poultry bones can damage your pet's digestive tract and

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Expert Excerpts

Skin Diseases and Inflictions

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

The skin can be host to any number of diseases, including allergies, parasites, and fungal and bacteria infections, all of which have been covered in previous months newsletters.

There are autoimmune conditions that affect the skin as well. Autoimmune means that the body's immune system identifies the normal cells of an individual as foreign and the immune system attacks the cells. Lupus and pemphigus are two examples of autoimmune disease that can affect the skin. There are different types of lupus and pemphigus that vary in the severity of their symptoms. Milder autoimmune diseases can only affect the mucocutaneous junctions so you will see lesions around the lips, around the eyes, and around the nose. The more severe diseases can affect the entire surface of the skin. Some of these diseases are exacerbated by exposure to sunlight. There are also types of cancer that can affect the skin. We are all familiar with isolated masses in the skin, but there can be more generalized cancers, such as mycoses fungoides, which is a type of lymphoma presenting as generalized skin lesions. Both autoimmune disease and cancers require skin biopsies for a diagnosis.

Then there is the dreaded "hotspot." A more technical term for a hotspot is acute moist or pyotraumatic dermatitis. And it is exactly how the name describes. It is an area of the skin that gets acutely inflamed and infected, often developing over a period of a few short hours. Patients typically present with purulent discharge matted to an area of their skin and underneath the discharge is an area of red, weepy, painful dermatitis. The patient causes the hotspot themselves, by the scratching, chewing, and rubbing. There's usually something underlying that incites the

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Celebrating Senior Dogs in November

Senior pets certainly enrich our lives and the month of November is dedicated to them as we celebrate National Senior Pet Month and Adopt-a-Senior-Pet Month.

With advances in veterinary medicine and research on older pets and diseases (see article on page 1), pets are living longer. According to Veterinary News Service, Inc., (VIN) between 2013 and 2019 the average lifespan of giant breed dogs increased by 6.59% to 9.7 years. This was the largest increase among any sized dog breed. (Click [here](#) to read more from VIN)

Adopt-a-Senior-Pet -Month was established to bring awareness to the senior animals that are in shelters and the many benefits of adopting a senior pet including:

1. The personality type will already be well established.
2. The size of the pet will be apparent.
3. Senior dogs will likely require less training than puppies or young dogs.
4. Senior pets are usually calmer and more low-key, making them ideal for homes with younger children.
5. Housetraining is a non-issue in most cases.
6. Most importantly, senior pets still have a TON of love to give.

Of course adopting senior pets isn't without it's challenges - like increased risk of health issues - but senior pets still deserve a chance to be part of a loving family. Seniors are often stay in shelters far longer than younger pets.

Part of the mission of That Newfoundland Place is to offer quality of life to senior dogs of various breeds, with a focus on Newfoundlands. If you are open to welcoming a senior dog into your home, fill out an application on the TNP website.

Dog aging has been studied in Budapest as well under the Family Dog Project which researched domestic dogs' behavior, brain, cognition and evolution at the Department of Ethology, Eötvös Loránd University in 1994. The Senior Family Dog Project or EVOLOR (https://ethology.elte.hu/Senior_Family_Dog_Project) was established in 2016 to look specifically at cognitive aging.



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Other research initiatives have examined specific illnesses related to aging, including the Golden Retriever Lifetime Study (<https://www.morrisanimalfoundation.org/golden-retriever-lifetime-study>) which has looked at nutritional, environmental, lifestyle and genetic risk factors for cancer in over 3,000 Golden Retrievers since 2012. Looking at one specific breed enables researchers to zero in on the effects of individual genes as well as the ability to see beyond genetics and consider other factors.

Other gene specific research can benefit both canines and humans. For example, a gene that causes urinary problems in Dalmations is also present in humans. Studying the gene may lead to treatment and potentially a cure.

Environmental exposure is a key component in dog aging research. Our dogs are an essential part of our home and lives, and are exposed to what humans are exposed to, including home pesticides, second-hand smoke, asbestos, and other chemicals. The result is that dogs suffer many of the same cancers and other illnesses. Some studies suggest that a dog that contracts a type of lung cancer called mesothelioma could be an early indicator of asbestos exposure for humans in the household.

Slowing Down the Aging Process



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The Project is also conducting an intervention trial evaluating rapamycin, a cell growth inhibitor and immunosuppressant that has been shown to delay age-related diseases, such as cognitive decline, spontaneous tumors, cardiovascular disease, and immune dysfunction in mice. One study showed that middle aged mice experienced a 60 percent longer life expectancy, which translates to three or four additional years for a 7-year-old mid-sized dog or 20 years for a 50-year-old woman.

At The Dog Aging Project, pet owners in the study kept detailed daily reports of their dog's activity. While owners didn't know whether their dogs were receiving rapamycin or a placebo, 50 percent of the pets receiving the rapamycin were reported to have increased energy. In addition, Echocardiography exams revealed that heart function improved. Pet owners detected no side effects to the medication.

The research at the Dog Aging Project will also provide insight into why larger breeds tend to be shorter-lived, which is counterintuitive to the pattern of other animals. This is exciting news for Newfoundland owners.

Cognitive Decline

Dogs can also provide insight into cognitive decline of humans. Researchers at the University of Kentucky study senior citizen beagles and found that by middle age, dogs become resistant to change, taking longer to learn new things and begin to lag in memory tests. In one study by Neuroscientist Elizabeth Head, healthy beagles at age 6 or 7 showed signs of the microscopic beta-amyloid plaques that are indications of Alzheimer's disease. Head also discovered that

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about one third of the beagles will develop canine cognitive dysfunction syndrome, which is a similar percentage of Americans 85 or older who will get Alzheimer's.



Head's research found that the plaques closely resembled those in humans, more than ones found in primates. Environment could play a factor. Sharing largely identical environments may have made dogs more vulnerable to age-related dementia. She deduced it may be "a feature of the domestication process."

Head has also researched how our canine friends can slow the onset of dementia through an antioxidant-rich diet and brain stimulating activities such as memory drills and new-skills training. The result was significantly delayed or diminished plaque development and memory impairments. Head is currently studying how to stop brain decline entirely in middle-aged animals, before the cognitive loss is irreversible.

Resources/more information

<https://www.discovermagazine.com/planet-earth/what-old-dogs-can-teach-us-about-aging>

<https://www.gonzaga.edu/news-events/stories/2018/10/16/living-longer-better-what-dogs-teach>

<https://ec.europa.eu/research-and-innovation/en/horizon-magazine/why-dogs-can-teach-humans-about-healthier-ageing>

<https://www.aarp.org/health/healthy-living/info-2014/aging-in-dogs.html#:~:text=In%20this%20absence%2C%20I%20have,dog%20from%20a%20bad%20death>

TNP Reunion and Fundraiser Recap continued from page 1

returned with vibrant spirits, fully bonded and adored by their families.

The success of the Reunion and Fundraiser hinged on many volunteers who lent a hand with tent set up, creating raffle baskets, selling tickets, clean up, and more. A special thank you to everyone who donated raffle prizes, Dr. Wendy Ernst from Kirby Vet Hospital, Lovelee Paws Photography, LLC, raffle announcer Fred Olsen, Illiano's for the amazing lunch, and cupcakes by Sweet Meg's. Huge thanks also to the TNP staff, supporters, and everyone in attendance.

Thank you ALL!

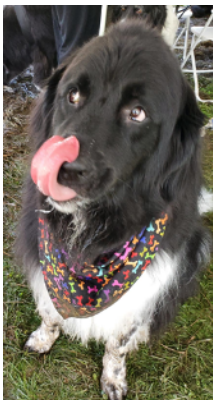
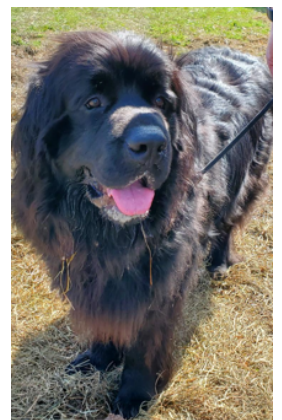
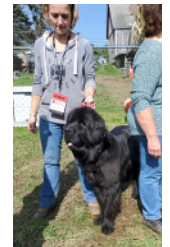
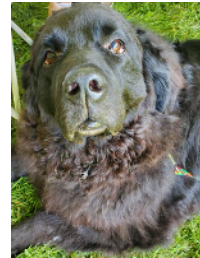
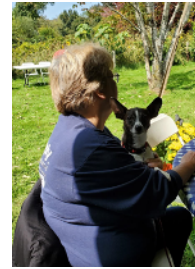


Amy Covenor and Clementine were interviewed by foster mom Lori Babcock for a live podcast during the reunion.



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self-trauma. It could be secondary to allergies, secondary to clipper irritation, secondary to a small wound, secondary to an insect bite, secondary to a flea bite. Basically, anything that can make the dog lick or chew an area obsessively can cause a hotspot. We typically see it more in warmer weather, especially on some of our more heavily coated dogs when they get wet and don't dry out, that moisture on the skin can cause irritation and the dog will chew at it. Hotspots are not contagious and fortunately they are not that serious. They are easy to treat but unfortunately, they are very uncomfortable for the patient.

There are many diseases that can affect the skin but the skin typically only has one way to react. For this reason, many of the above diseases can all look similar. If your dog has a rash or skin condition it's best to see your veterinarian to make sure you're treating it effectively and appropriately. People who experience hotspots often start treatment at home but if your dog is not improving, please see your veterinarian for further advice.

A Global Day of Giving

Giving Tuesday 2023 will be Tuesday, November 28.

Created in 2012, Giving Tuesday encourages people to do good and has morphed into the largest single day of giving of the year. Last year in the US, Giving Tuesday donors gave \$3.1 billion to charities.

The date always falls on the Tuesday after Thanksgiving each year with the purpose of encouraging individuals to consider philanthropy and altruism amidst the holiday season that has become highly commercialized.

TNP is participating in Giving Tuesday. Donations help with rescue operations and are greatly appreciated.

**GIVING
TUESDAY**

Thanksgiving Safety Tips continued from page 2

fatty foods are difficult for pets to digest.

No pumpkin pie for your Newf - Sweets can contain ingredients that are toxic to pets. While pumpkin is good for your pet and a good source of fiber, make sure it is pure pumpkin, not pie filling, which has a lot of added ingredients.

Keep trash contained - Turkey bones and carcasses and food scraps can prove very tempting. Make sure the trash is sealed tight and away from pets.

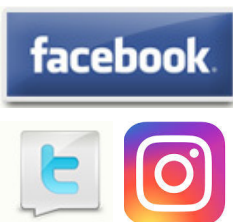
Click here for more info from AMVA



Support TNP through Amex Round-up

<https://www.americanexpress.com/en-us/banking/round-up/frequently-asked-questions/>

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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