

Newfie News



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Canine Longevity Why Big Dogs Don't Live As Long As Small Dogs

While there is a whole lot to love about our Newfs, the biggest drawback is that they don't live long enough. We simply don't have enough years of their love, goofiness, and Velcro behavior. And while dogs in general have a fraction of a lifespan compared to humans – the overall average is 10-13 – giant breed dogs usually live shorter lives. The lifespan of a Newfoundland is 8-10 years.

In general, this phenomenon is contrary to the rest of the animal kingdom where larger species live longer. The average lifespan of an African elephant is 60 to 70 years compared to the average lifespan of a chipmunk, which is about 3 years.

Why the turnaround in age gap for canines? Scientists recently explained that selective breeding for size – to create the gentle giants we all love – has made large breeds more susceptible to cancer.

A University of Adelaide, Australia study examined causes of death in 164 dog breeds and discovered that larger dogs were more likely to die from cancer at a younger age compared to smaller dogs; as a breed's average body weight increased, so did the rates of cancer. The researchers attribute the relationship to a dog's body size and lifespan to an evolutionary lag in the body's cancer defenses as a result of selective breeding of bigger dogs.

Researchers at Colgate University studied large and small breed puppies and found evidence to contribute to the selective breeding theory by way of the fast metabolism of large breed puppies which causes them to grow faster and require more energy than smaller breeds. The increased cell growth of larger puppies resulted in renegade molecules called oxygen free radicals. The free radicals can quickly damage cell membranes and eventually contribute to cancer and other diseases.

The findings are consistent with a theory of aging called "disposable soma" which asserts that if the body's energy is invested into growth and reproduction, it can't also be invested in cell repair and cancer defenses.

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Who's at TNP?

Five-year-old Koko arrived at TNP in late February due to owner illness. This sweet charcoal gray girl is in foster care with Nancy Weaver in New Jersey. She needs to be spayed and vetted. Watch for updates in future newsletters and the TNP Facebook page.

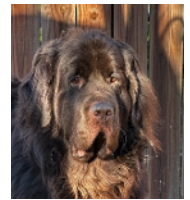


Interested in adopting from TNP?

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

Goliath has been adopted by Faith Ferguson in Connecticut. Watch for more information on this sweet 3-year-old boy on the TNP Facebook page and future newsletters.



TNP Helping Dogs *And* Their People

By Cathy Derench

That Newfoundland Place (TNP) is a Newfoundland Rescue; not a huge rescue but one with a pretty vast reach and network. Most know us as a place where dogs come when there's a hardship and their family is looking to place them in a new home. We take the dog, do all the vetting, work with the dog so we know the behaviors and temperament, and then, through our process of applications, home checks, and open houses, find what we believe is the perfect home for that particular dog. This has been on going since we started in 2010.

What many don't realize is the extent to which we also help people KEEP their dogs (and cats) - and not only Newfoundlands. Sometimes it's a matter of helping someone with food or a grooming or a vet bill one time. Sometimes it's helping an elderly or disabled person keep their dog because they NEED to have their dog. This may require food monthly, a wellness exam every year, or grooming periodically. We have people who we are helping in this fashion not only in our own town but all over the country.

But this article today is about kindness and education. We were notified of a family who has a couple of Newfs via some neighbors' social media postings that happened to be sent to us, and not in a good way. It is easy to judge someone over social media from the words and opinions of others, but not often fair. After some research, we were able to locate contact info for the owner and we reached out to them to ask them "How can WE help you? We will help with whatever you feel you need help with." The people are lovely and very receptive, and grateful for the help. Our assistance with this family is something that takes time. They want to keep their dogs. Our help will include vetting, grooming, a couple of dog beds, some fencing repairs, but mostly support, education about our breed, and kindness. We've had offers of help from some of their very kind neighbors. The point here is, kindness goes much farther than criticism. Everyone benefits - the dogs and their people. And TNP is here to help dogs and their people in whatever way we are able.

While this is disheartening for large breed dog owners, there is hope for the future as researchers predict bigger breeds will evolve to develop better cancer fighting genes. Most dog breeds have been established for less than 200 years and larger dogs haven't had time to evolve better cancer defense mechanisms to match their size, however, better protection against cancer could come at the cost of decreased reproduction.

Selective breeding is not the only factor that could contribute to canine lifespan. Some studies on mortality in dogs report larger dogs die younger because they age significantly faster than smaller dogs. Because of its size, larger dogs may put more strain on their physiological processes and their bodies may simply wear out more quickly.

There are other factors that can contribute to a decreased lifespan in any pet. As you can imagine, your dog's weight can have a direct correlation to their health, as it does in humans. Research has confirmed that overweight and obese dogs are more likely to have shorter lives than those at ideal body weight. Excess weight can impact the heart, lungs and joints. Dogs are considered overweight when they are 10-20% above their ideal body weight. Obese dogs are 20% or more above their ideal body weight. And it may be more difficult to detect the added weight in a giant breed compared to a small breed. Factor in the massive coat of a Newfoundland and the extra pounds are hidden even easier.

Dental health can also impact canine lifespan. Bacteria from dental disease can enter the bloodstream and affect the heart, liver and kidneys. One researcher found that, when all other factors were equal, annual dental cleanings conducted by a veterinarian reducing risk of death by almost 20 percent.

Resources & More Information:

<https://phys.org/news/2023-04-dont-larger-dogs-smaller.html>

<https://www.science.org/content/article/why-large-dogs-live-fast-and-die-young>

<https://pursuit.unimelb.edu.au/articles/why-do-small-dogs-live-longer-than-big-dogs>

<https://www.akc.org/expert-advice/health/why-do-small-dogs-live-longer/>

Why Play Is Important For Your Newf

We know play is important in keeping dogs healthy and its many benefits can keep your dog feeling young. But there is more to play than good health.

Did you know there are different purposes of play? A study out of Royal (Dick) School of Veterinary Studies at University of Edinburgh found evidence to support three types of play.

Motor skills development

When puppies play they use all sorts of positions to develop their motor skills. They chase, roll around, jump, pick up things in their mouth, tug, shake, and bite. Through play they learn how their body works and how to defend themselves against danger or a posed threat.

Reacting to stressful situations

Play is also training for how dogs react in unexpected situations, for example, righting themselves when they are knocked off balance or coping when they are startled. In this type of play, changes in the brain and in hormone levels help dogs learn how to cope with real-life stressors. You may have seen this when your dog puts themselves in a disadvantaged position during play. It's a practice behavior they may need later on as a way to defuse real aggression.

Promoting socialization

Play also promotes socialization between dogs. They learn cooperation as a group and building social relationships. Of course the same theory works with dogs and humans. Play is important in

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Help Your Dog Live Longer

You can't change your dog's genetics or breeding history but there are steps you can take to ensure your Newf has the best quality of life and chance for longevity.

Food

Diet may be the most important thing you can do to keep your dog healthy. Just as in humans, the food we intake has a large bearing on how we feel and our overall health. Feed your pup a well-balanced diet with high quality foods. You may want to choose food recognized by the American Association of Feed Control Officials (AAFCO), which establishes dietary guidelines based on scientific studies for the required level of carbohydrates, protein, different vitamins, and minerals. Check the label for the top 3 ingredients listed, which should be single proteins or vegetables. Tip: if the label says "with" such as "with beef, the food is only required to contain 3% of that ingredient. Talk with your veterinarian if you have questions about your dog's diet or specific types of food you should be feeding them as well as how much, based on their health, age, and lifestyle.

Resist the urge to feed your Newf table scraps as well. Human foods high in fats and sugars can cause pancreatitis. And many human foods like chocolate and grapes are toxic to dogs. If you want to share with your canine offer healthy food such as vegetables. Carrots or string beans can be a good option.

Dietary supplements

Adding omega-3 fish oil or joint supplements at an early age can build up their joints and heart health. Check with your veterinarian on what supplements might be right for your Newf.

Dental care

Keeping your dog's teeth clean will not only improve their breath but will prevent periodontal disease which, as mentioned above, can lead to irreversible damage in several organs. Ideally you should brush your Newf's teeth daily with a toothpaste safe for dogs. Dental chews, water additives, and diets can also support dental health. Annual cleanings at the vet will also help prevent dental disease.

Stay active

Exercise supports strong muscles and joints. In most circumstances dogs should be walked at least once a day. Also incorporate play time to help your canine stay limber. But know your dog's limits as well. A Newfoundland may not do well on daily five mile hikes but it may be the right amount of exercise for a Husky. Keep in mind that as your dog ages, exercise requirements will decrease.

Mental stimulation

That walk that helps your Newf's muscles and joints will also help his mind. Take him on a new route to experience new smells, people, and other dogs (if appropriate). Do short training



Swimming is great exercise for your Newf

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Help Your Dog Live Longer continued from page 4

sessions – even with other dogs. Or consider one of the hundreds of products and toys that provide mental enrichment.

Veterinary check ups

Next to food, regular veterinary visits – at least annually - may be the most important preventative measure you can take to extend your dog's life. A thorough exam, bloodwork, and other tests will ensure all systems are functioning properly and can detect any issues that may come up before they become a fatal diagnosis. Treatment for problems caught early enough can be much less invasive and less costly. As your Newf ages you may want to consider bi-annual exams to stay on top of her health. Keep up to date on vaccines.

Heartworm, flea, and tick prevention

There are many affordable options to control heartworm, flea, and ticks. Talk with your veterinarian about what method is best for your dog.

Grooming

While grooming may not directly impact your dog's lifespan, it is important for long haired dogs such as Newfs. Regular brushing and trips to the groomer will decrease mats and tangles which can be painful and lead to skin issues when left unchecked.



©istock

Know your Newf's background

Make sure your breeder has an impeccable reputation. Ask questions about pedigree, health screens and care. Meet the mother and father. Check references of previous litters. For rescue organizations, ask about the dog's background, health, vaccine status, and temperament. Visit the facility and see how dogs are housed and exercised. Check references of previous adopters.

Safety first

Examine your home from your dog's perspective. Get down on their level and consider anything that dangles, sparks, or can be chewed. Are there breakables that can be knocked over and broken, potentially causing cuts on your Newf's paws? Is there anything toxic within reach that could be ingested? If you make changes to the layout of your home or move, consider these factors again.

Train your pup

Not only is a trained pup more pleasant to be around but it could save her life. Come, sit, stay and leave it can keep your dog away from a dangerous situation such as running in the street or toward a wild animal.

Know your dog's behaviors and body

As dogs age things are bound to change. The more familiar you are with their baseline behaviors and body, the sooner you may notice any subtle changes. And the sooner diseases

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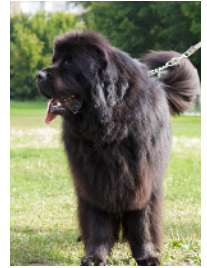
or disorders are diagnosed, the chances for recovery typically increase. At the very least you may be able to make them more comfortable as they age. Things to be mindful of: eyesight, hearing, cognition, and mobility. Also pay attention to your dog's coat and skin condition and stomach or bowel issues. Discuss any changes with your veterinarian.

Consider environmental factors

Just like humans, the environment can have an effect on a dog's health. For example, second-hand smoke can be extremely detrimental to pets, causing similar ailments as in humans, including increased cancer risk and respiratory issues. A chaotic home life can cause stress in dogs, just as it can in humans and have an effect on longevity.

Supervise your Newf

Be sure to keep your eyes on your dog when he is outside. He should be leashed or in a fenced area. Cars, wild animals and people can all pose threats to an unsupervised dog that roams free.



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Spaying/neutering

Spaying and neutering your dog reduces the risk of several cancers. Each heat cycle of a female dog increases her risk of mammary cancer and unneutered canines are more likely to develop prostatic diseases and testicular cancer than neutered canines. The behavioral advantages of spaying and neutering can also decrease safety risks your Newf may encounter. If you have a puppy, consult your veterinarian for the best time to plan the procedure.

Prepare for the worst & be prepared

Accidents happen – even to our four-legged friends. Know some basic first aid – and keep a first aid kit on hand - so you can tend to your dog while you seek emergency care. Be aware of the signs of bloat and heat stroke, which can be fatal in Newfs. Know the nearest 24-hour emergency veterinary practice in your area. Be sure you have an emergency plan for disasters, including those caused by Mother Nature. Be prepared financially as well. Medical care for Newfs is costly. Consider having a separate account for those expenses or look into pet insurance.

Bring on the love and affection

Lavishing your dog with love and affection can also extend their years and will certainly improve their quality of life. Studies have shown that a strong social relationship with humans that focuses on quality over quantity with humans is important for dogs. Not to mention the benefit it has on humans.

Resources & More Information

<https://www.akc.org/expert-advice/health/10-ways-to-extend-your-dogs-life/>

<https://www.petmd.com/dog/slideshows/11-ways-youre-shortening-your-dogs-life>

<https://click.convertkit-mail.com/wvuz3z7xgxtgh5nle2wh7he2x69xx/48hvh7urmxwdreix/aHR0cHM6Ly9iaWdkb2dtb20uY29tL2RvZ3MtdGhhdC1saXZILWxvbmdlci8=>

Why Play Is Important for Your Newf - cont. from page 3
strengthening the human-canine bond and enables dogs to build their social skills with humans as well. Play with a human should be spontaneous and affectionate rather than commanding and disciplinary to be most effective.

If you find your dog is lacking in play skills, you may want to consult a trainer – one that uses positive reinforcement – to help your Newf with these important skills.

How much play does your dog need? On average 30 minutes a day will keep your canine happy. If you use toys as part as play, rotate different ones in the mix to increase stimulation. When you play outside, nature can engage all your Newfs senses.

Fun, interactive engagement is a win for you and your pet. The trust and relationship you build during play will keep both of you healthy on many levels.

Resources & More Information

<https://www.pedigree.com/article/serious-benefits-play#:~:text=Active%20play%20helps%20keep%20your,his%20mind%20sharp%20and%20focused.>

<https://www.companionanimalpsychology.com/2017/11/why-do-dogs-play.html>

<https://www.dailypaws.com/living-with-pets/pet-owner-relationship/why-playing-with-your-pet-is-so-important>



**Support TNP through
Amex Round-up**

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

2024 TNP Calendar of Events

Mark your calendar for these events at That Newfoundland Place in 2024

Open Houses - Noon to 3 PM

April 14

June 2

July 21

August 25

Meet with TNP rescue staff and adopters folks interested in learning about Newfoundlands. Some of the dogs available for adoption may be on hand to meet as well. Applications for adoption and great information on the breed are available. Enjoy pizza and soft drinks. Dogs are not adopted during an Open House; they are meet and greet events only.

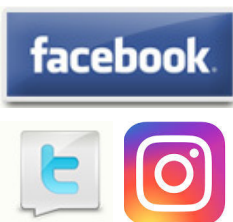
The TNP Annual Reunion and Fundraiser is tentatively scheduled for **October 6**.

All well behaved, leashed dogs are welcome to attend events, but be mindful of extreme heat.

Events are held rain or shine at 554 Pucker St, Coventry, Connecticut and are free to attend.

Watch future newsletters and the TNP Facebook page for more information.

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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