

Newfie News



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Get Your Newf in Shape with Low Calories Food Options

Spring is here and after a dormant winter for most of us it's time to get active again and get in shape for "bathing suit season." Our canine friends have likely put on a few extra pounds as well since they tend to not get as much exercise in the winter. But it's not just a winter problem for our canine friends; more than 50% of dogs in the US are overweight or obese which can lead to a host of health problems and can be fatal.

There are diet dog foods available on the market that have fewer calories than regular dog food, but you can also simply reduce the amount of canned and dry food and add healthy human food. And there are plenty of options that can be substituted for your Newf's usual snack or kibble. Be sure to check with your veterinarian before altering your dog's diet.

Just like for humans, substituting fruits and vegetables for higher calorie foods is the best way to lose weight while satiating your appetite. Vegetables are especially effective as fruits contain more sugar and should be given in fewer quantities. Options include:

- Green beans (raw or cooked); Frozen green beans add an extra crunch many dogs love!
- Carrot slices or baby carrots (raw or cooked)
- Green peas (fresh or frozen)

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Perfect Day for Newfs at the First TNP Open House of 2024



Sun, rain, clouds, and wind were all part of the first TNP Open House of the year on April 14. While the weather was chilly for some of the humans, it seemed perfect weather for Newfs. Many TNP alumni and friends were on hand as well as folks new to TNP who had the opportunity to meet some dogs and get their questions answered about the breed.



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Recently Adopted

Koko was adopted by Harry and Sue Shea (and Biscuit!). Koko arrived at TNP in late February due to owner illness. This five-year-old sweet girl loves watermelon. 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.

Appropriate Toys for Your Newf

Play is important for your dog as it helps keep your dog mentally stimulated, healthy, socialized and is a great bonding activity with humans and other dogs. Finding the right toy will keep you and your Newf happy.

TNP recently posted on its Facebook page about a Newf that ingested a tennis ball that required a \$9,000 surgery. Dogs can chew and swallow nearly any toy – and many non-toy items. Being mindful of safe toys will reduce that risk.



surgically removed tennis ball

What to look for in a dog toy

Size - toys should be large enough for your Newf to carry them but not fit the entire toy in his mouth. Dogs can work smaller toys to the back of their mouth and swallow the toy or choke.

Activity level – your dog's play preferences will change as they grow. A puppy has different needs than an older dog.

Play style – not all dogs are created equal. Some prefer tug-of-war, puzzles, or ripping or chewing on the toy. Other dogs just want to carry the toy around.

Play area – If your dog plays outside most of the time you may want more durable toys made of rubber like balls and frisbees. Stuffed toys may be better for indoor play.

Possible options include:

- * Hard rubber dog toys (good options for dogs that like to chew)
- * Strong, reinforced toys that hold up to rough play
- * Rope toys with knotted ends (inspect regularly to ensure there are no loose strings)
- * Tennis balls larger than your dog's mouth
- * "Squeaky" toys or ones that crinkle to stimulate your dog's sensory interest (If your dog likes to chew make sure the squeaker doesn't get swallowed)
- * Plush toys made for pets – again, larger than your dog's mouth

What to Avoid

Always supervise your dog's playtime. Be mindful of:

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Expert Excerpts

By Dr. Lauren Flanagan
Pepperell (MA) Veterinary Hospital

ACL Injuries: Causes and Treatment

Last month we learned where the cruciate ligament is located and its function, as well as common causes of injury (trauma, overuse with repetitive activity, degenerative disease, excessive weight, genetics, and overuse secondary to an injury in the other leg.)

Surgery is the treatment of choice for cruciate ligament injury. There are several different surgical options to stabilize the knee, but the tibial plateau leveling osteotomy, TPLO for short, is considered gold standard by most orthopedic surgeons. With this procedure an osteotomy cut is made in the top of the tibia (shin bone) and the tibia is rotated, based on angles calculated from radiographs of the patient's knee, and surgically plated into a new position. The old standby procedure, called an extracapsular repair, has somewhat fallen out of favor due to the improved stability and prognosis that comes with the TPLO. With the extracapsular repair, the surgeon uses a heavy-duty monofilament nylon implant to neutralize the forces that the cruciate ligament, if present, would be neutralizing. While some surgeons will still do the extracapsular repair it is only on a select group of patients, particularly older, small dogs that don't require as much stabilization as a young, active large breed dog.

Regardless of which surgical option is undertaken, postoperative care is critical to recovery. After surgery it is required that patient activity level be severely restricted for the first two weeks and

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*Get Your Newf In Shape With Low Calorie Food Options
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- Snap peas
- Celery (remove "strings") BONUS: can also keep your dog's breath fresh
- Cucumber slices (raw)
- Broccoli (raw or cooked)
- Squash (flesh only, cooked) – butternut, yellow squash, pumpkin, zucchini
- Canned pumpkin – not pumpkin pie mix; pure pumpkin only. BONUS: This also helps digestive health
- Baked sweet potato
- Apple slices (no seeds, stem or core)
- Pear slices (no seeds, stem or core)
- Banana slices (room temperature or frozen)
- Small slices of cantaloupe, pineapple, or watermelon (seedless) BONUS: watermelons can help keep your dog hydrated
- Oranges without the peel and seeds
- Peach slices
- Blueberries (fresh or frozen)
- Strawberries (fresh or frozen)
- Raspberries (fresh or frozen)
- Blackberries (fresh or frozen)
- Cranberries (fresh or frozen)
- Cooked and cooled lean meats (such as skinless chicken breast)
- Small pieces of cooked pasta
- Air cooked popcorn (no salt or butter)
- Low salt pretzels
- Plain rice cakes (broken into small pieces)
- Low-fat plain yogurt (including Greek), but avoid any yogurt that uses artificial sweeteners. Add pumpkin or unsweetened apple sauce to make it more appealing. BONUS: yogurt also helps digestive health



© istock

All of the above foods should not include butter, seasoning, sauces or other additives. Note that canned options are okay as long as they do not contain salt, preservatives or other additives.

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Fruits and vegetables to avoid

- Avocados: Contain a toxin called persin
- Cherries: The fleshy part around the seed is safe for dogs, but cherry stems and pit contain cyanide
- Grapes& raisins: are known to cause kidney failure in dogs
- Tomatoes: Contain a toxin called solanine
- Asparagus
- Mushrooms
- Onions, garlic, leeks, and chives
- Spinach: Dogs can technically eat spinach, but large amounts may lead to kidney damage

Be sure to watch your Newf for a few days when you give him one of these new treats. Choking is a hazard for small pieces of raw vegetables and vomiting or diarrhea is always a concern when dogs try new foods.

When dieting, your Newf's treats should also be reduced but that can mean a simple switch with a healthier low calorie food. If your dog is not into fruits and veggies (like mine!) you can still give her the dog treats she loves, just break them into smaller pieces and give throughout the day. While most dogs love the treat, they also love the attention they are getting from you so they may not even notice they are getting a smaller portion. Treats should make up no more than 10% of your dog's total daily calories.

Looking to Make Your Own Healthy Meals for Your Pooch?

You can keep a close eye on calories if you make meals for your dog yourself. You will also know exactly what your dog is eating and can eliminate those ingredients you can't pronounce in commercial pet foods. Knowing what your dog's daily caloric intake should be is the first step in deciding how much to prepare. Speak to your veterinarian about a target weight and daily calories for your Newf.

Homemade dog food should be refrigerated up to 3 days or frozen in sealed containers to maintain freshness and deter bacterial and fungal growth. Serve at just below body temperature. Homemade dog food should be supplemented with vitamins and minerals, including calcium.

Of course exercise is important in weight loss, but calorie restriction should account for 90% of your dog's weight loss. Controlling calories will result in a safe and gradual weight loss.

Sticking to a diet can be difficult if your Newf gives you the sad eyes, however, maintaining a healthy weight will make your dog happier in the long run and reduce the risk of several diseases and conditions that are magnified in overweight dogs.

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<https://dogslim.com/articles/best-healthy-dog-treats.html>

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<https://www.wellnesspetfood.com/blog/what-are-some-healthy-snacks-for-my-dog/>

Dieting Dog Calorie Intakes for Dog Weight Loss

This table can help you determine approximate daily caloric intake based on weight (it's not Newf friendly so you will need to add additional weights to the highest number). Remember that activity level, life stage, sex and breed influence your dog's dieting calorie requirement.

<https://dogslim.com/articles/calorie-intake-for-dog-weight-loss.html>

Chicken, Rice and Vegetable Homemade Dog Food

Nutrient Analysis: 1000 kcal and 76 g protein.

Ingredients

- Skinless chicken breast (10oz raw)
- Brown rice (5oz)
- Broccoli (1.6 oz)
- Carrots (1.6 oz)
- Peas (1.6 oz)
- 2 ½ teaspoons Extra Virgin Olive Oil
- 2 level tablespoons Psyllium Powder

Directions:

1. Cook rice following package directions.
2. Steam broccoli, carrots and peas until just tender.
3. Cook chicken until no longer pink- Steam, microwave or use non-stick pan to oven bake.
4. Dice cooked chicken and vegetables and mix with vegetables and cooked rice.
5. Add olive oil and psyllium powder.
6. Weigh final product and portion according to your dog's dieting calorie intake.
7. Prior to serving, add a dog vitamin and mineral supplement.
Or alternatively add: 1/4 teaspoon iodized salt, 1 each crushed 25 mg zinc tablet, 1500 mg calcium, 1 crushed multi-vitamin tablet (such as Centrum women). Mix thoroughly with food and serve.

From Dog Slim Weight Loss Plan

<https://dogslim.com/articles/homemade-dog-food-recipes-for-dieting-dogs.html>

Appropriate Toys for Your Newf continued from page 2

- Toys with string, ribbon, feathers, rubber bands, small plastic eyes, and any other embellishment your dog can remove, chew, or swallow
- Stuffing from disemboweled stuffed toys or cloth fragments if your Newf likes to rip them apart; Both can be choking hazards or easily create a blockage
- Tennis balls, or any ball, that is too small
- Toys containing toxins such as dyes, preservatives, heavy metals, and fire retardants (which may contain formaldehyde and other chemicals); If the toy gives off a strong chemical odor, avoid it
- Balls with a single air hole can create deadly suction
- Soft plastics
- Toys with sharp parts or corners
- Poultry and rib bones, which tend to break and splinter; and cow hooves which can fracture a tooth
- Pig ears and bone marrow can cause intestinal distress because of the grease
- Rawhides toys soften when chewed and can become stuck in a dog's throat.

All puppies chew when they are teething (until about six months of age) to try to alleviate the pain of adult teeth. They also use their mouths to investigate things and sometimes small pieces come off whatever they are chewing and can get swallowed. With luck the pieces will be small enough to pass through their digestive systems, but larger pieces can perforate organs

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Appropriate Toys for Your Newf continued from page 5

or create a blockage. Toys that are cracked or chewed through should be discarded immediately.

Puppies and adult dogs known to chew should be even more closely monitored and given appropriate toys to satisfy their desire to chew and prevent an emergency trip to the vet – and expensive vet bill for you.

Sources/more information:

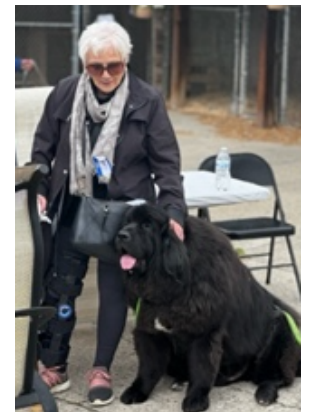
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TNP Open House continued from page 1



Thank you to Nikki Garrison and Rebecca White for contributing photos

More TNP Open Houses and Annual Reunion and Fundraiser Dates for 2024

The next TNP Open House is scheduled for **June 2** from Noon to 3pm. Other Open House dates include:

July 21
August 25

Open Houses are a great opportunity for folks to learn about the Newfoundland breed and meet with TNP rescue staff and adopters. Applications for adoption and lots of breed information are available, plus enjoy a lunch of pizza and soft drinks. Some of the dogs available for adoption may be on site to meet as well. Dogs are not adopted during an Open House; they are meet and greet events only.

Mark your calendars for the *TNP Annual Reunion and Fundraiser*, 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.

Expert Excerpts - continued from page 3

then minimal activity for an additional eight weeks. Patients will be sent home with pain medications and sedatives, if necessary, to allow for activity restrictions. At the eight week follow up, if everything is healing properly, most patients can start to slowly return to normal activity. Follow up physical therapy is recommended to get your dog back to full strength as soon as possible. Most physical therapist recommend starting PT around weeks 2-4 post op.

The majority of dogs who injure their cruciate ligament can go on to lead normal healthy active lives after surgical repair. It is imperative to get the diagnosis and repair done as soon as possible because the longer than knee is unstable the more likely degenerative arthritis will set in. The arthritic changes cannot be reversed, once it's there, it's there. Stabilizing the knee prevents further injury and pain, but if there's already arthritis present, your dog may never be 100% sound on the knee. So, if you notice your dog is limping on a hind leg, even if it is intermittent, it's best to seek advice from your veterinarian as soon as possible.



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

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