

Newfie News



November 2024

VOLUME 6

ISSUE 3

Caring For Your Older Newfoundland

The mission of That Newfoundland Place is to offer quality of life to senior dogs of various breeds, with an emphasis on Newfoundland dogs. Giant dog breeds such as Newfs are considered senior at age 7 and the average life span for a Newfoundland is 8–10 years, however, it is becoming more common for Newfs to live longer, some even becoming teenagers.

The aging process will bring about changes in your Newf, or any dog, just as it does in humans. There are age related ailments to be aware of and many things you can do to make your canine more comfortable in his senior years and perhaps extend his lifespan by a few months or years.

When your dog has reached the "mature" years you will want to talk to your veterinarian about blood work (referred to as a senior panel) to establish normal values for the organs and blood. Most veterinarians recommend check-ups every six months for senior dogs. Remember that giant breed dogs age much faster than smaller dogs and

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10 Quick Tips To Keep Your Senior Dog Happy and Healthy

1 Semiannual Vet Visits

Well checks every six months will help with early detection of health issues.

2 Slowing Down

Your older Newf likely has some physical limitations such as decreased hearing, vision and mobility. Be sure to keep the environment safe for these ailments.

3 Maintain a Healthy Diet

Feeding your Newf nutritious food – and the proper amount based on age and activity level – is critical to good health. Talk to your vet about supplement to replace what your older Newf may be lacking.

4 Oh, Those Aching Joints!

Arthritis is common in senior dogs. Provide soft spots to lay, keep your Newf warm, and try massage to increase blood flow to muscles and joints.

5 Keep Moving

It's natural for energy to decrease as any animal ages, including humans, but

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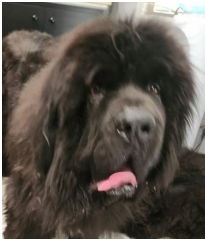
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Who's At TNP?



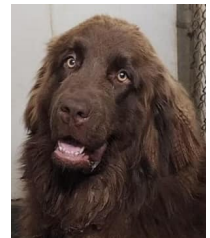
Hudson arrived at TNP due to family hardship. This 5 1/2 year old has the Newfie swagger and is now a permanent resident of TNP. He has become fast friends with Zelma.

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

Sarah went to her home with Paul and Rhonda Hamer in September. Watch for future newsletters for updates.



Three-and-a-half year old Raven is now with her new family Katie, Kirk, and Sophie Brodeur of Rhode Island. Watch for updates on the TNP Facebook page and future newsletters.

When we think about the many things we are thankful for this Thanksgiving season, don't forget your Newf!

Thankful for Dogs

by Jim Yerman

May we be blessed to acknowledge all the wonders in our life
that have, for us, thus far accrued...
and to begin each day with a word of thanks...
and thoughts of gratitude.

Today I'm thankful for dogs
for many of us...dogs are the holy grail....
and all they ask for all they give us
is that we do things
that will make them wag their tail.

<https://www.poemhunter.com/poem/thankful-for-dogs/>



Expert Excerpts

By Dr. Lauren Flanagan
Pepperell (MA) Veterinary Hospital

Leptospirosis

Last month we learned that Leptospirosis, a.k.a. Lepto, is a disease caused by infection with a spirochete bacteria, usually transmitted through contaminated water sources. The bacteria are typically excreted in the urine of infected or carrier wildlife and livestock. Your Newf - or any family pet - that comes in contact with the infected area is at risk of exposure to lepto.

Early intervention is key to treatment in leptospirosis. It is responsive to doxycycline, but if the animal has entered into stages of acute kidney failure, it can be much more difficult to have a successful outcome. Aggressive therapy for acute kidney injury is indicated, which usually requires days of hospitalization and IV antibiotics. Even with aggressive treatment, there is a high mortality rate with leptosporosis.

One of the big concerns with leptospirosis is its zoonotic potential. That means it can spread to people, and it can cause the same illness and potentially death in people as well as dogs. It is highly recommended that all dogs receive the leptospirosis vaccine because all dogs are considered at risk. Leptospirosis bacteria are ubiquitous in the environment and any dog that goes outside has potential exposure. Even indoor dogs are at risk because lepto can be spread through the urine of rodents, which potentially can have access to a home.

Preventing infection in your pet not only protects the pet but reduces the risk that the infection can be spread to you. Many pet owners have been told erroneously that the leptospirosis vaccine has a higher risk for reactivity and so they choose to avoid it. There is no increased risk of adverse reactions with

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Now Available! Cathy's Crew hoodies and bibs



Cathy's Crew is a special project within TNP that ensures elderly or hard to home animals have a beautiful farm in Connecticut with space, resources and love to live out their lives safely forever. The farm is the life work of animal rescue legend Cathy Derench who was the divine intervention to thousands of animals that found a new beginning because they crossed Cathy's path. All animals that have been rescued, crossed paths or helped in any way by Cathy are part of Cathy's Crew.

Visit the TNP Facebook page or website for order information

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7 to 10 times faster than a human. Early detection of a condition or disease often paves the way for the best chances of treatment.

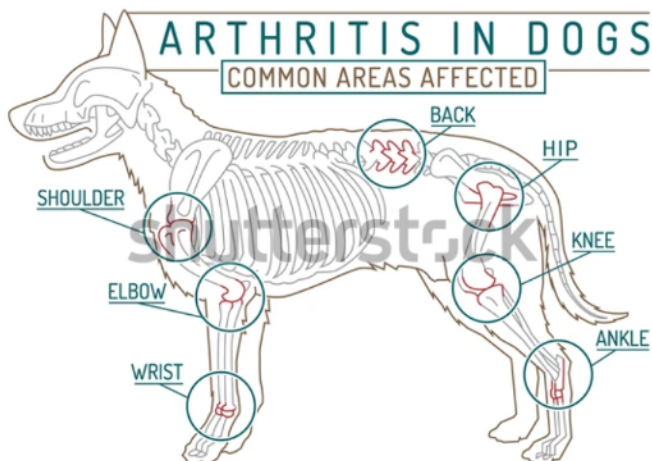
Common Ailments

Heart disease affects a significant portion of older dogs. Newfs are especially prone to dilated cardiomyopathy, a life-threatening heart condition.

Hip dysplasia is a genetic condition that begins in puppies but clinical signs often don't appear until dogs age and bones degenerate. It can lead to degenerative joint disease and osteoarthritis. Newfoundland and other large dog breeds are prone to hip dysplasia.

Cataracts are a common cause of blindness in older dogs and many canines experience **hearing loss** as they age.

Mild **arthritis** can be treated with buffered aspirin. A soft place to lay, a healthy weight and mild exercise will ease discomfort. Swimming is low impact and easy on the joints and if your Newf is a water dog – as many are – this form of exercise can be great treatment for arthritis. **Osteoarthritis** is a degenerative joint disease in which the cartilage in joints is gradually lost and is more severe. Medication is often used to treat pain and inflammation. Difficulty getting up or laying down, slight limping or slowing down irritability, reduced social interaction, and



©Shutterstock

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exercising – even mild exercise like walking – is critical to stay limber.

6 Keep Your Eyes on Your Newf

If your Newf is used to going out by himself, keep an eye on him in his senior years. Decreased vision and hearing can cause confusion and affect his safety.

7 Take a Hands on Approach

Regular grooming is important as dogs age for two reasons. They can become more matted with less activity, and it's an excellent opportunity to check for new lumps, bumps, or other skin conditions.

8 Brush Up on Dental Hygiene

Dogs' teeth become more sensitive and prone to infection as they age. Brush your Newf's teeth with a dog toothpaste 2-3 times a week to reduce the risk of heart disease and kidney disease from infection.

9 Be Social

Dogs love to be with their humans, and often other dogs. Don't let that change when they get older. Schedule play dates and make sure your senior Newf still socialized with his favorite people.

10 Play Mind Games

Keep your older dog's mind sharp by playing with him regularly. Introduce mentally stimulating games such as hiding treats around the house and having your Newf sniff them out or use puzzle toys and mats.

BONUS TIP – Pour on the Love

Love on your Newf as much as you can during their senior years. Spend time together, in whatever way is most comfortable for her. You'll make memories you'll cherish forever.

Adapted from

<https://be.chewy.com/how-to-keep-senior-dog-happy/>

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refusing to move are all possible signs of arthritis.

Joint pain, weakness, and mobility issues are common in senior dogs. No one – human or animal – is as quick as they were in their early years. We all slow down and joints are less stable simply due to wear and tear. You may find your Newf can't jump up on their favorite seat as easily or may need assistance getting in the car.

Abnormal lumps can pop up anywhere on the body, as well as bumps, skin changes (rashes, etc.), heat, or swelling. Check your Newf regularly for any changes. Lipomas, or non-cancerous fatty tumors, are common and don't usually affect the overall health of the dog unless it is in a place that restricts movement or other parts of the body that can cause irritation, such as eyes, ears, etc. Always have your veterinarian check out lumps to rule out cancer.

Allergies and skin disease can get worse with age. Newfoundlands are prone to a skin disease called pemphigus foliaceus, which causes hair loss and crusting.

Injuries are more common in older dogs as they may pull a muscle from overactive play or simply twisted something while laying down. Many injuries resolve on their own with rest but if you continue to see signs after a few days such as limping or reduced weight on a leg, you may want to have your vet check it out.

Remember that your older Newf also has a **weakened immune system** and may be at increased odds of illnesses.

Behavior Changes

Changes in your Newf's behavior may be signs of underlying issues or related to old age. Be sure to check with your veterinarian to determine the cause of the changes. You may notice any number of changes, including confusion, increased vocalization, anxiety, increased sleep, and soiling in the house.

Unfortunately, older dogs can suffer from canine cognitive dysfunction (CCD), also called doggy dementia, which results in a decline in canine cognitive function. Dementia causes behavioral changes that can range from loss of potty training to confusion. Common signs are staring at walls, pacing, and not responding to their name, but there are several symptoms that could be caused by CCD, including changes in sleep patterns, anxiety, increased aggression, lethargy, and inappropriate barking, whining or howling.

Helping Them Live Their Best Life

While we cannot stop aging or prevent many of the ailments associated with it, we can certainly take steps to make sure our older Newfs are as comfortable as they can be.

A **large padded bed** away from draft areas will ease the pressure on the joints. Your older Newf likely sleeps quite a bit more so you may want to invest in more than one bed so they don't have to travel as far to find a relaxing, cozy spot.

Your Newf will still need **grooming** as she ages but it may prove more difficult if she is not as mobile. Try to keep the hair trimmed as best as possible for easier cleanup and use baby wipes to clean the fur or areas that may have urine on them from leaking or accidents. Because older skin is more sensitive, use softer brushes and pay extra attention to the underside if your Newf is less mobile as mats can form. As with any Newf, keep the nails trimmed, clean ears weekly, and brush teeth 2-3 times a week.

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If your Newf becomes **incontinent** you can use potty pads but may want to consider waterproof mattress pads, which will cover a larger area and can be washed when soiled and used again.

A **harness** for the back legs, or all four legs, is a must if your Newf is experiencing mobility issues. Moving a Newf on your own is nearly impossible so the harness will not only help you lift your Newf, but also assist with walking if needed. In addition, a **ramp** can reduce the chance of injury and strain on joints when going up a small set of stairs into the house or getting in and out of vehicles.

Non-slip rugs are essential to help your Newf retain steady footing on slick floors. Place them strategically around the house to connect with family members or get outside.

Your older Newf still needs **exercise** to stay physically and mentally fit. The walks may need to be shorter and more frequent to reduce potty accidents. Slow walks allow for quality time with your Newf and loosens those stiff and painful joints. Swimming is also a great low-impact exercise. Outdoor activities and playtime also keep the mind fit.

Your Newf's **appetite and diet** will change in their senior years. Feed him a high-quality diet appropriate for his age. Weight increase or decrease in senior dogs is fairly common, whether they are getting too many calories from being inactive or losing weight due to muscle loss. You may want to have a conversation with your veterinarian to determine the amount of food your older Newf needs.

Accessibility can be an issue for older dogs that aren't getting around as easily as they used to. Make sure food, water, toys, beds, and whatever else your Newf needs is within easy reach so they don't have to struggle to get the necessities.

Senior dogs are **more sensitive to hot and cold weather** because it's harder for them to regulate their body temperature. Even with that massive double coat, your Newf may not tolerate spending hours outside on cold days like she did when she was younger. You may want to add a blanket to her bed in the winter months and of course use fans and air conditioning in warmer months to keep her cooler.

Understanding the changes your older Newf is experiencing and making small adjustments will keep your Newf comfortable and happy in the senior years.

Resources and More Information:

<https://pethelpful.com/dogs/caring-for-your-older-newfoundland-dog#gid=ci026d9cf6c00425c4&pid=caring-for-your-older-newfoundland-dog>

<https://www.rspca.org.uk/adviceandwelfare/pets/dogs/health/seniordogs>

https://www.akc.org/expert-advice/health/ways-to-care-for-old-dog/https://be.chewy.com/senior-dog-care-changes-to-expect-with-an-older-dog/?psafe_param=1&utm_source=google&utm_medium=cpc&utm_campaign=12473032557&utm_content=118814524259&gad_source=1&gclid=CjwKCAjwpbi4BhByEiwAMC8JnW2ATg0gVucXYY1B2IYjD1euDLSiCs4p-w6dsnHI9MI3U8UyXmvyiRoCevEQAvD_BwE



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leptospirosis vaccine compared to other vaccines. Every animal is an individual and your pet may experience an adverse reaction, but it is the individual pet's reaction to the vaccine not the vaccine. Most vaccine adverse reactions are minor and can be managed with anti-inflammatories. Far better to prevent a potentially fatal disease with a vaccine that has been proven safe and effective. The vaccine is considered so effective that if a pet is vaccinated for leptospirosis, you can virtually eliminate leptospirosis from your diagnosis list in a sick dog.

You can certainly check out the CDC website for more information on leptospirosis. Merck has a website, stoplepto.com, that explains more on lepto and then, petdiseasealerts.org has an alert map with near real time prevalence for leptospirosis in your area.

Thinking of leaving a bequest to TNP?

Donations should be made payable to:
That Newfoundland Place, Inc.
EIN (Tax ID): 27-2176439

Payment Address:
554 Pucker Street
Coventry, CT 06238

Thank you for your consideration!

To continue to support Cathy's work & her foundation please see below.
Thank you for all the generous support.

THAT NEWFOUNDLAND PLACE DONATIONS

VENMO  PAYPAL 

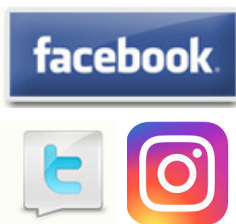
 



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<https://www.americanexpress.com/en-us/banking/round-up/frequently-asked-questions/>

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Donations can be mailed to
That Newfoundland Place, Inc.
554 Pucker Street
Coventry CT 06238



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. Ed Derench, President *Newsletter editor and publisher Joanna Dumas: joanna.l.dumas@gmail.com*