

Newfie News



September 2025

VOLUME 7

ISSUE 1

Understanding Joint Pain

Joint pain is a common issue in older dogs, one which can cause significant pain, even if your Newf shows little or no signs of discomfort. As with humans, as dogs age, their bodies naturally experience muscle loss and increased pressure on their joints. Cartilage and tendons begin to wear, leading to inflammation, bone spurs, weakened joints, and skeletal or muscular issues. The condition is even more likely in large and giant breed dogs.

Types of Joint Issues

The two main types of joint issues that can cause pain for dogs are degenerative and developmental.

Developmental joint issues occur because of a dog's breed or a congenital defect. Joint pain may develop during any time of their life. Weight distribution and skeletal structure can lead dogs to experience pain in different areas. For example, dogs predisposed to elbow or hip dysplasia - such as Newfs - may experience increasing joint pain as they age.

Degenerative joint pain occurs as a result of the

continued on page 4

Joints That Often Cause Pain in Dogs

There are several joints that can be painful to dogs.

The **hock** joint is located on a dog's hind leg below the stifle. The hock joint the equivalent to the ankle joint and connects the shin bones to the bones of the paw. Common issues include dislocation, sprains, and arthritis.

The **stifle** joint is the equivalent of a knee joint, connecting the femur, patella, and tibia bones. A stifle joint is sometimes referred to as the ACL joint or CCL joint. Common issues include patellar luxation, torn CCL (ACL), sprains, and arthritis. Newfoundlands have the highest prevalence of cruciate ligament disease of all breeds.

A dog's **elbow** joint (in the front legs) connects the radius, ulna, and

continued on page 4

What's Inside

Who's at TNP
Page 2

Expert Excerpts
Page 3

TNP Merchandise
Page 3

Who's at TNP

4-year-old **Orion** loves to hang out with people and get rubbed. This friendly boy is a hugger, leaning in to get some loving. Check out future newsletters and the TNP Facebook page for more information.

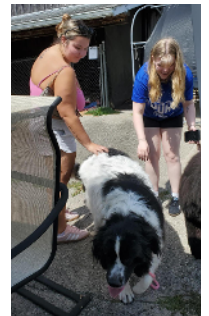
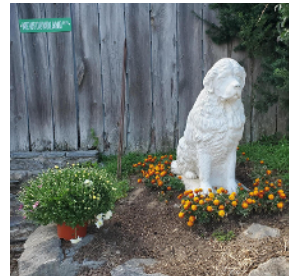


Rambo is 8 1/2 years old. He loves a good belly rub and cookies. He is looking for his own yard he can romp in. Look for updates in future newsletters and the TNP Facebook page.

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.

TNP held its final Open House of 2025 on August 24. A bright, sunny day greeted staff, volunteers, and TNP alumni. Orion and Rambo were on hand to meet potential adopters.



Expert Excerpts

Hookworms

Hookworms are intestinal parasites that attach themselves into the lining of your dog's intestines and feed off of the tiny blood vessels.

Diagnosing Hookworms

A fecal sample is used to determine hookworms in dogs. The test is generally very reliable, as the parasite produces large numbers of eggs on a daily basis. The test may be less reliable in very young puppies, as it takes two-to-three weeks for the larvae to mature and produce eggs.

Treating Hookworms

Treating hookworms in dogs requires a dewormer, or anthelmintic. These drugs are usually oral and come with few side effects, but they only kill the adult hookworms. Therefore, your vet will likely recommend a second treatment in two-to-four weeks to eliminate any new adults that formed from the surviving larvae.

Preventing Hookworms

There are heartworm medications that also protect against hookworms, and a de-wormer schedule for puppies is recommended to prevent the parasites. Since the eggs pass through the feces, it's important to clean up dog poop immediately, before the larvae have a chance to infect the environment. Hookworms thrive in moist, warm environments like overcrowded kennels, so be sure your kennel cleans up after dogs and disinfects. Avoid areas where

Continued on page 4

Fall Weather is Coming! Order Your Cathy's Crew Hoodies

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 safely live out their lives 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. Hoodies available in black, pink, and orange. Bibs are available in black.

Hoodies are \$65, bibs are \$25.

Email Krisy@ThatNewfoundlandPlace.org with your size/color and address.



Expert Excerpts: Hookworms continued from page 3

there are large amounts of dog feces on the ground.

Can Humans Get Hookworm?

Worm eggs and larvae can survive in feces for weeks and even years in areas such as parks, playgrounds, and yards, and be passed to humans. Infections happen when larvae penetrate the skin, which usually happens when people sit or walk on contaminated soil or sand with bare feet. Once they have penetrated the skin, hookworm larvae move around, causing inflammation and red, itchy tracks in the affected skin. One type of hookworm can penetrate to deeper tissues and cause more serious damage to the intestines and other organs. Avoid touching soil, sand, plants, and other objects that might be contaminated by animal feces. Bathing and washing your hands regularly can help prevent infection.

Sources:

<https://www.akc.org/expert-advice/health/hookworms-in-dogs/>

https://archive.cdc.gov/www_cdc_gov/parasites/resources/roundworms_hookworms.html

Understanding Joint Pain - continued from page 1

aging process. Joints, cartilage, and tendons wear down from everyday use. As the cushion surrounding the bone is worn down, and bones scrape together when they move. This creates inflammation or swelling of joints, leading to various levels of pain. It is commonly called arthritis. Arthritis is a progressive disorder, meaning it gets worse over time.

Signs of Joint Pain

Symptoms of pain vary in each dog, and they are not always obvious. Some signs include:

- Difficulty getting up or laying down
- Scratching, biting, or licking the joint area
- Fatigue or signs of depression
- Loss of appetite
- Cracking joints
- Swelling and/or redness around the joint
- Limping
- Lameness
- Reduced mobility
- Trouble going up stairs or jumping
- Falling or slipping
- Whining, yelping, grunting, or whimpering
- Changes in behavior, including irritability or aggression

Joints That Often Cause Pain in Dogs continued from page 1

humerus bones. A common issue is elbow dysplasia (a skeletal condition that affects the ball and socket joint).

Carpal joints in a dog's wrist connect all the bones of the front paws with the rest of the front leg. Common issues include carpal hyperextension and sprains.

The **hip** joint is a ball and socket joint that connects the femur and the pelvis. A common issue is hip dysplasia.

Resources/more information:
<https://orthodog.com/blogs/sit-stay-heal/dog-joint-health-and-joint-pain-problems>

<https://www.webmd.com/pets/dogs/features/dog-joint-health-pain-osteoarthritis-and-other-joint-problems>

continued on page 5

Seek Veterinary Care Early

Quick diagnosis and treatment can mean better results in relieving your Newf's pain. Assessing mobility and behavioral cues can help with a diagnosis. An x-ray and bloodwork can further determine the condition of the joints. A sample of joint fluid can be tested for inflammation or other conditions. If you notice any of the above symptoms in your aging Newf, talk to your vet about possible joint pain.



www.usbjd.org

Treatment

There are several strategies to treat joint pain. Physical therapy can be used to strengthen joints and muscles. Cold Laser Therapy uses deep-penetrating light to promote a chain of chemical reactions called photobiostimulation that releases endorphins and stimulates cells, leading to decreased inflammation and increase blood flow to the treated area. Acupuncture can help to alleviate joint pain and inflammation and promote healing.

Orthopedic dog braces can support joint stability in various parts of the body. Leg braces alleviate pressure on the joints and allow for pain-free movement and healing. Knee braces can help dogs experiencing luxating patellas, CCLs or arthritis in the knee. Dogs with hip dysplasia and arthritis in the hip joint may find relief with a hip brace. There are also braces for the hock joint and wrist.

Non-steroidal anti-inflammatory drugs are low-risk medications that help treat pain by reducing inflammation. For dogs experiencing more pain, prescription pain medication such as Gabapentin or opioids are often used in combination with NSAIDs. There are also monthly injectable options available to manage pain. As a last resort, surgery can correct your Newf's joint issues and increase quality of life.

Prevention is the best antidote, as healthy lifestyle choices can support joint health and delay degenerative issues. A healthy diet and supplements such as glucosamine or omega 3 fatty acids along with maintaining a healthy weight are the best way you can support health joints, as obesity creates significant strain on a dogs' musculoskeletal system and increases inflammation and their likelihood of joint pain and injuries.

Regular low impact exercise promotes joint health. Walking improves mobility, strengthens muscles, tendons, ligaments, and joints, and helps dogs maintain a healthy weight. Swimming is another great option because of the very low impact it has on joints. Regular visits with your veterinarian will help detect any subtle signs of joint pain or discomfort. Be mindful of any discomfort your Newf may be experiencing from joint pain to provide quick relief and improve quality of life.

Resources/more information:

<https://thevets.com/resources/pet-conditions/joint-pain-in-dogs>

<https://orthodog.com/blogs/sit-stay-heal/dog-joint-health-and-joint-pain-problems>

"The Newfoundland is an admirable swimmer, being able to swim for an hour without resting. He literally lives in the water and has often rendered great services in saving lives. Examples of this are almost innumerable, and on all sides the race is lauded as very intelligent, and extremely faithful and gentle, especially with children. So long as children's nurses are not superseded by Newfoundlands in duties for which the latter are well fitted, this race is better suited to the country than the city. No better watch dog can be found, and no one is in danger of drowning as long as a Newfoundland is on the place."

Charles W. Burkett, ed.,
Our Domestic Animals, 1907



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.

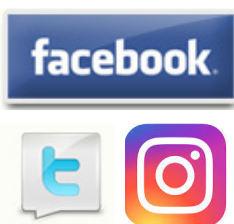
THAT NEWFOUNDLAND PLACE DONATIONS



Support TNP through Amex Round-up

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

Follow us! Support Us! *Click on any of the icons below to connect to that source.*



Donate Via Venmo

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

Order Pet Food at **chewy.com** and they'll donate \$20 to our cause!

CLICK HERE >

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*