

Is A Sigh Really Just A Sigh?

You've likely heard your dog sigh from time to time, but there could be a number of reasons why they are doing so.

Sighing is an emotional response and also has a respiratory purpose, just as it does in humans. Sighing is a deep breath (usually twice as long as a normal inhale) followed by a slow, exaggerated exhale, usually through the nose. It reinflates tiny air sacs in the lungs called alveoli - which exchange oxygen and carbon dioxide in the lungs - that can sometimes collapse. Sighing is necessary to improve oxygenation of the blood and is a natural spontaneous reflex that happens for all mammals multiple times every hour; often times it is very subtle.

If your Newf is not sighing for respiratory reasons, he may be sighing to reset emotions, sometimes in response to stress or over-stimulation. To determine the cause, consider the dog's body language and the environment they are in.

Relaxation – after you sit down after a long day – whether it be from work or fun – you may sigh as you plop in the chair. Your dog may have the same feeling after they lay down and get ready for bed. The physical act of lying down can push air out of the lungs, resulting in a sigh. Their face and body will also be relaxed and contented. Your Newf may even be asleep when they let out a long, slow sigh.



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Stress or Anxiety – If you notice signs of stress and anxiety in your Newf and she also lets out some sighs, it may be added proof that she's anxious. Look for pacing, trembling, excessive lip licking, a tucked tail, yawning, lip curling, flattened ears, and tensed muscles. Be mindful of the environment and remove any stressors – or remove your dog from the environment – if possible.

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Who's at TNP

Boss is 2 and a half years old and recently arrived at TNP. Staff is getting to know him to determine a home where he will thrive. Watch for updates in future newsletters and the TNP Facebook page.



Rambo is back at TNP. This sweet and handsome 8 and a half year old boy has a lovely personality. He gets along well with other dogs but must be in a home with NO cats.

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).

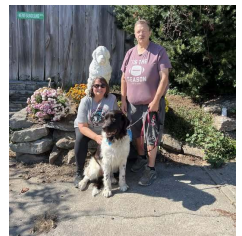
Keep in mind that TNP places dogs in homes that are in the best interest of the dog, but welcomes applicants to express interest in dogs through TNP Facebook posts.

Recently Adopted



Eight-year-old **Moose** was adopted by Diane Beshone, Bill Denmark, and daughters Olivia and Vivian from Westport, Massachusetts. Look for updates in future newsletters and the TNP Facebook page.

Four-year-old **Noodle** is in his new home in Haddam, Connecticut with Harry and Sue Shea. "Things are going well," Sue said. "Overall, he's settled down. He's a good boy."



Noodle is very comfortable in the house and yard. He likes to play, run, jump, and spin in the yard and enjoys a good car ride. He has good table manners and begging and counter surfing have not been a problem. Harry and Sue are working with Noodle on his leash manners, as he tugs. He is also skittish around new people so they have been introducing him to new people slowly. Sue reported he gets along well with other dogs.

The Shea's have discovered that Noodle loves to be petted. "He's a couch potato special," Harry noted.

Noodle is the Shea's 4th Newfoundland. They have all been rescues, and three have come from That Newfoundland Place. Fred was their first Newf in 2013. Biscuit, their most recent TNP Newf, passed away in March. They also adopted Vivien from Big Fluffy Dogs Rescue.

Harry and Sue had been longtime Lab owners before switching to Newfs. Sue had a very

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Expert Excerpts

Dog Bronchitis

When a dog inhales, air flows through their mouth or nose to their trachea (windpipe), then onward to the bronchi, the tubes that connect the trachea to the lungs. Bronchitis occurs when the bronchial airways become inflamed. In some instances, the inflammation can extend into the lungs. It is a relatively common respiratory condition affecting dogs of all ages and breeds, however, brachycephalic dog breeds, such as Pugs and Bulldogs, puppies, elderly dogs, and those with compromised immune systems are more susceptible to bronchitis.

Symptoms and Causes

The main symptom of bronchitis is persistent coughing, especially a dry or phlegmy cough. Other symptoms include difficulty breathing, wheezing, increased respiratory effort and rate, and exercise intolerance. Nasal discharge, fatigue, lack of appetite, and weight loss may also be signs of bronchitis as well as a fever. The cough can persist for one to three weeks and often sounds like a goose honk. Severe bronchitis can lead to and be difficult to tell apart from pneumonia.

Dogs can have acute or chronic bronchitis. Acute bronchitis is often a viral or bacterial infection with a sudden onset and short duration. Causes include parasites, pollution or chemical exposure, exposure to

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The Perfect Holiday Gift: Cathy's Crew Gear from TNP

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.

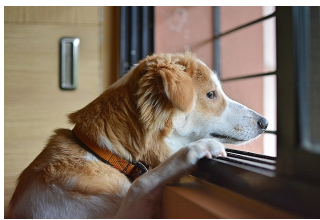
Hoodies are \$65, bibs are \$25.

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



Pain or Discomfort

Dogs may sigh when they are feeling uncomfortable or in pain. The sighing will likely be accompanied by other signs of pain such as: Wincing when touched, limping, whining, panting, loss of appetite, restlessness or changes in sleep, pacing, hiding, or aggression. Be sure to bring your Newf to the vet as soon as possible if you think he may be in pain.



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Sadness – Dogs can sigh when they are unhappy, such as grieving the loss of another pet or

human in the household or even after being adopted, missing a previous owner. Other signs of sadness are lack of appetite and lack of interest in playing or other things that previously brought them joy.

Tiredness – Your Newf may let out a sigh after a long day of physical activity such as hiking, swimming, or a long walk.

Seeking Attention – Most Newfs are very attached to their humans, hence the term Velcro dogs, and seek your attention. Maybe you stop petting or playing with your dog but she wants more and lets out a sigh. If you respond to sighs with love and attention, your Newf will relate the two and begin sighing when they want your attention.

Boredom – Just as you may let out a big sigh when you are bored, your Newf may do the same thing if they are lacking mental or physical stimulation.

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cigarette smoke, and pre-existing respiratory conditions or pulmonary disease. The canine influenza virus and Bordetella bacteria are common infections that can cause acute bronchitis. Allergies can also cause acute bronchitis. When a dog inhales an environmental allergen, like pollen, it can cause an inflammatory response of the bronchi and lead to bronchitis.

Chronic bronchitis lasts over a longer period, at least two months, but is not contagious or infectious. The diagnosis occurs when other potential conditions or diseases are ruled out. Chronic bronchitis is most often seen in smaller breeds, but can occur in larger breeds too. It's caused by constant inflammation and can cause permanent damage to your dog's airways. Chronic bronchitis can worsen with environmental stresses such as especially dry air in the winter.

Diagnosis

A physical examination, medical history of your dog, and clinical symptoms will all be taken into account when diagnosing bronchitis. Other diagnostic tools may be used to confirm the condition - or rule out other causes of the coughing in the case of chronic bronchitis - including chest x-rays, blood tests to check for infections or other underlying conditions, endoscopy (a tiny camera on the end of a scope inserted into the airway), bronchial swabs, biopsies, and bronchial wash.

Next month: Treatment and Prevention

Sources/More Information:

<https://www.akc.org/expert-advice/health/dog-bronchitis/>

<https://dogacademic.com/bronchitis-in-dogs/>

<https://www.thevetexpert.com/bronchitis-in-dogs-causes-signs-diagnosis-and-treatment/>

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Dogs like to be challenged throughout the day with walks, games, or perhaps fetching and digging. If the day has been uneventful, they may let out some sighs.

Is Sighing Ever a Concern?

Sighing is normal behavior, but if you notice new or exaggerated behaviors there could be more going on. Abnormal or difficulty breathing, panting accompanied by lethargy, drooling, or vomiting, moaning and groaning, or a sigh that sounds like a whistle or wheezing are all reasons to contact your vet right away.



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Knowing when your Newf is sighing because of behavior – such as pain or anxiety – or emotion – such as contentment or boredom, can ease your mind and alert you as to when a trip to the vet may be necessary.

Sources/More Information:

<https://www.rover.com/blog/why-do-dogs-sigh/>

<https://www.petmd.com/dog/behavior/why-do-dogs-sigh>

<https://www.thesprucepets.com/why-do-dogs-sigh-5199223>

<https://www.akc.org/expert-advice/health/why-dogs-sigh/>

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special bond with one of her Labs and when he passed Sue did not want another Lab to avoid comparisons. Harry became interested in Newfs after visiting a friend who lived near Kathy Luce, a Newfoundland breeder. One trip to her kennel was all it took. Sue was open to the idea of adopting a Newf, so they went to a TNP Open House. In the spring, or

later next year, they will think about adding another Newf to their family of three.

In the meantime, Noodle continues to adjust. "We're learning from him, and he's learning from us," Harry said. With time, patience, and a little work, Noodle and the Sheas will be living their best lives.



TNP will be participating in Giving Tuesday on December 2. Check out the TNP Facebook page for more information. THANK YOU for considering TNP on Giving Tuesday!

Dog's Night Before Christmas

Twas the night before Christmas and all through the house, not a creature was stirring, not even a mouse.

The stockings were hung by the chimney with care in hopes that St. Nicholas soon would be there.

My Newfs were nestled, all snug in "MY" bed, while visions of chewie toys danced in their heads.

I in my sweat pants and Dad in his sweater, had just settled down to read the Great Dog Reporter, when up on the roof there arose such a clatter, I sprang from my chair to see what was the matter!

Off to the window I flew in a flash, tore open the shutter and threw up the sash.

The moon on the crest of the new fallen snow gave a luster of midday to the objects below.

And what to my wondering eyes did appear but a miniature sleigh and eight tiny reindeer.

With a little old driver so lively and quick I knew in a moment it must be St. Nick.

With a sputter of ashes -- a flurry of soot, he slid down the chimney with all of his loot.

My dogs stood there so regal and proud, guarding their home with barks oh so loud.

St. Nick showed no fear and called them by name, he knew in his heart they were gentle and tame.

He brought out his list, checking it twice. "Well, my beauties, all year you've been very nice. I have in my bag toys and much more, Just tell me what you pups really long for."

My dogs talked to each other -- much to my surprise - and turned to Santa with tears in their eyes, "We have chewies and balls and ropes to be tugged, We are pampered and coddled and petted and hugged.

But for Christmas, dear Santa, we have but one care, that all dogs be loved as much as we are.

We want no dog beaten, whipped or chained, no dog abandoned, abused or maimed.

We want all dogs, no matter what size, to see love reflected in their master's eyes."

St. Nick stopped for a moment to gather his wits, "I have nothing to stop humans from being such twits.

All dogs are so beautiful and are such a treasure, living only to be loved and give humans pleasure.

This lesson I will try to teach, then maybe your wish will be within my reach."

St. Nick leaned over and kissed each beautiful head. "Now you gentle giants, go off to bed.

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Think good thoughts and dream good dreams, of running and jumping and playing in streams."

St. Nick turned to me, his face wet with tears. "Be proud of your babies, they are such dears."

In an instant St. Nick disappeared in a poof, and I heard him chuckle as he ran on the roof. He jumped in his sleigh and to his team gave a whistle, and off he flew like the down on a thistle.

And I heard him exclaim as the drove out of sight, "**Merry Christmas to All and To All Dogs a Good Life!**"

-Author Unknown

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.

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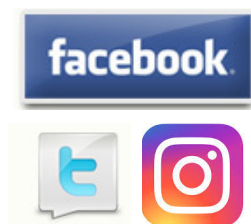
 CATHY'S CREW



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