



COLD NOSES NEWSLETTER

"DOGS ARE NOT OUR WHOLE LIFE, BUT THEY MAKE OUR LIVES WHOLE." (R. CARAS)

May 2018

HEAT AWARENESS + YOUR DOG WHAT YOU DON'T KNOW COULD HURT YOUR DOG

Each year in the United States, the last Friday of May is National Heat Awareness Day. Created to call attention to the life-threatening danger of excessive heat to the well-being of people (it's estimated thousands die each year), it's also a good reminder to be vigilant in protecting our dogs as the temperatures grow warmer.



While the temperatures might not yet be what we consider excessive or even dangerous, it's important to remember that our dogs feel heat differently. Even mild temperatures can quickly become excessive and dangerous for our four-legged friends especially without access to plenty of water and shelter from direct sunlight exposure.

HEAT EXHAUSTION

When dogs cannot adequately cool themselves (with panting and sweating through their paws), heat exhaustion begins to set in with symptoms like rapid panting, skin redness inside the ears, nausea, vomiting and diarrhea.

YES! YOUR DOG CAN GET SKIN CANCER.
(SEE "ONE MINUTE DOG TIP" ON RIGHT)

HEATSTROKE

Heat exhaustion is the early stage of the more life-threatening and deadly heatstroke. Within just **15 minutes**, animals can suffer from brain damage or even die with heatstroke. The following symptoms indicate the onset of heatstroke and require immediate intervention:

- ~ Restlessness
- ~ Excessive Thirst
- ~ Thick Saliva
- ~ Heavy Panting
- ~ Lethargy
- ~ Lack of Appetite
- ~ Tongue Darkening
- ~ Rapid Heartbeat
- ~ Fever
- ~ Vomiting
- ~ Bloody Diarrhea
- ~ Lack of Coordination

WHEN YOUR DOG SHOWS SIGNS OF HEAT STRESS
(SEE CANINE FIRST AID BASICS ON REVERSE)



SHOULD YOU SHAVE YOUR DOG?

If you own a dog with heavy, long or double-coated fur, you may be tempted to shave your dog in an effort to keep them cool.

Trimming or cutting your dog's fur coat can be beneficial, but never shave down to their skin to prevent painful and dangerous sunburn. Dogs with little to no pigmentation in their skin (like Huskies) can also get sunburned easily without their fur coat.

(Sources: HumaneSociety.org, PETA.org and UnleashedUnlimited.com)



THE ONE MINUTE DOG TIP K9 SUNBURN & SKIN CANCER

YES, your dog **can** get sunburn and skin cancer just like you! Especially breeds who are:

- ☼ White and light-colored;
- ☼ Thinly-coated/short-haired;
- ☼ Shaved; and
- ☼ Pitbulls.

Protect your K9 from the strong summer sun by regularly applying waterproof sunscreen formulated for pets (or babies) to:

- ☼ Noses, ears and tails;
- ☼ Around the mouth; and
- ☼ The stomach and back.



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AT A GLANCE: KEEPING YOUR DOG COOL (POST ON YOUR REFRIGERATOR AS A HANDY REMINDER)

- ~ Remember, fans are not enough to cool pets off effectively.
- ~ Limit exercise on hot days especially with dogs with white-colored ears (prone to skin cancer) and short- or flat-nosed dogs (who have difficulty breathing).
- ~ Always provide plenty of fresh, cool water.

AVOID CARS



On a 78° day, the temperature inside a parked car can soar to between 100° and 120° in **just minutes**.

On a 90° day, the interior temperature can reach as high as 160° in **less than 10 minutes**.

AVOID PAVEMENT



Do not walk your dog on sidewalks, pavements or parking lots as they hold heat that burns sensitive paws.

On a 77° day, the asphalt in the sun is 125° (**you can fry an egg at 131°**)

Put the back of your hand against the pavement for 11 seconds. Uncomfortable? Too hot for your dog's paws!

AVOID HUMIDITY

"Animals pant to evaporate moisture from their lungs, which takes heat away from their body. If the humidity is too high, they are unable to cool themselves, and their temperature will skyrocket to dangerous levels - very quickly."
(Dr. Kellogg, VMD, Humane Society Veterinary Medical Association)

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COOL STUFF FOR THE DOG LOVER CANDLES FOR DOG LOVERS SUPPORTING DOGS IN NEED

In Jacksonville, Florida, a small company creates candles to help support dogs in need. Knox's Favorite Candle Company is on a social mission to help animal shelters across the country by donating 10% of their profits.



Each candle is hand-poured by the founder and co-owner, Stephen Hand; and every candle is friendly to both the environment and canines.

"I really just like making candles and hadn't seen many similar candles for dog lovers," Stephen explains. So he and his partner, Kirsten, set out to

create a unique line every dog lover and owner would love.

The company is named after their own four-legged family member, Knox, a Beagle /German Shepherd mix they rescued in December 2012. As Head Product Sniffer, Knox has helped Stephen and Kirsten identify only the best scents including: "New Dog Bed," "Dog Park," "Dog Biscuits," "Puppy Love" and even "Dog Farts!"

Knox's Favorite Candle offers the PAWfect gift for every occasion for every dog lover.

CANDLES FOR DOG LOVERS THAT DO GOOD: KNOXSFAVORITE.COM

CANINE FIRST AID BASICS WHAT IF YOUR DOG SHOWS SIGNS OF HEAT STRESS?



What if, despite your best intentions, your dog begins to show signs of heat stress? It's just as important to know what you should - and should not - do to help your K9 cool down **safely**.

Below are **five important tips** to help you prevent - or address - heat stress and potential heatstroke in your dog.

YOU SHOULD NOT DO THIS

- ~ Do NOT submerge an overheated dog in cold water as this can make things worse; sudden cold will tighten vessels up and stop all heat dissipation.
- ~ Do NOT continue to exert your dog; stop and rest in the shade and slowly give them water until they can continue or call for help to get them home.

YOU SHOULD DO THIS

- ~ Prevent your dog from overheating by walking or exercising **only during the cooler hours**.
- ~ Watch for signs of heavy panting, confusion or unusual behavior and **stop immediately**.
- ~ Never leave your dog unattended in the heat/sun.

If your dog does overheat, go immediately to the vet; **time is of the essence**.

(Sources: TalentHounds.ca, PetMD.com and DrsFosterSmith.com)



FROSTY TREATS EVERYONE CAN LOVE!

You still want to give your dog a healthy summer treat, but without cooking.

How about these easy-peasy, frozen treats ... just 3 simple ingredients; blend, pour, freeze and serve!

FROZEN BANANA TREATS

- 4 cups plain, low-fat, sugar-free yogurt
- 2 tablespoons peanut butter (xylitol-free!)
- 3 ripe bananas, peeled and mashed

Put all ingredients into a food processor and blend to a puree.

Pour into your favorite molds, ice cube trays or 4-ounce plastic cups (or an appropriate size for your dog).

Freeze until firm. Pop the treats out and let your dog cool off (along with you and the kids!)

Can be stored in the freezer for up to two weeks.

(Experiment adding nuts, blueberries/other fruit or vegetables for different variations.)

(Source: Food.com)