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FEBRUARY 2024

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DOG YOGA
- THE BENEFITS

ROAD TRIP
JOZI TO CAPE TOWN

CONTENTS

Valentine's Day - The List	04
Spot Light - Mimi & Munch	05
Road Trip - Jozi to Cape Town	07
Moreson - Camping by the River	12
Pet Friendly Klein Karoo	16
Keeping your Puppy Safe	20



Enrichment during Exercise Restriction	23
Can you Smell the Fun - Nose Work	26
Dog Yoga	30

Should your Dog Attend Doggy Daycare	33
--------------------------------------	----



Bitework - Part 1	36
Anal Glands - A Pet Owner's Guide	40
Heart Health Matters	43
Copper Storage Disease	47
Beware of Deceptive Animal Rescues	50
TEARS - Be Our Valentine	54



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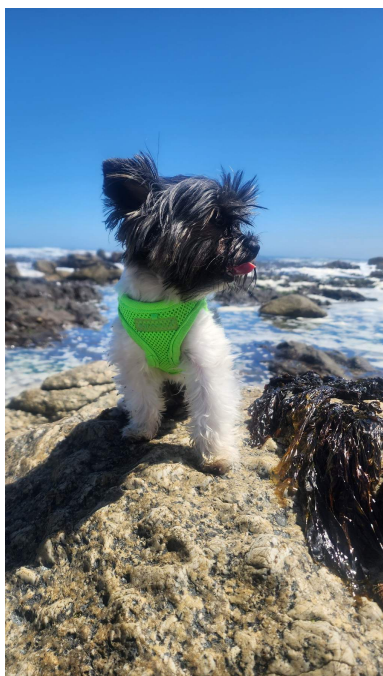
share the magazine with your
fellow pet friends

*"If I could be half the person
my dog is, I'd be twice the
human I am."*

Charles Yu

ON THE COVER

*Dog Friendly Jozi
Luna, Harli & Pixi*



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FEBRUARY 2024

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The LIST



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In the spirit of Love, Dog Mom has a special Valentine's Day Collection. For every Love-Themed T-shirt ordered between 1-14 February, Sandra will donate **R50 to the WOW Project**, in support of their next steri day. *The ultimate gift of Love!*

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Pop yourself some popcorn and get your Pooch some "I Only Have Fries for You" treats from COCO+MO. But hurry Mom, the **orders close on 7 February 2024** so they reach you in time for your Valentine's Movie Night Date.

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stock

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ORDERS CLOSE 8 February 2024

LEWIS FUGLY FRIENDS

The **LIMITED EDITION** fuGLy friENds "Under The Sea" toys will be available for a short time only, from **6-14 February**. The ideal gift for your special Valentine's Furball. FOLLOW [@fuglysecrets](https://www.instagram.com/fuglysecrets) for order details.

UNDER
THE
SEA



YOU
ME
KISS
ME
BE
MIN
CUTIE
PIE
MY
LOVE

THE TREATS

Mimi & Munch was born from a heartfelt commitment to providing our furry friends with the purest, most natural treats. Jade Factor's journey began with the realisation that dogs, much like their human companions, deserve treats of the highest quality that cater to their individual needs. She aimed to establish a proudly South African pet treat brand that nourish and celebrate our furbabies.

Jade observed Mia's paw licking and scratching, Munch's weight gain, and Bambi's stomach discomfort and it prompted a closer look at commercial pet treat ingredients. Reading the ingredient labels and doing research on them, she came to find that certain preservatives, additives and ingredients in some dog treats cause sensitivity. This encouraged Jade to source the healthiest, human-grade ingredients that are most nourishing for dogs in their purest forms.

She started baking treats for her fur-children and gifting treats to family and friends.

They baked with fresh fruits, vibrant vegetables and real meat - all selected for their absolute freshness and uniqueness in terms of dog health properties. All treats are baked with premium wheat free flours (gluten free options too) that are gentle on sensitive tummies. The doggies loved them and they noticed a positive tolerance to the treats. The dream started to become a reality. The goal became to provide these treats to as many fur-families as possible.

Our journey began with the realisation that dogs, much like their human companions, deserve treats of the highest quality that cater to their individual needs. Our aim is to establish a proudly South African pet treat brand that nourish and celebrate our furbabies.

Giving Back

In collaboration with COCO+MO in 2023, Mimi&Munch raised over R15 000 for The SA Guide Dog Association.


**Pup Cakes
for Hope**



Surrounded by the unconditional love of my childhood furbabies - Mia, Bambi, and Munchie- my baking journey commenced.

Their treats are baked to transcend the ordinary—they are an expression of love and a tribute to the uniqueness of our fur-babies. Each and every treat is crafted by hand in small batches, and made with so much love which is a testament to their belief in the individuality of every dog.

With a dedicated team and a thriving home bakery,, Jade is committed to crafting treats with fun flavours and functional benefits, fostering wagging tails, contented tummies, and peace of mind for pet parents.

Certified by the Department of Agriculture and vet-approved, they've introduced a range of vegan treats too. Embracing the essence of enrichment, The Team expanded their offerings to include lick mats and butters infused with beneficial ingredients like coconut oil, CBD, collagen, and turmeric.

Tail-waggingly good treats packed with goodness!

Mimi & Munch also cater for those special occasions in your doggie's life and create custom artisan treats and cakes that will guarantee lots of kisses!

Jade's TOP TIP for pet entrepreneurs:

If you believe, you can achieve. There can be challenges along the way but it is important to believe in yourself. Never give up and don't be afraid to turn your idea into something beautiful!



live your dream.



HANDCRAFTED IN SMALL BATCHES
ARTISAN TREATS & CAKES
PUPCAKES & CUSTOM COOKIES
PUPCAKE PREMIX



www.mimiandmunch.co.za

Road Trip

DOG FRIENDLY JOZI

LUNA, HARLI & PIXI
TELLS US ABOUT
THEIR FAVOURITE
STOPS DURING
THEIR ROAD TRIP
TO CAPE TOWN.



Cape Town is honestly the most dog friendly City. The Mother City is in no short supply of dog friendly spots. Accommodation, restaurants and coffee shops has been on the rise. Just take a stroll through Sea Point, you'll see numerous dog friendly places filled with people enjoying a cup of coffee with their fur-babies.

This dog friendliness is spilling over into the rest of the Province.



Stopover between Jozi & Cape Town

KO-KA TSARA BUSHCAMP, BEAUFORT WEST

If you are looking for a great stopover when traveling between Jozi and CT, then this Beaufort West self catering accommodation, situated on a private game reserve, is just the place you need. The bush camp is surrounded by rocky craggs and the Nuweveld Mountains. The place is amazing and the staff extremely helpful, professional, and polite. If you need peace, fresh air, and tranquility, Ko-Ka Tsara Bushcamp is the place where you will find it in abundance. Red Hartebeest, Aardwolf, Kudu, Giraffe, Gemsbuck, Klipspringer, Gnu, and many more can often be spotted grazing amongst the chalets at night.

The chalets are built from local poplars and stone. The rustic décor is completed by slate floors, handmade furniture, and wood finishes. The thatched A-frame chalets are stylishly decorated and sleep a family of four. Each with an en-suite bathroom, a fully equipped kitchen, and its own private braai facility. Each chalet has a private parking spot and is comprehensively furnished, including air conditioners for summer and heaters for winter. Ko-Ka Tsara Bush Camp is child and pet friendly. We should have stayed for longer than one night.

A unique & charming rest stop

VELDSKOEN PADSTAL, DE DOORNS

About an hour and a half out of Cape Town, Veldskoek Padstal offers a rest stop in De Doorns. We didn't eat but believe the food is delicious. The coffee was excellent. The décor is a beautiful mixture of old and new, and there is a quaint outside seating area. I recommend that all travelers stop off here. The shop interior is absolutely gorgeous. The charming garden is at the back, with seating where you can enjoy your meal. Everything in this shop is very unique. Lovely gifts to buy, including everything from preserves and wines to soaps and biscuits. Something for everyone and a great place to stock up your pantry. There is a separate outdoor area where furry family members are welcome.



Upmarket Deli



CHARDONNAY DELI, CONSTANTIA

Chardonnay Deli in Constantia is an upmarket farm stall set in the beautiful Constantia Valley. You will be able to find a variety of healthy, organic, and homemade products, in a relaxed, stylish venue. The Deli offers basic grocery items, local farm produce, innovative smoothies, pre-ordered catered dinners, handmade items, and much more.

Situated in a picturesque country garden, Chardonnay Deli will become a favourite for breakfast and lunch. One great thing about the menu is the healthy options and the cakes are to die for. Sit inside or outside in their garden.



A West Coast Experience

DIE STRANDLOPER, LANGEBAAN

Enjoy a great West Coast experience with the sound of gently lapping waves, crackling fires, and seagulls calling from above, at Die Strandloper, situated on the beach in Langebaan.

A feast of seafood dishes, mussel pots, grilled “harders”, fish curry, freshly baked bread, delicious jams, “roosterkoek” and sweet potato, all washed down with “moer” coffee and “koeksusters”. This 10-course culinary feast will last a couple of hours in the **leave-your-worries-behind** atmosphere. The food is fantastic. Fresh from the sea and cooked over open fire pits.

Stunning location, a good vibe, and friendly staff making sure everything runs like clockwork. It's an experience you don't want to miss! Take a cushion and perhaps some cutlery (the spoon is a mussel shell). Worth the visit. You may bring refreshments or visit their cash Beach Bar.

Green Point Urban Park is probably the most beautiful park in the whole of Cape Town. A serene space for man and man's best friend.

While dogs are only allowed on leashes in this park, it's still the perfect place to take your furry friend for a relaxing stroll, while you take in the natural beauty that surrounds you.

An Urban Park

GREEN POINT URBAN PARK, CAPE TOWN

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Moreson

River Cottages & Campsite

One of **K-9 Adventures** missions are to find the hidden gems that are pet friendly. This time the road took us to Moreson River Cottages and Campsite in the Slanghoek Valley. This beautiful campsite is surrounded by the Witzenberg Mountains in the Breedekloof wine district. They only have 2 cottages and 14 campsites keeping it small and peaceful.

We were allocated site number 11. Upon check-in we received our bathroom key (each site has its own private bathroom with a stunning hot shower). All the campsites are under the trees and have an undisturbed view of the river - no need to rush to the campsite to try and find the best one with shade. While setting up our tent the dogs enjoyed the river and made friends with the other camping dogs.

What is amazing about Moreson River Cottages and Campsites is that each site has dividers so you don't see or know about your neighbours.

written by **K9-Adventures**

Once we had finished setting up, we joined our dogs at the river before making our way down to the main fishing and swimming spot. The swimming hole is different from the rest of the river along the camp site with the water nice and deep, and the fishing apparently rather good. Much to my regret, I left my fishing rod at home.

We then decided to walk and explore the river leaving the campsite and making our way to a small bridge where a few kids from the campsite were diving into the river and having a great time. We knew this would be our destination for early the next morning, and made our way back to our tent to get ready for a relaxing night by the campfire with a gin and tonic in hand.

The next morning my dogs let me know in no uncertain way that there would be no sleeping late and convinced me to take them for an early morning walk before breakfast. I went back to the bridge and let them have a dip and explore for a while before heading back to the tent, where I heard a voice still half asleep requesting coffee. After coffee, Vicki headed off for a morning run while I started with breakfast. It was going to be another hot day. Luckily all the campsites are well shaded.

Slanghoek Valley is known for getting very hot in summer. Vicki grew up in the area and she was aware of this and planned her running / walking accordingly. By 09:00 it was too hot to run and the river started calling us.



It is seldom that you find a campsite that ticks all the boxes. Your own private shower, hot water for dishes, pet friendly, easy access to the river, your own braai, a bin for every campsite and braai wood available.

In a nutshell, if you are looking to relax for a weekend with a few friends or bring your furry or normal kids for a fun getaway, you need look no further than Moreson campsite and Cottages, you may even see us and our furry kids there because I know I will be back.

THINGS TO KEEP IN MIND

- Each site has its own private bathroom.
- There is electricity at all camping sites.
- The sites don't have grass as they are all under the trees.
- Sites are private with dividers between you and your neighbours.
- Lovely walks / runs between the vineyards, so don't forget your walking / running shoes
- Bring a tube for the river
- From January – Easter weekend there is not a lot of water in the river, but the main swimming hole should still be deep.
- The cottages are not pet friendly only the campsites.



CONTACT DETAILS

Office Hours: 8 am - 4 pm

Tel: +27 (0)72 436 9377

Email: info@moresoncottages.co.za
info@moresoncampsites.co.za



Click Here



K-9 Adventures only lists pet friendly places and activities that they have personally verified as pet friendly.



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the main prize.



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LAUGH TOGETHER!

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Pet Friendly Stays

in the Klein Karoo

written by STAPPIES



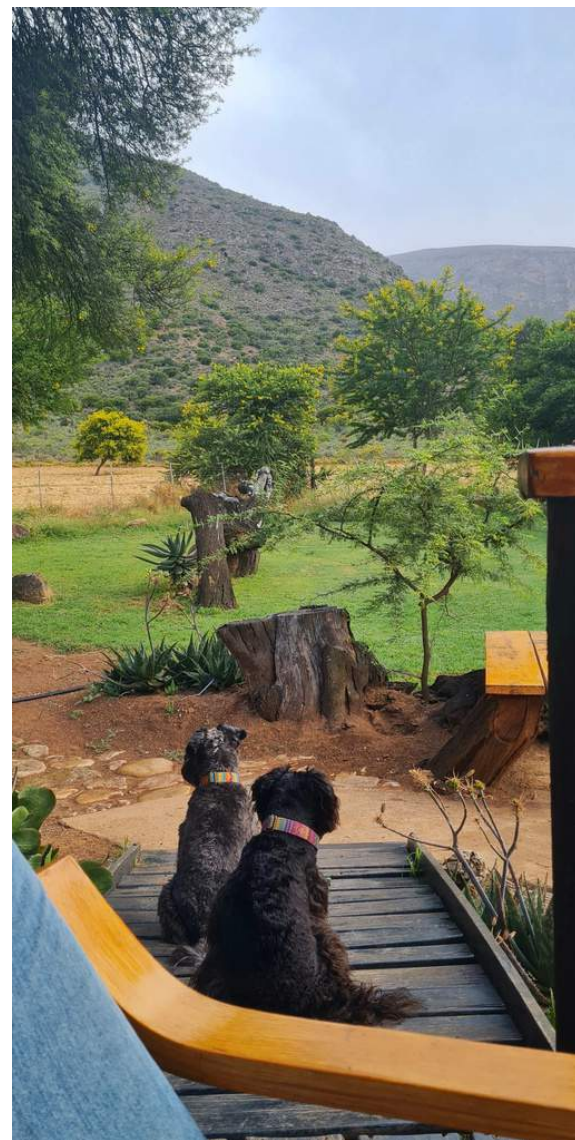
Bokloof, Baviaanskloof

between Willowmore &
Eastern Cape

What an incredible stay "*tussen niks en nerens*", in the heart of Baviaanskloof! This hand-built cottage is the perfect spot to break away and disconnect from it all. The cottage sleeps 4 people and is dog friendly on request. Enjoy peacefulness and nature walks in the surrounding kloofs with the dogs. There is no wi-fi at the cottage, but just walk 300m towards the main house and you'll get some bars.

Luckily, just 2km down the road is the most convenient "*padstal*" that stocks all the basics, and has wi-fi. Pack your bags, "*worsies*" and choppies, as it's about an hour's drive on a dirt road to the nearest town, Willowmore. However, this particular accommodation does offer braai packs on prior arrangements. There is another Guest House and a campsite on the property.

If you carry on driving the Baviaanskloof pass in the direction of the Eastern Cape, you will enter a very large nature reserve which also has various accommodation options – definitely worth a visit, but unfortunately plan this as a separate trip as the doggo's are not allowed past this point.



Sleeps 4 guests
Dirt Roads
Rock pools & Hiking
Dam



Numbi Valley

De Rust

Those looking to reset and take many deep breaths, behold, Numbi Valley. Nestled in the farmlands just outside De Rust, overlooking the Kammanassie and Swartberg mountain range, Ross and Kath have a quiet paradise that is warm, inviting, and rejuvenating.

They are completely off the grid and self-sustainable. Growing and supplying the local community with the purest organic fruit and vegetables. Luckily for guests, baskets of fresh produce and sunset pizza nights are exclusively available. Other add-ons that can be incorporated into your stay, are yoga classes, hot stone massages, and infused herb baths. As if this permaculture farm was not amazing enough, the natural pool is a feature in itself, where you are guaranteed to spend most of your stay.

The quaint town of De Rust is a short 15-minute drive from the farm, with a great variety of restaurants, coffee and gift shops. Pluim Eatery is one of the dog friendly stops where we enjoyed some good food and coffee. We enjoyed exploring the next town, Prince Albert, and meandering the jaw dropping Swartberg Pass. The Meiringspoort Waterfall is just a quick 500m walk and definitely something to see.

PS: Ross plays a mean tennis game if anyone is keen to bring their rackets! We enjoyed some rallies on the authentic courts just down the road.



Sleeps 4 guests
Wi-fi
Dirt Roads
Accessible by all vehicles





Zandrivier Farm

Seweweekspoort (between
Ladysmith & Calitzdorp)

Take the scenic route through Seweweekspoort and at the TOP of the mountain, you will find Zandrivier farm. What a charming and wholesome stay. I'm not even sure where to begin – but it's guaranteed that your day will be made when "your daily bread" is delivered fresh from the oven – top that off with some farm-style butter and homemade apricot jam, and you're set for the day!

The farm is huge. It has a beautiful BIG dam, sheep, horses, geese, chickens, dogs, a variety of hiking trails, as well as walking paths to explore the neighbouring farms and surrounding area. Perfect for outdoor adventures and mountain biking.

The main house and 3 cottages are available to rent. We stayed in Bergzicht cottage. A large farmhouse that sleeps 4 people comfortably. With a private back porch and garden, perfect for the pooches to play. If you prefer, the dogs also have free reign to explore the farm and meet the other 9 dogs that live on the property.

We had the BEST time doing a short hike to the secluded natural rock pool and waterfall, just a hop, skip, and jump from the cottage. Climb just a little bit higher, and you will find more rock pools and a massive cave! The dogs joined us on the scramble up. It was the best start to the New Year!

Ben and Floris were great, friendly and helpful hosts. Anything you need, they are there to assist. If art piques your interest, you can view the gallery on the farm, and even purchase the art displayed in the cottages. We might have brought a piece home for as a keepsake.

Please do yourself a favour and go see for yourself why Seweweekspoort is a magical place to experience with the furries.

WELOVEPETSSA • FEBRUARY 2024 | 18



✓ VERY Dog Friendly
Wi-fi
Fresh bread delivered
Natural Rock Pools & Cave



Aardts Cabin,

De Rust

On our last stop while visiting the Klein Karoo, we ended at Aardts Cabins, nestled near the Kammanassie mountains, just outside De Rust. This accommodation's magnificent architectural design is something to marvel at. Great care has been taken with all the attention to detail of this modern day bunker! The unit sleeps 2 people comfortably and also has an additional bunk bed for another 2. Equipped with all the basics you need to enjoy a dessert-like experience - awesome braai area and an outside shower. If that's not sweet enough, just fire up the hot tub on chilly nights, or leave it as a warm water pool on the hot summer days. The bunker is dog friendly, and although not fenced, it is a safe environment for them to go wandering about - if the heat allows that in summer. Andrew also lives close to the property to help with anything you need.

How to get there? Once you are near De Rust, you will drive through beautiful farmlands via a gravel road. The last bit gets a bit steep and rocky at places - it's recommended to have a vehicle with higher clearance.

The nearby town of De Rust is a 30-minute drive away, should you need supplies.

We also took a trip to the nearby, very secluded Rus & Vrede waterfall. It's only an hour away and worth a visit. It's one of the most beautiful waterfalls and natural pools we've ever seen!



Hot Tub
Wi-fi
Restaurants in town
Rus & Vrede Waterfall



STAPPIES





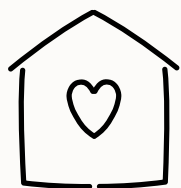
written by *Monique de Jager*

Pawsitively Secure

A Guide to Keeping Your Precious Pups Safe and Sound!



Creating a sense of security for your puppy is essential for their overall happiness. Ensuring a balance of physical and emotional safety is crucial, as they complement each other in fostering a happy healthy puppy.



Home Sweet Puppy Home



Physical Safety

When it comes to physical safety, management takes centre stage. We can prevent accidental access to harmful substances, such as medications and toxic foods like grapes and chocolate. Aloe Vera and rubber plants are examples of plants that are not on the puppy-safe list. Puppies explore the world with their mouths and electric cables might look like the latest chewable tech gadget. Baby gates can help to limit access to certain areas and supervision is key, until your puppy can safely interact with the world around them.



TOP TIPS

Start with a smaller exploration area, gradually expanding it as they acclimate to their surroundings.

Playtime Shenanigans

We tend to hunt for the hardest, toughest chew toys for these Velocipups to chew on because those raptor-like teeth can be destructive. But, if a toy is too hard to give way under the pressure of a puppy's bite force this will break those pearly whites, so make sure that the toy gives way under bite pressure.

Parents want their kids and furry family members to play harmoniously, but children's rough interactions, like overly tight hugs, can scare puppies.

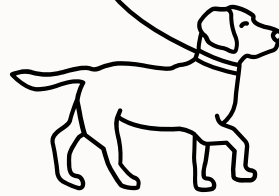
Playing fetch can be great fun, but this is tough on your puppy's joints and may create object fixations.

When playing tug with your dog, it's generally safer to avoid tugging the toy up and down, especially if your dog is prone to neck and spine issues. Dachshunds immediately comes to mind. Tugging up and down can put a strain on the neck and spine. Instead, opt for gentle left and right movements during tug-of-war. This side-to-side motion is generally less stressful on a dog's neck and spine. It's essential to pay attention to your dog's cues. If your dog shows signs of discomfort consult with your veterinarian.



Emotional Safety

Puppies need to learn how to manage without your constant company. Start by leaving your puppy for a few moments, calmly enter the room again and give your pup a small treat if they remain calm. If at first, your puppy shows signs of stress when you move out of sight, rather separate yourself from them using a baby gate (and they can still visually see you) and then try the exercise. As your puppy gets more comfortable with this exercise increase the duration or distance. It is important to remember we can only increase one criterion at a time, for example. If you were using the baby gate, you can't move out of sight and increase the time away at once.



On the go Adventures

Physical Safety

Management is the first line of defence and microchipping your puppy is a great option because the chip can't be removed or lost. An ID tag is the second measure you can take to ensure that your pup will be returned home if something happens that will separate you.

Keep in mind that hot temperatures are often too dangerous for your pup and their paws may burn on hot tar, always test with the back of your hand to feel the comfort level. Plan B equipment and water are essential. Let's say you walk your dog with a harness and the clip breaks, ensure that you have a collar as a plan B to attach the leash.

TOP TIPS

Training foundations like a solid recall, emergency stop, drop it and leave it can save your dog's life. When training recalls always make sure that you reward your dog with the reward which he wants at that time.

For example, if you call your dog away from an interesting smell during a recall training session and you offer your dog a less desirable treat instead, this will discourage your dog from listening to you next time - because they were really interested in the sniffing activity at that moment. In this scenario, it would be best to give the dog a "release" cue or freedom to return to the interesting smell once it has listened to your recall.

People mistakenly call their dog at the park, put the leash on and immediately return home. In a few repetitions, your dog will learn that obeying a recall actually results in being punished (taken home and the fun ending). So recall and release your dog before actually going home.



Emotionally

Some dogs do not enjoy being touched by strangers. Rather ask strangers not to pet your dog if they show stress signs like lip licking, shaking, turning their heads away, a tucked tail or stiff frozen body postures.

It is not a good idea to let off-leash dogs approach your dog on a leash. Being on leash limits movement and your puppy might feel the need to move away from the other dog, but their leash restricts movement and his freedom of choice.

Monique de Jager

Tel: 071 893 3731

Email: jurassicbarkpta@gmail.com



Puppies have a **puppy licence up until twelve weeks of age**. This means that adult dogs are generally more tolerant to a puppy's boisterous ways up until 12 weeks of age. Thereafter, dogs are less tolerant and might cause harm to your puppy.

Here's to a safe and enchanting journey with your puppy, where every moment is wrapped in love with a dash of puppy breath and endless cuddles. **Let's keep them safe!**



SHARE THE NEWS



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WELOVEPETS

SOUTH AFRICA



SHARE THE MAGAZINE WITH YOUR BESTIES

FREE magazine



ENRICHMENT DURING EXERCISE RESTRICTION

BY SASCHA ODAYAR
COAPE QUALIFIED ANIMAL
BEHAVIOURIST



Many dog owners fear the day they are told by the vet that their energetic best friend needs strict rest for a lengthy period. While it can feel unfair, unreasonable, and even impossible, the truth is some medical conditions require rest to allow healing and recuperation.

Post-surgery or an injury may cause pain or discomfort initially, but with a good pain management protocol, your dog should be feeling back to their normal self after a few days, which is great. However, they are unable to get back to their usual pursuits.

Whilst we are unable to fulfill our dog's physical needs during this time, we can increase their mental stimulation to fulfill their needs.



BRING THE OUTSIDE IN

Most dogs enjoy a stroll through the neighbourhood sniffing the bushes and grass. If they are unable to join you on the walk, pick up some things from the environment and bring them home with you. Branches, leaves, grass, and pebbles from outside your home can be placed in a swallow box or even sprinkled in your garden if they are allowed out there.

Dogs process a lot of information when sniffing. Giving them objects from outside can still allow them to explore what's going on outside, without needing to walk there.

If your dog has doggy pals, ask your friend to collect some leaves, etc. from their garden to add to the sniffing box.

TRICK TRAINING

Training new behaviours such as tricks can be enjoyable for both you and your dog. As well as being mentally challenging, learning together can strengthen the bond between you both.

The following tricks require little movement or energy:

Chin rest
Eye contact
Nose touch (to hand)
Learning the names of individual toys
Stick out your tongue

CAR JOURNEY

If the vet says your dog is fine to travel in the car, why not take them for a drive? Allow them to watch the world go by out of the window or drive to a quiet location and find a quiet spot to sit and observe in a new environment.

SCENT WORK

Scent work is hugely beneficial for all dogs. When your dog is on restricted exercise, scent work games are a great alternative as it forces a dog to slow down to find the food or toy. Depending on the dog's exercise restrictions, you can make the search area as big or as small as they are allowed.

CHANGE CRATE LOCATION

For some dogs, restricted exercise means crate or cage rest. Often dogs that have undergone spinal surgery have to be completely confined or risk post-op complications.

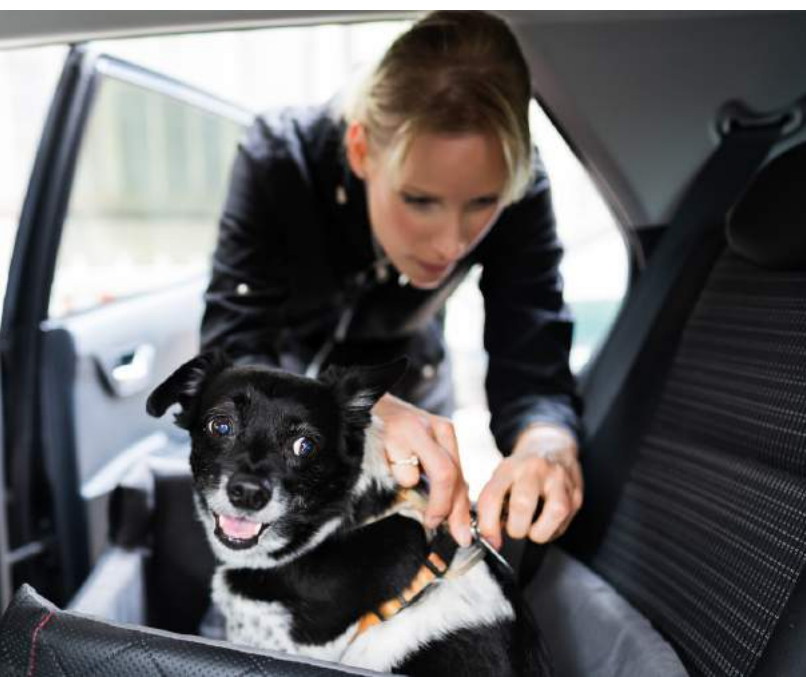
When the dog is not allowed to move, the crate can! Moving the crate to different areas of your home depending on where is busiest, can bring joy to your dog. The crate can even be moved to a shady spot in the garden.

MASSAGE

Have a consult with a veterinary rehabilitation consultant and find out what exercises will most benefit your dog during their healing period. Exercising or massaging the problem areas promotes healing.

BORROW A PUSHCHAIR

Friends with children may have an old pushchair stored away somewhere. If your dog is small enough, ask them if you can borrow it and go for a walk around your neighbourhood. It is recommended that you have one person pushing the buggy and another person standing next to it to ensure your dog doesn't jump out.



FOOD TOYS

There are an enormous amount of food toys on the market and if you have the time, plenty of DIY options too. Look for toys that dispense food easily. Lickimats, snuffle mats and Kongs are all great options.

Movement and exercise restrictions can seem daunting but it doesn't have to be stressful for our dogs. A few changes can enrich their lives during that time. The more they rest, the quicker they will be able to get back to normal activity levels.

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Nose Work takes the principles of detection dog training (drugs, bombs, money etc.) and makes it a fun and enriching game to play with dogs of all ages and breeds - yes, even those designer snicker-pooder-mali-pops. It utilizes a dog's innate ability to smell and directs it toward finding certain scents that are introduced during focused training sessions.



All **WE LOVE PETS SA** subscribers can redeem a **10% discount** on your first **SNIFF** Nose Work session by quoting the code "**WE LOVE TO SNIFF**" when you book.

CAN ANY DOG DO THIS?

Yes! All dogs can smell much better than us, even little brachycephalic dogs put us to shame when it comes to being able to pick up a scent. Height doesn't matter either as we start training at floor level and then we gradually make it more difficult as the dogs progress, so your little pocket rocket will be catered for alongside the huge Great Dane from next door!

Age? No problem. We have a 13-year-old Airedale who might not be able to go on outrides with the horses anymore, but still has an active nose and brain!

WHAT'S THE POINT?

Dogs used to fill their days hunting for food and safe places to rest. We now provide a safe environment and a bowl full of food. If they are lucky, we take them to the dog park and endlessly throw tennis balls around. But what do we do for them mentally? Nose Work not only engages the nose, but it also activates the brain as they need to work out puzzles to find the actual source of the scent.

The reward for finding the scent? Either some yummy treats or a game with their favourite toy, depending on what works best for each dog.

No time to get to the dog park?

written by
Leigh Roos & Debbie Colhoun

30 minutes of scent games in your home and you will have a happy exhausted pooch. Moving to a smaller house / garden? No worries - mentally stimulating them when they are at home can help you avoid having to rehome your dog. If you want to exhaust your dog ... we guarantee that marathon training is a lot less effective than a scent work session!

MY DOG IS SCARED OF OTHER DOGS AND IS NERVOUS IN STRANGE SPACES!

At Sniff, we pride ourselves on creating a safe environment for all dogs and handlers. We have a large indoor training space where we can ensure nervous or dog-reactive dogs are not introduced to other dogs (only one dog in the room at a time). We use force-free training methods and make the environment as friendly and interesting as possible. There are also no set milestones, we work at your dogs' pace, and it's not pass or fail. The best part of our job is not the dogs who get it right 1st time, it's the timid little dogs who go from slowly peeking around the door on week 1 to dragging their handler through the door on week 3! (We have seen tears of pride on those handlers!)



WHO SHOULD ENROL IN A SNIFF COURSE?

Everyone! Our human clients have been as young as 9 and as old as 75! We have special courses aimed at teens for the school holidays and even some who may be considering working with dogs as a career (hey moms it also gets them off their screens!) We have people living in retirement villages who may not be up for that long Sunday walk, but still want to give their dog something to do (and these grannies and grandads get quite competitive!) We have the hardcore sport dog competitors who can't wait for Nose Work competitions to kick off so they can strut their stuff on the sports field. And we have your everyday dog people who just enjoy bonding with their dogs.



HOW DO YOU SIGN UP?

We run mini-courses intermittently throughout the month. These 3-hour sessions introduce you and your dog to the concept of nose work. We also have a 6-week course at our SNIFF HQ in Midrand Gauteng, this will take you through all the steps, and depending on your dog's ability, and introduce you to 2 scents for your dog to find! Our sessions are always limited to 6 dogs so that each dog gets a fair chance to learn. Do you have a bunch of friends and a safe space to play with your pups? We are fully mobile and happy to set up a session for you.

We also know that other provinces can't wait to try this out, so **watch this space for developments in the Western Cape soon!**

You can contact the Team via their [Facebook page SNIFF South Africa](#) or email sniffsouthafrica@gmail.com.



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written by
LEANNE WILLIAMS

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MOBILITY

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Always consult with a professional instructor for the best results. When choosing a Canine Yoga coach, make sure that they are qualified or certified. When done incorrectly, Canine Conditioning can worsen health conditions, or can even be dangerous!



The Benefits

Eases the aches and pains associated with osteoarthritis! Unlike walking or running which can worsen poor movement patterns, a bespoke exercise program will safely strengthen the muscles that support the affected joints, for improved comfort and mobility.

Recovery from illness or injury with appropriate, safe exercise progressions! If your dog has suffered an injury, like a cranial cruciate ligament rupture, muscle strain, or fracture, or if they have a chronic condition like patella luxation, hip, or elbow dysplasia, etc, then your yoga instructor will work closely with your dog's veterinary physiotherapist to work through exercises that are specific to your dog's needs, at a pace that is safe and comfortable for them.

Teaches young puppies much-needed body awareness, focus, and relaxation to reduce their risk of injury as they exuberantly explore their new world.

Gives you a competitive advantage in Dog Sports like Obedience, Agility, and Manwork! Each sport places different physical demands on your dog's body, and your dog's exercise program needs to be sport-specific, and unique to your dog's challenges, for best results.

Improves performance in working dogs who partake in activities like Search and Rescue, Herding, Hunting, Therapy Visits, Detection, etc!

Helps you detect problems earlier, and significantly reduces the risk of injury, saving you vet bills and heartache. Yoga will teach you to know your dog's body well, and notice changes quickly, so that you can adapt their lifestyle, activities, diet, and veterinary care earlier, for a better outcome.

Reduces your dog's stress and anxiety. Stress is a significant factor in chronic pain, and injuries are more common in dogs who battle to maintain calm focus. Yoga incorporates a lot of relaxation and focus.

ABOUT LEANNE

Motivated by the welfare of the dogs while competing in dangerous sports like agility, dry-land sledding, and working trials, I began learning about canine conditioning in 2016.

I couldn't get enough information fast enough! The more I learned, the more I realized that every dog, no matter what age, fitness level, or activities they participate in, should be doing therapeutic exercises.

In January 2018, I started teaching classes at McKaynine Honeydew. Thanks to K9Yoga, I have seen phenomenal progress in dogs with various physical and mental challenges!

I'm convinced that all my success in dog agility is due to canine conditioning, and my retired dogs also live happy, comfortable, active lives thanks to their exercises.

I want every dog owner to share this success! McKaynine Mobility brings Canine Yoga to more dogs, even those who cannot attend lessons in person due to behavioural issues or travel distance.



Contact Leanne on mobility@mckaynine.co.za or **072 355 9570** to chat about your dog. You can also book online at: mckayninemobility.simplybook.me

If you can't make it to Leanne, you will find a list of certified clubs at www.k9yoga.online



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Should Your Dog Attend Doggy Daycare?

written by *Angelique de Kock, Treat to Train*

Daycares can be great for some dogs in today's busy environment. We stay in complexes, have only dogs, have busy lifestyles, and long working hours. Doggy daycares can be a great opportunity for social dogs as they provide both physical and mental stimulation however, this is not the case for a lot of dogs.

We often have this idea that our dog should be super happy, and friendly and should love everyone and every dog they meet. That's not the reality for most dogs. The decision to enroll your dog in doggy daycare should be carefully considered.

Firstly, should your dog attend? If yes, how does one find a good daycare? Enrolling your dog in a bad doggy daycare can be very detrimental to your dog's physical, emotional and behavioral health.

Let's clear up a few misconceptions about dogs and doggy daycare

Often, dogs are enrolled for the wrong reasons.

One can't turn an introverted dog into an extroverted dog by sending them to daycare. Not all dogs are suited to the daycare environment. Daycares should not be used for behavior modification. If you have a fearful, anxious, or reactive dog, daycare is not to make them happily play with other dogs. Daycare is not a place to "socialize" a dog. There's a lot more that goes into getting a dog to feel better around other dogs. If you have a dog that resource guards, daycare might also not be suitable as it can encourage this behavior. If your dog has separation anxiety, this will also not "cure" it.

A last misconception that I would also like to address is that "high" energy dogs need to attend daycare. The reality is that these dogs often become overstimulated very easily and would do better with a dog walker or pet sitter checking in on them during the day.

So how do you make sure that you have found a good daycare?

There are a few questions you can ask when you look at the daycare you would like to send your dog to:

- Does the daycare have a good screening process?
- Are they asking questions at all?
- Which questions are they asking?

These questions should be geared towards finding out if the daycare and the group of dogs they have, are a good fit for your dog, their temperament, behavior, and physical needs. The daycare should be asking detailed questions about your dog's history, health and behavior.

Daycares really should be extremely passionate about the screening process. It's the first step to setting all the dogs up for success.

It's important to view the premises before you take your dog for a trial day. You will likely need to make an appointment to do this but you have to find out what the facility looks like. Is it clean? It doesn't necessarily have to be fancy but it should be clean and safe. Is there enough shade, water and shelter?

Getting a few references is also not a bad idea.

Look at the staff-to-dog ratio. The nature of the dog daycare industry is that there's a high staff turnover rate. Educating and training staff can be difficult but also extremely important.

They should have a basic understanding of body language, behaviour, enrichment, and training. The daycare should not have 60 dogs to one staff member as some daycares do. The smaller the ratio, the better.

Ask about the group sizes too. In general, small group sizes and how the groups are put together is important.

During your dog's trial day (or half day) at the daycare, an assessment should be done.



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However, the assessment should be done every few weeks, not only then. As dogs get older, they can become less sociable and might not want to play as often. Dogs might develop different playstyles too so you want to make sure that your daycare is continually doing assessments.

Is the Daycare Transparent?

Regular communication, especially after your dog's trial is important. Your daycare should also provide incident reports and feedback continually. How was your dog during the day? What was their playstyle like? The daycare should also ask you how your dog was after their trial day. Did your dog nap at home and recover quickly? Are they back to their normal self or did they take two days to recover? If they take a day or two to recover, daycare might not be the right fit. Has going to daycare resulted in positive changes to your dog's behavior? You want to make sure that you have a positive and open relationship with your daycare. Do they send photos and have checklists?

Find out what the daycare's schedule looks like. Is the daycare providing routine and enrichment? It should not be a free-for-all where dogs continually play for five or eight hours a day. Look for a well-planned routine. There's playtime but there should also be enrichment, training, one-on-one time as well as rest and calmness.

**At daycare, the goal is to
avoid overstimulation and
ensure positive experiences
for every dog.**

Bitework

written by *Maria Wein*

It's important to acknowledge that this topic is highly debated with experts having dedicated their entire careers - spanning 30-50 years - to its practice.

Numerous individuals lack a proper understanding of it, often influenced by negative experiences with poorly executed protection work. This has led to some inaccurate biases, for example 'that dog is dangerous because it's done bitework.'

A proficient bitework dog doesn't simply bite indiscriminately; rather, it maintains precise control over that bite, but also when NOT to bite. Any dog can be dangerous, but there's one thing all good bitework dogs have: handlers who have established firm command over their dog, especially during off-leash situations. This goes beyond mere obedience. The importance of thorough socialization and acclimatization cannot be emphasized enough.



The Internet and Protection Work

Browsing **YouTube** reveals countless videos, which could potentially mislead someone into thinking that bitework is primarily about violence. Contrary to this misconception, bitework is fundamentally centered on discipline, trust, and building confidence. Some consider it the pinnacle of discipline since it hinges on your ability to maintain control over an animal that, in many instances, possesses the potential to cause serious harm or even fatality with its bite. It's crucial to acknowledge this inherent risk, but it can be conducted safely and responsibly when executed correctly.



The challenge in today's landscape lies in finding trainers who adhere to the right methods, as there is an abundance of trainers who employ improper techniques, potentially compromising the safety and well-being of the dog and those involved.

When approached correctly and with proper guidance, bitework can serve as a valuable tool in helping your dog gain confidence and trust in you as its owner.

It's important to recognize that fear is not a sign of respect; instead, it indicates a damaged relationship with this creature that is inherently meant to be "man's best friend."

For this article, we've consulted numerous professional trainers in the industry, spanning from those in law enforcement to those who engage in bite work for recreational purposes.

They have shared their expertise and offered valuable insights on how to steer clear of the pitfalls associated with the "wrong" approach to bite work.

Equipment

There's ongoing debate surrounding the use of equipment in bitework between the 'force-free movement' and those who use prongs or e-collars. However one consensus is that improper use of appropriate equipment can harm the dog. For instance, it's essential to match the right equipment to the dog's age, breed, and drive. Using an adult sleeve with a puppy can result in injury, and puppies should generally avoid working with sleeves altogether, contrary to the numerous online videos depicting 8-week-old puppies hanging off of sleeves, it can harm their teeth, necks, and backs.

When it comes to neckwear, dogs should not engage in bitework with a thin collar. A harness is recommended to prevent throat injuries like collapsing trachea, which is a severe, irreparable condition that can be fatal. Even when using a choke chain or a half-choke ("Herman Springer"), it's crucial to position it correctly on the dog's neck, not to choke but to exert control. Low-quality equipment can harm dogs and lead to injuries.

The hardness of a bite sleeve should align with the dog's breed and age. It's advisable to have a variety of bite wedges with different sizes, shapes, and textures to maintain the dog's engagement and build their confidence at a comfortable pace, without forcing them into equipment they're not comfortable with. In the context of developing a dog's bite, a proficient bitework dog is capable of executing a "full bite," which means its entire mouth covers the object, and they bite only once. An experienced bitework trainer will consistently flow with the dog's forward momentum when they engage in a bite, particularly when the dog charges forcefully into the bite arm, thus safeguarding them from potential neck injuries.

Bitework often involves agitation, loud noises like gunshots, whip cracks, shouting, or a stick hit on the ground or near the dog to elicit a reaction from the dog to bite. Building up to this level of engagement gradually is essential. The initial stages of manwork equipment can start with a simple tool like a flirt pole, which works on the dog's prey drive. Progressing to different bite pillows, bite arms, full-body suits, or human decoys can take years and should be approached at the dog's pace, allowing them to develop their skills and confidence gradually.

**In the April Issue we will
continue with Part 2 and discuss:**

What type of dog can do this?
Time & Maturity.
What to do before you start & Trainers.

Disclaimer: This article is not intended to encourage pet owners to do bitework with their pet dogs and that anyone considering the sport, need to ensure they have done their due diligence and ensure the safety of their dog at all times.

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A GUIDE FOR PET OWNERS

UNDERSTANDING YOUR PET'S ANAL GLANDS

For many pet owners, the topic of anal glands can be a bit uncomfortable, but understanding these small structures and their functions is crucial for your furry friend's well-being. In this article, we will delve into the world of anal glands, exploring what they are, their purpose, potential issues, and how to keep them healthy.



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What Are Anal Glands?

Anal glands, also known as anal sacs, are small pouches located on either side of your pet's rectum. These glands play a crucial role in communication among animals, as they contain a potent scent that is unique to each individual. When your pet defecates, a small amount of fluid from the anal sacs is released, leaving behind a distinctive scent marker.

What Is Their Function?

The primary function of anal glands is to mark territory and communicate with other animals. This scent is a form of non-verbal communication that helps establish social hierarchies and convey information about an animal's health and reproductive status. While domesticated pets may not rely on this communication as much as their wild counterparts, anal glands still play a vital role in their daily lives.

What Is Anal Sac Disease?

Anal sac disease, also known as anal gland infection or impaction, occurs when there is an issue with the normal functioning of the anal glands. This can result in discomfort, pain, and sometimes infection. The most common problems associated with anal glands include impaction, infection, abscess formation, and even the development of tumours.

Signs Of Anal Gland Issues

Detecting anal gland problems in your pet can be challenging since they may not exhibit obvious signs initially. However, keep an eye out for the following potential indicators:

Scoting: If your pet is dragging its hindquarters along the floor, commonly known as scooting, it may be attempting to relieve discomfort caused by anal gland issues.

Excessive Licking: Your pet may excessively lick its hindquarters in an attempt to soothe the discomfort associated with anal gland problems.

Foul Odour: A strong, unpleasant odour around your pet's hindquarters may indicate an issue with the anal glands.

Swelling or Redness: Visible swelling, redness, or discharge around the anus may be a sign of infection or abscess formation.

How Is It Treated?

If you notice any signs of anal gland problems in your pet, it's crucial to consult your veterinarian promptly. Treatment options may include manual expression of the anal glands, antibiotics for infection, or in severe cases, surgical intervention. Your vet will determine the most appropriate course of action based on the specific diagnosis and severity of the condition.

Is The Condition Likely To Recur?

The recurrence of anal gland issues varies among individual pets. Some may experience occasional problems, while others may never face any complications. Regular veterinary check-ups, maintaining a healthy diet, and addressing any underlying health issues can contribute to reducing the likelihood of recurrence.

In conclusion, understanding and addressing anal gland issues is an essential aspect of pet care. By staying vigilant, providing a healthy lifestyle, and seeking prompt veterinary attention when needed, you can ensure your furry companion enjoys a happy, comfortable life free from the discomfort associated with anal gland problems.

Prevention Tips

While it's not always possible to prevent anal gland issues entirely, there are steps you can take to minimize the risk:

Regular Vet Check-ups: Schedule regular veterinary check-ups to detect and address any potential issues early on.

Balanced Diet: Feed your pet a well-balanced diet rich in fibre, as this can help maintain regular bowel movements and reduce the risk of anal gland problems.

Weight Management: Ensure your pet maintains a healthy weight, as obesity can contribute to anal gland issues.

Hygiene Practices: Keep your pet's hindquarters clean and dry, especially after bowel movements. Regular grooming can help prevent infection and impaction.



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WELOVEPETSSA | FEBRUARY 2024 | 42



Heart Health Matters

The Tale of Taurine & DCM



Dilated Cardiomyopathy, or DCM in dogs is a disease that makes it harder for the heart to generate pressure to pump blood through the vascular system.

DCM has a huge genetic component that affects several breeds; primarily large and giant breed dogs.

It is particularly common in a few specific dog breeds, including Dobermans, Great Danes, Irish wolfhounds, Boxers and Cocker Spaniels. It has also been reported to occur in breeds that don't usually get this disease, including Golden and Labrador Retrievers, Whippets, Shih Tzus, Bulldogs and Miniature Schnauzers. However, there are also systemic conditions that can cause the heart to contract poorly, which may contribute to the disease.



THESE CONDITIONS INCLUDE

- Amino acid deficiencies (taurine in particular)
- Low thyroid levels
- Heart inflammation (myocarditis)
- Prolonged rapid heart rate
- Poor blood flow to the heart

IS DCM LINKED TO GRAIN-FREE FOODS?

In 2018 the FDA announced it was investigating a link between grain-free diets and taurine deficiency in dogs, which can lead to DCM in dogs.

However, in December 2022 the FDA announced it had insufficient data to establish causality among DCM case reports and pet food products ingested by afflicted dogs. More research suggests that the investigation was a false alarm and what the science makes clear is that DCM is largely an inherited disease.

The impact of dietary considerations on dogs who would likely develop DCM with age and genetic predisposition is unknown.

Therefore, when it comes to diet, the theory that legumes like peas and lentils or veggies like beet pulp and potatoes that are used in kibble as fillers instead of grains may inhibit the uptake of taurine and therefore in some cases cause DCM is not yet scientifically proven.

It is very important to understand that grains do not contain taurine.

Taurine is an amino acid which is mainly found in animal protein / meat. It is not present in plant protein sources such as grains and / or legumes. Unlike other amino acids, which are used mainly to build proteins and clump together, taurine is a loner and special attention should be given to it – either in making it or ingesting it... it is an important building block.



It has many special functions, including:

- being a component of bile, which breaks down dietary fat;
- it's vital for the proper function of muscles (especially the heart), eyes, brain, and the immune system; and
- it has beneficial antioxidant and anti-inflammatory properties.

Unlike cats, dogs can manufacture their own taurine. Taurine can be synthesized in dogs from the precursor amino acids cysteine and methionine. But, with advancing age, taurine production decreases. This means taurine production relies on adequate methionine and cysteine in the diet. So, the problem may be a deficiency of those amino acids, rather than a lack of taurine itself.

The microbiome may also play a major role in taurine deficiency. This turned out to be the primary factor in cats. The taurine from bile is reabsorbed in the colon ... but bacteria can “steal” taurine and prevent this crucial recycling.

**IT IS IMPORTANT TO
MAKE SURE THERE IS
PLENTY OF DIETARY
TAURINE IN YOUR
PET'S DIET.**

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Feeding a balanced RAW diet which includes heart, organs, and plenty of red and dark muscle meat, dogs will get plenty of taurine and help avoid any deficiency. Poultry, fish, and seafood are also sources rich in taurine. Mussels are a great food source with high amounts, as well as manganese, zinc, iron, iodine, and Omega 3's.

The amount of taurine in meat depends on how much work the muscle does. Darker meat indicates hard working muscles which are loaded with higher levels of this very important amino acid.

A variety of organ meats like tongue, lungs, heart, liver, spleen, and kidney will typically have high levels of taurine. Smaller animals like rodents, birds, and fish / seafood have a higher concentrate of taurine than larger animals such as cows / sheep.

Plant proteins contain no taurine, so a vegetarian or vegan diet that's not supplemented can cause taurine deficiency in dogs. To make sure your dog gets plenty of taurine, you will want to feed plenty of premium quality RAW meat.

Pawsome Raw balances all their meals with meat that is naturally rich in taurine and making sure that what you feed is keeping great heart health a priority.





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Copper Storage Disease

ALSO CALLED ATP7B

Copper is an important mineral that provides many long-term benefits and plays a vital role in several physiological processes when present in micro-amounts in your dog's body. However, certain genetic mutations can cause an abnormal build-up of copper, leading to Copper Storage Disease (CSD). Knowing which breeds are prone to this ailment and identifying dogs with these genetic mutations can help prevent the harmful complications that occur from the disease.



What is ATP7B?

Copper storage disease, also known as Wilson's disease, occurs when excess copper accumulates in the liver and brain of canines. Normally, copper is excreted into bile and removed from the body via the excretory system. Dogs with CSD (ATP7B) accumulate copper in the hepatocytes (tissue of the liver) as they cannot transport copper to the Golgi apparatus in the cell. The accumulation of copper in the liver may cause hepatic cirrhosis, whereas accumulation in the brain causes neuropsychiatric symptoms. Accumulation of copper in both these organs can be fatal if left untreated.

CSD occurs due to the presence or absence of a causal mutation in the copper transporter ATP7B gene. This specific mutation is more likely to occur in middle-aged Labrador Retriever or Labrador crossbreeds. It is an autosomal recessive mutation and requires the inheritance of two copies of the mutant allele to cause disease.

What are the Symptoms?

Not all dogs with excessive copper accumulations show symptoms, despite the copper being present in large quantities in their bodies. Symptoms may include poor appetite, weight loss, vomiting, diarrhoea; increased thirst and urination; abdominal discomfort, swelling; fever and lethargy; pale gums; jaundice, and disorientation.

What are the Treatment Options?

The goal of treating CSD is to remove the excess copper from your dog's body and to prevent future consumption of excess copper. This can be achieved through a therapeutic low-copper diet, which will need to be implemented as a lifestyle change for your dog.

Alternatively, it may be managed through use of a copper chelation medication, which will bind the accumulated copper in your pet's system and help with excretion. Your veterinarian can advise you on the best therapeutic course to use to treat your pup.

Can your Dog recover from Copper Storage Disease?

Recovery from CSD is uncommon, but with the right supportive care and dietary changes, your dog's quality of life can improve. Regular monitoring of your dog's liver and brain health will be essential to keep them healthy. If left untreated, CSD can permanently damage your dog's liver function. Testing your dog's genetic health status early on would be best, so that preventative measures can be taken sooner rather than later, should your dog carry the genetic mutation.



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CHOOSE WISELY

Beware of Deceptive Animal Rescues

written by **Maria Wein**

It may be hard to fathom that some behind animal rescue groups, dedicated to saving dogs, cats, and horses from euthanasia and finding them loving homes, could exploit the goodwill of potential adopters. Yet, it happens.

You may encounter heart-wrenching stories like "Little Roxy the kitten needs a life-saving paw operation, and we need R10,000 for vet bills," or "This sweet German Shepherd, abandoned and abused, is fighting for her life, and we need financial help," or even "Harriet the horse endured a car collision and a vicious dog attack, requiring a costly R50,000 operation—oh, and she was stung by bees too."

These emotional tales often surface on your Facebook or WhatsApp feed, aiming to elicit sympathy. But I'm here to educate you on how some of these stories could be scams.

I don't believe anyone starts an animal rescue intending to deceive, but sometimes financial constraints, overpopulation, or opportunistic scammers can lead to questionable practices. By the end of this, you'll be better equipped to spot potential issues.

Launching an animal rescue doesn't automatically confer saintly status. While saving animals from euthanasia and securing them permanent homes is admirable, dog rescues should be subject to the same scrutiny as any other seller.

It's crucial to emphasize that most rescue groups are dedicated to their mission, tirelessly working to save and rehome animals. However, being vigilant and informed can help ensure a successful and genuine adoption process.

TIPS to help you on your journey to a successful adoption

Your first and simplest step in detecting a fraudulent dog rescue is an online search

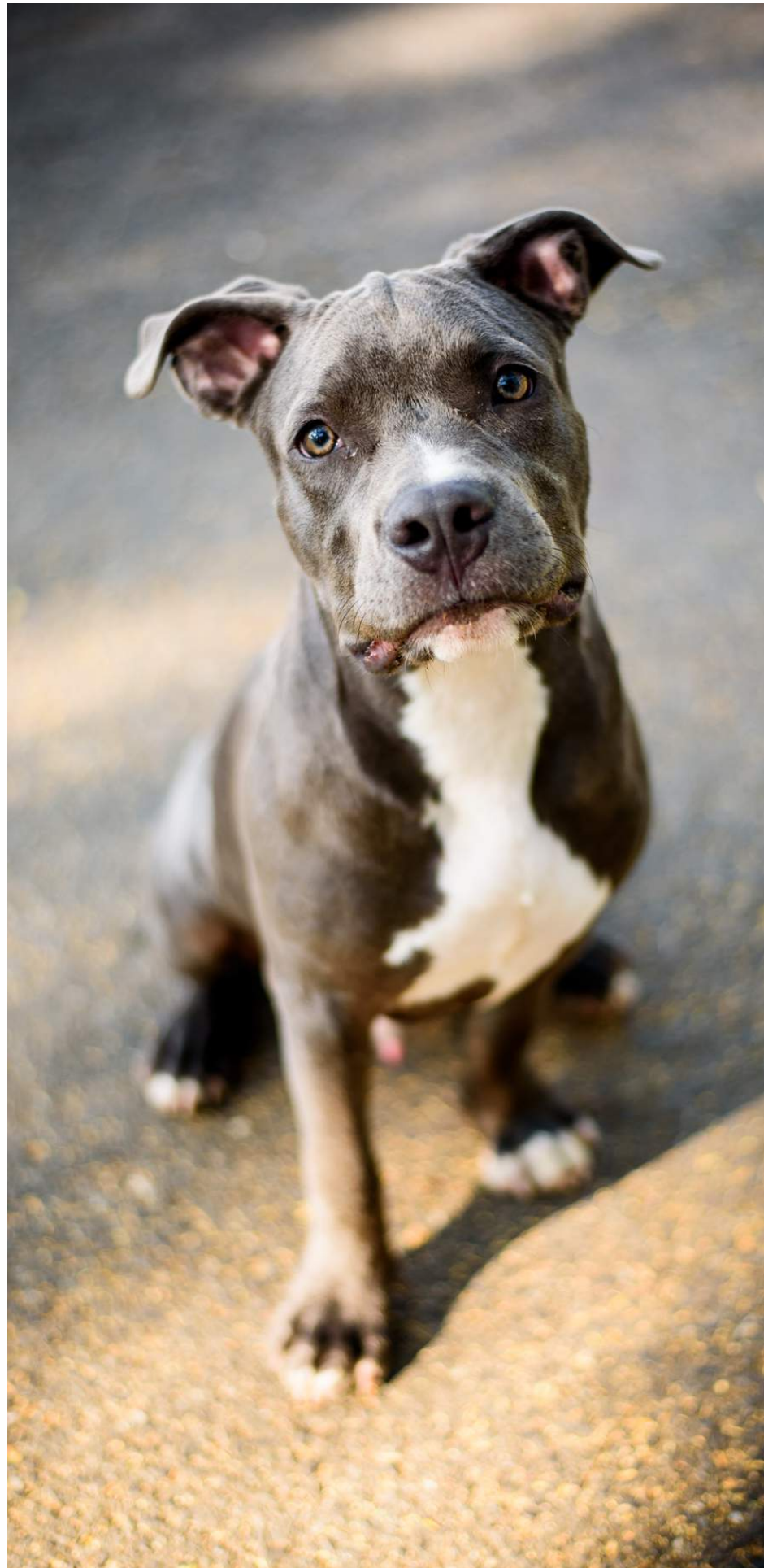
Look up the rescue group and its founder(s). If there are negative reviews or complaints on platforms like HelloPeter or Google, you'll likely find them within seconds.

It's important to note that a single unfavorable review doesn't necessarily condemn a rescue's trustworthiness. However, when multiple reviews echo similar concerns, it raises serious doubts.

Nevertheless, it's crucial to emphasize that the majority of rescue groups are led by conscientious individuals dedicated to the admirable work of saving and rehoming animals.

Can I visit your facility to see where you keep your dogs?

Authentic dog rescues have nothing to hide and should welcome such visits. Regardless of whether they house dogs centrally or in foster homes, transparency should be a given. Never adopt from a rescue that refuses to show you where their dogs are kept.



Assessing the Dog's History

Understanding the history of the dog you're considering for adoption is vital. Reputable rescues typically keep their dogs for several weeks before allowing adoptions. This extended period serves multiple purposes:

Health Evaluation: It allows them to ensure the dog's health, as many canine diseases have lengthy incubation periods. This enables early detection and treatment of any hidden health issues.

Behavioral Assessment: A longer stay permits a comprehensive behavior assessment. Rescues can determine if the dog knows basic commands, needs training, is crate or house trained, and assess its temperament.

They can also evaluate if the dog can coexist with other animals or children in a household.

In contrast, fake dog rescues often rush adoptions to generate quick income, skipping these crucial assessments.

Ask About the Adoption Process

A reputable dog rescue should have a well-defined and thorough adoption process in place. This process ensures that the dog you adopt is a suitable match for your family.

Spaying / Neutering Policy

You should not be burdened with the cost of spaying or neutering a dog you adopt. Legitimate rescues ensure that every dog they place is altered, except in cases of age or medical issues. In such cases, responsible rescues arrange for the procedure at a later date.

Genuine rescues prioritize this step as a crucial measure to reduce the number of unwanted dogs in shelters, rather than a profit-seeking endeavor. Avoid rescues that lack stringent spay / neuter policies, as they may prioritize financial gain over animal welfare.

Adoption Fees

The cost of adopting a dog from a rescue can vary, and there's no fixed rule on what you should pay.

Typically, adoption fees for rescues range from R600 to R1200. It's common for puppies to have higher fees, while groups that rescue special needs dogs or senior dogs may have lower fees. It's important to note that high adoption fees alone don't necessarily indicate dishonesty on the part of the rescue.

Sourcing of Dogs

Many fake dog rescues conceal the origins of their dogs because they aren't genuinely involved in rescuing animals. Instead, they may acquire dogs from sources like websites where people give



them away, buy puppies from backyard breeders, breed their own dogs for profit, or even obtain dogs from the streets in townships.

Trustworthy dog rescues are transparent about the sources of their dogs and are willing to provide supporting documentation upon request. Be wary of any rescue that refuses to disclose where they obtain their dogs.

Health Certificates and Exams

When considering adopting a dog, inquire about their health status. Dogs that are ready for adoption should meet certain criteria, including:

Current Rabies Vaccination (puppies younger than 90 days are exempt).

Testing negative for heartworms (dogs less than 6 months old are exempt). It's essential to understand that a health certificate is not comprehensive proof of overall health. Responsible rescues prioritize a full veterinary examination before adoption to ensure the dog's well-being. Questionable rescues might prioritize profits over proper vet care, so it's crucial to choose a rescue that values the health of their animals.

At the very least, *the dog you adopt should be up-to-date on core vaccines*, including rabies, canine distemper virus, parvovirus, and parainfluenza virus. Don't solely rely on verbal assurances; request documentation of vaccination.

Expect Questions from the Rescue

Legitimate rescues are invested in the well-being of their animals and will likely ask you questions, including conducting a home check. These inquiries are designed to ensure that the placement of the animal is successful and aligned with your lifestyle.

Regrettably, similar to sanctuaries in South Africa, there isn't an accreditation or governing body that can oversee these facilities. However, you can check with a local SPCA, who are typically familiar with the facilities in their areas and may have conducted site visits to ensure their operations comply with ethical standards.

Transparency of Nonprofits

Many dog rescue groups operate as nonprofit organizations relying on public donations. Nonprofits are required to be registered with the Department of Social Development. You can verify their registration status and obtain their registration number. Reputable nonprofits typically provide this information on their website.

SARS mandates that nonprofits provide audited financial records, showing the allocation of funds. Reputable nonprofits often make these records publicly accessible. If a dog rescue refuses to provide such documents, consider reporting them to SARS and seeking an alternative rescue.

By using the above
you can confidently
distinguish between
reputable and
questionable dog
rescues and ensure a
safe and caring
adoption process.

BE OUR *Valentine*

The healing power of Love

Meet Gandalf and Freya, two inextinguishable souls discovered during a devastating fire in Seawinds, near Vrygrond in December last year, where over 100 shacks were tragically reduced to ashes. While they miraculously escaped the flames, the disaster marked the end of a miserable and painful existence. Afflicted with advanced cases of both sarcoptic and demodectic mange, their skin resembled a crusty mess of infection. Infested with ticks and fleas and on the brink of starvation, their collective life story to that point had been a heartbreaking tale of neglect. Thankfully their **rescue** marked the end of their suffering and the beginning of a second chance.

Upon arrival at **TEARS Animal Rescue**, they immediately began their journey of **rehabilitation** and started a medical treatment programme which proved to be their lifeline. Each passing day witnessed the revival of their personalities, accompanied by the gradual regrowth of their fur. Fuelling their healing transformation, with premium food ensured Gandalf and Freya received the best nutrition to flourish from the inside out. Although they are still on the path to complete recovery, they are that much closer to being **adopted** and living their best "second chance" lives with a fur-ever family.



TEARS Animal Rescue believes in the life-changing power of compassion. You're invited to help more vulnerable pets like Gandalf and Freya by being part of something truly special – the **TEARS Woof & Whiskers Club!**

Unleash Your Inner Hero by Joining the Woof & Whiskers Club

The **Woof & Whiskers Club** is a community of animal lovers dedicated to supporting TEARS' mission of providing **veterinary care**, free sterilisations and **rescuing, rehabilitating and rehoming** vulnerable pets in need. By joining the club, you become a vital part of TEARS, contributing directly to the well-being of our furry friends.

DONATE TO WIN

The **Woof & Whiskers Club** is like a thrilling lottery for animal lovers. Your commitment to a monthly donation of R50 during 2024 will go a long way in supporting TEARS' cause and, as a member of the **Woof & Whiskers Club**, you stand a chance to win monthly cash prizes!

Win Monthly Cash Prizes and Let the Animals Win Too

Seven lucky participants take home cash prizes every month, and the best part? The animals always win!

When fully subscribed, monthly payouts are as follows:

Prize A - R10 000
Prize B - R3 000 (x2)
Prize C - R1 000 (x4)

Until fully subscribed, payouts will be a percentage value, ensuring every participant contributes to the cause.

Act Fast – Only 2,000 Membership Tickets Available!

The **Woof & Whiskers Club** has a limited offer of 2,000 membership tickets, and each ticket costs R50. You can boost your chance of winning by purchasing more than one ticket. Whether you opt for a monthly debit order or prepay for a year's worth of tickets, you're making a significant impact on the lives of animals in need.

ARE YOU READY TO BE A HERO?

[Click here](#) to get started or [email us](#) if you have any questions.

JOIN THE WOOF & WHISKERS CLUB AND LET THE WINNING AND GIVING BEGIN!



rescue | rehabilitate | rehome

TEARS is a pro-life, non-profit organisation established in 1999 (registered in terms of Section 18A of the Income Tax Act) whose core aim is to rescue, treat, rehabilitate, reunite and rehome lost, abandoned, abused, and neglected companion animals and to educate pet owners and the youth living in the under-resourced communities within which we operate.

We strive to meet the needs of the low-income communities in the Southern Peninsula by providing:

- free sterilisations and subsidised medical support that includes vaccinations, deworming, and parasite control
- access to two **TEARS** mobile clinics that offer primary healthcare and pet care support.

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for the kids

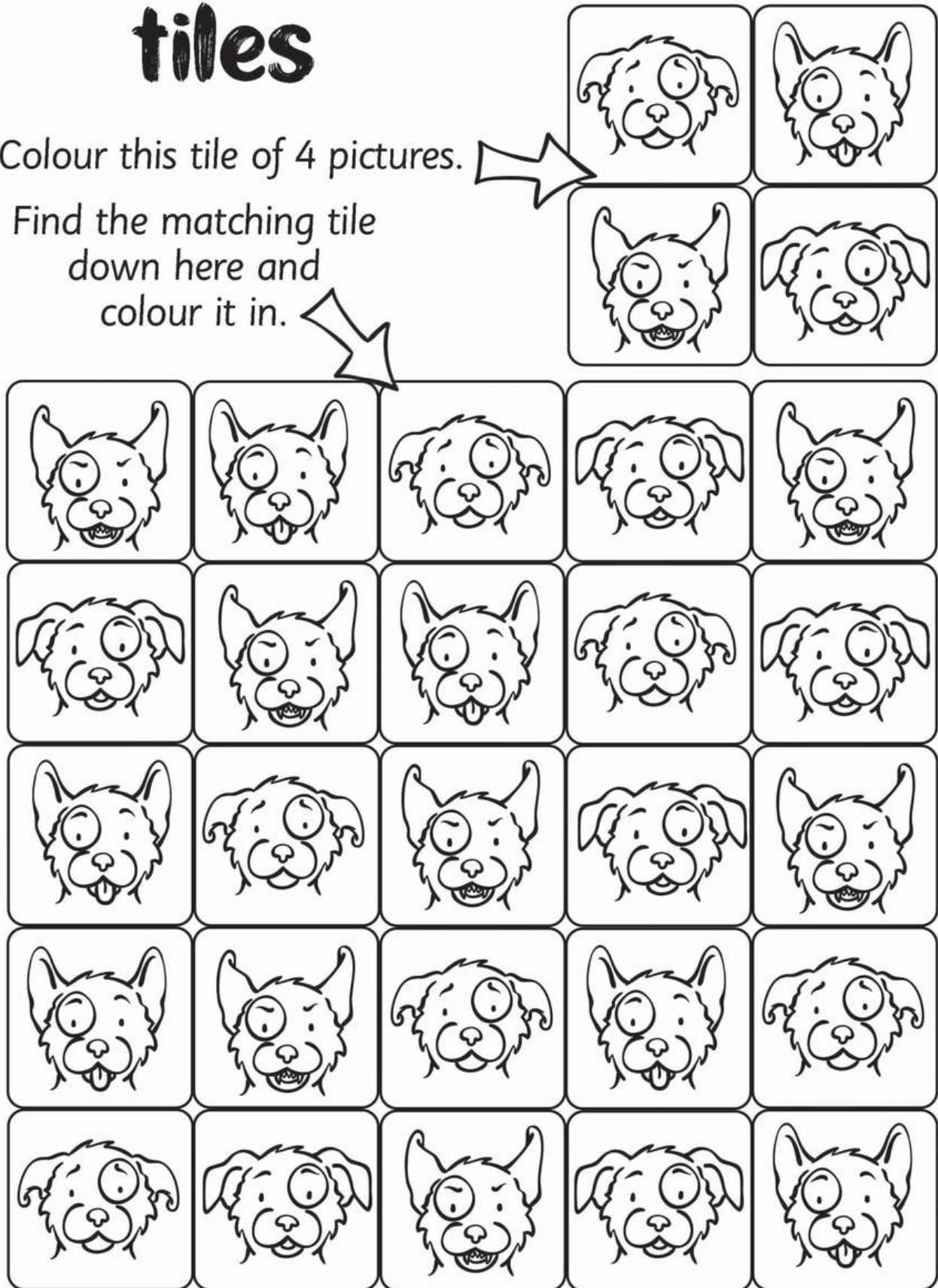
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WHAT'S IN STORE FOR 2024

As we bid farewell to January, we should keep in mind some of the events that will shape the rest of 2024.

The most significant one is Pluto's transition from Capricorn to Aquarius. Pluto is the planet of transformation, affecting large groups of people.

We got a glimpse of what's to come in March-April of 2023, when Chat GPT emerged as a powerful force in various business sectors. That was when Pluto briefly entered Aquarius, before returning to Capricorn for the rest of the year. Now, Pluto is ushering in a new era, marked by more AI, major changes in the financial world, and shifts in the structures of governments, nations, and social media.

We can expect revolutions, upheavals, and disasters of all kinds, a collapse of the dollar-based financial system, a reorganization of the global political order, and a massive loss of jobs that can be automated and performed by robots. In a few years, we will be amazed by how many routine tasks can be handled by AI, especially those involving numbers (such as accounting, statistics, actuarial science, etc.).

On the other hand, skills that require human interaction will be in high demand. AI cannot take care of children, the sick, and the elderly, style hair, treat depression or cook a delicious meal. Expertise will be valued again, especially in times of scarcity. We will realize that farmers are more essential than bitcoins, and that purpose is the key to success.

Pluto officially entered Aquarius on January 21, 2024, so we might see some events from March-April 2023 repeat or echo themselves. This is the time to rediscover or reaffirm who we are, what we want from life, the relationships we have, and the work we do.

If something or someone is leaving your life now, the best thing to do is to let go. This is not the time to cling to the past. De-clutter, release and embrace the new. This is the motto of 2024.

Mercury and the New Moon in Aquarius in February will bring new connections and enhance communication skills. The desire to find new friends who share the same mindset or wavelength will increase dramatically. Innovations and revivals of old projects, with improvements and new opportunities, are just some of the things that will happen in 2024.

We are entering a time of larger audiences, teamwork, and relationships based on shared vision and values. People will find communication easier than before when Pluto was in Capricorn and acted as a disruptive force that isolated everyone and made working from home a necessity (remember the lockdowns).

From February 19, however, we might feel like retreating into our shells once again, as the Sun enters Pisces and the need for depth and reflection on what is happening around us increases. This will last until March 20, when Aries takes over and it's all about action. The astrological New Year and new beginnings will be officially here.

More energy, enthusiasm, optimism, and drive will also bring the risk of overestimating our abilities and resources, so careful planning and attention to detail will be crucial during this time.

The Lunar Eclipse in Virgo on March 25 will challenge us to rethink the paradigm of "Me vs World", or rather our role in it or our aspiration to find it, protect it, and nurture it. We will have to assert ourselves and set our boundaries while cooperating with others to create the new world we have just entered.

ASTRO PET GUIDE

Since we have strayed from our usual grooming and immunization dates, let's quickly summarize them:

Best dates in February:

Vaccinations: 5-8, 15, 26-29.
Grooming: 5-8, 14-16, 22-28.

Best dates in March:

Vaccinations: 4-8, 13-15.
Grooming: 4-8, 13-15, 19-22.



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