



Newsette



WWW.VHOC.ORG

P.O. BOX 10132 CANOGA PARK CALIFORNIA 91309

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HAPPY
St. Patrick's
DAY

March General Membership Meeting



Come out to our meeting at the Field

5 PM Sunday March 26th

A seminar put on by Yvonne Garst on Canine Conditioning

Check out the flyer on Page 4—

RSVP to Shiro Torquato at drshiro2000@gmail.com

REMINDER

Remember to check the website

<http://www.vhoc.org>

for announcements, cancelled classes,
upcoming events and other important club information.

If you know of a member who would appreciate receiving correspondence, such as a get-well card, sympathy card, etc., please email our Corresponding Secretary, Carole Hills, at chills37@aol.com

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Got News?

*Do you have a brag? Did you get a new puppy? Is your dog celebrating a birthday?
Do you have other dog-related news, photos, articles, humor or upcoming events you'd like to share?*

*Do you have a canine product or service you'd like to promote?
Ads are only \$10.00 a month, or \$50.00 for an entire year.*

Email me for more information, or just send your stuff to:

Debbie Lang at
djang@sbcglobal.net

Submission deadline is the 8th of each month

This is YOUR Newsette...make it great!

The background of the page is a decorative collage of white lilies with orange stamens and green leaves, interspersed with several white butterflies with black spots. The flowers and butterflies are arranged in a flowing, artistic pattern around the text.

It is with great sadness that we announce
the passing of -

Susan Marsha Hochman

October 31, 1947 – January 24, 2023, of Palm
Desert, California.

“Susie Hochman lifetime member of VHOC
passed away January 24. Susie and her husband,
Ken, held various board positions in VHOC’s
early years. Susie was the Newsette editor for
several years running. She and Ken showed and
bred Newfoundlands and Saint Bernards. Susie
and Ken shared the Hochman-Greenberg memo-
rial trophy with long time friends, Ira and Loretta
Greenberg.”



March General Membership Meeting

Sunday March 26th

Meeting starts at 5 PM

Yvonne Garst will be doing a seminar on Canine Conditioning

This class will be on core conditioning for the canine athlete. I will discuss the basics through to advanced exercises so whether your dog is a senior or an up and coming agility star this class is for you.

Yvonne Garst CPCFT CMT is a Certified canine fitness trainer, canine water therapist, and massage therapist and has been working in canine rehab for the last 18 years.

Member dogs are welcome to attend



Location: The Field 7720-7722 White Oak Ave. Northridge (Near the Corner of Saticoy and White Oak—East side of White Oak)

Please bring a snack to share and water for you and your dog.

If you will be attending please RSVP to Shiro Torquato at

drshiro2000@gmail.com

March is Pet Poison Awareness Month

MOST COMMON PET TOXINS



HOUSEHOLD CLEANERS



HUMAN MEDICATIONS



ONIONS AND GARLIC



LILIES



GRAPES



CHOCOLATE

FERTILIZER



XYLITOL



March is Pet Poison Prevention Awareness Month. You may think it's easy to keep hazardous substances away from pets, but accidental spills, dropped pills, and even beautiful bouquets can spell disaster for dogs and cats if they're consumed.

Osteoarthritis in Dogs Part II: Treatment Options

January 20, 2023 / [General Health](#) / By Hemopet

Submitted by Allison Pobirs

Our last blog post regarding osteoarthritis in dogs discussed causes and preventative measures with an emphasis on the multifactorial nature of the disease. Let's say your companion dog is diagnosed with osteoarthritis. The goal is to reduce inflammation and the debilitating chronic pain associated with the disease. Please be advised that we will be discussing cutting-edge treatment options and the latest information on pharmaceuticals that are also commonly prescribed.

We will be listing each item to manage osteoarthritis individually and then discussing the multimodal approach. Multimodal is how we best manage the symptoms and pain associated with osteoarthritis.

By the way, we are not endorsing any of these options except for the basics.

The Basics

#1. Weight Loss is Critical

Marshall *et al.* [published a pivotal study on the topic in 2010](#). We consider this to be a “gold standard” study. They stated, “The results indicate that body weight reduction causes a significant decrease in lameness from a weight loss of 6.10% onwards. Kinetic gait analysis supported the results from a body weight reduction of 8.85% onwards. These results confirm that weight loss should be presented as an important treatment modality to owners of obese dogs with osteoarthritis and that noticeable improvement may be seen after modest weight loss in the region of 6.10 – 8.85% body weight.”

Please speak to your veterinarian about a weight loss plan.

#2. Physical Activity

Dogs still need to be physically active. True; it might not be running or agility courses, but walks and exercises will help.

#3. Modify Home Environment

We suggest memory foam or low-heated beds, raising the food bowl between a dog's elbow and shoulder level, a ramp to get in and out of the car, non-skid rugs, and pet steps to get on furniture or beds. You can also use baby gates to block off rooms that might have slippery floors. As well, please remember to trim their nails.

The Rest

Nutraceuticals and Pharmaceuticals

Osteoarthritis causes inflammation and is painful. So, treatment options focus on either reducing inflammation and/or or pain management.

Nutraceuticals

Glucosamine/Chondroitin – The study results are mixed as to the use of glucosamine and chondroitin. The “pro” glucosamine/chondroitin group found that this combination may slow cartilage degeneration, contribute to cartilage repair, reduce inflammation of the joints, and improve elasticity. Many researchers are now saying, “Might help/won't hurt” because there is [no evidence of long-term harm in providing companion dogs with these joint supplements](#), if given at the appropriate dosage.

One of the inherent misconceptions is that we should administer these to dogs that are diagnosed with osteoarthritis. While we can do this, as stated in the prior posting, their premise is to be preventative and given before the onset of symptoms.

Osteoarthritis in Dogs Part II: Treatment Options—continued

Be advised that the potential effects of glucosamine/chondroitin likely will not be noticeable for 4-8 weeks.

Hyaluronic Acid – Hyaluronic acid is a glycosaminoglycan just like glucosamine and chondroitin. At this time, it can be injected into the damaged joint area.

Omega-3 Fatty Acids and Green-Lipped Mussel Extract – [Help reduce the inflammation](#) associated with osteoarthritis.

Undenatured Type II Collagen – Has been shown to [reduce the clinical signs](#) of osteoarthritis in dogs and enhance their mobility.

If you are feeding a food that is already high in these, you should not add additional supplementation.

Conventional Pharmaceutical Anti-Inflammatory

Glucocorticoids such as prednisone are not recommended for long-term use and could, in fact, cause joint damage and induce Cushing's Syndrome.

Non-steroidal anti-inflammatory drugs (NSAIDs) are available for dogs by prescription to provide immediate relief. Unfortunately, they have side effects that can wreak havoc on the gastrointestinal tract and kidneys.

Radiocolloid therapy ([Synovetin](#) OA, for example) is a radiation-based injection that goes directly into the affected joint and is indicated for low to intermediate grade osteoarthritis. Its goal is to decrease synovial inflammation, promote a healthier joint environment, and slow the cascade of events leading to cartilage degradation and advanced disease.

Conventional Pharmaceutical Anti-Pain

Tramadol – A randomized, blinded, placebo-controlled crossover study by Budsberg *et al.* found that [tramadol was ineffective](#) at pain relief for dogs. Tramadol is therefore an outdated therapy.

Gabapentin – Gabapentin decreases pain, although figuring out the effective dosage can be difficult.

Amantadine – Amantadine is often prescribed for advanced cases of the disease to inhibit pain sensation in the nerve pathways and works synergistically with other pain relievers.

Buprenorphine – Buprenorphine is an opioid and should be given with extreme caution particularly in dogs with hypothyroidism, Addison's disease, liver, heart or lung conditions.

Anti-Nerve Growth Monoclonal Antibodies – Brand name, Librela, was recently approved for dogs in Europe and the United Kingdom, and will possibly be approved in the United States in 2023. It stops nerve growth caused by chronic arthritis, by essentially shutting down the ability to transmit pain through new nerves. Since it is an injectable, it should not effect the kidneys or the liver.

On the Horizon?

It feels like new research into treatment options for osteoarthritis in dogs is released daily. Here's a sampling.

Cannabidiol – A watershed randomized, double-blind, placebo-controlled study from 2020 found that [cannabidiol has anti-inflammatory properties and can improve quality of life](#) for dogs suffering from osteoarthritis. Please do not start buying over-the-counter cannabidiol. The study authors note that additional work needs to be done. If you are thinking about cannabidiol to alleviate your companion dog's symptoms, please speak with your veterinarian. Note that at present, veterinarians in California are not permitted

Osteoarthritis in Dogs Part II: Treatment Options—continued

to prescribe any type of cannabidiol.

Platelet-Rich Plasma (PRP) – A [small study consisting of 5 dogs](#) that had both pain and lameness was performed, and they were not reacting well to other therapies such as pharmacological or physical approaches. PRP has the capacity to stimulate regeneration of injured tissues such as tendons, ligaments and cartilage. According to this study, the five dogs were injected once at the joint with PRP. All dogs demonstrated a decrease in lameness, three out of five were deemed pain-free, and the other two had less pain. Several researchers are looking into [leukoreduced](#) (removal of the white blood cells) PRP, [autologous \(from the same body\) PRP](#), and combinations with other possible medications. Many of these studies show promise.

Blood Cell Secretome (BCS) – BCS is also known as autologous conditioned serum, and has anti-inflammatory properties. Researchers in Portugal stated that [injection of BCS](#) was able to improve the overall condition of osteoarthritic patients. Note that the abbreviation, BCS, is most commonly used to mean “Body Condition Score “.

Steroids – The same Portuguese researchers explored other injectables like triamcinolone acetonide (a glucocorticoid) mixed with BCS, as well as [stanozolol](#) (anabolic steroid). They are seeing positive results with these treatments.

Mesenchymal Stromal Cells (MSC) – MSC usually come from the adipose tissue of living canine donors. The results appear to be mixed, thus far. So, more research should be done.

Hyaluronic Acid – At the current time, hyaluronic acid is injected. A [2021 study](#) investigated administering it orally following canine cruciate ligament surgery and found it effective.

Hyaluronic-Plus – Several studies over the past couple of years have been mixing hyaluronic acid plus [ozone gas](#), [platelet-rich plasma](#), or canine adipose-derived [mesenchymal stromal cells](#).

Non-Pharmaceutical Options

The point of non-invasive therapy is to manage inflammation, reduce pain, facilitate tissue repair and growth, and alter gene expression.

Some of the non-pharmaceutical therapies are underwater treadmill, massage, chiropractic care, and physical therapy. Other options include:

Acupuncture – The benefits of acupuncture are that it is minimally invasive, has no adverse side effects, and can mitigate pain. It has to be done on a recurring basis. Western medicine has been somewhat slow in accepting the use of acupuncture. However, [a randomized, placebo-controlled, blinded, 2020 Colorado State University study](#) suggested that companion dog parents whose dogs had acupuncture noted that their dogs were in less pain than the caregivers whose dogs had the placebo. Remember, this study was blinded so the caregivers had no idea if their dogs did or did not receive acupuncture.

Whole Body Vibration – Dogs stand, sit or lie down on a plate that is vibrating. It forces muscles to contract and relax quickly. As well, it may help improve balance.

Low Level Laser Therapy – A [study published in late 2022](#) demonstrated that weekly treatments of low level laser therapy for six weeks effectively increased the level of activity of dogs with osteoarthritis. The study also concluded that it may also be used as an adjuvant therapy to treat chronic joint pain and reduce pharmaceutical use. With this treatment, there are several variables such as wavelength, manner of application, temperature, time length of application and number of treatments.

Osteoarthritis in Dogs Part II: Treatment Options—continued

Pulsed Electromagnetic Field Therapy (PEMF) – [Pulses the electromagnetic fields](#) in tissue to promote healing and many devices like the Assisi Loop can be used at home. A 2012 study determined that PEMF lessened the clinical signs of osteoarthritis in dogs after 20, 18-minute treatments.

Extracorporeal Shockwave Therapy – [Shockwave therapy](#) uses high-energy sound waves to help decrease lameness and pain, as well as promote healing growth factors. This is not the same as radial shockwave therapy.

Transcutaneous Electrical Nerve Stimulation (TENS) – TENS is typically used during therapy sessions to reduce pain by targeting sensory nerves with electrical stimulation.

Multimodal Approach

Please remember that we are not endorsing any one of these treatment options. We want you to have a comprehensive list of available approaches to discuss with your veterinarian. We want to emphasize that a multimodal approach is necessary to manage and care for osteoarthritis in dogs.

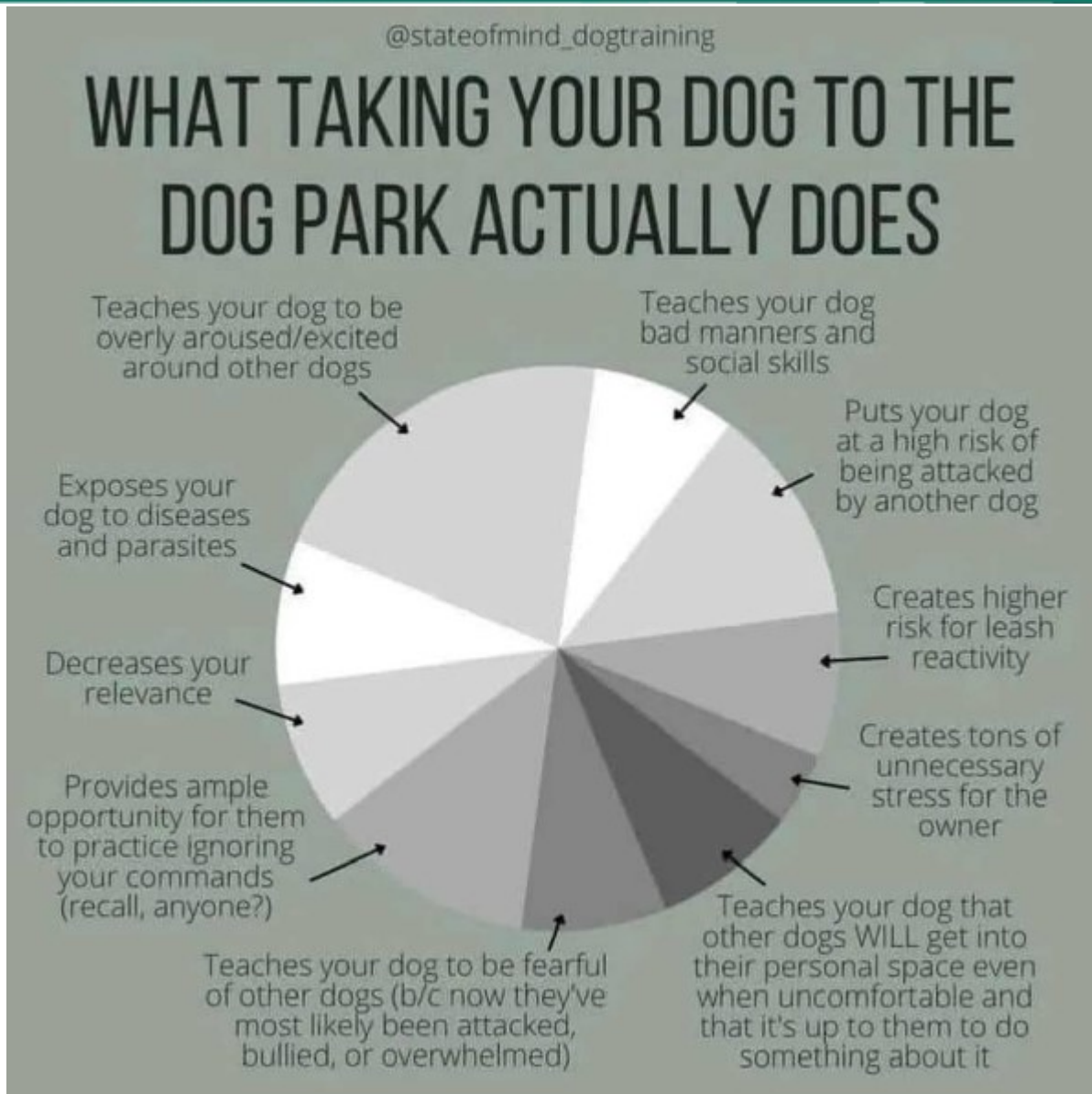
Case in point, 14 dogs with osteoarthritis in the hips were split into two groups. Group one had one injection of hyaluronic acid. The second group had the [same injection, but also whole-body vibration therapy every two days for 12 weeks](#). While improvement was seen in both groups, the second group demonstrated improvement earlier and better mobility.

Another [study published in the Journal of American Veterinary Medical Association split 29 dogs](#) into two groups. Both groups were put on calorie restriction diets. One group, though, had a home-based physical therapy program. The second group had intensive physical therapy and TENS for pain.

Results? Both groups lost substantial amounts of weight. However, the dogs that had intensive physical therapy had better outcomes and significant improvements in mobility after six months.

Additional References

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- Kim, Sohyun et al. “Intra-Articular Injections of Allogeneic Mesenchymal Stromal Cells vs. High Molecular Weight Hyaluronic Acid in Dogs With Osteoarthritis: Exploratory Data From a Double-Blind, Randomized, Prospective Clinical Trial.” *Frontiers in veterinary science* vol. 9 890704. 7 Jun. 2022, doi:10.3389/fvets.2022.890704.



Marcia Siderow has a dog crate for sale

I have an extra large crate for sale, \$50 or best offer.. Here are a few pictures. It is a Petmate.

Contact Marsha for further information. Her email address is care4yrpet@aol.com



**Crate
For Sale**



6 Things to Know About Giardia in Dogs

Has your dog been diagnosed with giardia, or do you think he might have this condition? If so, you may have many questions about giardia and want to know more about what this means for your pet.

In the article below, you'll find information about what giardia is and what it can cause in terms of symptoms for your pet. You can also learn more about how serious this problem is and what to expect if your pet comes down with an infection.

1. Giardia Is a Parasite

Giardia is a type of parasite, and the actual infection from the parasite is known as [giardiasis](#) scientifically. The parasite that causes this condition is shed in cysts through an infected animal's feces, which allows the cysts to come into contact with the surrounding environment.

Giardia cysts can be transmitted to animals who simply sniff the dirt or feces where the parasite is present. It can also be transmitted through drinking infected water. Because of the prevalence of these cysts, most adult dogs are considered carriers of giardia, even if they do not show symptoms.

2. Giardia Is Highly Contagious

Giardia is extremely contagious. Since it is able to be transmitted to healthy animals from the moment it leaves an infected animal's body through feces, it is widely present in situations where many dogs can be found at once. Dog parks, kennels, and vet offices are common places where giardia may be picked up.

Giardia can also be spread easily between pets living in the same household. If you have one dog who becomes infected, chances are good your other dogs will quickly pick up this parasite as well. It can be spread through licking, playing, sharing food bowls, sharing water, and even just walking in the same areas.

3. It Can Cause Digestive Issues

The most common symptom of an active giardia infection is watery diarrhea. The diarrhea may be greenish or yellow in color, or it might be brown, but it is always going to be liquid. There may sometimes be blood present in a dog's stool as a result of giardia as well.

Some dogs who are carriers of giardia do not show symptoms at all. If a dog is infected as a puppy, he may remain sick periodically with diarrhea until he is fully grown, at which time his immune system can more easily fight off the giardia.

4. Giardia Must Be Treated with Medication

Although giardia flare-ups may come and go on their own, the parasite itself must be treated with medication. [Metronidazole](#) is the most common medication given for the treatment of giardia. It is an antibiotic that attacks the parasite and helps the dog's body recover more quickly.

It is also important to regularly clean up after your dog if he has giardia. Pick up his feces immediately and give him a bath regularly to remove the presence of the giardia cysts from his fur. Do not let him share food or water with other dogs, as he may risk passing on the disease to them as well.

6 Things to Know About Giardia in Dogs—continued

5. It's Typically Not a Fatal Condition

Giardia is not a fatal condition, **except in very young puppies or very old senior dogs**. In these cases, the amount of diarrhea caused by the parasite may lead to dehydration very quickly, which can be fatal for dogs whose immune systems are compromised or have not fully formed yet.

Although the condition is not fatal, it can make your dog feel lethargic and unhappy, and he may feel some pain or nausea from the infection as well. For this reason, you should still [take him to the vet](#) for the right treatment to help him get back to normal.

6. Giardia Can Sometimes Be Given to Humans

Although rare, giardia can sometimes be passed between dogs and humans. Two of the types of giardia—type A and type B—can infect both dogs and humans, and type A can also infect cats. Therefore, you should practice excellent hygiene when handling your dog if he has been diagnosed with giardia.

Wash your hands after picking up your pet's stool and after petting or handling your pet. Clean up your pet's areas of the home frequently, and do not allow these areas to remain wet for too long, as giardia favors wet conditions.

When in Doubt, Contact Your Vet

With the help of this information, you should have a better idea of what to expect if your dog is diagnosed with giardia. Additionally, you can use this information to help you determine whether or not your dog is at risk of developing this infection.

If your dog shows any signs of giardia or if you have any other concerns, take him to the vet. It may not necessarily be an emergency visit, but he will need to see a vet to be given the right medication to handle the problem.

<https://pvecvets.com/blog/giardia-in-dogs/>

Submitted by Allison Pobirs



Please Contact Me With All
Your Real Estate Needs Or Questions!

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Alison Pobirs and Ladd

The Mardi Gras theme ASCA Agility trial Feb 18/19 2023
 Hosted by ASCSC/ MAC in Juniper Hills
 Judged by Susan B. Byrne (TX)

High in Trial Ace

Out of the ACE Senior Dog class was Ladd

02/18/2023	Gamblers 2	Elite	ACE Sr	Q-10/1
02/18/2023	Jumpers 2	Elite	ACE Sr	Q-10/1
02/18/2023	Regular 1	Elite	ACE Sr	Q-10/1
02/19/2023	Gamblers 1	Elite	ACE Sr	Q-10/1
02/19/2023	Gamblers 2	Elite	ACE Sr	Q-10/1
02/19/2023	Regular 1	Elite	ACE Sr	Q-10/1

Ladd was soooo happy to be running agility, we had a grand time!

Congratulations!!



Tommy Dickey and Summer

Summer has done over 1000 therapy visits.

Congratulations!!

Braggs



Laurie Burnam with Scusi and Tesla

ASCSC/MAC, ASCA Agility, Juniper Hills, Feb 18 & 19, 2023

Scusi & Laurie

Elite Regular 10 Q 1st place

Elite Regular 10 Q 2nd place

Elite Regular 10 Q 3rd place

Just need 25 more points in Regular and 40 points in Gamblers to achieve the ACE Senior Championship title called Agility Competitor Extraordinaire or ACE



Braggs

Tesla & Laurie

Open Jumpers 10 Q 1st place

Open Gamblers 10 Q 1st place

Open Regular 5 Q 2nd place

Open Regular 5 Q 1st Place

RS-O Title #47

Now have all three Open titles, but will remain in Open till we perfect our runs a bit more. She's super-fast but doesn't understand collection, tee-hee.

Stephanie Colman and Saber

Saber finished his **AKC Scent Work Novice Exterior title** on Saturday, March 11 at the Scent Work Club of the San Gabriel Foothills trial in Altadena.

This concludes our novice work in the Container, Interior and Exterior elements. Not sure what we'll do next. In his older age, he's not so fond of crating, so even though he's trained on all the odors, we might skip continued trialing and stick with training around town for fun.

He's happy to be playing the game and I'm happy to accommodate him!



Laurie Burnam with Scusi and Tesla

ASCSC agility, Juniper Hills, March 11/12, 2023

Scusi & Laurie

- Elite Regular 10 Q 1st place
- Elite Regular 10 Q 1st place
- Elite Gamblers 10 Q 1st place
- Elite Gamblers 10 Q 2nd place

Just need 5 points in Elite Regular and 20 points in Elite Gamblers to achieve her 4th Championship, this one called ACE.

Tesla & Laurie

- Open Regular 10 Q 1st place
- Open Jumpers 10 Q 1st place
- Open Gamblers 10 Q 1st place
- Open Gamblers. 10 Q 3rd place

Brags



Debbie Lang with Panda, Morgan and Max

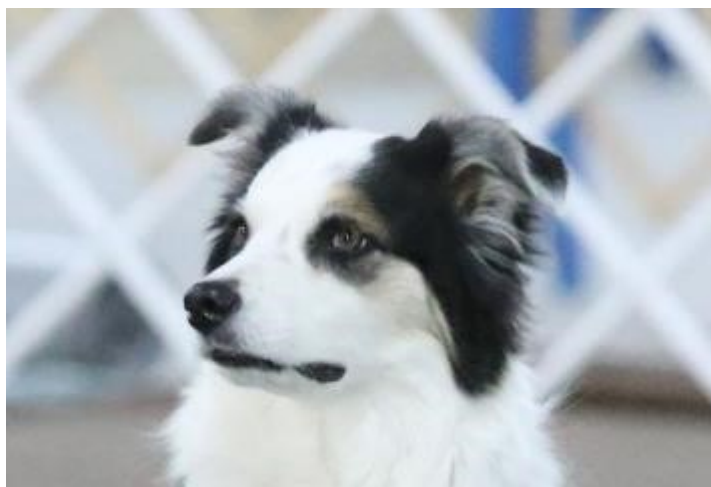
Tri-County Australian Shepherd Working Association—ASCA
Agility Trial., Chino February 11 and 12,

Panda—qualifying in 8.5 out of 10 runs.

High In Trial Veteran

Morgan—**Novice Jumpers Title**

Max—**Open Jumpers Title**



Debbie Lang and Panda

Norwegian Elkhound Association of Northern
Calif, February 16, Fresno, CA

Master Rally, 2nd place—53rd Master Q

Novice B Obedience—1st place—**Companion
Dog (CD) Title**

David Zelitzky and Rush

Rush and I finished his **OTCH and UDX3** at the Vegas Valley Obedience Training Club show last month. He's as gentle to everyone he meets as he is a willing team mate... And there was a great ribbon awarded too!

NEW OTCH
Congratulations!!



Braggs

Debbie Lang with Fable and Panda

German Shepherd Dog Club of SGV Herding Trial Feb .18 and 19, 2023, Lancaster CA.

2/18—Fable **Reserve High In Trial Ducks**—1st place in Started A Course Ducks

2/19—Panda—Intermediate A Course Ducks, 4th place—**HIAd Title**



Debbie Lang with Panda and Max

Inland Empire Herding Dog Association—Herding Trial March 4th, 2023—Chino, CA

Panda—Herding Intermediate A Course Sheep (**HIAs Title**) - 5th place

Max—Herding Started A Course Sheep (**HSAs Title**)

Monica Nolan and Rosie

Rosie went to college this month on her second therapy dog visit. She's loving her new job. And she must have learned something because she scored **a perfect 100** on her first AKC Rally Intermediate Q!



Monica Nolan and Augie

Augie had a great weekend at the Manzanita Agility Club's March 11-12 ASCA trial. He picked up 6 Elite Qs and earned his **Elite Regular title**. Pretty good for not trialing in three months or practicing agility for three weeks!

Braggs

Tired of training outside?

Preparing for that big, noisy indoor show?



Need to do some fine-tuning in front of a big mirror?

Come enjoy climate-controlled comfort at our Indoor Training Facility!

J9sK9s is located in the west San Fernando Valley near Sherman Way and Topanga Canyon Boulevard.

Boasting "Agiliflex" rubber flooring, our 1600+ square feet of space and 35 feet of mirror are waiting for you and your canine pal to come train in!

We have obedience jumps, baby gates, crates and some agility equipment too.
Available to rent to individuals for just \$20 an hour.

Also available for pre-approved events and small groups at an additional cost.

Call 818-832-9906 for more information
www.j9sk9s.com

Robyn Zeldon and Chaos

Chaos Q'ed in Advanced Buried, Containers and Exteriors and earned his **Advance Exteriors Title** at the SWCSGF Scent Work trial on March 12, 2023



Braggs

Robyn Zeldon and Lyric

Lyric Q'ed in Novice Buried, Exteriors and Interiors at the SWCSGF Scent Work trial on March 11, 2023

Debbie Lang with Panda and Morgan

MAC ASCA Agility Trial, March 11 and 12, Juniper Hills, CA

Panda

03/11 Gamblers 1	16	Elite	Vet	Q-10/1st— GV-E-SP (Gambler Veteran Elite Superior Title)
03/11 Gamblers 2	16	Elite	Vet	Q-10/2nd
03/11 Regular 1	16	Elite	Vet	Q-10/2nd
03/12 Gamblers 2	16	Elite	Vet	Q-10/3rd
03/12 Regular 2	16	Elite	Vet	Q-5/2nd

(Panda is working toward her ASCA Agility Trial Championship—just 20 more Regular points needed)

Morgan

03/11 Gamblers 1	20+	Nov	Std	Q-10/2nd
03/11 Jumpers 2	20+	Nov	Std	Q-10/1st – the only one in the class to qualify
03/12 Jumpers 1	20+	Nov	Std	Q-10/1st



Newsette
P.O. BOX 10132
CANOGA PARK CA 91309

FIRST CLASS MAIL

TO:



VHOC Training Classes

Obedience - Beginning Competitive - Thursday 6:30, Simi Valley

Obedience - Open / Utility Obedience—Thursday 7:45, Simi Valley

Instructor: Patti Rovtar, For more information, please contact Patti Rovtar at pattirovtar@gmail.com

PLEASE CHECK WITH OUR INSTUCTORS FOR NEW CLASS START DATES

VHOC Website— <https://www.vhoc.org/copy-of-group-classes>

Agility - Skills & Drills - Mondays 6:30 and 7:30, Reseda

Instructor: Olga Chaiko, For more information, please contact Ann at tonkanuki@aol.com