



# DOG TRACKS

QUARTERLY NEWSLETTER ~ FEBRUARY 2025

## Oh No! My dog ate my houseplant (or brownies, or whatever):

It has happened to us all – no matter how careful we are, our dogs sometimes eat things they should not. Philodendron leaves for example, are toxic to dogs (don't ask how I know this!).

Peroxide is a great product to have on hand for those times that your pup eats something they shouldn't have eaten. It can help you avoid a costly vet bill as many things can be handled at home, although not all.

I always check with my vet first, not only for dosage, but to make sure what was consumed can safely come back up – things like chocolate, house plant leaves, and such are fine for them to throw up. But some things can cause more damage coming back up so always check with your vet first.

As if you do use peroxide (per your vet's instruction) just know that the bottle MUST be fresh – if it's expired, it won't work. Still great for cleaning things or getting blood out of fabric, but it won't work for making them throw up. I mix it with a tablespoon of vanilla ice cream and they lap it right up.

And know when it works, it works in about 2 minutes so be somewhere you can easily clean up the mess. We all try to keep our dogs safe but sometimes they outsmart us and eat the darnedest things!



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With various other things sprinkled here and there like dog cookie crumbs!

## Upcoming SJDTC Events Mark Your Calendars

March 12	Obedience Graduation and CGC Evals – Grape Festival
March 4	6pm Board Meeting
March 4	7pm General Meeting
March 14	Limited Rally Trial – Dream Big
March 15	Limited Obed Trial – Dream Big
March 23	Scent Work Trial – Dream Big

If you do scent work but haven't checked out the Sniff and Go sessions at Dream Big, be sure to email [sniffytrialsec@gmail.com](mailto:sniffytrialsec@gmail.com) and ask to be put on the email list for upcoming sessions. Signups are done online and it's very easy and probably one of the best opportunities to practice in a trial-like setting and each session is different.



## Health tips by Doc Tailwagger

### Fruits and Vegetables Your Dog Can and Cannot Eat

The American Kennel Club

It's not uncommon to want to spoil your dog by sharing your favorite people food snack instead of a [dog treat](#). After all, if it is safe for you to eat, it must be OK for your dog to eat, right? Not necessarily. While many [people foods](#) are perfectly safe for dogs, some are very unhealthy and downright dangerous, so it's critical to learn which fruits and vegetables dogs can eat.

Dogs digest foods differently than humans do, and eating the wrong foods can lead dogs to long-term health problems and, in extreme cases, even death. [As omnivores](#), dogs have no real need for fruits or vegetables as part of their diet, but giving dog-safe fruit or vegetables to dogs as a treat or snack is OK. [Fresh dog foods](#) often include vegetables and fruits in diets formulated for dogs because they offer a source of vitamins, minerals, and antioxidants. Read on to find out which fruits and vegetables are OK for sharing in moderation and which should be avoided.

#### Fruits Dogs Can Eat

Apple. (Just be sure to remove the seeds and core first)  
Bananas  
Blueberries  
Cantaloupe

Cranberries  
Cucumbers.  
Mango  
Oranges  
Peaches  
Pears  
Pineapple  
Pumpkin  
Raspberries  
Strawberries  
Watermelon

### **Fruits Dogs Cannot Eat**

Avocado  
Cherries  
Grapes  
Tomatoes  
Brussels Sprouts

Carrots

### **Vegetables Dogs Can Eat**

Broccoli  
Brussels Sprouts  
Carrots  
Celery  
Green Beans  
Peas  
Spinach

### **Vegetables Dogs Cannot Eat**

Asparagus  
Mushrooms  
Onions.

The actual article was a bit too long to include in the newsletter, but I recommend reading the whole article as it details which of the safe foods need to be limited quantities, and WHY some foods are okay and why others are not. You can find the article at [Fruits and Vegetables Dogs Can or Can't Eat – American Kennel Club](#)



## Dear Miss Penny Paws



Dear Miss Penny Paws,

My mom always makes me ride in a crate in the car or behind a barrier. Why doesn't she let me sit on the front seat like other dogs I see sometimes – doesn't she know I like the wind blowing in my face and that I want to sit next to her? I don't take up all that much space!

Signed,  
Whiskers in the Wind

Dear Whiskers,

Your mom is really smart to keep you confined in the car. Not only is there the risk of a young pup crawling by the driver's feet or being a distraction

to the driver, there are two things that kill dogs in cars quicker than anything else – airbags and traveling unrestrained!

Tell your mom, if she has a passenger side airbag fitted in the car, don't travel with the dog on the front seat. Airbags can kill a child (hence the car seat in the back seat) and most certainly a dog! And it's not safe on the floor in front of the passenger seat either, because side airbags expand rapidly downwards (approx. 250 mph) and that would certainly end the life of the poor dog. Automotive mechanics have even been killed because they failed to disable the airbag before working under the dash.

Traveling loose in the back seat is another way to not only cause severe injury to the dog, but also to the driver and/or passengers in the car. Imagine a 60-pound dog traveling at 50 mph hitting you in the back of the head in a collision!

So, stay in the crate or behind a protective barrier. There is also a great array of dog seat belts, just be sure they are fastened in the back seat, they fit appropriately, and the dog is comfortable with that method.

If your dog must be loose, then on the floor in the back seat is the safest place. If you have a pup under the age of 4 months, then BORROW a crate for traveling – those little ones can get wedged in the strangest places! it really is the safest for your dog and you – and if you place the crate sideways on the back seat, you can even seatbelt it in for added safety.

Happy and safe travels,  
Miss Penny Paws

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And for those dealing with car-sickness, some plain, ground ginger about 30 minutes before traveling, really helps with the upset tummy. My vet recommended it to me for Rigby when he was young, and it really helped. Fortunately, most pups outgrow this issue. Ask your vet for the appropriate dosage for your dog, and you can get it at most health food stores.  
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And of course, with all our activities, we need your help for all events. We can't do a successful trial without our wonderful volunteers!

So, when the call goes out, please volunteer if you are able to do so. The February Limited rally and obedience trials saw two members volunteer to steward and they did a great job, learned a lot, and had a fun day. Thank you, Debi Werter and Catherine Sanchez, for helping and learning about being a steward.

The more new volunteers that help, the more to spread around so the same people are not working every trial!!



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# CANINE FIRST AID ~ PART I

By Stephanie Wells

Know what's normal. Just like us each dog is individual so "normal" can vary. Know what is normal for your dog. It's not a bad idea to take normal vitals for your dog and have them in a safe place to use as a baseline if needed. These parameters are taken at rest.

## Temperature:

**Where:** Rectum, just below the base of the tail.

**How:** Gently insert approximately 1 cm of a *lubricated* digital thermometer into the rectum of the dog and wait until it beeps.

**Normal Values:** 99.5°F-102.5°F

## Heart Rate:

**Where:** On the left side of the chest, where the elbow meets the chest.

**How:** Place your hand on that area and feel the heartbeats. Use a stopwatch to count how many beats in 15 seconds, then multiply this number by 4 to get the heart beats per minute.

Normal Rates (Average):

Small Dogs: 80 to 120 beats per minute.

Large Dogs: 60 to 100 beats per minute.

## Breathing (Respiratory) Rate:

**Where:** Chest/Flank

**How:** Observe or place your hand on the animal's chest or flank and use a stopwatch to count how many times the animal has breathed in one minute. A complete breathing movement is composed of a breath in and a breath out; a rising and a falling of the chest or flank equals one breath.

**Normal rates (average for dogs):** 10 to 30 breaths per minute.

## Gum Color:

**Where:** Mouth

**How:** Lift your dog's cheeks and look at the gums. \*\*If your dog has dark pigmented gums and cheeks, make note of tongue color.

**Normal:** Bubble gum or powdery pink. Apply slight pressure with a finger and release after 2 seconds. The capillaries should refill within 1 to 2 seconds, returning gums back to their normal pink color.

## Pulse:

**Where:** On the femoral artery, which is located on the inside of and towards the middle of the animal's thigh, extending from where the leg joins the body almost to the knee.

**How:** Place your index and middle fingers and **gently** feel for the pulsing of the femoral artery (much like you would feel your own pulse on your wrist). You can compare it to the heart rate by placing your other hand on the heart region at the same time.

**Normal:** A regular rhythm that accompanies the heartbeat, easy to find.

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## Hydration:

**Where:** Skin on the back of the neck.

**How:** Lift skin on the back of the neck and release.

**Normal:** Skin should return to normal within one second.

## THE FIRST AID KIT

A copy of important contacts/documents such as regular veterinarian, emergency veterinarian, Pet Poison Helpline: 855-764-7661, vaccine records, rabies certificate, pertinent medical history (example: diabetic deaf, blind), proof of ownership, registration papers, emergency contact, etc. should be easily accessible. For example, glove box, on a small laminated card attached to dog crate, one of “Those Tube Things” and such to carry emergency info.

Below is a suggested list of items to keep in your first aid kit. You can either buy items separately and build it yourself or you can purchase any number of premade kits online. The AKC site has a page regarding first aid kit essentials with links to kits as well as a canine first aid manual. Amazon also has quite a selection of pre-made kits for purchase.

AKC site: <https://www.akc.org/expert-advice/lifestyle/dog-first-aid-kit-essentials/>

- Travel Bowl(s) – silicone collapsible bowls are easier to store
- Extra collar and leash (clip and a slip lead)
- Muzzle (even the nicest dogs will bite when frightened or hurt. A slip lead can work in a pinch)
- Towel and/or warming blanket Favorite Toy/Chew Flashlight
- Syringes of various sizes (can be used to give medications, water or to flush wounds)
- Tweezers Scissors Digital thermometer
- Pill organizer if your dog takes multiple medications
- Benadryl (diphenhydramine) tablet or liquid for allergic reactions. Dose is 1mg per pound of bodyweight every 8-12 hours. Children’s Benadryl is 12.5mg and comes as chewable or liquid and adult Benadryl is 25mg and comes as tablets. Commonly used for bee/wasp stings and insect bites.
- If you have a good rapport with your regular veterinarian, it’s not a bad idea to have them prescribe a NSAID (such as Carprofen aka Rimadyl/Rovera for example) to have on hand.
- Antibiotic spray or ointment Cotton Balls Q-Tips Adhesive tape Vet Wrap
- Rolled gauze Gauze squares Non-Stick pads such as Telfa pads Instant Ice Pack
- Saline Solution (for eyes or flushing wounds) Styptic powder (Quik-Stop)
- Disposable gloves Food Water from home

## CPR

ABC’s (Airway, Breathing, and Circulation)

Is your pet breathing? Can’t tell? Air comes out the side of a dog’s nose so you can wet your ear and put your ear up against the nose and look across their chest. If you cannot feel or see that the dog is breathing, start CPR.

The heart is on the left side of their chest just like ours. You find it by pulling the front leg back and right underneath the elbow is where the heart is located.

Ideally the dog would be laying on its right side (left side up) on a hard surface. Start by making sure that there is nothing blocking the dog's airway. If you can, safely pull the dog's tongue forward so they don't choke on it but not hanging out of their mouth. Pull the head up, wrap your hands around the entire muzzle and nose and you will blow 2 quick deep breaths. Breathe in and watch the chest rise and do not give another breath until it comes all the way back down.

Chest compressions: one hand over the other, interlock your fingers and place them over the heart. Make sure your arms are straight and not bent. You will compress about half of the depth of the dog's chest and come all the way back up. You can do about 15 compressions for every one breath. Repeat this cycle and check for a heartbeat and breathing every 2 minutes. If your dog starts breathing then STOP.

Chest compressions will vary based on the dog's size. Small dogs can use a one-handed technique. Barrel or flat chested dogs can be placed on their backs and your hands are then placed on the highest part of the sternum.

The American Red Cross has an app called PET FIRST AID that can be downloaded for free. It has a wealth of information available for both dogs and cats, videos, quizzes, and even has a vet hospital locator. You can also register for a Cat & Dog First Aid Online Training for \$25. It is a 35-minute online course. The link for the first aid app is also on this page.

<https://www.redcross.org/take-a-class/first-aid/cat-dog-first-aid>

Another free app have is called: RECOVER CPR COACH. When this app opens it immediately starts the 2-minute timer timed to the beat you should be giving compressions and you can even hear when to give breaths and when to check for a pulse.

*Thank you, Stephanie, for such valuable information!!!*

