



Northern Hope
Veterinary Care

775 Buckskin Avenue SW, Suite 2
Pillager, MN 56473
(218) 746-4000
Hope@Hopevet.care

Puppy Form

Northern Hope Veterinary Care strives to provide individualized traditional, integrative, and holistic veterinary care for your pet. Please ask questions so we can make preventative and treatment recommendations specifically for your pet and your family.

General Vaccination Recommendations:

1. **Distemper and Parvovirus vaccination** at 8, 12, and 16 weeks of age. The last vaccine should be given after 16 weeks of age.
2. **Rabies vaccination** should be given between 3-6 months of age. It is most commonly recommended at 16 weeks of age. This vaccine can be given later to decrease stress in a pediatric or sick patient. This first vaccination should be boosted one year later. Subsequent vaccinations last 3 years.
3. Other vaccine options:
 - **Kennel Cough** is an upper respiratory infection that causes a dry cough, decreased appetite, and mild fever for 7-10 days. It is a required yearly vaccine at most boarding facilities and groomers.
 - **Leptospirosis** is a disease that affects the liver and kidneys. It is spread in the urine of many kinds of animals and lives in water.
 - **Lyme Disease** is a disease that can affect the whole body and joints. It is spread by ticks.

Northern Hope recommends a limited vaccination protocol and titers when possible.

Options for Titters:

1. Distemper Virus and Parvovirus Combination
2. Rabies

Immune and Whole Body Nutritional Support: Whole food based nutritional supplements that provide nutritional needs beyond what their regular diets provide. These supplements are made from whole foods, organ and tissue extracts, botanicals, etc to support their immune system, growth and fill nutrition gaps.

Deworming: Roundworms and hookworms infect 80% of puppies and kittens. It is recommended for all pediatric patients to be dewormed at least twice. Fecal checks should be performed once yearly. This checks for parasites that can cause chronic inflammation and lead to skin problems and other conditions.

Flea and Tick Preventatives: flea and tick preventives are recommended in this area from March to November. Lyme, Ehrlichia and Anaplasma diseases are spread by ticks and are endemic to this area. There are many options for flea and tick preventatives depending on your pet's environment and your treatment preferences.

Tick Borne disease monitoring:

1. 4DX plus: tick-borne diseases screening test plus heartworm test. Recommend annual testing for all dog's over a year old.
2. C6 Antibody titers: for monitoring Lyme patients and determining if treatment with antibiotics, herbals or other immune support is needed.
3. Complete Blood Panel screening for Anaplasmosis or Ehrlichia positive patients.

Dental Health: dental health starts with picking up your dog's lips and looking at its teeth regularly. Dental health also includes brushing the teeth with a non-fluoride containing toothpaste and toothbrush once weekly, especially for smaller breeds that do not chew on bones. Also, offering safe bones for chewing is essential for healthy teeth and gums. BioDent is a formula that provides oral health support by using food-based ingredients for healthy bone and connective tissue support.

Treats: treat recommendations include dried or homemade liver/organ meats, vegetables or other whole meat treats. Most pet treats meet no nutritional standards and are full of sugars and carbohydrates that lead to obesity. Teaching your pet to eat healthy when it is young will help it stay healthy longer.

Food options:

Dry food is very convenient and provides balanced nutrition. It supplies necessary proteins, carbohydrates, vitamins, fiber and minerals. The downfall of dry dog food is that large companies that make foods use lower quality ingredients and fillers that can be irritating to the animal's digestive tract. These products are more likely to have contamination problems, they contain very little water, and they contain preservatives and have less nutrition because of processing.

Canned food contains more water, is highly palatable and more convenient. They do contain added preservatives and may contain sugar or other lower quality ingredients. Canned foods are an excellent way to add more water to the diet and have less heat processing and nutritional losses.

Homemade diets are more work for the pet owner. They are more difficult to balance in a growing pet, but they provide the best quality whole ingredients. Most homemade diets require additional vitamins and mineral supplements to be added to balance the diet.

All dogs can benefit from top dressing their food with 20% organ meat, whole meat protein, and/or cooked vegetables. These can provide high quality, digestible protein and micronutrients. Organ meat is the number one food that will improve your dog's overall health.

Most pet owners mix these options to provide balanced nutrition for their pet. Northern Hope recommends that your family chooses a diet for your pet that works for your family's lifestyle and feeding preferences. Please ask questions about your pet to determine the best diet choice for your new companion.