



## Pet Care and Wellness

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Pets are such a endearing creatures, they are the source of unconditional love and sympathy. You will find them standing with you in all ebb and flows. So with the idea of adopting pets you are welcoming lots of commitments towards your pet. To bring them in your family you have to take care of them as your own child. Give them endless love and they will bounce it back all to you. So here you will find everything a pet parent should know like how to prepare yourself and your sweet home for the arrival of new furry friend.

### Make your pets first vet visit

First thing you can do after taking your furry friend home is to visit a vet. A vet will do checkup of your pet and examine him closely if there is any tick, flea or endoparasite like round worm, tapeworm, whip worm etc. if the number of such parasites are less then no problem but sometimes they cause severe anaemia and other diseases like tick fever etc. So visit vet at regular intervals and he will recommend dose of the drug according to the age of the pet.

### Deworming

Flea and mites infestation in pet animals are common but sometimes they cause severe effects and can potential lead to death. Various mites seen in pets are:

- *Sarcoptes scabies var Canis* causes canine scabies
- *Otodectes cyanotis* (ear mite) cause inflammation in ear canal

- *Cheyletiella yasguri* causes walking dandruff in dogs
- *Demodex Canis* causes canine demodicosis. Sometimes these ectoparasite act as vector and cause endoparasitic infection.

Most internal parasite are worms and protozoan parasite that can exist in intestine and various visceral organs the most common worms seen in pet animals are

- Round worm (*Toxocara canis, Toxocara catii*)
- Hook worm (*Ancylostoma canis*)
- Whip worm (*Trichuris vulpis*)
- Flat worm (*Diphylidium caninum*)

Protozoan parasite which affect pet animals are coccidia, giardia, babesia, toxoplasma etc.

These parasite infection and infestation can be seen in animals from first week after birth itself. So deworming should be started when the animal is two weeks and periodically every month necessarily if they are in contact with children and pregnant women. This will prevent zoonotic diseases (which transmits from animals to humans and vice-versa). Consult veterinarian about the best parasitic products so it should guarantee health of all members of the family.

### Vaccination schedule for dogs

Starting at six weeks of age, puppies get started having jabs against most virulent diseases. Puppy will get three or four vac-

cination serially against canine distemper, Canine Infectious hepatitis, Canine Parvo viral enteritis, Parainfluenza and Leptospirosis we can collectively call it DHPPi + L vaccination. This vaccination should be given three weeks apart - in 6th week, 9<sup>th</sup> week and then in 12th week. Annual booster of DHPPi should be given to protect dog from these viral diseases.

At three month of age puppy can be inoculated with anti-rabies vaccine (ARV) and booster dose should be given every year to prevent rabies.

### Feeding management

Dogs in their lifetime has varying nutritional requirement, feeding the same diet for all nutritional stage is not correct we have to feed them according to their stage of growth as well as weight of the animal if the animal is diseased or there is deficiency of any nutrient in the body or animal is aged or obese, the veterinarian will customise feed accordingly.

Dry food is suitable for pet but we should also give some wet food (homemade food) to make them hydrated. We can divide the food and give it two times a day as it will be easy for the pets to digest. Ask veterinarian to help you select the diet which is backed by essential nutrients and customised as per the need and body weight of the pet.

### Provide clean drinking water

We should make pets available with portable water all day. As pets don't have sweat glands (as we humans do have) for thermo-regulation or to maintain their body temperature in summer they do panting which eventually cool their body. Along with the cooling effect it can lead to loss of water from the body readily. So overcome this we should give water and make it easily accessible to them anytime when they feel like drinking.

### Training pets

Training pet require lots of patience and hard work. Sometimes you will be fed up training them as they are autonomously do things which you don't want them to do. In this case don't shout on them or punish them instead make them learn by positive reinforcement.

### Choose shampoo for your pet wisely

For effective bathing we should choose the right shampoo a wrong choice of shampoo can cause severe affect on dogs skin.

The dog's skin is thinner and more alkaline as compared to human so we should not use human shampoo on pets. Human shampoo is made for slightly acidic skin as we humans have slightly acidic skin. We should also keep in mind that shampoo doesn't contain much chemical or fragrance. Use the shampoo which is made up of natural ingredients like oatmeal, aloe vera tea tree oil, honey and vit E. These ingredients will help to restore moisture in dogs skin and further prevent them from having common dog's skin allergy problems. If you find any abnormality in the skin of your pet speak to the veterinarian and get a medicated pet shampoo.

### Bathing schedule

According to aspca (American society for prevention of cruelty to animals) we should give bath at least once in every three months. But if your pet loves to play outdoors or in mud then you will have to bath it more often.

### Exercise

Exercise can do wonders in bringing out our true selves. Beside keeping you pet in good posture, daily exercise can also eliminate behavioural problems in dogs i.e., hyperactivity, rough playing chewing, misbehaving etc.

Take out your pet for 30 minutes' walk 5 times a week. Starts slowly with 10 minutes' walk 3 days a week then gradually increase the time and frequency. Getting out of home will help you to keep your body in shape as well. You may eventually meet new people who are die hard animal lovers too like you and they may be later join to your daily walk. By doing so you will come close to nature as well as to your pet and I can assure that you will enjoy this whole thing surely.