DIY Pet Care – Simple Solutions to Common Problems

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Education:
1994 – Bachelor of Science, Biology/Microbiology, Colorado State Univ.
1998 – Doctorate of Veterinary Medicine, Colorado State Univ.
2008-2011 – International Institute of Medical Qigong, California
2009-2010 – Chi Institute of Traditional Chinese Veterinary Medicine, Florida
DIY Pet Care – Simple Solutions to Common Problems

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Career Highlights:
1998: Veterinarian/Associate, VetSmart, California
1999-2001: Medical Director Animal Samaritans Clinic, California
2001-2006: Owner Southwest Veterinary Clinic, California
2006-2011: Private Contractor of Veterinary Medical Services, 200+ Clinics, California/Florida
2011-2017: Owner Pacific Park Animal Hospital, California
Medicine Is Devolving – What Used to Work is New Again

A Short History of Medicine

Patient says: “I have a headache”

2000 BCE: “Here, eat this root.”
1000 AD: “That root is heathen. Here, say this prayer.”
1850 AD: “That prayer is superstition. Here, drink this potion.”
1940 AD: “That potion is snake oil. Here, swallow this pill.”
1985 AD: “That pill is ineffective. Here, take this antibiotic.”
2011 AD: “That antibiotic is artificial. Here, eat this root.”
Now, More Than Ever Before, Is the Time to Explore Natural and Holistic Medical Solutions

“Superbugs" is a term used to describe strains of bacteria that are resistant to the majority of antibiotics commonly used today. Resistant bacteria that cause pneumonia, urinary tract infections and skin infections are just a few of the dangers we now face.” Mayoclinic.org

• We may be reaching a time when the antibiotic pipeline will run dry. There is an increasing number of superbugs that have evolved to be resistant to our antibiotics. It could be the beginning of the end of the antibiotic age, because of antibiotic overuse.

Now is the time to search for safer alternatives, and save the use of antibiotics for medical use only when absolutely necessary.
The Most Common Problems Seen in Practice:

The Four P’s

- Pee
- Poop
- Pain
- Pruritus (itching)
1) PEE.... “It’s the Wine of the Body”

- Look at it’s color
- It’s consistency – is it cloudy, thin, mucoid
- We look at its pH, its specific gravity
- We look at the sediments in it
- We have descriptive terms for it: cloudy, clear, opaque,

Among Urinary Issues in Cats and Dogs, UTI’s Are The Most Common Problem Seen.
It’s Estimated that Over Half of Pets Will Suffer from a Urinary Tract Infection (UTI) Sometime during their lives. And a large number will have recurrent UTIs (2-4 times a year)
So What to Do?.........Act Early!

If your pet is exhibiting symptoms act early - don’t wait!

Over the counter products that have proven effective in reducing symptoms and helping the urinary system to combat infection:

Cranberry extract: There are a few theories out there about why cranberries are effective:
  • It might be that they make the urine more acidic, which is a less friendly environment to bacteria like E. coli
  • Cranberries make it harder for infection-causing bacteria to stick to urinary tract walls by creating a slippery coating on the urinary tract walls that makes it hard for E. coli to get a good grip.
Act Early!

**D-mannose:**
- Sticks to bacteria (E.coli), allowing it to be effectively “rinsed” out of the bladder when your pet urinates.
- Also has been shown to boost the immune system which helps to promote normal bladder health.
- Recent study in humans (2014) showed that D-mannose was more effective than antibiotics in preventing recurring UTIs and with fewer side effects.

**Astragalus Root:**
- Studies have shown that treatment with astragalus improves the immune response and inhibits infection from bacteria that cause urinary tract infections.
Act Early!

Licorice Root:
• The early Egyptians loved licorice root. They used it in tea as a cure-all concoction. It was later imported to China where it became a common herb in traditional Chinese medicine.
• It works in the urinary tract because it acts as an anti-inflammatory and an immune booster that can speed up the repair of the bladder wall lining.

Marshmallow Root:
• A natural diuretic that helps “rinse” bad bacteria and toxins out of the kidneys and bladder;
• Has antibacterial properties that have been shown to be effective in fighting infection (gingivitis/strep throat);
• Powerful antioxidant that fights free radical damage thus promoting healthy tissue and healing in the urinary tract.
Prevention!

Best treatment is always prevention.

- Provide plenty of fresh water every day – adequate hydration is extremely important for preventing UTIs
- Feeding wet dog food (good, premium product) = hydration
- Allow your dog plenty of potty breaks, don’t make your pet to hold their urine for long periods
- Keep your dog well groomed, especially around the private parts.
Summary

Bladder Support Chews

- **Natural Cranberry**: Makes it harder for infection-causing bacteria to stick to the bladder wall, improves urinary pH & promotes overall urinary tract health.
- **D-Mannose**: Clinically proven to bind & flush bad bacteria from the bladder.
- **Organic Astragalus**: Studies have shown that astragalus improves immune response & inhibits infection from bacteria that cause urinary tract infections.
- **Organic Licorice Root**: Anti-inflammatory & immune boosting properties that provide support to both the kidneys & urinary tract as well as the digestive system.
- **Organic Marshmallow Root**: Natural antioxidant that helps to reduce irritation & inflammation & promote flushing of toxins from the kidneys & urinary tract.
2) Poop: Is it Tootsie Roll, Pudding, Soup, Chili or Strawberry Jam?
Tootsie Roll, Pudding, Soup, Chili or Strawberry Jam?

Fecal Scoring System

Score 1 – Very hard and dry; requires much effort to expel from body; no residue left on ground when picked up. Often expelled as individual pellets.

Score 2 – Firm, but not hard; should be pliable; segmented appearance; little or no residue left on ground when picked up.

Score 3 – Log-like; little or no segmentation visible; moist surface; leaves residue, but holds form when picked up.

Score 4 – Very moist (soggy); distinct log shape visible; leaves residue and loses form when picked up.

Score 5 – Very moist but has distinct shape; present in piles rather than as distinct logs; leaves residue and loses form when picked up.

Score 6 – Has texture, but no defined shape; occurs as piles or as spots; leaves residue when picked up.

Score 7 – Watery, no texture, flat; occurs as puddles.
Soft Stool/Diarrhea - Causes

- Viral – Parvo, Distemper, Canine Influenza
- Parasitic - Worms (roundworms, tapeworms, whipworms, hookworms); Coccidia, Giardia
- Acute Pancreatitis
- Blood in the Stool
- Tumor/Neoplasia

- Dietary Indiscretion, ie: “garbage gut”
- Food Allergy
- Inflammatory Bowel Disease
- Bacterial overgrowth/imbalance (SIBO)
- Times of Increased Stress (Travel, Kennel/boarding, Training)
- Antibiotic Therapy

See Your Veterinarian!!

Consider Natural Alternatives
Simple Remedies

Feed Meals that are Easy to Digest (Don’t give the gut a lot of work to do while it is trying to heal!)

• Bland, low fat meals – steamed white rice/pumpkin, boiled skinless chicken, boiled hamburger with fat skimmed off, steamed veggies
• Small, Frequent meals x 2-3 days
• Abundant fresh water, also in small, frequent amounts (1oz/#/day)
Simple Remedies

**Ginger Root** – Can be made into a tincture or tea and helps to settle a upset tummy.

**Goldenseal** - This herb is a natural antibiotic that prevents bacteria from latching onto cell walls in the gut. It can be used as a tincture or tea in treating stomach and bowel ailments.

**Slippery elm** - Works great as a general remedy for diarrhea or inflammatory bowel issues, even works for constipation.
Simple Remedies

- **Prebiotics**: Fibers (inulin, FOS) that serve as food for the "good" microorganisms in the gut, giving them an advantage over the "bad" microorganisms.

- **Probiotics**:
  - Help by boosting the number of "good" microorganisms in the gut, so they can more easily overcome the “bad” microorganisms. Your pet’s gut needs these good organisms because
    1. they form a protective lining in the gut wall, and
    2. they produce things like vitamins, protective short-chain fatty acids (SCFAs) and polyphenols
  - Probiotics have a positive effect on your pet’s overall immune system health:
    1. by producing short-chain fatty acids (SFCAs) that trigger protective anti-inflammatory responses in the immune system (regulatory T-cells)
    2. Polyphenols – modulate the immune system, have anti-inflammatory properties and have even been shown to fight cancer.
Simple Remedies

- **Digestive Enzymes**: Assist in complete digestion and nutrient absorption of your pet’s meals (amylase, protease, lipase)

- **Synbiotics**: The combination of Pre- and Probiotics with Digestive Enzymes - has a synergistic effect that maximizes their combined effect. Synbiotics regulate the immune system and boost anti-inflammatory immune cells

- **Bottom Line**: If your pet has any type of chronic disorder (allergies, chronic bowel disease, obesity, diabetes, liver, kidney, heart, or cancer) you MUST fix his gut bacteria so that the rest of his immune system can function properly.
Multiple Causes:

- Arthritis
- Spine/Disc Disease
- Hip/Joint Injury
- Abdominal/Urinary Pain
- Skin/Pruritus/Itching
Acupuncture

Acupuncture works amazingly well for arthritis and bone/joint diseases. Over 80% of cases treated usually experience relief.

Acupuncture stimulates nerves, increases circulation, relieves muscle spasms, and causes the release of hormones like endorphins which help to control pain.

Pets start to experience relief after 1-3 treatments, and some see improvement immediately. Over time, the effects start to last longer and longer as the body returns to balance, and your pet will usually need fewer repeat treatments.
Other Therapies

**Massage**
- Tui na; Other professional pet massage therapists. You can also learn massage techniques at home (Youtube). Massage stimulates circulation, releases endorphins, reduces stress and alleviates pain points.

**Aquatic Therapy**
- Use a local pond, friend’s pool, or enroll in aquatic therapy classes (underwater treadmill)

**Physical Therapy**
- Range of motion exercises – certified rehabilitative veterinarians (physical therapists for pets)

[WWW.TCVM.COM](http://WWW.TCVM.COM)
**Assisi Loop** – NPAID (Non Pharmaceutical Anti-Inflammatory Device) – developed initially for humans to aid in post-surgical healing, similar to laser therapy but can be used at home (need Rx) - uses Pulsed Electromagnetic Field Therapy (tPEMT) to stimulate the body’s natural anti-inflammatory/healing processes.

- Post-surgical
- Wound healing
- Disc Disease/Back Pain
- Osteoarthritis
- Wobblers disease
- Cystitis
- Pancreatitis

**TENS (transcutaneous electrical stimulation)** - No Rx needed, uses electrical stimulation to aid in arthritic conditions (may need to shave some spots to attach electrodes).
Hemp/CBD Oil (Cannabidiol)

- Decreases inflammation
- Contains nutrients, fatty acids and other beneficial bioactive compounds
  - FAs- skin conditions –eczema, psoriasis
  - Polyphenols – Brain Health, Cancer
  - Studies have shown can reduce the risk of cardiovascular disease
  - Pain – studies show it helps decrease pain, especially if pain is caused by inflammation
  - Muscle Tension – rubbing oil on tight muscles has been shown to help
- Use Caution, it’s the Wild, Wild West out there!

“The research on hemp oil is still relatively new, particularly in the United States and other places where restrictive laws have prevented researchers from fully exploring the potential of cannabis plants until recently.” Medical News Today
Orals and Topicals

- Turmeric and Boswellia - ancient Indian herbs that are anti-inflammatory that can help with pain
- Omega-3 fatty acids found in krill, sardine, or flaxseed oils - Are also anti-inflammatory that act like turmeric and boswellia
- Glucosamine, Chondroitin, and MSM - can help preserve and nourish the cartilage that becomes damaged in the affected joints
- Bone broth - A natural preventative measure to help ward off arthritis in dogs, may help build your dog’s cartilage and protect his joints.
- Arnica - natural remedy for muscle strains, pain, and bruising. It comes as a topical cream or oral pellets for short term use.
THANK YOU!

Lisa Mandelin, DVM
Booth #26 in the Marketplace

Natural Pet Supplements

NewLeafPet.com
Dental Care

Teeth brushing: Do twice daily if poss. Use Soft bristled brush, or thimble brush and PET toothpaste – not Human toothpaste!
Dental Care

Other Options:
- Dental diets and Chews
- Dental oral rinses/sprays and gels (chlorhexidine)
- Chew toys
- Non-anesthetic dental cleanings