

A PET PARENT'S GUIDE



The 3 Most Common Places for Chronic Pain in Dogs

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CHRONIC PAIN IN DOGS

If only our animals could talk.

Chronic pain in our pets is one of the most *underrecognized phenomena* that I see in our pets year after year!

In fact, millions of pet parents miss it in their pets annually.

The implications for this are huge because not only is chronic pain something that causes pain in our pets, but it also *impacts their quality of life*. *The aging and senior dog population is the one I see impacted by chronic pain the most.*

This PDF summarizes the three common sources of pain in older dogs and is an incredible resource and first step for pet parents wanting to give their dogs a better life.

For a deeper dive into chronic pain and senior dog health recommendations by myself and Dr. Lisa Lippman, we invite you to check out our Senior Dog Thrive Course at www.seniordogthrivecourse.com.

Wishing you and your pets the most amazing day.

With love, Dr. Tarantino



WHY DO WE MISS CHRONIC PAIN IN DOGS?

Your pet does not have a good way to communicate with you. No matter how expressive they are!

Animals' main form of communication is through body language which is inobvious to most humans. Even those pet parents that are very in tune with their pet!

in addition, 'hiding' illness was important to your pets ancestors in the wild and is a natural instinct for our pets.



Because of this, signs of pain in them are often subtle. And as a result, we miss signs of pain in them.

If you suspect pain in your dog, please contact your vet!



JOINTS AND BACK PAIN

Arthritis and musculoskeletal pain is a large source of chronic pain in our pets. Arthritis is more than just a limp!! Signs such as 'slowing down', longer look at couch or stairs before attempting to jump or run, stiff gait, not following you around as much and more can indicate arthritis! Coming up with a consistent low-impact exercise routine is really important to help support their joints as they age. Starting to work on joint health BEFORE they show signs is important! Signs can be subtle or severe.

SIGNS OF JOINT/BACK PAIN

- difficulty with stairs (might stumble sometimes)
- a limp
- some difficulty getting onto couch or car
- not following you around as much
- slowing down on walks
- standing still like they're uncomfortable
- 'warms up' as day goes on
- some difficulty getting from lying down to standing
- slipping and losing grip on floors



DENTAL DISEASE

This is one of the most common places of pain for older dogs! Did you know most dogs will eat **DESPITE** chronic tooth pain? Things like bad breath, seeing red and brown around their teeth and awkward chewing can help clue you in! Proper dental care (with anesthetized dental cleanings at the vet) is not only an important component of pain control but also has an important role in the health of internal organs like the heart, liver and kidneys! Learn signs on next page.



SIGNS OF DENTAL DISEASE

Signs of Chronic Pain Due to Dental Disease

- their breath smells
- they are slower to eat
- they don't chew on bones as much or when they do, you often find blood
- you've found a dog tooth on the carpet (this does not apply to puppies)
- they walk up to their food and stare at it for a second before eating
- they prefer soft food
- you pull back their lip and see lots of red inflamed gums or brown coated teeth



CANCER OR INTERNAL DISEASE

Our senior dogs are in a demographic that makes them more prone to disease than ever before!

Cancer can come on slowly or very quickly and being aware of signs like changes in appetite or energy are VERY important to pick up on pain from internal disease. Doing routine diagnostics and paying attention to changes in energy, appetite, drinking, urination, bumps, desire to interact, eye comfort or any incessant behavior and more is very important for assessment of comfort in this area!

SIGNS OF CANCER OR INTERNAL DISEASE

Can be other signs as well. Always ask your vet.

- inappetance
- irritability
- not wanting to get up as much
- snapping
- lethargic
- depressed
- hiding
- seemingly anxious
- asking to go out repeatedly
- licking incessantly/red or squinty eye/shaking or holding head uncomfortably

Millions of pet parents miss the signs of pain in their older dogs every year! We're on a mission to change that. Please spread the word!

MORE RESOURCES FOR PET PARENTS

DID YOU KNOW WE HAVE SEVERAL MINI-COURSES TO LEARN EVEN MORE WAYS TO HELP YOUR SENIOR DOG?

LEARN MORE AT WWW.SENIORDOGREVOLUTION.COM

-DR. MONICA AND DR. LISA

