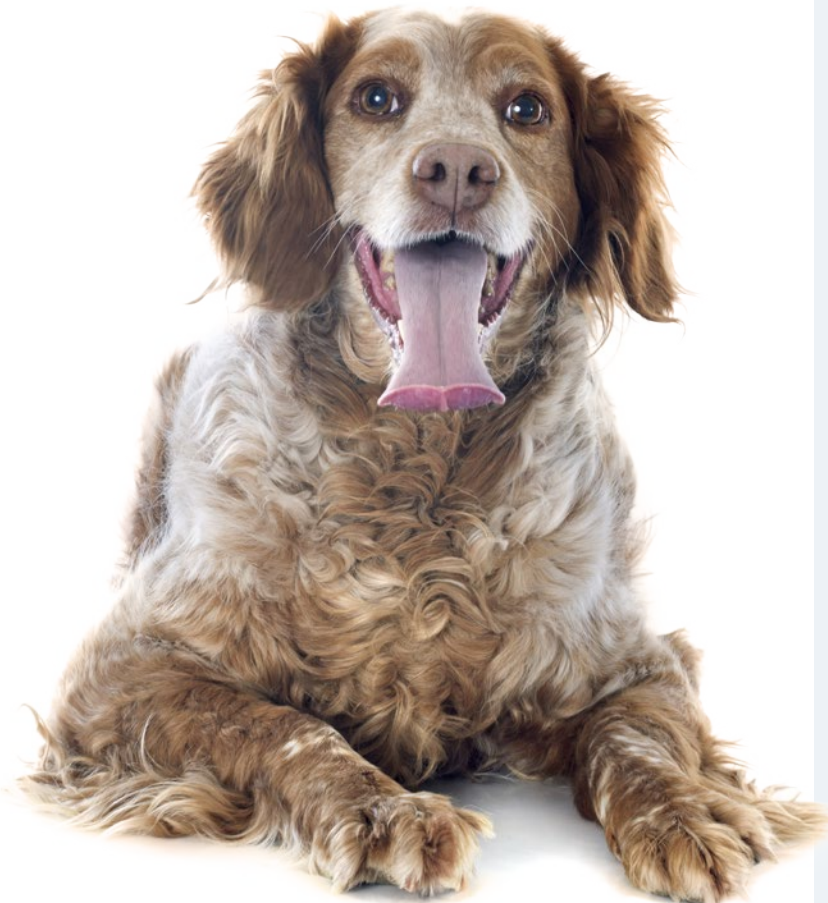


# Senior Dog Aging and Wellness Checklist

## Dogs and Aging

As with all of us, your dog's body takes some wear and tear over the years. He or she becomes more subject to age related complaints, and has different health requirements. A number of health issues such as dental disease, arthritis, diabetes, heart disease and kidney disease may start sneaking up as your dog's age increases.

When detected early, many of these conditions can be successfully managed to make your dog more content and comfortable. If your senior dog is experiencing one or more of the signs on this checklist, be sure to bring it to our attention today. Use this checklist as a reminder in your dog's appointment, and to monitor your dog between appointments.



## How old is my dog in human years?

AGE	0-9kg (0-20lbs)	9-23kg (20-50lbs)	23-41kg (50-90lbs)	>41kg (>90lbs)
1	7	7	8	9
2	13	14	16	18
3	20	21	24	26
4	26	27	31	34
5	33	34	38	41
6	40	42	45	49
7	44	47	50	56
8	48	51	55	64
9	52	56	61	71
10	56	60	66	78
11	60	65	72	86
12	64	69	77	93
13	68	74	82	101
14	72	78	88	108
15	76	83	93	115
16	80	87	99	123
17	84	92	104	131
18	88	96	109	139
19	92	101	115	
20	96	105	120	
21	100	109	126	
22	104	113	130	
23	108	117		
24	112	120		

**Color Key**

- Adult
- Senior
- Geriatric

# Senior Dog Wellness Checklist

Discuss any changes in your pet with your veterinarian as soon as you notice them. The symptoms in the checklist below may indicate many age-related conditions. Early treatment such as diet changes, stimulation and enrichment activities or medications can improve your dog's symptoms or even delay progression of the condition.

## Have you noticed any changes in your dog's behaviour?

As dogs age, they can develop signs of brain aging, referred to as cognitive dysfunction. This group of questions can help identify early signs of this cognitive decline, so that it can be better managed.

### Does your dog:

- Seek less attention, or interact less with your family?
- Follow you around constantly?
- Seem confused or disoriented in the house or yard?
- Bark or howl for no apparent reason, especially at night?
- Have changed sleeping patterns?
- Seem anxious (panting, shivering, restlessness)?
- Aimlessly wander, pace, or seem restless?
- Seem to get "stuck" in corners or facing walls?
- Urinate or defecate indoors?
- Fail to recognize familiar people or other pets?

## Have you noticed any physical changes in your dog?

The symptoms listed below can indicate the onset of a number of age-related illnesses.

### Does your dog:

- Cough or seem winded in the morning or after exercise?
- Seem to pant more?
- Tire more rapidly on walks or during play?
- Have changed eating habits or appetite?
- Have noticeable weight gain or loss?
- Need the water bowl filled more often (drinking more)?
- Need to be taken out more often (urinating more)?
- Dribble urine when lying down or barking?
- Have diarrhea or stool with mucous or blood?
- Have constipation or strain to defecate?
- Vomit? (If yes, is there hair, food or bile?)
- Have signs of stiffness or limping?
- Have difficulty climbing stairs or jumping onto furniture?
- Lag behind on walks?
- Have a lowered activity level?
- Have signs of pain such as yelping when touched?
- Seem more irritable?
- Have excessive shedding?
- Have changes in his or her coat (thinner, dull, brittle)?
- Have new lumps or bumps on his or her skin?
- Have changes in existing skin lumps or bumps?
- Scratch, lick or chew excessively?
- Have an odor to his or her skin?
- Have bad breath, red or swollen gums, or drool?
- Have difficulty chewing food or toys?
- Have signs of vision loss (bumping into objects, fearful of moving forward)?
- Have signs of hearing loss (not responding to calling, or loud noises)?
- Ever have muscle tremors or episodes of shaking?
- Ever display circling, head tilts or repetitive movements?



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