

# Understanding your Senior Dog

Dogs are living longer than ever before due to improved veterinary care and better diet and quality of life. This means that our dogs also experience age-related problems and need special care as they get older. A typical dog is a senior at age seven; larger breeds are considered seniors at five or six. Here are some tips to make your senior dog's life more enjoyable and comfortable.

## Medical

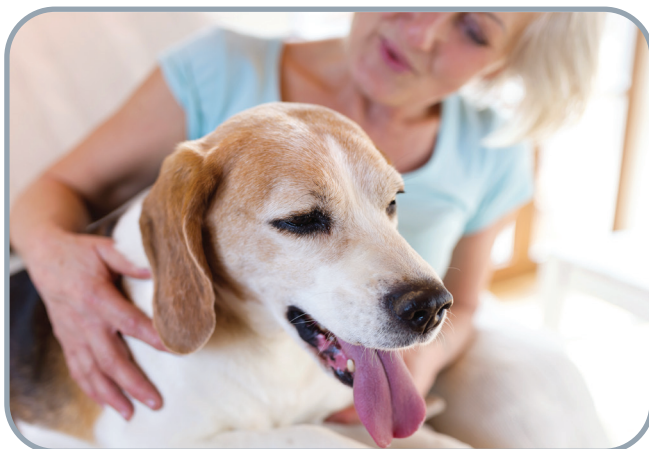
- Visit the vet every six months
- Keep your dog at a healthy weight: this reduces pressure on the joints
- Take care of teeth: dental decay increases the risk of heart and kidney failure

## Diet

- Select an appropriate food that meets the special nutritional needs of senior dogs
- Provide joint supplements and fish oil
- Add foods high in omega-3s, such as fish and egg yolks

## Physical/ Cognitive

- Keep your dog physically and mentally active without pushing him too far
- Go to different places where your senior dog can sniff new smells
- Play mentally stimulating games, such as hiding treats around the house and asking the dog to find them
- Teach them new tricks



Written by: Ida DeLeon, CPDT-KA

