



THE KENNEL CORNER

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A conference in America has heard that patients recovering from joint-replacement surgery needed 50 per cent less pain medication if they used pet therapy.

Stroking pets can cut painkiller use after surgery

Stroking a pet can help patients cut their amount of painkillers in half, according to a new study.

The research found that patients who had undergone hip or knee replacement operations needed less painkillers if they used pet therapy.

It is well known that animal owners are generally healthier than non-pet owners because they can help reduce stress and encourage exercise.

In Britain a charity called Pets and Therapy has been taking animals into care homes, hospices, hospitals and children's wards to help patients recover and reduce stress levels since 1983.

A conference in America has heard that patients recovering from joint-replacement surgery needed 50 per cent less pain medication if they used pet therapy.

Julia Havey, from the Loyola University Health System (LUHS), Chicago, who led the research, said: "Evidence suggests animal-assisted therapy can have a positive effect on a patient's emotional and physical well being."

"These data further support these benefits and build the case for expanding the use of pet therapy in recovery."

Ms Havey and colleague Dr Frances Vlasses raise puppies to become assistance dogs through a program called Canine Companions for Independence.

Dr Vlasses said: "As nurses, we are committed to improving the quality of life for others."

"This service experience has provided us with a unique way to combine our love for animals with care for people with special needs."

The findings were presented at the 18th Annual Conference of the International Society of Anthrozoology and the First Human Animal Interaction Conference (HAI) in Kansas City.

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What not to do with your pup

When you have a dog, there are things you should do and things you should NOT do! This can make a big difference in the way the dog turns out.

Happy and confident adult dogs don't just "happen". They are the product of good decisions and correct treatment of the puppy from birth right up until the juvenile period (around 6 months of age).

A pup's genetic makeup may be out of your control once you have selected the right breed and individual for you, but you can sculpt or distort the raw clay of the pup's genetic legacy by how you look after him and treat him.

The so-called "sensitive period" of development for puppies is between 3 and 12 weeks of age.

The sensitive period has been defined as a time during development when the puppy is dependant upon (the correct) environmental influences for its development to continue normally.

Dr. Nicholas Dodman, a behaviorist at Tufts University of USA, talks some things he believes are key in what to do and NOT to do with your dog.

1. No Yelling, threatening, or physical punishment. Punishment teaches a dog nothing, except how to avoid the punishment. It is far better, and far more humane, to teach the pup what to do rather than punish it for something it is doing. Also note that punishment after the act is not only inappropriate, it is pointless. The only type of



Stop shedding problems - 6 easy tips

1. Brush . Our house pets need brushing to prevent large amounts of hair from accumulating in the coat. It not only decreases the amount of hair on your clothes and furniture, it also stimulates the blood supply to your dog's skin. Once old hair has been removed, a new hair can form. Brushing should be done on a regular basis. About 10 minutes a day should do the trick.

2. Vacuum. Vacuum your house and car. Use a good quality vacuum that sucks up pet hair. If you have pets - especially multiple dogs - daily vacuuming is ideal. This includes fur-

niture where pets frequently sleep or rest.

3. Wash . Weekly washing of bedding can help get rid of pet hair. Wash your dog's bedding as well as yours, if he sleeps on your bed. Do this at least once a week or more.

4. Keep your closet door closed. Don't allow your pets into the area where you keep your clothes. This won't prevent hair from getting on your clothes but it will help.

5. Use a tape roller. Tape rollers are a great way to pick up hair on your clothes. Keep one by the door and one in your glove box. This is great for getting hair off your clothes at the last minute.

6. Bathe . Bathing your dog helps get rid of loose dead hair, while it stimulates circulation to the skin and helps your dog smell great. We found a great dog-washing tool called Rapid Bath that lets you easily wash your dog in 5 minutes or less. This power washing system really helps get rid of dead hair to reduce shedding in your house and on your clothes.

How to deal with dog odors

1. Make sure to give your dog PLENTY of opportunities to urinate. Don't test your dog. Take him out even before you think he needs to go.

2. Wash your dog's bedding and blankets every week. Some older dogs will have trouble with leaking urine or anal glands ... and their bedding stinks. That musty "wet dog smell", dirt, drool and other odors can also get sealed into your dog's bedding, so wash it weekly.

3. Wash your dog. Some dogs need to be bathed every week while others only need to be bathed every few weeks to a month. If you can smell your dog, he defi-

nitely needs a bath! Make sure to bathe your dog on a regular basis. 4. Promptly clean all odors. If your dog vomits, has diarrhea or if he has an "accident", quickly clean up the mess. Use white paper towels and clean/dry the mess as best you can. You can also use water.

5. Neutralize odors. Yes, doggy odors can be neutralized. A product called Zero Odor works very well to do just that. This product bonds with the odor molecule and changes it so it doesn't stink. It is the only product we've found that will actually take away pet odor - for good. You can spray the floor, bedding, furniture, carpets and any areas where your dog (or any dog) may have urinated in the house.

In fact, Zero Odor works on just about ANYTHING - musty basements, grungy garbage cans, stinky diaper pails ... even smelly old gym sneakers and skunk spray.



positive (direct) punishment that might, on occasion, be acceptable is a punishment that is delivered remotely by some anonymous contraption (e.g. some kind of booby trap arrangement to discourage pups from "counter surfing").

2. Don't expect too much. Setting one's standards high is one thing but a puppy cannot do what it is physically incapable of or something it doesn't understand. For example, young pups cannot hold their urine for long periods of time. They are like children and need frequent opportunities to empty their bladder. The general rule is that pups can hold their urine for a number of hours ("N" hours) equal to their age in months ("A") plus 1 (up to about 9 months of age). According to that formula (N = A + 1), it is unfair to punish a pup of 3-months old for urinating on the floor when you have not taken it out for 5 hours. To instruct a pup to "come" from a distance, and get angry with him for not coming to you is unfair if you have not practiced and honed off-lead recalls at a distance. Temper your expectations. Think.

3. Do not keep your pup shut in a crate for anything other than the briefest time (20 minutes). Some folks who acquire new puppies really don't have the time to take care of them properly. There's no getting around it, raising a puppy properly takes time. If you haven't got time, don't get a puppy. As a solution to their puppy's "puppy behavior", they lock it in a crate for hours on end. It is shut up while they are out, while they are busy and while they are asleep. Some pups are crated for almost 20 hours a day for this reason. Of course, when the pup is let out, it goes ballistic and the owner is horrified. The Catch-22 solution is to put the puppy back in the crate. This is all horribly wrong.

4. Don't keep your pup completely isolated from the outside world. For the very best of reasons, veterinarians often tell new puppy owners, "Keep your puppy in until his vaccinations are complete." But what they are not factoring in is the terrible price of failure to properly socialize puppies within the sensitive period of the learning window. Half of the puppies born in the United States fail to see their second birthday and that (unacceptable) behavior is the primary reason for this continuing holocaust. Proper early socialization would go a long way toward addressing this problem and is as life-saving as vaccinations. It should not be a matter of vaccination or socialization: Both are equally important and can be dove-tailed.

Today's Special

Rice & Meat Mania

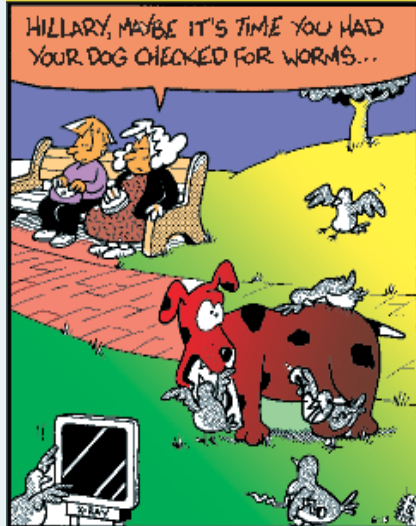
1/2 cup of either hamburger, ground pork (cooked all the way through), ground chicken, ground turkey, or liver
4 cups rice
1 cup vegetables— choose 1 or more of either sweet potato, regular potato, green beans, carrots, or spinach
1 tablespoon vegetable oil
2 cloves garlic

Boil all ingredients together in a large pot. Be sure that if you used pork, it is cooked all the way through.

OPTIONAL INGREDIENT FOR VARIETY

Noodles
Use all the ingredients above, except you boil 1 pound of noodles separately. Mix noodles in with all other ingredients when the ingredients are ready to serve.

off the mark by Mark Parisi www.offthemark.com



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