

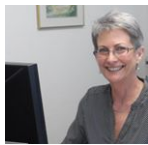
THE SCOTTIE GUARDIAN

Quarterly Newsletter of the STCA's Health Trust Fund

Meet Your Trustees!

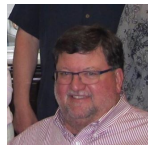


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Welcome to the third edition of the 2021 STCA's HTF Newsletter! And welcome Summer.

This edition of the Scottie Guardian brings a variety of topics for your reading pleasure:

*Have we learned anything new about canine heart disease related to diet? Read about new research findings from the AKCCHF on diet-related dilated cardiomyopathy.

*Wondering about that strange lump or bump on your Scottie? Check out "Lumps, Barnacles and Bumps- When Should You Worry?"

*Are you curious about the new STCA-HTF DNA Bank and how you as a Scottie owner might benefit? Read the feature "Glad You Asked" for an answer.

*Do you have a Scottie or know of a Scottie that experiences seizures? Be sure to check out the flyer from North Carolina State University (NCSU) College of Veterinary Medicine about an opportunity to contribute to research on the relationship between epilepsy and alterations in the gut microbial population, or dysbiosis.

*And much more!

Montgomery County Weekend is on the horizon and the HTF will once again be selling vWD and CMO VetGen tests at our table on Friday October 8th at the host hotel. We will also have DNA Bank Sample Kits to hand out and will be happy to answer any questions.

Hope to see you all in Pennsylvania this October!

Marcia Dawson, Chair
hijinkscot@gmail.com

Be sure to visit the STCA webpage at www.stca.biz for more details on Health and the Health Trust Fund pages, including links to the ScottiePhile Health library and HTF donation pages.



RESEARCH

News and Updates

In July of 2018, the FDA issued a warning about an increased incidence of advanced Dilated Cardiomyopathy (DCM) in dogs. What caught everyone's attention was that many cases involved breeds of dogs not typically afflicted with this serious heart disease. The cause for DCM was not clear and researchers began looking for an answer.

The common denominator appeared to be diet: a grain-free formula high in legumes such as peas, lentils, other legume seeds and a variety of potatoes. Veterinarians and nutritional experts have known for many years that a diet deficient in taurine was asking for heart issues in cats. But for dogs, the picture was not so clear. Until now.

The AKC Canine Health Foundation has made progress. With Grant #02661: Investigation into Diet-Associated Dilated Cardiomyopathy in Dogs, funding is provided for a multi-institutional, prospective evaluation of clinically healthy dogs, comparing various measures of heart health between dogs on a grain inclusive diet and those on a grain free diet with legumes as primary ingredients.

The initial results of this study provide an important clue. Although there were no differences in ultrasound evaluation (measurement and function) of the heart between the two groups, a major finding was that the levels of cardiac Troponin 1 were higher in the dogs on a grain-free diet and a diet with high levels of legumes vs. the legumes. dogs on a grain inclusive diet without



Cardiac Troponin 1 is a known marker of heart muscle injury. Finding even a low level of this marker in otherwise healthy dogs suggests that there could be heart muscle cell damage even before there is any clinical or ultrasonic evidence.

marker of heart muscle injury. Finding in otherwise healthy dogs suggests that there could be heart muscle cell damage even before there is any clinical or ultrasonic evidence.

Clearly, this discovery will lead to more investigation into the clinical significance of elevated Troponin 1 levels in dogs on certain diets. But the AKCCHF has provided the first real evidence to suggest that for now, there is a reason to avoid grain-free diets or diets with high levels of legumes until more is learned.

To read more about this and other AKCCHF studies go to:

<https://www.akcCHF.org/educational-resources/library/articles/AKC-CHF-Discoveries-Summer-2021-WEB-w-links.pdf>

1. Adin, D, Freeman, L, Stepien, R, et al. Effect of type of diet on blood and plasma taurine concentrations, cardiac biomarkers, and echocardiograms in 4 dog breeds. J Vet Intern Med. 2021; 1– 15. <https://doi.org/10.1111/jvim.16075>

To Grain or not to Grain...that is the question!





Lumps, Barnacles and Bumps

When Should You Worry?

Marcia Dawson



No doubt this has happened to you: You are sitting with your Scottie on the couch for TV time, patting him, having a lovely visit, when suddenly your fingers feel something- a lump, a swelling, a foreign presence. You grab a bright light, dig through the fur and try to find this invader. There it is! But what is it? Should you be worried?

Lumps and bumps are a very common reason for a vet visit, and you should never hesitate to have your Scottie checked. A lump can be anything from an innocuous wart to a sign of serious disease. How will you know? And just how scared should you be of that lump when you find it?

First, some parameters:

Age Matters- Is this a pup, a middle-aged adult or a senior? Age matters a lot when taking into consideration any unusual finding.

insect bite or crusty scab from a indicate an altogether different sign new and unexplained in a senior vet, and sooner is better than later.

Duration- How quickly did this lump or has it been there for a while and is more noticeable? A sudden injury, a bite, or an allergic response.

has been there for several days or weeks and just won't go away can indicate anything from a benign barnacle to a more sinister process such as a tumor.



What looks to be an innocent clipper burn in a youngster may in a senior Scottie. Anything Scottie is reason to visit your

appear? Did it pop up overnight just slowly getting bigger and appearance often indicates an A slowly growing lump that

Location, Location, Location- Where is the lump? Is it on the skin or under it? Does it move with the skin or is it anchored in place under the skin? Is it in the mouth or along the jaw, on the feet or the nails, or in the area of the palpable lymph nodes? An important rule of thumb to remember: Any lump on the foot, in the mouth or under the jaw needs to be checked out ASAP!

Description- What does this lump look like? How does it feel? Lumps can be tiny to huge, hard as a rock or soft and squishy, dry and crumbly or crusty, bleeding and scabbed. Is it smooth, pale and round like a marble or irregular in shape? Does it bother the dog? Is he licking or chewing incessantly or ignoring the lump altogether? Bleeding, bumpy and bothersome are all signs that the lump needs to be checked out as soon as possible.

Continued on next page...

Now, let's put some of these parameters together into three common Scottie scenarios:

Case #1: Your 13-month-old puppy has a lump on the top of her rear left foot. It is round, smooth, raised above the skin, pink, and sometimes it bleeds. She licks it now and then, and you swear it just popped up in the past 2-3 days.

A raised pink rapidly growing, button-shaped growth in a young Scottie is most likely a histiocytoma. This is a canine-specific, benign tumor that appears suddenly, grows rapidly, eventually disappears altogether in about 8-12 weeks. This

tumor may occasion, fanfare.

bothersome (for example

a very

histiocytoma is merely an ugly but temporary blemish. These growths are easily diagnosed by your veterinarian with an examination of cells under the microscope. A warning: Never assume this growth is benign however, as there are other dangerous look-alikes (mast cell tumor, for example). Always have the vet check.



but for the most part these tumors come and go with little Surgery is not usually necessary unless the tumor is to the dog by its location, size or behavior. In some breeds the Bernese Mountain dog), any kind of histiocytic tumor is

worrisome finding indeed, but thankfully in our Scotties, a

Case #2: Your 5-year-old neutered male has a lump on the skin of his back, just behind the withers area. It is raised, round, firm and black as coal. It has been there for several months, and it does not seem to be bothering him, as far as you know.

The Scottie is a breed with lots of pigment cells and therefore carries a high risk for melanoma. The growth described in this case is most likely a melanoma, but given its location on the skin of the torso, it carries very little risk for malignancy. Unlike human melanoma on the skin, these kinds of canine melanomas are relatively harmless. They are slow growing tumors that do not bother the dog in the majority of cases. An exception is the melanoma in areas that are subject to trauma (like the tip of the tail, for example) that can be bothersome by bleeding on occasion and should be removed for that reason.



However, the BIG threat to our Scotties is the melanoma that appears in the nail bed of the foot or anywhere on the foot, or anywhere in the mouth or in the eyes. These tumors are viciously and rapidly malignant. Treatment is very difficult and the prognosis is poor. Watch your Scotties closely for any excessive licking or chewing on their feet, or any sign of a problem with vision or in the mouth (drooling, difficulty eating, REALLY bad breath, lumps on the gums, tongue or inside the cheeks). Your vet needs to be seen right away in these cases, and remember that some melanomas are sneaky and are not even black in color.

Continued on next page...

Case#3: Your 10-year-old spayed female has a lump the size of a walnut just in front of her right shoulder by the side of her the neck. It is under the skin, non-moveable, soft to the touch, and is not painful to her.

The 10-year-old spayed female is at a high risk for cancer, and we must be vigilant with anything new or unexplained that we find on her. The lump described in this case could be nothing more than a lipoma (a fatty tumor), which is common in many middle-aged and older dogs. A lipoma is soft, almost squishy, anchored under the skin, and is completely non-painful and benign. No worries. It is easily diagnosed by your vet, and rarely causes any problems unless it grows to a massive size and impedes the dog's ability move around or get comfortable. On rare occasions, lipomas take on a sinister, malignant nature and must be surgically removed.



On the other hand, the lump in this location of our older Scottie also raises the very real warning flag of a possible lymph node. It is critically important that you ask your vet to show you where the palpable lymph nodes are on your dog. You should be checking these areas once a month in your older Scotties, and if you feel any swelling in these areas, off to the vet you go! Enlarged lymph nodes may indicate many things, including infection. However, Lymphoma is sadly a very common cancer in our Scotties, and the first sign of this disease is a non-painful enlargement of the external lymph nodes.

Your Scottie's health and well-being are completely up to you. Be prepared and be proactive with the health of your precious dogs, and don't hesitate to get your vet involved!

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NC STATE College of Veterinary Medicine

Is Canine Epilepsy Associated with Gut Dysbiosis?

Participate from home!



The Companion Animal Epilepsy Research program at NC State University College of Veterinary Medicine is recruiting for a new clinical trial to determine whether dogs with idiopathic epilepsy have alterations in their gut microbial population. **Our study team is looking for households with an epileptic dog and an unaffected dog to compare the bacterial populations within their gastrointestinal tract.** Feces will be collected from both dogs to compare their gut microbiome.

PARTICIPATION-

- Owners must be willing to collect a one-time fecal sample from both dogs and send samples to NCSU CVM (pre-paid shipping). Owners will also be required to complete a brief online questionnaire at the time of sample collection.

STUDY BENEFITS (FREE OF CHARGE TO PARTICIPANTS)

- Free fecal floatation to examine for parasites
- All study materials, including shipping, will be covered by the study
- Participation will provide additional information about epilepsy that may help your dog or other animals in the future

INCLUSION CRITERIA -

- Households must have one dog with epilepsy and one unaffected dog
- Epileptic dog must have presumptive diagnosis of idiopathic epilepsy based on seizure onset between 6 months and 6 years of age, and not be on seizure medication **or** be on phenobarbital alone
- Both dogs must not be on any other medications aside from monthly preventatives
- Dogs must be fed the same diet

**For more information or to enroll your dogs,
contact Julie Nettifee, RVT, BS, VTS (Neurology):**

janettif@ncsu.edu

go.ncsu.edu/epilepsyresearch

Sponsored by:
AKC Canine Health Foundation



Revised January 2019



THE STCA HTF DNA BANK



Help Preserve My Future!

- Order a DNA Sample Kit
- Full instructions & shipping materials included
- Ask your veterinarian to draw @ 2-2.5 CC blood sample
- Package the PAXgene tube in the provided, labeled shipping box
- Room temperature handling and reasonable shipping costs via USPS First Class Mail

How to order a DNA Sample Kit

Email: scottiednabank@yahoo.com

or

Pick up from HTF Table at National Specialties

or

Visit the STCA DNA Bank Page:

<https://stca.biz/about-the-breed/health/the-stca-htf-dna-bank/>

**EVERY PERSON WHO SUBMITS A SAMPLE TO THE DNA BANK WILL AUTOMATICALLY
RECEIVE A CHANCE FOR A SPECIAL DRAWING, MONTGOMERY COUNTY 2022.
DETAILS TO FOLLOW!**

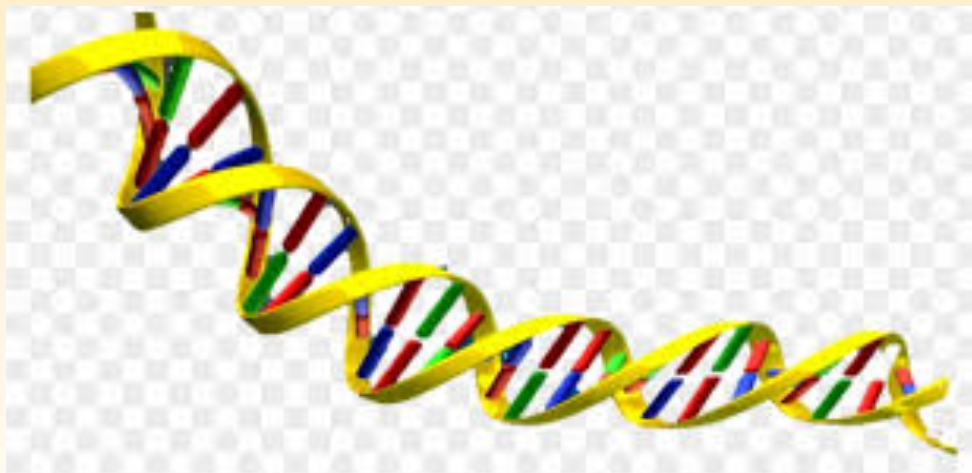


GLAD YOU ASKED!!

This column will appear in each issue of the Newsletter. You ask the question and we'll attempt to answer it.

Q: How will submitting my Scottie's sample to the STCA-HTF DNA Bank benefit me?

A: Individual Scottie owners may or may not realize an immediate benefit by the establishment of a DNA Bank, but the purpose for doing this is to preserve DNA from as many of the Scottish Terrier bloodlines that we can, so we have a repository of our breed's genetic heritage for future research studies that could benefit all Scotties. Technology is getting more affordable and available for discovery of genetic inheritance that affects the future of the breed. There are dogs alive today from most of the foundational bloodlines driving the Scottish Terrier breed both here in the US and from around the world. These dogs and their descendants carry the genetic heritage of our breed from its roots. With technology advancing rapidly, we want to position the breed to take advantage of tools to discover Scottie heritage in a unique long-term way. Now is the time to get ready for our future!





An Easy Way to Make a Difference



Did you know that by simply feeding a Purina product to your dogs and by joining the Purina Pro Club, you could be contributing to health research for our Scotties?

Here is how it works:

First, are you feeding Purina dog and/or cat food, such as Pro Plan, to your pets? If yes, you are eligible to join the Purina Pro Club. This club is a membership-based community of breeders, exhibitors and experts sharing a commitment to our beloved dogs and cats. The benefits you will receive by joining include:

- Purina Points rewards that can be used for merchandise, gift cards, and coupons;
- Free subscription to *Today's Breeder* magazine;
- Free Puppy and Kitten Starter Kits;
- Access to guides, expert information, special events, and other resources.



Joining is easy and free. You just fill out a form on line at the following website: <https://www.purinaproclub.com/about-pro-club>

Then simply save your receipts as them to your Purina Pro Club Reward points are calculated from the Purina products. After joining, you from Purina including your own track and use your rewards points on-



proof of purchase and upload account after you have joined. amounts you have spent on will receive information by mail membership card, and you can line.

But an extra special benefit of your the opportunity to participate in the Program. The PPCP Program supports by the AKC Canine Health Foundation parent breed clubs. For every \$100 of Pro Club members, Purina donates \$10 to the participating national parent club, half of which goes to the breed club and half to the club's Donor Advised Fund at the AKC Canine Health Foundation. Since the inception of the PPCP program in 2002, over \$7 million has been contributed to the Canine Health Foundation for health research, and participating parent clubs have utilized their share of the funds for a variety of educational, health and rescue efforts.

In the case of the STCA, ½ of the funds from the PPCP Program is credited to the STCA's Donor Advised Fund at the Canine Health Foundation and the other ½ is delivered to the STCA's Health Trust Fund. Furthermore, the HTF directs how the funds in the Donor Advised Fund will be used by the researchers at the Canine Health Foundation. All you have to do is designate the STCA as the beneficiary of the funds from Purina. And these funds do not reduce the balance of your own reward points.

All of these benefits at no extra effort or cost to you other than buying the food you are already using. It's a win/win situation!

For more information go to the following website: <https://www.purinaproclub.com/about/partnerships>



Orion's Belt

Sirius



Sirius

From Your Editor's Desk

So, what does that saying mean? Coincidentally, just last night I was lying on top of a National Geographic magazine that explained why the ancients started calling the hottest days of the year "The Dog Days of Summer."

Golly, it seems the phrase had nothing to do with dogs at all!! Instead, the dog days refer to Sirius, the brightest star in the sky. It's in the constellation Canis Major, which means "big dog" in Latin and is said to represent one of Orion's hunting dogs.

Seems the hottest days occurred around the time Sirius appeared to rise alongside the sun, in late July in the Northern Hemisphere. The ancients believed the heat from the two stars combined to make this the hottest time of the year, a period that could bring fever or even catastrophe.

In 2021, the dog days go from July 3 to August 11.

Also, this month is the time when the Perseids meteor shower happens in the Northern Hemisphere. Mom, Dad, and I are going to find a dark place to watch it. We're going to have a picnic under the stars.

Until next time, I am Lamb Chop!

https://www.nationalgeographic.com/animals/article/150710-dog-days-summer-sirius-star-astronomy-weather-language?cmpid=org=ngp::mc=crm-email::src=ngp::cmp=editorial::add=SubWeekly_20210722&rid=E871CF40F01B92B462E22B948A711AC8



The Scottish Terrier Club of America's Health Trust fund is a 501c3 organization established in 1994 for the purpose of supporting research to benefit all Scotties, investigating and monitoring health issues in the breed using registries, databases and health surveys, and communicating important new health information and research findings to all Scottie owners. All donations made to the HTF are tax deductible to the extent allowed by the law.