

THE SCOTTIE GUARDIAN

Quarterly Newsletter of the STCA's Health Trust Fund

Meet Your Trustees!

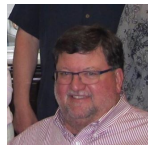


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Fran Sanden, Newsletter

Welcome Spring! And we are happy to provide a brand-new Issue #2 of *the Scottie Guardian*, the quarterly e-Newsletter of the STCA's Health Trust Fund!



We hope you will take a short break in your day and enjoy the breaking news, the helpful information and amusing anecdotes that you will find in this issue.

You won't want to miss:

- HTF Trustee Joanne Orth's inside look at a fascinating, multi-institutional project on Canine Longevity;
- Research News & Update about Dr. Deborah Knapp's work on TCC;
- The Scottie DNA Bank news and links for information;
- A "Save the Date" notice for a Stud Dog Social in June in the Windy City;
- And much more!

Thanks as always to the skills of our intrepid Editor, Franny Sanden, and her trusty sidekick, Ragin. We are sure that you will continue to enjoy our little newsletter with a big mission: to deliver the latest and best health info for your Scotties!

Enjoy the Springtime!

Marcia Dawson, HTF Chairman
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.



THE DOG AGING PROJECT – Ten+ Adventurous Years

Joanne Orth, Ph.D.

WHAT IS IT? The goal of the Dog Aging Project is to spend at least ten years following many thousands of companion canines, examining the lifestyle, environmental and biological factors that might help promote a long, healthy life. The ultimate goal is to identify ways to help our beloved pets avoid age-related illness that can shorten lifespan. Ultimately, the findings will help not only dogs but also, by extension, other species including humans.

WHO IS INVOLVED? The Project is spearheaded by scientists at the University of Washington and Texas A&M University, but also involves researchers at more than 20 institutions from around the world, including University of Pennsylvania, University of Arizona, Tel Aviv University, National University of Singapore, and many others. In addition to all of the resources available at these institutions, the Project pursues “community science”, involving dog owners as key contributors, or “citizen scientists”, who help gather and interpret information about their dogs for analysis and eventual publication.

PROJECTS AND FINDINGS, SO FAR – Dozens of scientific publications have already resulted from the Project, starting in about 2011. Examples including the following: “The Size-Life Span Trade Off Decomposed: Why Large Dogs Die Young”; “Do Female Dogs Age Differently Than Male Dogs?”; “Asymptomatic Heart Valve Dysfunction in Healthy Middle-Aged Companion Dogs and its Implication for Cardiac Aging” - and the list goes on. One of the studies found that cognitive decline in aging dogs is associated with increasing amyloid protein levels in their brains, just as it seems to be in humans. Another, published just this year (2022), entitled “An Open Science Study of Aging in Companion Dogs”, appeared in the broad-based, top-tier journal “Science”, side-by-side with high profile studies in humans. And if you’re interested in or curious about the DNA-bank recently established by the STCA, read “How Veterinary Biobanking Provides Opportunities to Accelerate Research”.

Some projects involve a proactive approach, examining whether altering a dog’s physiology can affect aging. For example, one named “TRIAD” that’s currently ongoing and still recruiting dogs examines the possible effects of a compound called rampamicin, a natural product that might provide many benefits, including preventing cancer and promoting longevity in dogs.

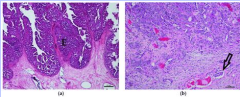
THE DOG AGING PROJECT (continued...)

WHERE DOES THE MONEY COME FROM? The Dog Aging Project is non-profit and funded in part by a cooperative grant from the National Institute on Aging at the National Institutes of Health. Support also comes from private donations, including some corporations, but the work also depends heavily on private donations from dog owners, whether or not they become involved in the research.

GETTING INVOLVED – Taking part in the Dog Aging Project is easy. You can nominate your dog online, completing a short survey to help researchers find the best project where your dog can become involved. Once part of the Project, you'll receive login information to allow full access to the participant site. The Project also maintains an online community called "The Dog Park", where dog owners can interact with other owners and with staff and researchers.

THE DOWNSIDE – Well, after researching the Dog Aging Project extensively, I've concluded that there is no downside, except possibly not being able to participate in *all* of the ongoing projects. Visit the main website, www.dogagingproject.org, where you'll find details about all the aspects of the project that I've summarized here, and where you can read all about the research completed thus far as well as where the Dog Aging Project hopes to go in the future.





RESEARCH

News and Updates

Dr. Deborah Knapp, DVM. MS, DACVIM-Oncology, is a world-renown cancer researcher at Purdue University and a true friend to Scotties everywhere. Dr. Knapp wears many hats as the Dolores L. McCall Distinguished Professor of Comparative Oncology, and Director of the Purdue Comparative Oncology Program. She is a Board-Certified Diplomate in Oncology, and she has spent a great portion of her prestigious career conducting research with the potential to benefit both humans and dogs. What she and her colleagues have learned over the years in the area of TCC or Urothelial Carcinoma has advanced our understanding of the disease processes in both humans and dogs, and her team has led the way in introducing effective therapy protocols at the Purdue University Veterinary Hospital and other cancer centers.

Another area of special interest to Dr. Knapp is the establishment of preventive care and early diagnosis protocols for her veterinary patients. Unlike in human medicine, there is not a routine and accepted system for preventive care related to cancer, and early cancer screening established in veterinary medicine. Dr. Knapp would like to change that, and with the help of our Scotties, she has some ammunition to make her case.

In 2014, Dr. Knapp and her team launched an ambitious 3-year screening study to follow a population of 120 Scottish Terriers using questionnaires, ultrasound screenings, blood and urine collection, testing, and storage for future assays. This study was funded by the STCA/HTF and by other generous Scottie clubs, groups and individuals. The screenings took place year-round at the Purdue campus and every 6 months at two off-campus locations in Illinois and Kentucky. The initial work was so successful that the study was continued beyond the initial 3 years, and Dr. Knapp continued to follow many of her Scotties with screenings and therapy as needed.

The ultimate goal of study was the development of a successful and routine screening protocol for Scotties and other high-risk breeds, leading to early intervention when needed. Dr. Knapp wanted to answer the question: does early diagnosis and intervention make a difference in the ultimate outcome of this disease? She believes strongly that the answer is YES.





RESEARCH

News and Updates

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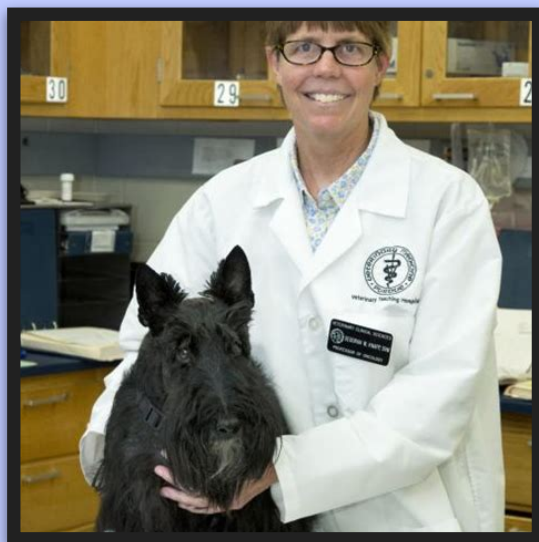
Dr. Knapp states that this screening study has been one of the most important projects she has ever conducted. So much was discovered, so much data collected, and so many doors opened onto new areas of enquiry. Many of the Scotties diagnosed early with TCC benefited from the established protocol with their cancer in partial or even complete remission.

Dr. Knapp's findings will be published soon, but until then, there are some clear guidelines she likes to share:

- Starting at the age of 6 years, all Scotties (and potentially other high risk breeds) should get an ultrasound and complete urinalysis every 6 months to look for early urinary track cancer;
- Any abnormality found in the ultrasound should be followed up by a cystoscopic examination under anesthesia, with biopsy as needed;
- Urine screening tests alone may not be enough to diagnose TCC with certainty, but with further study, may have a role in screening.

Read more about Dr. Knapp and the cancer research being conducted at Purdue to benefit both people and our beloved pets.

<https://vet.purdue.edu/pcop/cancer-research.php>



2022 STUD DOG SOCIAL



Save the Date!

Friday, June 17, 2022

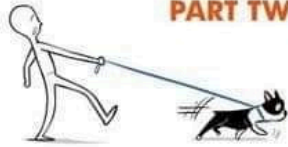
**Lake County Fairgrounds
Grayslake, IL**

**Hosted by the
Scottish Terrier Club of
Chicago**

- **Round-Table Discussion on Stud Dog Management Featuring Experienced Scottie Stud Dog Managers**
- **“Speed Dating” with Some Handsome Scottie Boys**
- **Handouts & Refreshments Provided**
- **Preregistrations Required**
- **Watch for Details Coming Soon!**

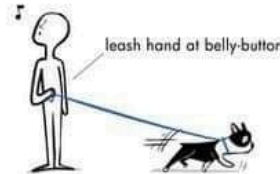
TEACHING YOUR DOG TO WALK POLITELY ON LEASH

PART TWO: Help! My Dog Is Pulling!

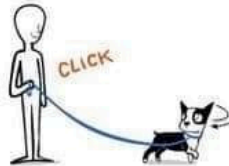


If pulling on the leash gets your dog where he wants to go, he'll keep pulling. To avoid teaching your dog that pulling is a good strategy, use one of the techniques described below.

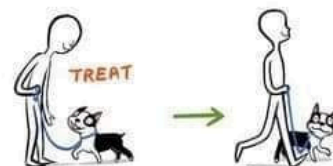
TECHNIQUE 1: "I AM A ROCK"



When your dog pulls, stop in your tracks. Wait. As you wait, pretend you have no dog.



When your dog backs up or turns to you, click and feed a treat at your pant seam.



Then move forward again.

TECHNIQUE 2: "BACK & FORTH"

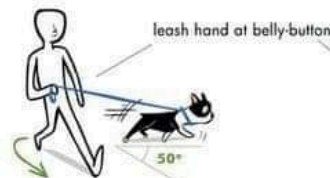


When your dog pulls, turn around and walk purposefully in the opposite direction. When your dog catches up to heel position...



Click and treat. Then turn around and continue in your original direction.

TECHNIQUE 3: "OFF AT AN ANGLE"



This is a great technique for dogs who are very strong. When your dog pulls, simply move away at a random angle that isn't 180 degrees.



Wait for your dog to catch up to heel position.



Click and treat. Then turn around and continue in your original direction again.

If your dog keeps pulling, the environment is probably too exciting. Go back to teaching your dog polite leash walking in a less exciting place. Then build up gradually to walking on leash in the exciting environment again.

Remember to go back to PART ONE every time you practice in a new place.

CONCEPT & WORDS by Irith Bloom www.TheSophisticatedDog.com

DRAWINGS by Lili Chin www.doggiedrawings.net



We want our Scottie buddies to be well-behaved companions so, in upcoming issues, we'll be offering some behavior and training tips to help them stay in their happy homes. Stay tuned...

THE STCA HTF DNA BANK

Help Preserve Our Future!



- Order a free 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: hijinkscot@gmail.com

EVERY PERSON WHO SUBMITS A SAMPLE OR SAMPLES TO THE DNA BANK WILL AUTOMATICALLY RECEIVE A CHANCE FOR A SPECIAL DRAWING, MONTGOMERY COUNTY 2022.

See Details in this issue

*****NOTICE*****

THE STCA HTF DNA BANK & OPEN HEALTH DATABASE

Everyone who submits a sample or samples to the STCA/HTF DNA Bank **and**
enters their dog(s) into the HTF OPEN Health Database
will automatically receive one chance in the drawing for this beautiful
20" x 23"

Stained Glass Panel

Created and donated by CHUCK AND JUDY GUBRY
Framed and presented to the HTF by RON & MAUREEN MCCONNELL

Drawing will be held at the Annual Dinner





From Your Editor's Desk

Inhalant Allergies

Now, Scotties are pretty hypoallergenic but some of my friends suffer from seasonal allergies here in the Rockies during springtime. There are other types of allergies (like food and fleas) but I'm going to tell you about the kind that makes my buddies sneeze and what you can do about it. Well, I'm not going to tell you; I'm going to let you read what Dr. Lauren Pinchbeck wrote about them.

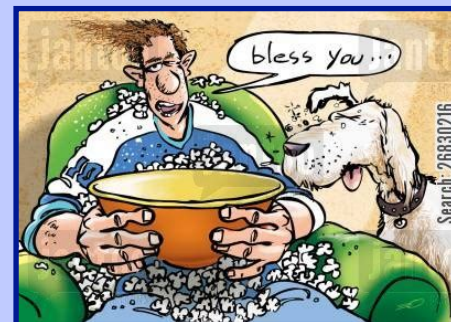
"Typically, allergies to pollen, mold, dust, etc. develop between 1-3 years of age. Animals usually do not outgrow their allergies and often times the allergy worsens with age. Scratching, rubbing, licking or chewing face, feet, limbs, armpits, and sides are all common signs of allergies."

Additionally, one may see ear infections, runny red eyes, and sneezing. Animals with allergies are more likely to get secondary bacterial and/or yeast infections of their skin. Diagnosing and treating these infections is important, as effective treatment may significantly improve the itch and odor.

Treatments: Fatty acid supplements, antihistamines, and hyposensitization injections ("allergy shots") are often used to treat allergies."

BY LAUREN R. PINCHBECK DVM, MS, DACVD®
I POSTED IN PET OWNERS |
TAGGED DERMATOLOGY

From VetMed, January 24, 2022



Time to give hugs to Mom!

Until next time, I am Lamb Chop 🐑

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.