

# Pet Tracks

*For The Ultimate Pet Owner*

## You Probably Do This for Yourself, yet Ignore It for Your Pet



It goes without saying that the veterinary care your furry family member receives is a very important factor in maintaining his or her health and quality of life.

But while many people seek a second medical opinion for their own health or the health of a (human) family member, it doesn't often occur to pet parents to seek a second veterinary opinion when it may be warranted.

I actually encourage pet owners to put together a veterinary care team to help create a healthy lifestyle for their companion animal. I think it's a great idea to team up with, say, an integrative or holistic vet, a pet nutritionist and/or animal chiropractor to help your pet live a long and healthy life.

If you have your own team of veterinary experts to consult, you can get a second opinion from someone you know and trust, who is also familiar with your pet. With that said, there are a number of situations in which you might want a second opinion for your pet.

### **9 Reasons to Seek a Second Veterinary Opinion**

PetMD lists four situations in which you might want to get a second opinion for your pet:1

[Read More:](#)

*By Dr. Karen Becker*

**Do you feed your pet canned pet food?  
Well, if the answer is yes, a word of caution before your next purchase, if I may.**

Before you select a canned pet food product, you'll want to search through the

ingredient panel for a deadly and commonly used additive called "carrageenan". If mentioned in the list of ingredients, research says to leave that can on the shelf right where you found it!

Carrageenan is a highly effective thickener and stabilizer found in processed pet foods. These pet foods can be found anywhere from your local grocery store, pet shop or even your veterinary clinic!

## The Report

A new report sheds light on serious problems in pet food that could negatively impact companion animal health.

# BEFORE YOU BUY ANOTHER CAN OF PET FOOD, CHECK FOR THIS ADDITIVE FIRST!

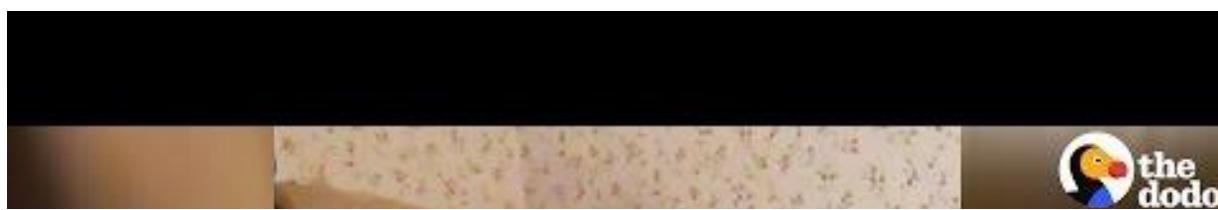
70% of canned pet foods contain the additive *carrageenan*. Peer-reviewed, published research indicates that food-grade carrageenan is known to cause intestinal inflammation with the potential to lead to cancer, even in small doses.

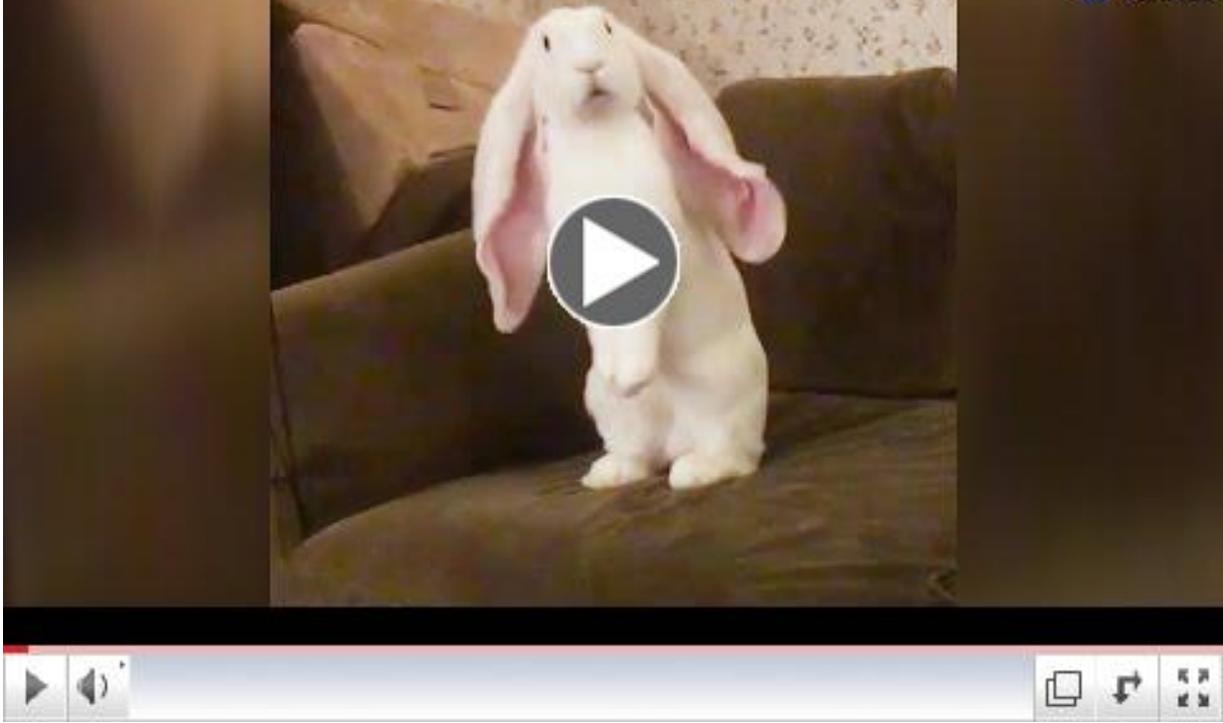


## [Full Article Here](#)

By Rodney Habib - Pet Nutritionist Writer

Nose twitching and long ears flopping, Lucas bounces from room to room like a kid hopped up on sugar, but like most other bunnies, he prefers strawberries and lettuce.





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## Quick and simple ways to relieve dog boredom

Dogs get bored, just like humans. The average dog has a mental age in human terms equivalent to about a two-year-old, or maybe slightly more in some cases. If you have any experience with two-year-olds, you will know just how quickly they can and do get bored. Dogs are little different to toddlers in many respects, and require regular stimulation to combat the effects of boredom.

Relieving boredom in your dog is not only good for your pet, it will save money. The reason is simple, bored dogs can, and usually do, become destructive. They will chew on furniture, scrape things, dig holes in the garden, and generally do things that can cost you money to repair. They will also be more likely to bark at just about anything that moves, and a lot of things that don't move. This can cause problems with neighbors, for example, and it's often one of the main reasons why postmen are targeted by dogs. It's definitely in your interests to avoid boredom in your dog.



[Read More:](#)

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## Yes, Cats Need Exercise!

Most cat lovers don't consider exercise to be a particularly important part of their pet's routine, thinking that they get all the exercise they need from their

usual prowling around. That's true to some extent, but cats can be a bit lazy at times, so it's always a good idea to encourage your cat to exercise.

**The benefits are many.** Your cat will be much more healthy. This may not be too obvious when the cat is young, but when old age creeps up, it will make all the difference, and will help to prevent a whole range of diseases taking hold. Here are 5 exercise tips for cats that can make all the difference:



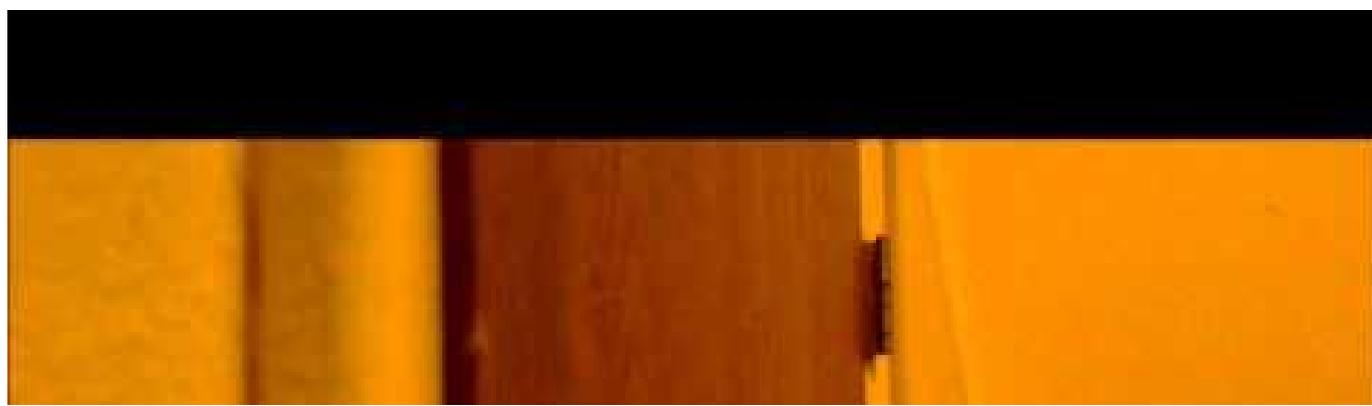
1. **Cats are inquisitive and like to explore.** A cat tower can provide lots of different spaces and levels for your cat to play and exercise in. Most good pet stores will sell you a multi-tiered cat tower, or you could make your own one if you have a leaning towards DIY woodworking. Just make sure that the cat tower is interesting with lots of different elements to attract attention and provide a fun place to play. That should keep your cat coming back for more, which is exactly what you want.
2. **Do you have a treadmill at home?**

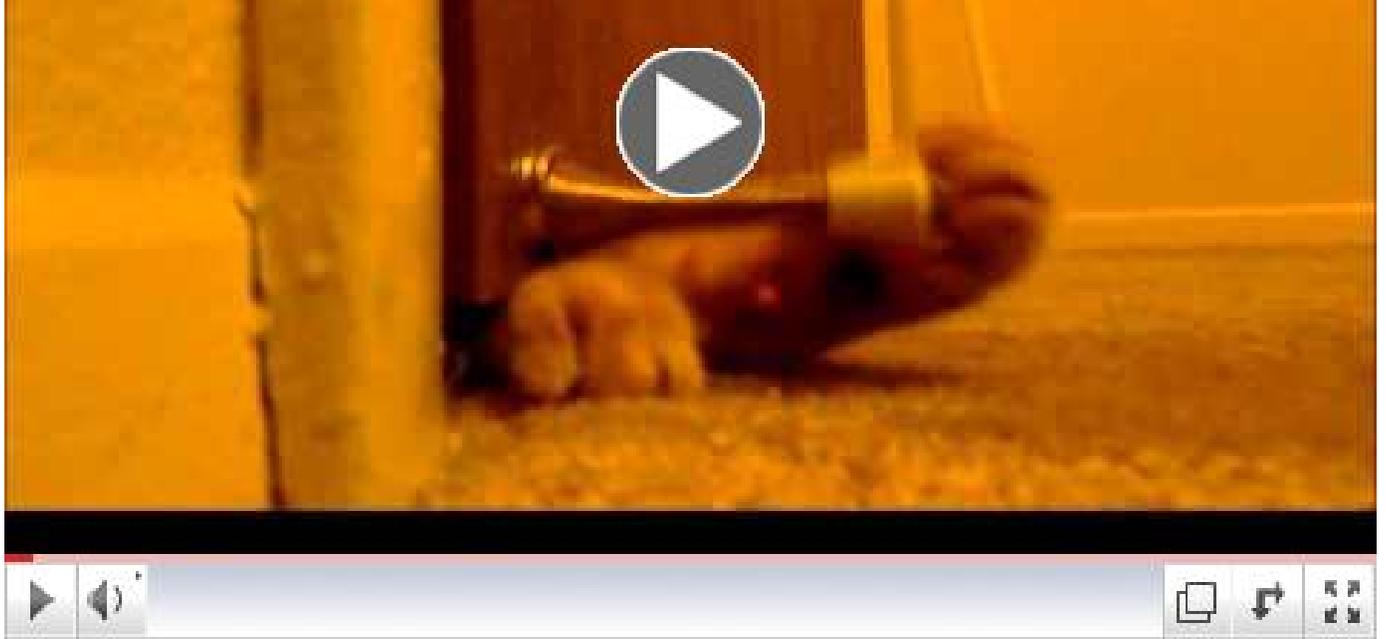
[Find out more details here](#)

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## Cat Alarm Clock

Do you cats enjoy being with you 24/7?





## Celebrate Pet Holidays

**April** - National Greyhound Adoption Month  
National Pet First Aid Awareness Month  
Prevention of Cruelty to Animals Month  
April 21st - Bulldogs are Beautiful Day  
April 26th - National Kids and Pets Day  
April 30th - Adopt a Shelter Pet Day

**May** - National Pet Month  
Pet Cancer Awareness Month

National Service Dog Eye Examination Month  
May 7-13 - National Pet Week  
May 21 - 27 Dog Bite Prevention Week



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