

# INTERNAL HEALTH CHECK

## What is an internal health check?

- It is common practice for vets to physically examine your pet when they come in for consultation
- However, a deeper health check allows us to evaluate the internal health of your pet as well
- An internal health check involves a comprehensive physical exam, a blood test to check biochemistry, a complete blood cell count and a full urinalysis

## Why hasn't my pet done this before?

- Vets have recently discovered that each breed, and even specific animal, has its own healthy blood chemistry parameters
- These blood values should not change by more than 10 -15% unless there is disease starting in that organ
- So now we understand yearly monitoring allows for trending, early detection and treatment of disease

### What should I do now?

- What you and your vet need to know is your pet's normal health range values.
- This can be done from 1 year of age.

### How much will it cost?

- **Internal Health Check = \$99/year=** includes:
    - Full Physical exam (\$71 value)
    - General Health Profile (\$130 value)
    - Complete Blood Count (\$76 value)
    - Urinalysis (\$55 value)
- Savings \$237**

## Why should I do it?

- Animals don't show signs of illness until late in the disease as it is a sign of weakness, internal health checks help detect hidden or sub-clinical disease
- 9% of physically healthy pets have a hidden disease detected on their internal checks
- Early detection will allow early nutritional and drug intervention to delay or slow progression of diseases

***“If detected early, 75% of common diseases in canines and 63% in felines can be prevented by dietary modifications alone over a one-year period.”***—Pet Health and Nutrition Center, Corning, NY, 2000 study

# INTERNAL HEALTH CHECKS

## What diseases can be detected & treated early?

Problem	Procedures	Treatment
<b>Behaviour</b>	<ul style="list-style-type: none"> <li>• From less than 4 months proper socializing.</li> <li>• Sit and waiting before patting , feeding</li> </ul>	<ul style="list-style-type: none"> <li>• Well trained puppies enhance human animal bond and enjoyment with the family</li> </ul>
<b>Cancer</b>	<ul style="list-style-type: none"> <li>• Desexing</li> </ul>	<ul style="list-style-type: none"> <li>• Mammary tumours are prevented if pets are desexed before 1st season.</li> </ul>
<b>Osteoarthritis</b>	<ul style="list-style-type: none"> <li>• Breeds predisposed to hip dysplasia</li> <li>• History slow to rise and warm out</li> </ul>	<ul style="list-style-type: none"> <li>• Starting 4 x Pentosan injection weekly for 4 weeks</li> <li>• Glucosamine and Chrodrotin with green lip mussle</li> </ul>
<b>Hip Dysplasia</b>	<ul style="list-style-type: none"> <li>• Breed predisposition</li> <li>• Penn HIP radiographs</li> </ul>	<ul style="list-style-type: none"> <li>• Juvenile Pubic Symphysis 16 to 22 weeks, weight control,</li> </ul>
<b>Kidney Disease</b>	<ul style="list-style-type: none"> <li>• Early kidney disease can be detected by urinalysis</li> </ul>	<ul style="list-style-type: none"> <li>• Treatment by changing diet, benzazpril and blood test monitor</li> </ul>
<b>Liver Disease</b>	<ul style="list-style-type: none"> <li>• Early detection by blood tests</li> </ul>	<ul style="list-style-type: none"> <li>• Treatment by changing diet</li> <li>• Urecholic acid</li> </ul>
<b>Dry Eye</b>	<ul style="list-style-type: none"> <li>• Schirmer tear testing in predisposed breeds</li> </ul>	<ul style="list-style-type: none"> <li>• Early treatment with cyclosporine prevents ulcers and scaring and hyperpigmentation</li> </ul>
<b>Cystitis</b>	<ul style="list-style-type: none"> <li>• Urine test</li> </ul>	<ul style="list-style-type: none"> <li>• Antibiotics and/or diet</li> </ul>
<b>Endocrine Diseases</b>	<ul style="list-style-type: none"> <li>• Urine and blood tests</li> </ul>	<ul style="list-style-type: none"> <li>• Drugs or chemotherapy</li> </ul>
<b>Diabetes mellitus</b>	<ul style="list-style-type: none"> <li>• Urine and blood tests</li> </ul>	<ul style="list-style-type: none"> <li>• Insulin</li> </ul>
<b>Reproductive Diseases</b> (eg. Prostate Disease, Pyometron)	<ul style="list-style-type: none"> <li>• Desexing</li> </ul>	<ul style="list-style-type: none"> <li>• Prevents – cysts</li> </ul>
<b>Anemia</b>	<ul style="list-style-type: none"> <li>• Red blood cell numbers and Parameters</li> </ul>	<ul style="list-style-type: none"> <li>• Depending on cause of anemia</li> </ul>