



# Fountain of Youth Senior Wellness Program

## ESSEX DOG & CAT HOSPITAL

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### Health Checklist for Dogs

Date: \_\_\_\_\_ Name of Owner: \_\_\_\_\_ Name of Pet: \_\_\_\_\_

Dear Pet Owner: Please check all boxes that describe things you have noticed about your dog, and answer the questions at the end.

#### Orthopedic Issues

- Has difficulty climbing stairs or difficulty rising from a resting place?
- Lags behind during walks?
- Shows signs of pain? E.g., vocalizing, loss of appetite, etc.
- Shows stiffness or limping?
- Has ever been diagnosed with arthritis, elbow or hip dysplasia?
- Has ever been given aspirin or other OTC or holistic medication?

#### Heart/Lung

- Coughs or sneezes?
- Displays increased panting?
- Tires more rapidly or displays shortness of breath?

#### Skin and Coat

- Has hair coat changes, lumps or bumps?
- Have you noted any ear scratching, or shaking of the head?
- Have you noted an odor from the skin?
- Exhibits scratching, licking or chewing?

#### Neurologic

- Displays circling, head tilts or repetitive movements?
- Displays confusion or disorientation?
- Has less interaction with family?
- Has a loss of enthusiasm or decreased responsiveness?
- Has tremors or shaking?
- Has exhibited a change in sleeping patterns?

#### Body Function

- Any change in house training?
- Has increased thirst?
- Has increased or decreased urination?
- Vomits more than occasionally?
- Has bad breath?
- Has diarrhea or constipation?
- Has experienced weight loss or gain?
- Has an altered appetite?
- Has had a change in activity level?
- Any excessive tearing or rubbing at the eyes?

What foods and treats are you currently feeding your dog? \_\_\_\_\_ How often? \_\_\_\_\_

Please tell us any specific questions or concerns you have about your pet: \_\_\_\_\_

### Relative Age of Your Dog in "Human Years"

Please circle the "human age" of your pet.

= Senior Years

| Your Pet's Age    |            | 1  | 2  | 3  | 4  | 5  | 6  | 7  | 8  | 9  | 10 | 11 | 12  | 13  | 14  | 15  | 16 | 17  | 18  | 19  | 20  |
|-------------------|------------|----|----|----|----|----|----|----|----|----|----|----|-----|-----|-----|-----|----|-----|-----|-----|-----|
| Your Dog's Weight | 0-20 lbs.  | 15 | 23 | 28 | 32 | 36 | 40 | 44 | 48 | 52 | 56 | 60 | 64  | 68  | 72  | 76  | 80 | 84  | 88  | 92  | 96  |
|                   | 21-50 lbs. | 15 | 24 | 29 | 34 | 38 | 42 | 47 | 51 | 56 | 60 | 65 | 69  | 74  | 78  | 83  | 87 | 92  | 96  | 101 | 105 |
|                   | 51-90 lbs. | 14 | 22 | 29 | 34 | 40 | 45 | 50 | 55 | 61 | 66 | 72 | 77  | 82  | 88  | 93  | 99 | 104 | 109 | 115 | 120 |
|                   | 91+ lbs.   | 12 | 28 | 35 | 42 | 49 | 56 | 64 | 71 | 78 | 86 | 93 | 101 | 108 | 115 | 123 |    |     |     |     |     |