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POST & SHARE OUR NEWS!



An outreach e-communication from Papillon Haven Rescue

5726 Sagebrush Trail • Arlington TX 76017 • [www.paphaven.org](http://www.paphaven.org) • Issue 23 — April 2008

## THE NEWEST PHR FUNDRAISER!

**Consider this...** how much money do you spend throughout the year on greeting cards? The average greeting card (in a "high-end" card shop) costs somewhere between \$2.99 and \$3.99\* each.

If you bought 25 cards throughout the year, that's \$99.75 (not including whatever state taxes you would pay on top of this figure)! (\*this figure was used for calculation.)

**Now, imagine this...** you could purchase the same number of cards for \$25 and support your favorite rescue organization at the same time!

That's what this fundraiser is designed to do! The online catalog will show cards for birthdays, get well, new home, and many more. You can now purchase your greeting cards from PapHaven — at discounted prices — and everyone benefits.

features our own dogs and rescues! Each has an appropriate saying for the occasion.

### PRICING WORKS AS FOLLOWS:

Cards can be mixed or all the same — the choice is yours.

Single cards are \$1.50 each.

Buy 6, the price discounts to \$1.25 each

Buy 12, the price is \$1 each

(This would be the final discount. Any quantity over 12 will cost \$1 each.)

Payment can be made by check (payable to PapHaven) or via PayPal (we ask you to add 6% to cover fees.) Mail your order to:

PHR Card Fundraiser

169 Bedford Rd

Fairless Hills, PA 19030-2728

If you are a newsletter subscriber and did not receive the card catalog, please send a note to [norajl169@yahoo.com](mailto:norajl169@yahoo.com). We will be sure to get you the catalog ASAP!

### OUR BEAUTIES

Our card collection (35 card in all so far)

## PAP-OF-THE-MONTH: TAG

**H**i everyone, my name is Tag — that's short for Tagfalter which is Dutch for butterfly. I am the happiest boy ever. Foster mommy says I am a big boy, but really I'm just tall for my age (2 yrs, 4 months old). I'm 12 lbs. and 14" tall. I love my toys and wrestling and playing with my doggie friends. Most of all I love to cuddle and get belly rubs. I'll fall back in your arms, close my eyes and lay there for hours if you'll rub my belly! I'm getting pretty good at going potty outside. My foster mommy tells me what a good boy I am. I sleep very quietly in a crate at night, but sure would like to sleep in bed and snuggle. I have started to learn to "sit." When I do, I'm given lots of petting which I like.



I am ready to find my forever home, I hope with a very nice family who might have other dogs or kids. I definitely need someone who will play with me, because I am active and like lots of attention. A kid to call my own would be great! But just a home of my very-own would make my day. I am able to stay in my cage during the day when you have to leave, but I get so excited when you come home. When I'm happy, I like to give a little howl/bark. My foster mom says I look like a wolf howling at the moon. She laughs about it, but tells me not to do it too much. I have a lot of love to give and hope to find a permanent place to call my own soon.

# WHAT IS CHF?

## HOW DOES THE HEART WORK?

The heart is the organ responsible for maintaining blood circulation within the body. It's a four-chambered organ containing ventricles (lower chambers) and right and left atria (upper chambers). Right side pumps deoxygenated blood returning from the venous system in the body to the lungs. From the lungs, oxygenated blood enters the left side of the heart where it is pumped out into the tissues of the body through the arteries.

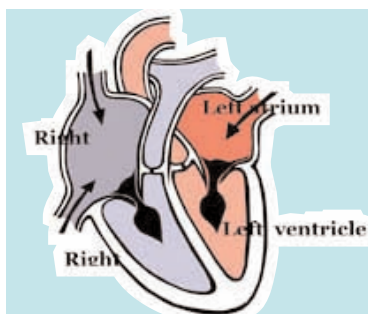
## CONGESTIVE HEART FAILURE (CHF)?

Heart failure is a clinical syndrome that describes the end result of severe heart disease. Heart disease is always present when heart failure is present; however, heart disease can be present and never lead to CHF.

CHF occurs when high diastolic pressures in the heart "back up" into the veins and capillaries causing fluid to leak out of these vessels (edema).

Heart failure is the end-result of many pericardial (the sac surrounding the heart) and cardiac diseases. These include, but are not limited to:

- Decreased myocardial contractility (a weak heart muscle).
- Valvular regurgitation (leak in one of the four heart valves).



- Increased myocardial stiffness impairing the heart's ability to fill with blood.

## DIFFERENCES - RIGHT- & LEFT-SIDE CHF?

This refers to the side of the heart into which return of blood from the veins is impeded.

**Congestive left-sided failure** – blood return from the lungs to the left ventricle is impeded; results in congestion in the pulmonary (lung) vessels. This leads to pulmonary edema (fluid accumulation within the lungs). **Common signs include:**

- Dyspnea (difficulty breathing/respiratory distress) or Tachypnea (increased respiratory rate)
- Coughing
- Fainting
- Exercise intolerance

**Congestive right-sided failure** – blood return from the body to the right ventricle is impeded; results in congestion in the systemic circulation. **Systemic congestion can manifest as:**

- Ascites (excessive fluid in the abdomen seen as abdominal distension)
- Pleural effusion (fluid in the space surrounding lungs)
- Peripheral edema (subcutaneous, or sub-q, fluid build-up in dependent areas)

## HOW IS IT CLASSIFIED?

Whether left or right-sided, the severity of heart failure is assessed by evaluating achievable patient activity levels. This ranges from Class I's who are capable of strenuous exercise to Class IV's who are risky at rest.

## PERSONALIZED STATE BUTTONS

Click on the button and give Bonnie the details (state, color, name – as you want it to appear, and a photo of your furkids), for a \$5 donation to PapHaven. (Use as identification at all events.)



## GOALS OF TREATMENT

The primary goal of treating CHF is to manage the clinical signs by reducing the formation of edema and effusion and to increase cardiac output (delivery of blood to the tissues). A variety of therapies are available and will be tailored to your pet's needs.

Medications will be prescribed depending on your pet's underlying heart disease and severity of the heart failure. A sodium-restricted diet is recommended along with restricted exercise. Please keep in mind that CHF therapy is dynamic and will necessitate regular checkups with your vet to ensure your pet's health.

## MONITORING AT HOME?

It is important that you monitor your dog's overall attitude and change in behavior. If you notice these signs, please call your vet immediately:

- heavy or labored breathing
- reduction in appetite
- fainting spells
- restlessness
- profound lethargy

A promotional banner for iGive.com. On the left, it says "iGive.com" and "\$50,000 SURFATHON for a good cause!". In the center, a speech bubble says "We're giving away \$1000 donations to 5 causes every month through July 2008!". On the right, a woman in a black wetsuit is surfing on a yellow surfboard on a blue wave.

## INSIDE THE BAKERY WINDOW ...

### REAL DOGS EAT QUICHE

Reprinted from *Every Day with Rachael Ray* – March 2008

#### Ingredients: Serves 4

- 1 tablespoon extra-virgin olive oil (EVOO)
- 1/2 pound uncooked turkey breakfast sausage links, casings removed
- One 9-inch frozen piecrust, partially baked
- 1/2 cup cheddar cheese, crumbled
- 4 large eggs
- 1/2 cup half-&-half
- 2 tablespoons flat-leaf parsley, finely chopped

#### For People Portion Serving ONLY –

Salt and pepper  
Chili sauce or green salsa

1. Preheat oven to 375°. In a medium skillet, heat EVOO, 1 turn of the pan, over medium-high heat. Add sausage and cook, breaking up the meat, until browned; let cool. Add sausage to the piecrust and scatter cheese on top.
2. In a medium bowl, beat together eggs, half-&-half, and parsley, and pour over the sausage and cheese. Bake for 40 minutes; let cool.
3. Chop a wedge for your pooch. Season the people portions with salt and pepper, and top with chili sauce.



## HEALTH CONSIDERATIONS

# BE AN 'EDUCATED-OWNER'

## DEALING WITH A STOOL-EATING DOG

Your dog's behavior can be complicated, interesting, endearing and surprising. It can also be somewhat repugnant – especially the habit of eating feces. Although not the favorite topic of dog owners, stool eating, or coprophagia, is a universal canine behavior.

At some point in a dog's life he's likely to sample the feces of cats, hoofed animals (notably horses and deer), rabbits, and other dogs. He may even indulge in eating his own stool.

Why would your dog be compelled to engage in such a revolting habit? Because he's driven by the forces of nature. Coprophagia happens to be a normal behavior for dogs and has evolutionary underpinnings. Back in the days when our dogs' ancestors lived in cramped dens the living space quickly became soiled with waste from puppies – an ideal environment for transmission of parasites and other disease carriers. The mother and other adults ingested stool to keep the den clean.

From this we know that dogs, in a primitive sense, are "programmed" to seek and eat stool in some situations.

For a different reason, as an omnivore, your dog may also be attracted to the stool of deer, horses, rabbits and other animals for the nutrients and vegetable matter they contain. Of course, these nutrients are adequately supplied by commercial dog foods and are no longer needed from other sources, particularly one so disgusting. But, your dog may not be interested in such nutritional trivia, especially while running through fields in search of bounty.

Evolutionary behavior notwithstanding, however, it's still upsetting when your own cocker spaniel sweeps the yard in search of "snacks." Equally annoying is a raid on the cat's litter box. As many of us who live with both dogs and cats can attest, cat stool seems particularly attractive to dogs for some unknown reason.

Eating feces can develop into a problem when it becomes habitual. The behavior is most commonly observed in puppies and juvenile dogs, and is often associated with the dog spending long periods of time alone with little stimulation. Coprophagia

is especially likely in caged puppies (such as those in pet stores), puppies or dogs kept in crates for long periods, and in dogs that spend long days in a fenced yard. The problem is often resolved when dogs are properly supervised.

#### PREVENTION - THE BEST MEDICINE

What can you do about this less-than-desirable habit? The most effective remedy is prevention. Your dog is less likely to ingest feces if you supervise him more closely. Use a leash when walking him and clean feces from the yard (or litter box) daily. If your dog spends a great number of hours outdoors and the stool eating is troublesome, consider keeping him indoors when he is alone.

If you prefer to correct the behavior, there are a few options. Unfortunately, most commercial remedies are ineffective. These typically involve adding some substance to your dog's diet (for dogs that eat their own stool) to make the stool taste strange. Some "home remedies" include sprinkling meat tenderizer or crushed breath mints on the food. Alternatively, you can try "doctoring" the dog's feces with a spicy hot sauce in hopes of rendering the stool aversive. This solution requires the dog to sample the stool for it to be effective and it is less practical than simple avoidance.

In addition, you can try leaving your dog's feces in the yard and covering them with a nontoxic chemical but this is unlikely to fool your dog. He is likely to avoid the trap, but not necessarily to learn a lesson. Should your dog's chosen smorgasbord be the litter box, you can effectively restrict access to the room that it is in by installing a hook-and-eye mechanism on the door and propping it just wide enough so the cat (but not the dog) can come and go freely.

In most cases, one or other of these efforts will probably help resolve the problem. But if your dog's habit persists in spite of your efforts, or if it seems compulsive in any way, consult your veterinarian for evaluation of your dog's health and for help with a behavior modification plan.

# REVERSE SNEEZING SYNDROME

Research derived from PetPlace.com & PAW-rescue.org (Partnership for Animal Welfare, Inc.)

When I was a little girl, my Mom always said when the dog made that “hacky, gaggy sound” it meant she/he had a hair caught in its throat. She said rub their throat to help the hair go down.

Then I became acquainted with Papillons, and I was told, “No, that’s a reverse sneeze.”

Well, at 4 a.m. this morning, I wouldn’t have cared what anyone Called it! Noel (*shown right*) scared me so badly, out of a sound sleep, as she continued to make that sound for what seemed like five minutes!

So let’s take a look at what reverse sneezing is, and maybe what causes it?

## REVERSE SNEEZING

Have you ever been startled by your dog exhibiting snorting, honking, and gasping noises? Have you felt helpless while you watched your canine friend appear to be struggling to breathe?

What you probably witnessed is the condition in dogs known as reverse sneezing, also known as the “mechano-sensitive aspiration reflex,” which is a common phenomenon in dogs. It actually has nothing to do with sneezing, but is a spasm caused by an irritation of the soft palate. The soft palate is a soft, fleshy tissue extension off the hard palate, or roof of the mouth. Small dogs in particular can exhibit this behavior and certain breeds may be predisposed to it. It has sent many a distraught owner to the vet in panic!

Some animals can have this condition for their entire lives, or it may develop as the dog ages. In a regular sneeze, your dog pushes air out through the nose; however, in a reverse sneeze, air is pulled rapidly in through the nose producing a noisy inspiratory effort.

During the spasm, the dog will usually turn her elbows outward and spread apart; extend her neck while gasping inwards with a distinctive snorting sound (which might make you think he has something caught in his throat); and the dog’s eyes may bulge.

## ANY AGE, BREED OR SEX CAN BE AFFECTED.

A reverse sneeze may look disturbing – many people fear that their dog is not breathing during these episodes – but it is not usually a harmful condition and there are no ill effects. Reverse sneezing attacks are generally quite brief and not life threatening. Between episodes, the dog acts normal.

## CAUSES OF REVERSE SNEEZING

It is thought that the pharyngeal (*meaning to do with the pharynx or throat*) spasm or gag reflex can be caused by a number of irritants, including pollen, dust, or household chemicals. Moreover, some dogs can launch an episode after eating, drinking, or running around, or while pulling on the leash.

The exact reason for these reverse sneezing episodes is unknown but may be related to allergies, nasal irritants, or nasal inflammation.

In some situation when reverse sneezing is frequent, a more serious condition may be the underlying cause. If your dog experiences this behavior fairly frequently and the episodes are severe, a trip to the vet is in order to determine other possible causes, which can include viral infections, polyps, excessive soft palate tissue, and nasal mites. However, many cases of reverse sneezing appear to have no identifiable cause.

## HOW TO STOP AN EPISODE

An episode can be stopped if the dog is stimulated to swallow by either massaging the throat or briefly pinching off the nasal openings. Sometimes opening the dogs mouth and gently pulling on the dogs tongue or giving the dog something to eat and drink can also stop the reverse sneezing episode.

Sometimes taking the dog outside in the fresh air stops the spasm. Once the

attack ceases, all goes back to normal. Some dogs have reverse sneezing episodes so frequently that various medications may be needed to reduce their frequency.

## WHAT TO WATCH FOR

If the reverse sneezing occurs frequently (daily or several times a day) and is associated with other clinical signs, then further evaluation should be completed by your veterinarian.

Watch for other abnormal signs that may suggest a more serious problem – nasal discharge, epistaxis (bloody nose), abnormal facial deformity over the nose area, sneezing, decreased appetite, difficulty breathing, and/or lethargy.

## A ‘PAW’ CASE STUDY:

There lives a small Chihuahua Beagle mix, Cynthia Louise, who possesses a certain PAW volunteer. Cindy was extremely prone to severe middle-of-the-night reverse sneezing episodes when she first came into the PAW program, sending her terrified then-foster mom (now devoted adopter) to the vet in alarm. The vet anesthetized her (Cindy, not her mom) and explored the little dog’s sinus cavities as best she could to see if anything was embedded in her sinus passages. Nothing was found, and after a short course of anti-inflammatory drugs and antibiotics, Cindy recovered completely.

In hindsight, it seems quite likely that the time of year, autumn, with its accompanying proliferation of allergens, combined with the stress of a new household, may have contributed to Cindy’s pronounced reverse sneezing. Since the initial episodes subsided, the little dog has had only one or two minor incidences.

## CONCLUSION

Reverse sneezing appears a lot worse than it is, generally posing no health risk whatsoever. Typically, an episode will end soon on its own. Nevertheless, understanding and recognizing the syndrome can go a long way toward helping dog owners and their dogs cope.



PLEASE FEEL FREE TO CROSS-POST AND  
SHARE THIS NEWSLETTER!

## WHO'S WHO?

In a recent discussion with several of our members, we noted that while names of members are very familiar, we really know very little about each other. Not to say that we all need "intimate details" about each other's lives, but even a general knowledge is sometimes scarce!

### HERE ARE A FEW QUESTIONS?

Would you know who to call?

1. We recently were told a family member is deaf. What programs are available to help the rest of the family?
2. I am a single person and have recently become my father's principal care-giver. Has anyone else had to do this? Who can I talk to?

### HOW ABOUT THIS ...

In a recent on-line chat about Bully Sticks, Andi Watson mentioned she lived in the Far East and has eaten some strange foods. Why did she live there?

### CURIOUS

If nothing else, natural human curiosity (*I know what they say about the cat!*) makes us wonder about our friends and colleagues. So why not put some of that curiosity to rest!

We will be beginning a new column as of this month – *Who's Who!* And I guess I'll



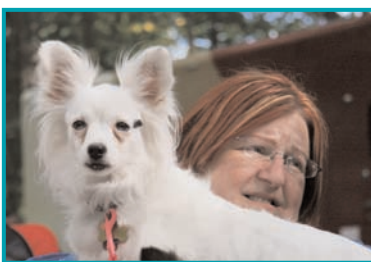
be the guinea pig (since the two questions above both pertain to me!)

### THE SPOTLIGHT

My full name is Nora J. Lenahan, and I live in Bucks County, PA. While I have the semi-usual story – I am the youngest of four children – that may be where the "normal part" ends!

I was raised by two wonderful people, Jim and Betty Lenahan, in a small house one block north of where I live right now. The statement "youngest of four children" is not an exaggeration; my older siblings are 12-, 17-, and **19-years older**

than me! So I am really a part of another generation, what could be considered a middle-generation between my siblings and their own children – my oldest nephew was born when I was seven! So I have been around small children for most of my life – we have 9 nieces and nephews and 6 GREAT- nieces and nephews! My great-nieces and nephews have been raised (at least by me) to know the care and compassion necessary to have pets/furry-friends.



I work as a Graphic Designer (big surprise

there) for the teachers' union in New Jersey for the last 23 years. Writing this newsletter is one of my favorite assignments – because, I think, it gives a "novice papillon-owner" a chance to answer some of the questions about our breed that many may think "We all know!"

I have studied and taught American Sign Language (ASL) over the last 15 years. I use some "signs" with Noel and it seems to work well for us.

In 1995 (at the age of 35), I became principal care-giver for my father (who was in his last 60's). I had the "privilege" to care for him until he passed away in 2000, at the age of 80! And I thank God everyday that he had all of his faculties until the end. My mother, unfortunately, passed away before I turned 21.

In 1988, I became the proud Momma of Indigo & Ladyhawke – two Burmese cats (littermates).

Ladyhawke was 16.5 years old when she passed over the bridge on March 24, 2005. Her brother Indigo lived a good, long life – 20 yrs, three months, when he joined her over the bridge on Dec. 24, 2007 (I'm sure my father was there to greet them both – they adored him). I adopted Crystal, my first (*shown center*), in 2005 – she was my 45th

birthday present to me! Noel (*bottom left photo with Sandy*) followed in April 2006, Daisy in May (*left* – who passed over the Rainbow Bridge in Nov. 2007); and Sandy was my second foster in December (formally adopted in Oct. 2007).

### THE END?

Did I skip anything? I don't want to bore anyone. But I can't ask members to "volunteer" their personal lives without first giving my own.

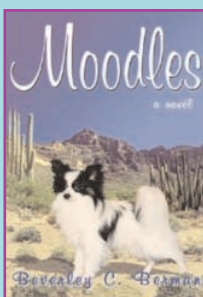
Which of you will be the "next one under the microscope?" Please send me some information about yourself, your family, etc., so we can all "get-to-know" each other a little better.

UNTIL NEXT MONTH ...

BOOK REVIEWS – MOODLES: a novel by Beverly Berman

## "WE'RE ALL EARS!"

Eve is not looking for romance when she meets breathtakingly handsome, fabulously wealthy Jason Tucker at her grandson's college graduation. An attractive sixty-year-old widow, Eve had been perfectly content with her life, which centered on the breeding and showing of her beloved Papillon dogs. But now this irresistibly charming man is pursuing Eve with an ardor that takes her breath away. It is no wonder that she marries Jason after a whirlwind courtship. Yet as magical as their life seems to be, there are still deeper mysteries to explore. Eve will soon learn that her husband isn't just too good to be true – he is too good to be



human. Moodles is an exuberant, thoroughly-original novel that proves that you are never too old for romance, as long as you are ready to embrace whatever life offers.

FYI! PAULA, FROM MA, RECENTLY SENT ME A NOTE:

The book *Good Dog, Bad Habits* (reviewed in the March 08 eNewsletter) can be ordered from **ebay** or *amazon* for about \$4. I bought it at *amazon* – payed \$.01 for the book and \$3.99 shipping.

## INTRODUCING THE PAPHAVEN RESCUE GROUP -

[www.paphaven.org](http://www.paphaven.org)

This group came about through the love of a small deaf puppy that required transport halfway across the country to her new home. It took the effort and dedication of people from Texas to Washington D.C. and on to Ohio. It took the cooperation of three other rescue groups. In the end, it took the hearts of every one. It is this good will and renewed faith in the goodness of people everywhere that has led us in forming **Papillon Haven Rescue** (PapHaven). We are a 501(c)3 non-profit organization, all volunteer National group specializing in Papillons and Pap mixes and their rescue and rehabilitation.

Since then, PapHaven Rescue has grown dramatically and continues to grow and evolve to try to meet the changing needs of rescue and the on-going saga of

Papillons in need... where ever they are.

We would like to invite you to join in our rescue efforts. With hands reaching out across the country, we can form a circle of love and caring that refuses to let even one Papillon in need fall though the cracks. We are not in competition with any other rescue groups. In fact, it is our goal to work hand in hand with every rescue group and shelter that will join us in this effort. We will not ask for perfect lineage, origins, or looks. We will coordinate with other groups for transporting each other's breed.

We welcome volunteers, contributors, sponsors, interested folk, and especially kind words.

Our eNewsletter, *The Way Home*, will try to bring informative articles, announcements, feature stories, up-coming events, and urgent alerts about situations where the need for rescue is great.

## THE REASON

(to you from all your rescue dogs)  
by Kim Senke-Rocka

I would've died that day if not for you.  
I would've given up on life  
if not for your kind eyes.  
I would've used my teeth in fear  
if not for your gentle hands.  
I would have left this life  
believing that all humans don't care

Believing there is no such thing  
as fur that isn't matted  
Skin that isn't flea bitten  
Good food and enough of it  
Beds to sleep on  
Someone to love me  
To show me I deserve love just because  
I exist.

Your kind eyes, your loving smile,  
your gentle hands  
Your big heart saved me ...  
You saved me from the terror of the  
pound,  
Soothing away the memories of my old  
life.  
You have taught me what it means to be  
loved.

I have seen you do the same  
for other dogs like me.  
I have heard you ask yourself in times of  
despair  
Why you do it?  
When there is no more money,  
no more room, no more homes

You open your heart a little bigger,  
stretch the money a little tighter  
Make just a little more room  
to save one more like me.  
I tell you with the gratitude and  
love that shines in my eyes  
In the best way I know how  
Reminding you why you go on trying.

I am the reason  
The dogs before me are the reason  
As are the ones who come after.  
Our lives would've been wasted,  
our love never given  
We would die if not for you ...

L'ORÉAL® PARIS PRESENTS THE 5TH ANNUAL

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[www.yourdogisworthittoo.com](http://www.yourdogisworthittoo.com)

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### 9:00 AM - 4:00 PM

All proceeds from this event benefit



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(609) 860-7601

Rain date  
Sunday, August 17  
Inclement weather  
call (609) 860-7800



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5000  
people  
and their  
best  
four-legged  
friends  
come  
together  
to play  
games,  
swim,  
eat and  
just enjoy  
each other's  
company  
and raise  
thousands  
of dollars  
for breast  
cancer  
research.