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PHR FUNDRAISING THRU EBAY

The combination of eBay's technology and PapHaven's expertise, plus eBay's active global community, forms the *eBay Giving Works* program. It provides a way for nonprofits like PapHaven to get more exposure in our fundraising efforts. It allows individual sellers to give proceeds from their sales to PHR, and helps PapHaven raise funds by selling on eBay, too. Pap Haven can also receive donations from eBay users through the Donate Now feature, which lets anyone with a PayPal account donate to PapHaven right away —without buying or selling anything. In turn, the exposure will help us reach our ultimate goal of finding good homes for all of our Paps in need.

eBay Giving Works makes it possible for PapHaven to harness the incredible fundraising potential held by the billions of dollars in trade that takes place each year on eBay.

For those of you who are already eBay sellers, you can give a percentage of your proceeds to PapHaven each and every time you list an item for sale. You are rewarded for your generosity with special *eBay Giving Works* features that help you get more bids and higher sale prices. Parts of the reward is that your selling fees are credited. PapHaven receives recognition in the listing and benefits from your success.

Another nice thing about eBay and MissionFish is that they do the heavy lifting — they collect and distribute the donation, issue tax receipts, and keep everyone informed along the way.

We can also receive donations from eBay members who choose to make an online gift with PayPal. The Donate Now tab lets anyone with a PayPal account donate to us right away. They collect and distribute the donation, and handle the tax receipt.

We can also turn unused donated items into funds by listing them on eBay. These could be items left over from previous events we have held in the past or items donated to PapHaven that may not fit into one of our regular events. It gives us another outlet to sell our merchandise with even more public exposure.

(continued on pg. 9)



DON'T MISS OUT!

QUILT RAFFLE

PapHaven Rescue's next fundraiser will began July 1st and run thru Aug. 15th (or until reserve met).

The prize is the beautiful quilt donated by Mary Fournier. She wrote, "Since I have little or no domestic talents, I really wanted to donate a lovely

quilt to Paphaven, but had to hire my friend (our foreman's wife) to make it! lolol. She's a VERY TALENTED seamstress and did an incredible job of making the quilt I described to her.

The quilt is drop-dead stunningly gorgeous! No kidding. It's done in shades of glittery blue butterflies, with light blue trim and of course, squares with warm tan Papillon faces. I was thrilled when I saw it."

Lissa Dutra, our Fund Raising Leader will run this drawing. To purchase tickets, go to:

[HTTP://SHOPPAPHAVEN.HOMESTEAD.COM/QUILTS2.HTML](http://SHOPPAPHAVEN.HOMESTEAD.COM/QUILTS2.HTML)

PLANS ARE IN PROGRESS FOR A REGIONAL
PAPHAVEN MINGLE 2009!

**ALTHOUGH TERMED 'REGIONAL,'
ANY PHR MEMBER IS WELCOME**

HERE'S THE 'SCOOP:' Comfort Inn, Whitehaven, Pa



The Comfort Inn® - Pocono Mountain is conveniently located at Interstate 80 and Interstate 476, in Pennsylvania's scenic and serene Pocono Mountains. This White Haven, PA hotel is minutes from area attractions like *Pocono Raceway*, *Jack Frost/Big Boulder ski area*, and *The Crossings Premium Outlets* shopping mall. The *Adventure Center at Whitewater Challengers* and *Pocono Whitewater Rafting* offer a variety of action-packed outdoor adventures, including white water rafting, kayaking, hiking, mountain hiking, and paintball. Be sure to visit the *H20000hh Indoor Family Waterpark* located within four miles from the hotel. 19 miles from the Scranton, PA, airport with nearby casinos and entertainment.

Rates for PapHaven have been negotiated: \$78.99 each for Friday and Saturday –
\$64.95 for Sunday thru Thursday – with an additional \$10 for pets.
If enough reservations are taken, the hotel will designate the entire 2nd floor (24 rooms).

THE NEXT QUESTION? WHEN???

Help us out here! There are 3 weekends under consideration

October 9-12, 2009

October 15-19, 2009

October 22- 26, 2009

If you have ANY interest in attending – even a mild interest –
please email Amy Fretz at afretz@rcn.com and rank all 3 dates in your order of preference.
We need to know the number of adults, children, and pets planning to attend.

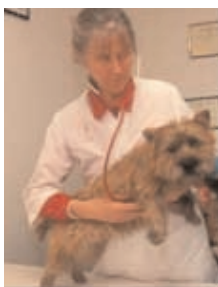
Please respond as quickly as possible so we can determine if this is a go or no-go –
so we can finalize arrangements with the hotel.

**MANY POSITIVE RESPONSES ARRIVING DAILY –
GET YOUR VOTE IN SOON!**

WHAT VETERINARIANS DON'T WANT YOU TO KNOW

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PetPlace asked me to write an article about this difficult and controversial topic. In this article, I'd like to address this issue of what veterinarians may not want you the pet owner to know. *I'm the Irreverent Veterinarian*. I give you my opinion and speak the truth regardless of if pet owners or other veterinarians like it or not. The question that I'll address today is ... What do veterinarians not want you to know?



So ... what is it that veterinarians don't want clients to know? This does not apply to all vets but here are some things that come to mind...

1. **A Veterinary Hospital is a Small Business** – Most vets don't want to talk about this, but a vet hospital or clinic is a small business. It is like any other business that requires money for services rendered. It is sometimes hard because vets love animals but they also have bills to pay. They can't give away services and still be able to pay all the bills and employees.
2. **There is a High Profit Margin on Vaccines** – Vets don't want to say but there is a very good profit margin on vaccines. However the margin on treating a sick pet is much lower and the vaccines help to balance that part of the practice.

Also, the overhead on a veterinary practice is higher than most people would realize. Another important point is that veterinarians are very careful on where they get their vaccines, how they are shipped, stored and given. Some pet owners and breeders turn to less expensive feed store vaccines which can be associated with vaccine "failures." These vaccine "failures" are attributed to poor quality products, products given improperly, and/or inadequate storage (refrigeration requirements).

3. **They Want to Sell You Preventative Medications** – There is also a good profit margin on some of the preventative medications (flea control/heartworm prevention, etc). They would prefer that you buy them from them as opposed to over-the-counter or mail order services. They generally feel that the quality of their products are superior.
4. **Vaccines Can be Dangerous** – There are some reactions to vaccines that can be life threatening. They are reactively uncommon but when present can be significant. Some pets will have mild allergic reactions and other can have an cellular-immune response or develop a tumor (cats). In general, most veterinarians believe that vaccines do way more good than harm and they often don't emphasize the uncommon reactions as they should. I think they don't want to scare people away from something that has clear benefits.
5. **There is No One in Our Hospital Monitoring Pets at Night** – Some hospitals have 24-hour care but most do not. Every hospital has a slightly different situation. Some have staff that live above the clinic and do nighttime treatments and walks/monitoring. Others have no one but have an early shift that walks pets early. If your pet really needs 24-hour care – ask what they offer. Most areas have a local emergency clinic that does offer 24-hour care.
6. **Vaccine Recommendations Have Changed** – Most vets are up-to-date and have changed with the times. Fifteen years ago, the recommendation for vaccines was yearly updates for both dogs and cats. Some vets still practice this recommendation. However, recent research has indicated that most vaccines last longer than 1-year and most recommendations are to give vaccines every 3 years. Titers (a blood test to determine if a vaccine is needed) are a good option to yearly vaccines.
7. **Vets Often Don't Agree with Breeders** – There are often very different opinions about certain issues between veterinarians and breeders. The differences are especially true regarding nutrition.
8. **There are Some Things Some Vets are Better At than Others** – For example, some practices don't do many ear crop-pings and have a lot of complications from a procedure they don't do that often. Ask the technicians and vet how often they do a particular surgery or procedure if you have any question.
9. **You Have Referral Options** – Some vets are very eager to refer a complicated medical or surgical case and others are not. If your pet is not improving or you have any questions – ask about referral options to seek an opinion from a specialist.
10. **I'm not that Familiar or Fond of Alternative Medicine** – Most veterinarians are very educated in traditional medicine. Most alternative natural solutions are not proven and some have been harmful to pets. There are some veterinarians that have educated themselves in natural therapies but the majority doesn't believe in it.
11. **Most Vets in General Practice are "GP's"** – A GP is a general practitioner – a doctor with a general ability to treat just about anything. However, this is NOT the same thing as a specialist. A specialist has at least 3 years of advanced training after which they take an exam that identifies them as having the board certification. It is impossible to know everything about everything. If you have a critical or complicated cardiology case, it may be best for your pet to see a cardiologist.
12. **Vets Have a Low Tolerance for Aggression** – Most vets have seen enough nice dogs put to sleep that they have developed a low tolerance for aggression. They have also seen technicians and pet owners unnecessarily injured. Personally, I have no problem euthanizing a healthy aggressive dog.
13. **Vets Get Attached** – Vets may be professional and try to act as though certain things don't bother them but often they do. For example, when a patient they have been seeing for years dies, tears are shed. Often in silence or on their own. It is

(continued on pg. 7)

SEEKING!

Do you have a closet full of gifts that you received and can't or won't use??? Would you be willing to donate them to PapHaven? Good, NEW, unused gifts can be donated to auction / fundraising committee for the Fall Auction! Also, the newest addition to our fundraising efforts, *MissionFish*, is looking for donations to get started.

If you have something you think would be a good donation, please take a picture and email it and the dimensions of the item to jmrasch@charter.net and jprsqfl@gmail.com. Jan Rasch or Jim Parrot will be able to tell you if the items can be used and what the next step is.

Don't delay! Prep for the Auction will be here before you know it! And *MissionFish* is seeking donations NOW!

THE IRREVERANT VET

(continued from pg. 6)

almost as though they have become their family too.

14. **Vets Have Bad Days, Too** – Vets are human, too. They can have bad days. I recall having an appointment for which I was running late because I took a friend for a chemotherapy appointment – she was doing poorly and I was upset. I was late. The client was upset. I did apologize but I didn't explain the situation to the client. I could tell they were mad the entire time. I had my mind elsewhere and probably didn't care as much as I should have. Vets have bad days too.
15. **Cats May be Happier as Indoor/Outdoor Cats** – Some cats may be happier as indoor-outdoor cats. Their life span may be less and there are inherent risks of being outdoor cats. However, a balance of food and shelter at will with the stimulation of outdoor life can make for a very happy cat. Based on outdoor risks, most veterinarians recommend that cats be kept indoors.
16. **Your Dog Doesn't Need Vitamins** – If you are feeding a good quality premium food, you don't need to give your dog vitamins. If you are feeding a supermarket brand of food or lower quality food, you should give your dog a vitamin.
17. **Not all Foods Are Created Equal** – Most vets don't want to debate about what food you are feeding. However, most vets believed in premium proven food brands such as Iams, Hills Science diet, and Eukanuba to name a few.
18. **All Drugs Have Side Effects** – Often medications are prescribed without detailed discussion of side effects. All medications have side effects – which you know if you have ever gotten a prescription filled and received a handout on that medication from the pharmacist.
19. **If Your Dog Acts Aggressive, We Muzzle** – If your dog acts aggressive in any way, most veterinarians will muzzle your dog. They use a variety of muzzles but most common muzzles are soft nylon. This is for the protection of staff from bites.
20. **Even if Your Dog is Really Bad** – They May Minimize It – Veterinarians and their staff generally don't want to tell you that you have a bad dog, even if you do. I've seen vets deal with terrible dogs and later tell the owner they were "pretty good."
21. **No House Calls** – Vets that have a prac-

IN THE BAKERY WINDOW ...

ARROZ CON POLLO PARA FIDO

Even finicky pets love a heaping bowl of chicken and rice. These recipes can be made in 30 minutes or less. Makes 2 Servings

INGREDIENTS:

- 1 tablespoon extra-virgin olive oil (EVOO), 1 turn of the pan
- 1 tablespoon unsalted butter
- 1 cup enriched white rice
- 2 cups chicken broth
- 8 ounces ground chicken
- 2 pinches of ground cinnamon

DIRECTIONS:

In a small saucepan, heat the EVOO, 1 turn of the pan, with the butter over medium heat. Add the rice and toast for about 2 minutes, then add the chicken broth and bring to a boil. Crumble in the ground chicken, add the cinnamon, and cover and simmer over low heat until cooked through, about 18 minutes; let cool.



tice generally don't want to do house calls (unless house calls are a part of their business). Pets often will act more aggressive at home, the lighting is often poor, and there is no competent support staff to "hold" the pet for procedures or evaluation. In general, house calls can be a big headache.

22. **Many Pets Do Better When You Aren't Around** – Some pets actually do better and are better behaved when the owners are not in sight or in the room. I don't know if this is because they are trying to protect you or you the owner actually gets in the way... but it's true.
23. **We are Often "People" People** – Most people think vets are just "about the pets." For some, this is true and they are better animal people and not so good at people socialization. However, it doesn't matter if the pets like us or not, what matters is the pet owners like us. It is the people that bring the pets to the veterinarian's office who make us successful at what we do.
24. **Vets Hate Talking About Money** – Veterinarians are trained in medicine and surgery; not business. That is a weakness in the veterinary curriculum. And most vets are happy to talk to you about what is best medically for "Fluffy" but hate to talk to you about what it is going to cost to help "Fluffy." They would rather just do what is best but are forced to talk about money in order to keep their doors open and bills paid. Most vets I know really dislike talking about the money part of their work.
25. **Vets Aren't Always Right** – Vets don't know everything. If you are not comfortable with a diagnosis or treatment, it is okay to

disagree or seek a second opinion.

26. **Pets Can Change** – Pets can change their symptoms and condition in a matter of hours. Just because they show one set of signs one day, they can look different the next day. Things can change frequently, so repeat testing is often helpful as a pets condition progresses.
27. **Vets are Not Nutritionists** – Most vets are not that familiar with all the minor dog food companies out there. They are familiar with what dogs need and generally recommend one of the big high quality premium foods.

MY FINAL THOUGHTS ABOUT WHAT VETS DON'T WANT YOU TO KNOW

Most veterinarians want and try to do the right thing. They want to care for their patients and to provide a good quality successful service to clients. However, some veterinarians are more current on their medicine or more eager to refer to specialists than others. And just like in any profession – there are bad eggs. However, out of the different professionals that I know, most vets are just down right good people.

Find a vet that you believe in and have a good relationship with.

If there is any question or concern about your vet or what he is doing – ask. It is important that you are comfortable with the care that your pet receives.

DISCLAIMER

The Irreverant Vet is a columnist that regularly contributes to *PetPlace.com*. The goal is to add a balanced and alternative view of some controversial pet issues. As happens with all of us, veterinarians can't say what they really think without offending some clients. This commentary allows vets to say what they think and give you, the pet owner, the opportunity to consider another view. All opinions are those of the *Politically Incorrect Vet* and not the views of *PetPlace.com* and are not endorsed by *PetPlace.com*.

WHO'S WHO?

What began after a discussion with a few members has helped us to better know our colleagues. Not to say that we all need 'intimate details' about each other's lives, but even a little knowledge helps us know each other better!

WHO'S NEXT ...

Hello! My name is Lissa Dutra and I'm PapHaven's new Fundraiser Coordinator. I'm a clinical psychologist in the Boston area and live with my husband, Derek, a carpenter, and our two boys (Paps) Oliver and Abraham. Derek and I were married this past October, so we are still newlyweds! We have both lived in Massachusetts for all of our lives, but decided that we should spend some time outside of our home state before "settling down" here, so we recently lived in Hawaii for a year, where I completed my post-doctoral fellowship. We moved back home last summer and are now here to stay.

My psychology career has primarily revolved around working with non-profit organizations and community mental health centers, as I prefer to work with underserved populations. I enjoy doing therapy with children, adults, families, and couples; but I am also a researcher, so I spend a portion of my time doing psychological research and publishing some of my work in psychology journals and books. While I currently work full-time for the government as a research psychologist, I will be leaving this position in the next few months to start a part-time private practice and research consulting company. My husband and I also dabble in real estate and various business ventures – my family members are business entrepreneurs by nature, so some of that comes naturally to me, although my heart is really in my clinical work.

I became involved with PapHaven in 2005 ... and it all started with Oliver. I saw him on *Petfinder.com* and tracked him through a shelter to his PapHaven foster home. I decided that I should meet him in person before committing to adopting him and it was love at first sight – he has been my little boy ever since. We were the perfect fit! I was in grad-

uate school at the time and progressively becoming a work-a-holic, so Oliver really saved me from that slippery slope (he only allows me to work for so long before he paws at me to tell me that it is time to drop the work and spend quality time with him), which is exactly what I needed.

Then Derek came along and Oliver was not so crazy about him – after all, he (Oliver) had been the man of the house for awhile before Derek came into the picture. Now, Oliver doesn't mess around, so he immediately made his opinion known. One day we were having a picnic (one of our first dates) and Oliver decided to "mark" Derek. He just picked up his leg and went at it! Keep

in mind that Oliver had never an accident to date, so I knew it was completely purposeful. Honestly, I thought it was the funniest thing ever and, luckily, Derek took it in good stride and told Oliver, "Alright, I get it, she's yours!" I started to realize, then and there, that the three of us were the makings of a family.

Derek and I eventually decided that Oliver might enjoy a brother, so we adopted Abraham through PapHaven in 2006. He was a

floppy-eared (Phalene) Pap-mix and we liked him because he looked "different" from the other Paps. Well, when he arrived from his trip from the South, he came out of his crate and we realized that he was a BIG boy. Derek prefers medium to large-sized dogs, so it ended up being a good fit, but, boy, was Abraham a handful! He was an incredible ball of energy, compared to Oliver who was always very much in control and generally calm. Abraham threw us all into a tizzy and brought lots of life into our home – he still does. He also adores cuddling and, given that he has the softest fur I've ever felt on a dog, he is like a big teddy bear. I know I'm biased, but he truly is the sweetest dog in the world.



Lissa Dutra with her boys, Abraham & Oliver

Abraham warmed up to Oliver immediately, but I know that Oliver was thinking "Mom – WHY did you do this to me!?" We were so happy and I was getting all the attention!" So, it took him awhile to warm up to Abraham, but he eventually took to him. Every once in awhile I still get those looks from Oliver with a little shake of his head, but I know the truth – he loves his little brother. Oliver will not, however, let Abraham cuddle up to him, but Abraham can be pretty sneaky and sometimes manages to curl up next to Oliver – just barely touching him – after Oliver's fast asleep.

My family loves our boys so much that I recently decided it was time to "give back" to PapHaven for bringing our family together. So, I sent in a volunteer form and was asked to take on the Fundraiser Coordinator position, which is how I now contribute to PapHaven. My boys are a blessing to our family, so it means a lot to me to be able help PapHaven's mission of bringing Paps together with deserving families through the country.

THE END?

When Lissa signed on, I have to wonder if she thought she'd be "thrown into the fire" so quickly! But, I must say, our fundraisers are going well and we thank her for that!



Abraham & Oliver

BE A WELL-EDUCATED OWNER

CUSHING'S DISEASE (hyperadrenocorticism)

by Roger Ross DVM

Like Diabetes, Cushing's Disease is a major metabolic disorder, and is a common disease in dogs.

Cushing's, unlike Diabetes, is not very common in cats, so this article pertains mostly to dogs.

INTRODUCTION:

The adrenal glands produce the different types of steroidal hormones that help regulate metabolism and keep electrolytes in balance. These hormones affect the health and function of every organ in our body as well as our moods and reactions.

One of the most potent of the hormones that the adrenal glands produce is called cortisol or cortisone. Cortisone is critical to life, strength, and vitality ... too little and mammals die or become very sick: a disease we call Addison's disease or hypoadrenocorticism.

But too much cortisone causes a lot of trouble, too. There are several reasons why the adrenal glands might produce too much cortisone and that's what this article is all about.

When the adrenal glands produce too much cortisone, disease occurs, and we call this disease Cushing's Disease ... or in the new, more descriptive terminology: *Hyperadrenocorticism*.

A quick aside: The cortisone molecule is part of most (I think all) of the different types of steroids (including the sex hormone testosterone) that athletes, body builders, and other people abuse. You've heard that taking steroids is dangerous; well you're about to find out what those dangers are because taking too much will cause the same problems that occur with Cushing's Disease.

Here's a short list of organs and tissues adversely affected by too much cortisone:

Muscles – I mention the muscles first, because it's the desire for increased muscle mass and strength that causes most people to abuse steroids.

And it's true, certain steroids known as anabolic steroids will increase muscle mass and strength, but remember that anabolic steroids contain the cortisol molecule and too much can cause the muscles to actually shrink. This is a little complex, but this is

because one of the roles of cortisol is to regulate blood glucose levels by stealing amino acids from muscle cells for conversion to sugar in the liver. This process makes the muscles smaller and weaker. In dogs (and humans), when abdominal muscles become weak it makes the dog look "pot-bellied:" one of the big clues that vets look for on exam.

Skin – In people, the most noticeable sign of excessive steroids use is unhealthy skin: it causes changes in the elastic tissue, sebaceous gland disease, and acne.

In dogs, the most obvious sign is skin that is very thin or fragile, and hair loss. And we often find calcium nodules in the skin.

Blood – Excess cortisol causes the walls of the blood vessels to become too thin, which can lead to easy bruising, hematomas, and so forth.

Cortisol plays an important role in maintaining blood pressure, but too much can lead to excessive blood pressure.

Bone – Cortisone affects the calcium balance in bones, and too much causes the bones to lose calcium, making the bones smaller and weaker. This process also leads to excess calcium loss through the kidneys.

Brain – Cortisone affects your mood, behavior, and even your sleep patterns. This is true in animals, too, and the observant pet owner may notice this.

Kidneys – Cortisone stimulates the kidneys to go into overdrive: important when the body is in fight and flight mode, but hard on the kidneys if to excess. One of the big clues that a patient might have Cushing's Disease is that the patient is drinking and urinating a lot more than normal and that the urine is not very concentrated. "It looks like water, Doc."

The Immune System – This is a big deal. Steroids work better, as a rule, than any other medications at reducing severe itching, asthma, allergies, inflammation, and most other immune related diseases. That's why they are so often used for legitimate medical reasons. It does this, in general, by suppressing the immune system. It prevents the immune system cells from releasing all the chemicals that are needed to fight off allergens, germs, and repair damaged tissue. This is great if you're treating an over-active immune system...

But, too much immune suppression and you lose the ability to fight off infections making the patient susceptible to the zillions of organisms that invade the body on a daily

(continued on pg. 7)

BOOK REVIEWS –

'WE'RE ALL EARS!'

FIGHT! A Practical Guide to the Treatment of Dog-Dog Aggression

By Jean Donaldson

Written for the dog trainer or well-read dog owner, *Fight!* "is about dogs who fight with, lunge at, and don't get along with other dogs." Donaldson functionally classifies inter-dog aggression into six categories based on the treatment approach best suited to correcting each.

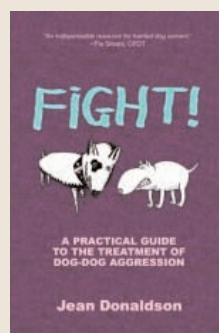
So your precious little pup doesn't play nicely with others? Don't fret! Jean Donaldson will help you understand dog-related aggression from every angle:

- how aggression works in 'doggy society'
- types of dog-related aggression
- severity of the aggression
- step-by-step treatment guides for different varieties of dog-related aggression
- prevention

This skinny little book will literally answer every question you have about dog-related aggression and walk you through the

process of modifying the behavior. Perfect for the curious dog lover, the dedicated owner, and the professional dog trainer alike.

Jean Donaldson is the award winning author of *The Culture Clash - A revolutionary new way of understanding the relationship between humans and domestic dogs*; *Dogs are From Neptune*; *MINE! A Guide to Resource Guarding in Dogs*; and *Oh Behave! Dogs from Pavlov to Premack to Pinker*. Jean founded the San Francisco SPCA Academy for Dog Trainers, which has gained a reputation as the Harvard for behavior counselors and dog trainers. She has lectured to dog trainers in the U.S., Australia, Canada, the UK, and Japan, and her books have been translated into six languages.



CUSHING'S DISEASE

(Continued from pg. 6)

basis. Remember that the body is at constant war with the microscopic world.

Liver – Because cortisone stimulates the liver to work harder than normal at making glycogen, over time the liver becomes larger. Your vet might notice an enlarged liver on palpation or on radiographs.

A LITTLE BIT MORE ABOUT THE ADRENAL GLANDS

The adrenal glands are composed of two different types of tissue known as the cortex and the medulla. This is worth knowing because the cortex (or outer part) is the part of the adrenal glands that manufactures cortisone and it is this part of the adrenal gland that has gone haywire in Cushing's disease.

The medulla (or middle part) of the adrenal glands makes the hormones and neuro-transmitters known as mineral-corticoids (including epinephrine and aldosterone) that are so important in regulating blood pressure, electrolyte balance, and the famous fight or flight response. Luckily, Cushing's disease doesn't affect the medulla much.

(Addison's disease is the other major disease of the adrenal glands and it affects both the cortex and the medulla leading to too little hormone production...more or less the opposite problem that Cushing's causes.)

THE DIFFERENT POSSIBLE CAUSES OF CUSHING'S DISEASE:

Too much ACTH : This is the most common cause of Cushing's Disease and is known as Pituitary Dependent Cushing's Disease.

This isn't too complicated, but ACTH is a hormone released by the pituitary gland in the brain and ACTH is released into the blood stream whenever the brain senses a need for more cortisol.

Well, unfortunately, the pituitary gland is prone to getting a benign, slow growing cancer called an adenoma. Not too big a deal as far as cancers go, but it makes the pituitary release more than normal amounts of ACTH and that makes the adrenal glands get bigger and stimulated to produce more than normal amounts of cortisone.

As an aside, this adenoma tumor in the brain sometimes gets big enough to cause other problems, too, such as severe headaches and severe neurologic dysfunction. This is interesting from a medical standpoint because the medications used to treat Cushing's can cause severe headaches and neurological dysfunction too, so it complicates things. If we notice trouble, is it the drugs or is it the tumor?

Pituitary Dependent Cushing's Disease is the most common type by far, but there are several other possible causes, and guess what? They're all lumped into a category called Non-Pituitary Dependent Cushing's Disease.

OTHER POSSIBLE CAUSES

Adrenal Tumors: The other major cause of Cushing's Disease is from tumors of the adrenal Cortex. About half the time the tumor is benign (Adenoma), the main problem being that it leads to excess cortisone production. The other half of the time the tumor is malignant (Adeno-carcinoma) and in addition to causing the adrenal gland to pro-

duce way too much cortisone, it will often invade and cause severe disease of the nearby liver, major veins, and lymph nodes.

The other big cause of Cushing's-like symptoms is taking **cortisone-based medications**, either legitimately to treat another disease or not so legitimately because you want to be superman. This is called iatrogenic Cushing's. Iatrogenic is a fancy medical term for self-induced.

Steroids are very useful in treating a lot of serious diseases, but it's because they can cause Cushing's disease if given long term that doctors try to wean their patients off the drugs and/or find alternative treatments once the major symptoms of the disease are under control. The reason we usually wean patients off steroids slowly is because as long as there are synthetic steroids in the blood, the sensors in the brain (pituitary gland) assume the body doesn't need any more cortisone, so the brain tells the adrenal glands to take a rest; don't produce any more...and over time the adrenal glands shrink. It may take several weeks for them to get back into adequate production once you stop the synthetic cortisones.

There is one other possible cause of Cushing's and it's pretty rare. It's called **Ectopic ACTH Syndrome**. Basically it means that some cancer somewhere other than the pituitary or adrenal gland happens to start producing ACTH. ACTH, you will probably remember, is the hormone that stimulates the adrenal gland to produce cortisone, and in normal patients, is only made in significant quantities by the pituitary gland.

Okay, enough introduction. Here's what might be happening to your dog if it has Cushing's: Remember that some dogs with Cushing will show many of these symptoms and others may not.

1. **Drinking and urinating a lot.** This is usually the first sign. We also see this symptom with pets on steroids, and for those pets with other metabolic diseases such as diabetes, kidney disease, and liver diseases.
2. **A distended abdomen or pot-belly.**
3. **Thin skin and poor coat,** often with very wispy hairs and hair loss along the back.
4. **Little calcium deposits** under the skin. Black pigmentation of the skin.
5. **Excess appetite (or poor appetite)** often excessively overweight

(continued on pg. 8)



CUSHING'S DISEASE

(Continued from pg. 7)

6. **Muscle wasting** and shrunken testicles in intact males. (Big clitoris in females)
7. **Other, more vague symptoms** such as no energy, poor disease resistance and therefore multiple problems and infections, & mood or behavior changes.

WHAT TO EXPECT WHEN YOU GO TO THE VET (OF COURSE, YOUR VET MAY DO THINGS DIFFERENTLY)

Exam: Especially meticulous when you come in for any of the above complaints. Metabolic diseases can be tough to pin down and one can be confused with another. And we know from experience that so often multiple problems are going on at once. We will probably present you with quite a list of suspected problems which we will then try to deal with through lab tests and deductive reasoning. We will ask a lot of "history" questions.

- We will palpate for an enlarged liver. Also enlarged lymph nodes due to the secondary chronic infections, especially of the skin, that often occur in Cushing's patients
- Some dogs have both Cushing's and Diabetes
- Because blood pressure is affected, we will be looking for symptoms such as bruising and vascular changes in the eye.
- Detached retinas are sometimes seen with Cushing's patients because of the higher blood pressure
- We will listen for heart murmurs and slow weak pulses; these are sometimes associated with Cushing's disease
- Certain breeds of dogs are more prone to Cushing's than others: Beagles, Boston Terriers, Boxers, Dachshunds, Poodles, and Yorkies.
- This is generally a disease of older pets. Gender doesn't seem to matter much.

DIAGNOSTIC TESTS THAT MAY HELP:

Blood Panel – A CBC (complete blood count) and biochemistry panel should ideally be run on every dog 8 years of age or more as a geriatric screening test for all kinds of problems, but especially if they have any of the symptoms such as those described above. We often pick up Cushing's disease on routine blood work as a surprise... before many overt symptoms appear while doing blood work for other reasons.

Typical Cushing's patients have elevated red blood cells, alkaline phosphatase, cholesterol, glucose, and liver enzymes. Thyroid and BUN are often lower than normal. Remember that we run these tests not only to confirm our suspicions of Cushing's, but also to rule out similar or additional problems.

Urinalysis – We often see elevations of glucose, protein, and infection in the urine of dogs with Cushing's, but we frequently don't. We do expect to find a *low specific gravity*: the urine is almost water like with this disease. Once we get a urine sample, getting a specific gravity reading is an easy procedure.

Skin Biopsy

– This test will probably not be done to confirm suspected Cushing's disease, but I mention this test here because we sometimes do a skin biopsy to help figure out why a pet's skin is unhealthy and the biopsy results indicate the possibility of Cushing's.

X-rays – We usually can't see the adrenal glands on x-rays, but x-rays are still a useful tool with suspected Cushing's patients because they can show:

- Calcified Adrenal Glands which occurs in many adrenal tumors.
- Calcification of other tissues
- Enlarged livers which can be associated with Cushing's
- Poor bone density which can be associated with Cushing's

MRI – Hey, I don't pretend to know about MRI's, but if your vet or specialist has this available, it can identify and measure pituitary gland tumors. As of this writing, very few veterinary practices have an MRI machine available.

TREATMENT OPTIONS:

Step One: Treatment of the several problems that usually accompany Cushing's Disease such as skin and bladder infections, Hypothyroidism, Kidney Disease, and/or Diabetes.

Step Two: Understanding that there is not likely going to be a cure, our goal is usually to make the pet as comfortable as possible.

Step Three: Treatment of the Disease:

Treatment of the Pituitary Tumor if

Present: The most common treatment is Anipryl (L-Deprenyl). This is the same medication used to treat senility (cognitive dysfunction) in dogs and Parkinson's disease in humans. It has very few side effects, but should not be used along with anti-depressant drugs or Prozac. It takes 1-2 months to see improvement.

A drug called Lysodren (Mitotane) selectively kills the parts of the adrenal gland that produce cortisol. This helps, but it complicates other things; your vet will carefully go over all the ups, downs, and adjustments that will be needed. Also, side effects are fairly common such as diarrhea, vomiting, loss of appetite etc.

If Mitotane is used, the dose will need to be monitored with ACTH stimulation tests. You may also have to supplement your pet with cortisone medications such as prednisone.

Ketaconazole is another medication sometimes used to treat Cushing's. It reduces cortisol production fairly successfully, but many pets don't tolerate the side effects well.

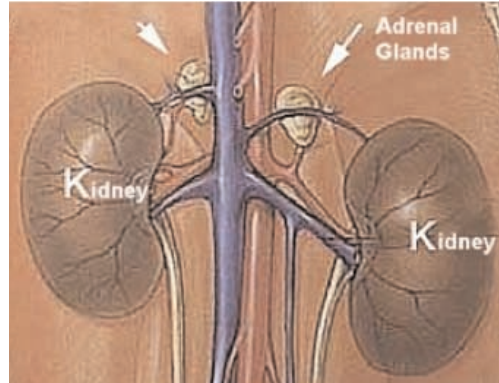
Surgical Removal of Adrenal Glands:

Surgical removal is possible but not commonly done. It's very difficult to manage electrolyte levels, blood pressure, and all the other roles associated with the adrenal glands synthetically. Sometimes just one adrenal gland will be removed – the one with the tumor – but the problem is that the other gland is often atrophied and not working.

Radiation Therapy: This is yet another specialty that I know almost nothing about, but sometimes radiation therapy is used in treating Cushing's.

Treatment of Iatrogenic Cushing's:

You will remember that Iatrogenic Cushing's is caused by giving too much cortisone based steroid medication, usually for the treatment of allergy symptoms. Usually the treatment simply involves reducing the steroid treatment over several months until things hopefully go back to normal.





(continued from pg. 1)

Whether we just have one item to sell, or we're planning a major auction event, selling on eBay is an ideal way for us to maximize our results. That's because no matter what we're selling, there are more potential buyers on eBay than anywhere else.

Better yet, eBay and MissionFish have loaded up *eBay Giving Works* with special features designed exclusively for the Nonprofit Direct Seller (aka nonprofits selling their own stuff):

- When our listing sells, we get a 100 percent fee credit on our basic eBay selling fees.
- Our eBay listing will stand out from the pack with a special charity ribbon icon, information about PapHaven, a link to our website and more.
- Nonprofit Direct Seller listings can spur other Community Sellers to sell for us, too.
- Using MissionFish can also increase our exposure for our auction fundraiser, also. It offers donors a new way to get involved – and recruit their friends, too. It can help us find new donors in our community and around the world. And it also can help raise our profile in the community.
- More buyers means PapHaven has a better chance for higher sale prices. We get charged no annual fee – and you get a credit on your basic selling fees. We get free promotion for your listings. And every listing is a linkable advertisement for us.

Here are just a few ideas of ways we can use MissionFish as part of our fund raising efforts.

ONLINE THRIFT STORE

It may be time to think about creating a year-round retail business on eBay.

VIRTUAL YARD SALE

Whether we call it a garage sale, tag sale, rummage sale, or holiday bazaar, we can forget the hassles of card tables and price stickers. And take our yard sale fundraiser into the 21st century with *eBay Giving Works*.

LET SOMEONE ELSE DO THE SELLING

Got the goods but not the time or means to list them on eBay? Have no fear; I am here and ready to help.

SPREAD THE WORD

PapHaven is set up to start receiving donations through the *eBay Giving Works* program. Now, make the most out of our *eBay Giving Works* participation by letting everyone know they can buy and sell on eBay to support our cause.

PAPILLON HAVEN RESCUE (PAPHAVEN)

Certified for *eBay Giving Works* since 2008. MissionFish nonprofit ID 28403.

We are individuals across the United States who have been drawn together as volunteers for the sole purpose of preserving

and protecting purebred and non-purebred Papillon in need. Our group will provide veterinary medical care, spay & neuter programs, rehabilitation in foster homes, and careful screening for appropriate adoptive homes with our ultimate goal being the welfare and protection of these small companion animals. Working together we are making a difference – one Papillon at a time.

Location: LaGrange, TX

Web address: www.paphaven.org

Jim Parrott will be spearheading this portion of our fundraising efforts. He welcomes all questions, suggestions and ideas that you may have and will be able to warehouse a limited amount of small items for listing and shipping. For larger items it will be easier if you send him a picture first to see if the cost of shipping the item would outweigh any profit we may make. We will be looking for items of donation similar to those used in our auction. *Gently-used* or new, they should be in a condition that you would like to buy yourself. And remember fellow eBayers you can list your own items directly and decide on the percentage you would like to give. You can contact Jim via e-mail at jprsrqfl@gmail.com.

PAP-OF-THE-MONTH: REGAN & KITCHI



My name is Reagan and I am a 9 yr old female Pap mix looking for my forever home. My foster mom says I'm a cuddle-monkey because I love to lay on her lap or just

next to her – which is really nice when it's chilly! I also love to play with toys that she throws so I can chase them. I am mostly housetrained now that I've figured out how to tell her when I need to go out, although every great once in a while I do have an accident. I learn quickly and would be great at agility if someone had the time to work with me. I have a lot of energy and need a fenced in yard I can explore and run in. I get along with other dogs my size or larger, but need to know my person is the pack leader, 'cause otherwise I can get possessive of toys and grumble over food. Once I figure out I'm not the boss, I do fine. I love to chase cats, so they need to be able to stand up to me. I will make someone a wonderful, loving companion if they will give me a chance.

My name is Kitchi, which means "one who is luck." Kitchi is a little cutie about 10 lbs (probably less) who loves other dogs and going to the park to play.

She is spayed and up to date on shots. She's also crate trained. This little girl must have lived a very sheltered life because she is not comfortable around people. She loves to come and get treats from them but will not come to be petted or picked up. Her foster mom continues to work on lifting and/or picking her up. She is always right at her foster mom's feet, following and watching. Kitchi will need someone who is willing to work with her and spend time building her confidence and trust, PLUS lots of TLC. She would do better in a home with another small furbaby.



HELP WANTED!

WHAT DO YOU FEED YOUR DOG?

If the answer is *Natural Balance*, then we need your help!

Van Patten's Natural Balance Pet Foods has offered to make a donation to a rescue group if they can save 50 bar code / purchase receipts from their foods (specific flavors don't matter). They do require 50 bar codes before they will accept a submission.

If you can help, please send your bar codes and receipts to **Stephanie Sherwin** – she will collect and then mail in the necessary paperwork when we have enough for submission. This is a continuous program – so please save them!

Please send to: 4 Woodsong, Roland, AR 72135



INTRODUCING PAPHAVEN RESCUE – 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 led us in forming Papillon Haven Rescue (Pap Haven). We are a 501(c)3 non-profit organization, all volunteer National group specializing in Paps and Papillon mixes, 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, sponsors, interested folk, contributors, 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.

ARE YOU A MEMBER OF ...

facebook

Join other PHR members on this exciting site! Network, chat, share ideas that are OT on the PapHaven group's email site.

Also, join the **Facebook – PapHaven Rescue** page. Or refer your friends and family to this page ... great way for them to get their 'feet wet' to the fundraising and ideas of PHR! Our e-news, fundraising, and general information are up-to-date for anyone who wants to get a better idea about what we do!

If you are already a member of *Facebook*, look us up!