

Turn Back the Clock For Your Dog

You can keep your old dog young with these 10 tips.

Ellen Kanner

Posted: Mon Aug 19 00:00:00 PDT 2002

10. Be kind; rewind time. "Every dog is sensitive," Dr. Simon said. "If we're upset or nervous, intolerant, short with them and yell at them, they don't understand. We need to be kind to our pets."

Fichtner believes her dog Hathaway lived long and happily because he was in a house full of activity, both human and canine. Your dog is a pack animal and thrives in company, preferably yours.

"Leaving a dog alone is stressful," said Dr. Simon. "Your dog thinks he's deserted. Leaving him alone for six or eight hours a day - the upset affects the body, the adrenal glands."

As your dog ages, be patient. Raising your voice because your dog had an accident won't help you and will frighten your dog. When Gertie occasionally eliminates indoors, Lojko simply cleans it up. "It's a small sacrifice to make to keep her around," Lojko said.

A dog is a commitment for life. These steps can help make it a long life.

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