



10 New Year's Resolutions for Our Pets

1. Check each pet's collars to make sure they fit correctly and their tags are present and legible. Also if they do not have a microchip take them in soon and get this simple procedure done. This will increase your chances 1000 fold of being reunited with your pet if they are lost or stolen. www.avidmicrochip.com.
2. Order Pet Health insurance or open a savings account for their medical care. www.petinsurance.com or www.petsbest.com.
3. Spay or neuter your pet. Population control is so important. So many animals are destroyed in shelters every year. There are not only medical benefits to spay and neuter but also behavioral ones as well. www.doghause.com/spay.asp.
4. Commit to year round Heartworm, Flea and Tick prevention. Keep your pets parasite free and you will keep yourselves and your households free as well. Don't wait till you already see the evidence. By that time the house already is infested and your pet will already have eaten many fleas and have tapeworm. www.petsandparasites.org/home.
5. Plan regular health checks and vaccination reviews with your Veterinarian. Pets can't talk so your vet is a specialist at finding things that may be causing pain or discomfort. Vaccinations are still very important to keep them free of many diseases, some which can also affect humans, like Rabies or Leptospirosis.
6. Brush your pet's teeth, or use some type of dental chews. Look at their teeth if you can, this is often a source of pain or discomfort for our companions. Look for reddened gums, discolored or broken teeth and bad breath. These are indications that they need dental care. www.petdental.com. Also check their nails and see if they have any matts or need grooming.
7. Start a weight control plan for your pet. Diet and exercise will help us all in the long run. www.peteducation.com.
8. Safety! Check your yard and house for anything toxic. This includes items such as moldy walnuts, mushrooms growing on your lawn, rat bates, fertilizers, antifreeze, snail bate and even toxic plants. www.aspca.org.
9. Take your dog to obedience or agility classes. They will thank you in so many ways and you will be so happy with the results. www.petslifeline.org.
10. Volunteer and be a voice for animals.

And one more just for us humans. Slow down and enjoy your pets and improve your own health! HAPPY NEW YEAR EVERONE!