



## Wags and Purrs Comfort Corner

### Pet Diabetes Month



If your pet has recently been diagnosed with diabetes, you are not alone. Over the past 10 years, pets being diagnosed with diabetes has risen nearly 80%!

Diabetes is caused by the pet's body not producing enough insulin to keep glucose levels regulated. The treatment for most pets with diabetes is insulin injections to replace what the pet's body is not producing. If unsure of how to give a pet an insulin shot, speak with your veterinarian or Professional Pet Care Specialist on the proper ways to give insulin shots and how to test a pet's blood glucose levels. Many factors other than insulin can affect a pet's blood glucose levels, and insulin may need adjusted depending on the current reading.

Signs of diabetes in pets can include:

- Excessive water drinking
- Increased urination
- Unexplained weight loss
- Changes in appetite
- Cloudy eyes (especially in dogs)
- Chronic or recurring infections
- Deteriorated coat

### Health Tip for the Season

If a pet is trying to lose weight, is pre-diabetic or has already been diagnosed with diabetes, it's imperative they be fed a high-quality diet and treats. Lower quality foods contain a lot of fillers and sugars which can cause issues with maintaining glucose levels.

### Training Tip for the Season

When giving a pet their insulin shot, always make it a positive experience for the pet. Praise your pet, and if vet approved, provide high-quality, low sugar treats while giving the insulin shot so the pet equates their insulin shot with something positive. Pets are very in-tune with their pet parents and will pick up on

- Vision loss
- Lethargy and loss of interest

While diabetes can affect any pet at any time in their lifetime, age, obesity, breed predisposition, genetics and a history of pancreatitis can be risk factors.

The most important factor in reducing the risk of diabetes is to keep pets at a healthy weight. While those puppy and kitten eyes can be tempting, overfeeding a pet or giving too many treats can lead to weight gain, diabetes risk and joint issues. A diabetic pet will often need a specialized diet.. For dogs, this means quality proteins, fiber and complex carbohydrates. Cats will also need a high protein diet, but much lower carbohydrates. If unsure on what diet is best for your diabetic pet, speak with your veterinarian about your pet's diet needs.

Keeping a pet active can not only help with weight loss, which lowers the risk of diabetes, but it can also help keep glucose levels regulated. All pets should be getting daily exercise and play and exercise can be modified to a pet's ability level and age.

While the initial diagnosis may come as a shock, diabetes is a highly manageable disease and with proper medication, exercise and diet, a pet can still lead a very happy life!

any anxiety or fear, therefore if you are anxious, speak with your vet to get more confident on giving the insulin injections.

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### Pet Sitter Tip for the Season

If your pet has been diagnosed with diabetes, please make your Professional Pet Care Specialist aware of any changes with food or diet and if the pet has vet approved treats that can be given. Always update your pet's profile with current medications and health concerns.

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## Featured Organization of the Month



### Crisis Response K9

Crisis Response Canines (CRC) is a non-profit 501c3 organization comprised of members throughout the United States who have dedicated thousands of hours comforting individuals impacted by personal or community crisis events with their certified K-9 partners. CRC volunteers services that are provided by the handlers and their canine partners' offering a level of comfort and calmness that only a canine can afford.

The mission of Crisis Response Canines is to provide strength, comfort, and emotional support to individuals, families, communities, and first responders experiencing intense emotions in the aftermath of critical incidents. Our highly trained K9 teams are experienced in psychological first aid and certified to work effectively in crisis environments supporting any affected by mass shootings, largescale accidents, violence, abuse, tragic death, suicides, terrorism, natural disasters (fire, flood, hurricane, etc.), and more. Our goal is to establish a nationwide network of canine crisis response teams who can be deployed immediately where they are needed most. Our volunteer members and their canine partners have achieved national therapy dog certification, AKC Canine Good Citizen (CGC) Certification and Crisis Response Working Dog certifications.

CRC Members Have Participated in the Following National Crisis Deployments:

- Orlando, FL | Pulse Nightclub-mass shooting
- Las Vegas, NV | Mandalay Bay Hotel/Route 91 Harvest Festival-mass shooting
- Sutherland Springs, TX | First Baptist Church-mass shooting Parkland, FL | Marjory Stoneman Douglas High School-mass shooting
- Paramus, NJ | East Brook Middle School – Tragic Bus Accident
- Pittsburgh, PA | Tree of Life Synagogue – mass shooting
- Virginia Beach, VA | Municipal Center | Mass Shooting
- El Paso, TX | Walmart | Mass Shooting
- Dayton, OH | Ned Peppers Bar/Oregon District | Mass Shooting

Donations can be made to Crisis Response Canines at [paypal.me/crisiscanines](https://paypal.me/crisiscanines)

## November Birthdays



These pets will be celebrating a birthday in the month of November!

Bourbon Nelson  
Sonny Marie Tessauro  
Lucy Marie Tessauro  
Ellie Weber  
Roxi Hill  
Sunny Kowalski  
Spartacus (Sparky) Blumenfeld  
Madison Escalante  
Reece Gomez-O'Toole  
New Year Bernat  
Sophie Swarts

Daisy Kowalski  
Saddi Miller  
Joey Favocci  
Diesel Davis  
Ernie Borrasso  
Iowa Bytner  
Macibelle Ritacco  
Sophia Loren Roberto

Happy Birthday, all! Paw-ty hard!

## Healthy Homemade Treats for the Season

### Turkey Cranberry Dog Treats

#### Ingredients

- 3 1/2 cups whole wheat flour
- 1 teaspoon baking powder
- 1 cup shredded cooked turkey
- 1 cup dried cranberries
- 1 egg
- 1 tablespoon olive oil
- 1 cup low-sodium chicken broth,
- or as needed



#### Directions

Preheat oven to 350 degrees F.

Lightly grease baking sheets, or line them with parchment paper.

In a large bowl, whisk the whole wheat flour and baking powder together until thoroughly combined, and stir in the cooked turkey meat and dried cranberries.

Make a well in the center of the flour mixture, and drop the egg into the center; pour in the olive oil and about 1/2 cup of chicken broth. Mix into a soft dough. If mixture is too dry, mix in more chicken broth, about 1 tablespoon at a time, until dough is of desired consistency.

Turn the dough out onto a floured work surface, and knead for 1 to 2 minutes.

Roll the dough out 1/4 inch thick, and cut out with your favorite cookie cutters.

Bake until the treats turn brown, about 25 minutes. Turn the oven off, and leave the dog treats in the oven an additional 30 minutes to dry out. Refrigerate leftover dog treats.

### Turkey Cranberry Cat Treats

#### Ingredients

- 1 heaping cup rolled oats
- 3 tablespoons Unsweetened,
- low-moisture, dried cranberries
- 4 ounces cooked, plain turkey
- 2 tablespoons + 1/2 teaspoon olive oil

- 1 heaping tablespoon dried catnip
- 1 large egg

**Directions:**

Preheat oven to 350° F.

Line two baking sheets with parchment paper.

Grind all dry ingredient in a food processor until they are ground fine.

Add remaining ingredients to the food processor and pulse until well combined.

Turn out into a bowl.

Measure out 1/4 teaspoon-sized portions. Roll each portion into a ball and press flat using your finger. Line up evenly on the prepared baking sheets.

Bake for 15-17 minutes, or until golden and dried out on the top



## Barking Truth

**Barking Truth**  
By Comfort at Home Pet Services

Clients, followers and friends have voiced their appreciation of our educational blogs and monthly newsletters and have urged us to release a pet care podcast. We are excited to announce that we have answered the call with Barking Truth, a podcast exposing the truth in the pet industry to keep all pets safe, healthy and well.

We will be releasing a new podcast every Wednesday and hope you can tune in and support pets everywhere by uncovering the truth of pet care.

Be sure to follow us on Anchor, Spotify or your favorite podcast service.



Wags and Purrs Comfort Corner strives to provide educational, informative and fun content to our readers! We love hearing your feedback on our newsletters and blogs and want to know what you, dear reader, would like to see in future newsletters and blogs. Are there topics you are interested in that we haven't covered or you would like more specific information? Please feel free to let us know. We'd love to hear from you!

Please email suggestions

to [Jen@comforhomepetservices.com](mailto:Jen@comforhomepetservices.com)

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