



## Wags and Purrs Comfort Corner

### Animal Pain Awareness Month



September is Animal Pain Awareness Month, a month dedicated to educating on the signs of animal pain, animal pain management and therapies that can improve the quality of life for our pets.

At some point in their pet's lives, all pet parents wish their beloved pets could just say what they are thinking or how they're feeling. Unfortunately, that isn't the case and signs our pets are in pain aren't always obvious and are often

overlooked or confused for something else.

Signs a pet may be in pain include:

- Panting
- Vocalization
- Restlessness
- Aggression
- Limping
- Irritability
- Licking or biting a particular area
- Decreased activity
- Decreased appetite
- Not going up or down stairs
- Reluctance to jump on surfaces
- Difficulty standing up

If a pet is showing any of the above signs, a trip to your pet's health and wellness provider is the best option to find the underlying cause of the symptoms. Some causes a pet may be in pain are arthritis, degenerative joint

### Health Tip for the Season

If your pet's health care provider recommends pain management medication, discuss with them which medication administration option might be best for your pet. Some pets will happily take a pill hidden in a piece of cheese or lunch meat, while others would turn down a steak if they thought a pill was hidden inside. For pets who fall into the latter category, a liquid or transdermal medication may be the best option.

### Training Tip for the Season

Pets in pain act and react differently than they normally would. Even a sweet, well-mannered pet may growl, snap or bite

disease, hip dysplasia, dental pain, aggravating a past injury, surgeries or even diseases like Lyme disease, pancreatitis and cancers. A pet's veterinarian will be able to diagnose the causes of the pain during a routine examination.

Depending on the source of the pain, a veterinarian can advise on the best possible treatments, which may include pain medication, supplements, physical therapy, water therapy, massage, dental surgery or weight management.

The first option for pain management is usually oral medications or steroids. Rimadyl, Tramadol, Gabapentin, and Deramaxx can reduce joint pain and Prednisone, Prednisolone, Dexamethasone and other corticosteroids can reduce swelling in severe cases of arthritis. However, as is the case with all medications, they can cause side effects and the potential for drug interactions.

Supplements can also provide some relief with Glucosamine and Chondroitin being the most popular treatment for joint issues. Turmeric and fish oil have anti-inflammatory properties and can help with pain management.

Water therapy, a form of physical therapy that is done in a pool or tank, can help strengthen muscles after injury, surgery or from degenerative disease.

Weight management, acupuncture/pressure, pressure point massage and cold laser treatments can provide not only pain relief but also help a pet regain some of their mobility. For more information on homeopathic options, check out our blog article [Noninvasive and Drug-free Pet Healthcare.](#)

No one likes to be in pain and our pets are no different. Thankfully, we can help our pets by paying attention to the signs they are experiencing pain, speaking with the pet's health care provider and taking the needed steps to help them live the highest quality of life they possibly can.

when they are in pain. If a pet is acting differently, showing signs of withdrawal or not coming when called or listening to well-known commands, the pet may be in pain. Don't force a pet to do a command if they are reluctant or are showing signs of apprehension. Instead speak with your pet's health care provider about pain medications, therapies or modified training.

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### [Pet Sitter Tip for the Season](#)

If your pet is having mobility issues due to pain or injury, a sling or harness can help your Professional Pet Care Specialist get your pet outside to relieve themselves. Slings and harnesses can be bought in local pet stores, Chewy or Amazon or can even be homemade using a t-shirt, towel, sheet or scarf. If a pet uses mobility devices, speak with your Professional Pet Care Specialist about the usage and location of the devices.

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## Featured Product



## Cooling Mats and Cooling Beds

Whether from age, injury or breed disposition for joint problems, many of our pets will suffer from arthritis at some point in their lives. Cooling mats and beds offer pain relief and reduce inflammation and swelling without the side effects and possible drug interactions of pain medications. Cooling mats and beds come in a variety of sizes, colors, shapes and styles and range from under \$20 to over \$100.

Please be aware that options shown above are linked to beds for medium breeds. Other size options are available, so be sure to check you are choosing the correct size for your pet.

Pictured above are the [Marunda Dog Cooling Mat](#) and [Furhaven Water-Resistant Cooling Gel Dog Bed](#)

## September Birthdays



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

Yoopers Nelson  
Stella Adams  
Tewa Ellis  
Rico Messenger  
Bree Gent  
Bob Kienholz  
Joe Kienholz  
Everest Coates  
Clio Rubright  
Rocky Micelli  
Lucy Fabrizio  
Zeus Roberts  
Bella Billings  
Charlie Siskind  
Mindy Sturm  
Mya Davis  
Isabella Botts  
Koby Swarts  
Mia Marcus

Happy Birthday, all! Paw-ty hard!

## Healthy Homemade Treats for the Season

### Peanut Butter Carrot Cake

Ingredients:

- 1 cup flour
- 1 tsp. baking soda
- 1/4 cup peanut butter
- 1/4 cup vegetable oil
- 1 cup shredded carrots
- 1 tsp. vanilla
- 1/3 cup honey
- 1 egg



Preheat oven to 350 F

In large bowl mix all ingredients together.  
Spread into a greased 8x8 baking pan.  
Bake for 30 minutes.  
Cool, cut and serve

### Carrot and Catnip Cat Treats

Ingredients

- 2 tablespoons oil
- 1 1/4 cups flour
- 1 tablespoon dried catnip optional
- 3/4 cup finely shredded carrot
- 1 large egg, lightly beaten



Preheat oven to 375 degrees F.

Line a baking sheet with parchment paper.

In medium bowl add oil and mix in 1 cup of the flour until mixture looks sandy.

Stir in catnip and carrots.

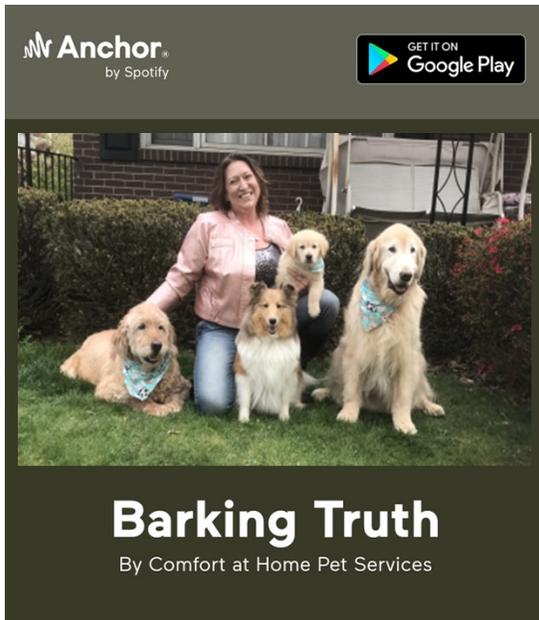
Mix in egg. Add a little water if the mixture looks too dry and isn't holding together.

Add a little flour if the mixture looks too wet and sticky. (Sometimes the carrots can be more wet or dry.)

Sprinkle flat surface with a little additional flour and roll or pat out dough to 1/4 inch

thickness. Sprinkle dough with additional flour as needed.  
Prick dough all over with a fork. Use pizza wheel to cut dough into 1/2 inch squares.  
Arrange squares on prepared baking sheet.  
Bake for about 12 minutes or until starting to brown. (Bake longer for drier texture.)  
Cool on baking sheet.

## Barking Truth



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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