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PRESIDENT'S MESSAGE

The Westie Foundation was pleased to participate in the WHWTCA Centennial celebration of Westies in America, held in Lancaster, PA in September. It was a fantastic week-long event, so congratulations and thanks to all of the people who organized it and pulled it off.

The Foundation was well represented with our health seminar, the children's art show, the auctions on Friday evening and our sales table on Friday and Saturday. The seminar on Rear Leg Lameness, and The Genetics of the Dog, presented by Drs. Alison Starr and Keith Murphy of Clemson University,



Barbara Hands and Wayne Kompare

was very well attended and elicited numerous questions. The Friday evening auction had an outstanding result, due to the very generous donation by Barbara Hands of her original watercolor of "One Moment in Time", which garnered \$2,600 for the Foundation. Finally, congratulations to the winner of our annual raffle, Patti Thames.

On the Westie health front, we're pleased to announce that 4 new chapters have been added to our Westie Health eBook on our website at (www.westiefoundation.org/westiehealth/healthbook.htm). The new chapters are:

- Canine Diabetes Mellitus
- Keratoconjunctivitis Sicca (KCS or Dry Eye)

(Continued on page 2)



(President continued from page 1)

- Copper Toxicosis
- Complementary and Alternative Medicine

Many thanks to Dr. John Robertson, Director of the Center for Comparative Oncology at the VA/MD Regional College of Veterinary Medicine, for his work in organizing (and writing many of the chapters) our Health eBook. The eBook now contains 16 chapters and 176 pages of useful information on diseases affecting Westies.

Finally, please note that the Foundation will be moving as much as possible of our newsletter name and address file from snail mail to email. Printing and postage is our largest administrative expense, so the more we can save there, the more we can spend on research and education. We will be offering all members of the WHWTCA as well as the regional Westie club members an opportunity to opt-in to receiving our newsletters by email, initially for our fall and spring issues. Just go to www.westiefoundation.org, click on "Contact Us" and tell us you would like to receive our newsletters by email, and include your email address.

Thanks again for your generosity and support.

Wayne Kompare

— REQUEST FOR SAMPLES —

Listed below are several of the current research projects supported by the WFA. If you would like more information about the studies, visit our web site at www.westiefoundation.org. If you would like to participate by contributing blood or DNA samples from your Westie, call or email the contact person listed. Your participation will be greatly appreciated!

RESEARCH PROJECT	SAMPLES NEEDED	CONTACT
Genetic marker for Atopic Dermatitis	Blood samples from 100 normal dogs and 100 dogs diagnosed with atopic dermatitis	Cary Salzmann North Carolina State University 919-513-7235 casalzma@ncsu.edu
Genetic role in Legg-Calvé-Perthes	Blood samples from 20 affected dogs and 20 unaffected dogs	Dr. Alison Starr Clemson University 864-656-0191 astarr@clemson.edu
Genetic susceptibility of Bladder Cancer (TCC)	Blood samples from dogs with a diagnosis of TCC	Donna Viglietti, Ostrander Lab National Human Genome Research Institute 301-451-9390 Dog_genome@mail.nih.gov
Genetic marker for Addison's Disease	DNA from cheek cells and/or blood from affected dogs and unaffected dogs over the age of 7	Dr. A.M. Oberbauer UC Veterinary School (Davis) 530-752-4997 http://cgap.ucdavis.edu/



Forearmed, Therefore Proactive

By Seymour N. Weiss

The last time my remarks appeared in this worthwhile forum we all know as the *WFA News*, I addressed the evolution of a Westie person from one who becomes attracted to the breed through all the stages to one who absorbs the essential knowledge sufficient to make her or him into an integral essential in the human fabric of the West Highland White Terrier at the culmination of this ripening process.

This culmination leads to one who, without prodding, takes all the extra steps to function as a dynamic asset to the entire breed. Such a Westie fancier will have studied all those aspects of health and genetic vitality, good and bad, to be recognized as a source of intelligent, positive given freely to all who seek it out.

We have said before that we recognize certain endemic conditions within the breed that must be studied, understood and hopefully minimized for the good of all Westies. There is no shame in having bred dogs which exhibit undesirable traits if we set about to remove those traits. The shame is in hiding the fact that one's dogs may have produced offspring showing traits we all agree need to be removed from the gene pool.

At the WHWTCA Centennial the interest in the CERF tests and the lecture on rear leg lameness spoke more eloquently than any words about how much the friends of the Westie care about and want to know more about



those conditions that impede the pleasure we derive from our dogs. Of even greater importance is our shared desire to lessen or eliminate those conditions negatively impacting on any Westie's quality of life.

Taking on a proactive posture in the best interest of the breed goes a long way toward bringing about the vitality and well-being we want to embellish in every pet, every breeding animal and every

show dog. We as well as our dogs are all ambassadors for the West Highland, whether we planned it that way or it just happened by itself.

Being proactive on behalf of Westie health means each of us being forthright. It means sharing our knowledge and experience with peers on a similar level and with the less experienced, but no less in need. One day some of the newbies will be the *go to* people. It would be a rewarding feeling to know you helped them get there.

All this involves the sharing of resources. The WFA has been able to make the strides it has since being founded through the generosity of people who care about Westies and what it takes to make them better. Being proactive on behalf of the West Highland breed involves, among other things, sharing intellectual and financial resources so as to make life better for our dogs and for all of us who love them. As you are reading this, we know you agree and hope you will do all you can to bring about a brighter tomorrow for West Highlands. Go ahead, be proactive. You'll like yourself for it.



Westie Blood Samples Needed for Atopic Dermatitis Research Project

The Westie Foundation is helping to sponsor a research project at North Carolina State University Veterinary College. The purpose of this study is to bank DNA from dogs with and without atopic dermatitis (atopy) in order to study potential genetic causes of this disease. The researchers hope to obtain blood samples from 100 Westies diagnosed with atopy and 100 Westies that are normal (i.e. have not been diagnosed with atopy). Note that individual Westies do not need to be a part of a large family group as in previous studies.

Atopic dermatitis is by far the most common disease affecting Westies, and efforts to reduce and eventually eliminate this problem are critical to benefit the

future health and quality of life of Westies everywhere.

The forms covering the specifics of the sample collection procedure, the consent form, and the clinical questionnaire to be completed by the veterinarian (either the 2 page questionnaire for Westies affected by atopy, or the 1 page questionnaire for normal Westies not affected by atopy), can be found by going to www.westiefoundation.org, and then clicking on Westie Health, then Current Research. The four forms are listed below:

- [Sample collection procedure](#)
- [Consent form](#)
- [Questionnaire for Affected Westies](#)
- [Questionnaire for Normal Westies](#)

Shipping costs for the samples will be paid by the researchers. If you have any questions, please contact either Cary Salzmann at NCSU for blood sample collection questions at 919-513-7235, casalzma@ncsu.edu, or Wayne Kompare at wkompare@verizon.net for other questions relating to this project.

The SFBWHWTC recently sponsored a clinic to collect blood samples for this study through the generous donation of the veterinary services of Dr. Merrienne Burtch, DVM, and Dr. Helen Power, DVM. If your regional club would like to sponsor a clinic at one of your club events, contact Cary Salzman for the necessary kits.

Thank you very much for your help with this important project!

Westie News

Goes Electronic!

In an effort to be conscientious about the environment while also making the most use of our limited resources, the Westie Foundation plans to send the Fall and Spring issues of the newsletters electronically. The Summer and Winter issues will continue to be mailed. All quarterly issues will also be available and archived online at the Westie Foundation website (www.westiefoundation.org).

IMPORTANT NOTE: Send us your email address so you'll receive the electronic newsletter! Go to www.westiefoundation.org and click on the "Contact Us".



Croydon Champions Mascot Hamish Helps Woman in Coma

By Kirsty Whalley

Published and reprinted with permission from the Croydon Guardian (www.croydonguardian.co.uk)

Croydon Champion's canine mascot Hamish MacFee saved a woman in a coma.

The friendly West Highland terrier has worked in elderly care and on the stroke wards in [Mayday Hospital](#) for six years.

Proud owners Barry and Margaret Crossby recounted the tale after learning Hamish had been named a finalist in the Pets as Therapy (PAT) dog of the year awards.

Mr Crossby said: "One patient was in a coma following a stroke.

"The daughter asked if Hamish could visit her mum because she loved dogs and they hoped it would help.



"We visited her for several weeks chatting to her until one day a member of the family rushed up to say the lady had woken up and asked 'Where is Hamish?' His name was the first thing she said. She remembered him over her own dog.

"It proves that even when you are comatose you can hear what people say. Pets as Therapy even extends to help people who are unconscious."

The westie was nominated for the awards by 18 healthcare professionals at Mayday Hospital.

They wrote: "The response from patients is incredible. His exceptional bedside manner towards Mayday hospital patients merits special recognition."



Hamish MacFee narrowly missed out on his own Champions' award in 2004.

He and his owners have supported the awards for the last five years.

The busy wonder dog also works as a junior road safety officer, helping school children to cross the road safely and he helps children who have pet phobias.

This year's champions will be revealed at a glittering awards ceremony on November 11.

To vote for Hamish as PAT dog of the year go to www.yours.co.uk.

He will find out if he has won at next years Crufts dog show in March.



CHIC, OFA, CERF... What Does it all Mean?

By Ann Marie Holowathy, WFA Health committee



CHIC, the Canine Health Information

Center, is a centralized canine health database jointly sponsored by the AKC/Canine Health Foundation and the Orthopedic Foundation for Animals (OFA). CHIC is endorsed by the West Highland White Terrier Club of America and the Westie Foundation of America.

A CHIC number and report are issued once a dog's breed specific test results are entered into the database. Owner approval is required for results to be released. However, CHIC encourages sharing all results, whether normal or abnormal. All dogs must have permanent identification (microchip or tattoo) for entry into the database.

The breed specific requirements for West Highland White Terriers include the results of three tests:

- (1) A hip x-ray to determine absence or degree of hip dysplasia and Legg-Calvé-Perthes Disease. The X-ray can be done by your vet; dogs must be at least two

years of age. Results from the OFA database indicate at least a 10% incidence of hip dysplasia in Westies.

- (2) A patellar screening to identify a luxating patella. This can be done by your vet; dogs must be at least one year of age.



- (3) A CERF (Canine Eye Registration Foundation) exam to diagnose eye diseases. This must be done by a certified ophthalmologist. At the CERF clinic held during the Centennial week, 10.8-17 % of the 66 Westies tested were identified with eye abnormalities.



Application forms are required for entry into the hip and

patellar luxation database. The forms can be downloaded from the OFA website at www.offa.org and should be given to your vet when you have scheduled a hip x-ray or patellar screening. A board-certified ophthalmologist will provide the necessary CERF form upon completion of an eye exam.

To encourage participation in CHIC, the WHWTCA hosted and subsidized the cost of a CERF Clinic during the Centennial National Specialty in September, 2009. An OFA Hip and Patellar Clinic will be held in conjunction with the 2010 WHWTCA National Roving Specialty in Scottsdale, AZ. A CERF clinic will also be held at the all-breed shows that weekend.

CHIC has an excellent website located at www.caninehealthinfo.org. The website contains basic information about CHIC, such as its mission and goals, and maintains a listing of breeds and approved breed specific test protocols. There is also a section entitled "Frequently Asked Questions" that is very helpful. More importantly, the web site has links to the actual



databases so you can see the test results from all the westies in the database.

Owners, breeders, and researchers benefit as CHIC is a reliable source of data which can be used to assist in breeding healthy dogs. As more tests become available and results entered, the CHIC database can help determine whether progeny will be clear, carriers, or affected by an inherited disease.

As time goes on you will be hearing more and more about CHIC and the benefits of its database. Having our Westies tested and submitting those results to the CHIC database is one way we can truly be caretakers of the breed we love.

I was delighted to learn the West Highland White Terriers had joined the CHIC registry. I had often thought there was a need for guidelines regarding health checks for our dogs. As genetic testing and modes of inheritance become available, I hope the protocols will be expanded. It is only through the sharing of information that we can guarantee a healthy future for our wonderful breed.

Sincerely,
Dawn Martin
Dawn's Highland Scots

The Championship with CHIC... the two go hand in hand

Conscientious Westie breeders believe conformation championships should be attained to prove the dog meets the AKC standard of the breed. Obtaining this status proves that the dog is worthy of reproduction and continues to protect our breed standard. We know this process can require a lot of time, money, effort, and patience to complete.

But, let's look at the health side of our Westies. The standard does not say healthy but health is implied with the statement "*The West Highland White Terrier is a small, game, well-balanced hardy looking terrier*". Westie breeders are now encouraged by our proactive parent club and the Westie Foundation to complete three simple health screening tests and submit the results to CHIC. This valuable information is an attempt to keep the breed healthy and guard against lameness and blindness. How wonderful to have the peace of mind knowing our breeding stock is free of these defects before breeding a litter. It helps us to avoid the pain and suffering of both the pups and the owners when problems arise.

My question is, "What good is it to attain a Championship without the CHIC health clearances? It's great to be handsome and desirable, but how can you enjoy it without health?"

Nancy Stolsmark
Home of Headsup Westies



Alternative Therapy for IPF

Michael Ina, DVM
Arguello Pet Hospital
San Francisco, CA 94118

On July 8, 2008, Kaylie, a ten and one half year old, spayed female Westie, was brought in for a routine teeth cleaning, 2 mass removals and chest radiographs. The owners wanted to have her lungs evaluated for pulmonary fibrosis. At this time, she was basically showing no symptoms. The radiographs were taken first because, if there was severe pulmonary disease, we were not going to use general anesthesia for the dentistry. I read the lungs out as having mild tracheal collapse and mild interstitial disease (pulmonary fibrosis).

Dr. Sam Silverman, a board certified veterinary radiologist, read Kaylie's radiographs.

Interpretation:

The lungs are increased in opacity and are poorly inflated. The heart is at the upper limit of normal size. The diaphragm appears intact. Tracheal collapse may be present

Conclusion:

Interstitial pulmonary fibrosis (IPF) may be present.



Kaylie



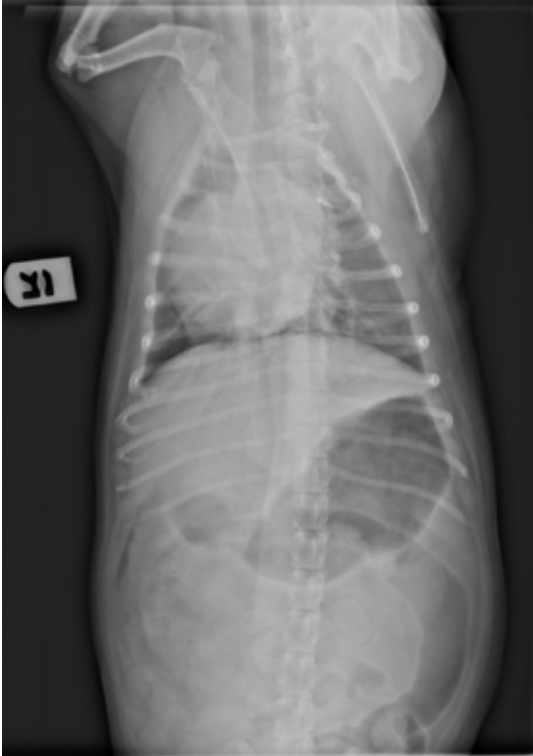
Kaylie - Radiograph #01 taken on 7-08-09, prior to treatment



Kaylie - Radiograph #02 taken on 7-08-09, prior to treatment



Kaylie - Radiograph #03 taken on 7-08-09, prior to treatment



Kaylie - Radiograph #06 taken 11-11-08 following initial treatment



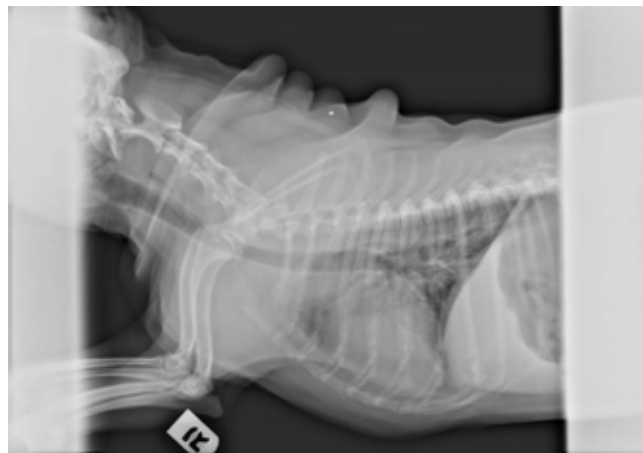
Kaylie - Radiograph #04 taken 11-11-08 following initial treatment

Mild tracheal collapse is also suspected. No evidence of heart failure.

On November 11, 2008, Kaylie was presented because of increased frequency of coughing, as much as 3 times a day. On physical exam, Kaylie's lungs were clear. Radiographs were taken (chemical restraint was not used).

Dr. Sam Silverman:

Interpretation: The cardiac silhouette is similar in size to the previous study. The radiographs were made at an incomplete phase of inspiration. No evidence of severe lobar consolidation or discrete pulmonary nodularity is seen. The tracheal caliber is mildly irregular. A large amount of gas is present in the stomach.



Kaylie - Radiograph #05 taken 11-11-08 following initial treatment

Conclusion: Changes are very similar to the previous study, differences in the phase of respiration and the lack of a complete inspiration at the time of radiographic exposure make it difficult to quantitate changes, however, persistent bronchointerstitial disease is likely.

We had tried bronchodilators to treat the collapsing trachea, but Kaylie could not tolerate Theophylline or Brethine.

I had purchased a cold laser unit in October 2008. It was delivered in November and I had studied how to use the



laser unit. The unit I purchased was the Companion Therapy Laser from LiteCure, LLC. It was a class IV laser therapy unit.

Kaylie's owner had informed me of a Westie in Carmel, California that was diagnosed with pulmonary fibrosis and was treated with cold laser. I contacted the veterinarian who treated this Westie and he informed me of his treatment protocol. Unfortunately, he never took radiographs after the laser therapy but he said he had treated the dog 6 times and the dog became asymptomatic (not coughing) for 4 weeks after the last treatment. He was in the process of starting a protocol of monthly follow up laser therapies.

The unit that the veterinarian from Watsonville used was an older unit than mine. I had called LiteCure about treating a Westie with IPF. The professional services returned my call with the recommendations for treating a dog with IPF.

On January 5, 2009, I started treating Kaylie with the cold laser unit. She was treated three times the first week, two times the second week and once the third. She received a total of six treatments. Kaylie's owner had told me that she thought Kaylie felt better after each session because she coughed less and was more active.

On February 17, 2009, we took radiographs to compare the lungs after the laser therapy.

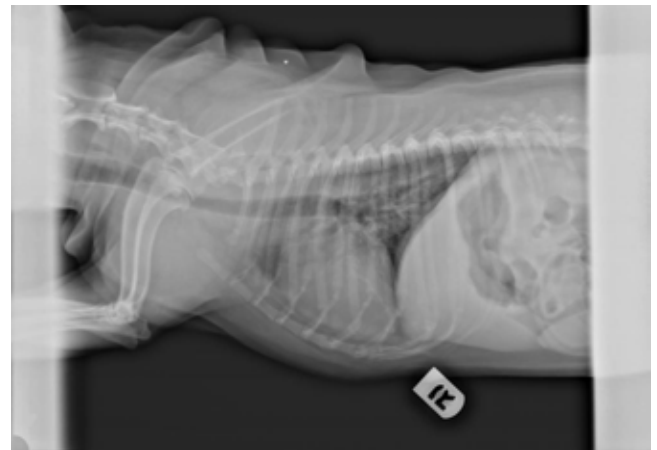
Dr. Sam Silverman:

Interpretation: Although the lungs are not completely inflated, they do appear somewhat more lucent on today's study. The bronchovascular markings remain indistinct but are improved in appearance. No evidence of free pleural fluid.

Conclusion: There appears to be an improvement in the appearance of the lungs compared to the previous study.



Kaylie - radiograph #07, taken on 2-17-09



Kaylie - radiograph #08, taken on 2-17-09

(A side note about the radiographs – it would have been better to sedate Kaylie when the radiographs were taken. She may have taken deeper breaths with sedation. However, because of her pulmonary disease, I was not willing to take unnecessary risks for the sake of possibly getting better radiographs).

Since February 23, 2009, Kaylie has been brought in once a month for a “tune-up” laser treatment. I listen to her lungs and get a history. The coughing ultimately did worsen. On

May 6, 2009 we tried albuterol solution via a child’s nebulizer. We have since added Flovent and discontinued the albuterol. Then on May 28, 2009 we added sildentafile.

It seems that high humidity and hot temperatures exasperated the coughing. On these uncomfortable days, the owner would minimize outdoor activities and try to keep Kaylie as cool as possible. Because of the possibility that inhalant irritants (house dust) could also exasperate the cough, Kaylie’s

owners now use the Dyson vacuum cleaner.

The owners continue to bring Kaylie in for her monthly laser treatment. Kaylie’s owner had noticed that for twenty four hours after these tune-up laser treatments, Kaylie seems to be much more active than usual. Ultimately, due to the owner’s dedication towards Kaylie, the addition of the drugs (Flovent and sildentafile) and the laser therapy, Kaylie has been able to maintain minimal coughing and a very good quality of life.



AMAZON.COM FOR WESTIES

Do you ever shop online at Amazon.com, the world’s largest online retailer, offering everything from books, music, movies, computers and televisions to groceries, health & beauty, sports and pet supplies? If you do or want to try something new, carefully follow the directions below:

- Go to the Westie Foundation website first (www.westiefoundation.org),
- Click on the Amazon.com banner at the top of the page (or the banner can also be found at the top of the “How to Help”, “Affiliates” and “Westie Gifts” pages),
- Wait for the link to take you to the Amazon.com website, and
- Place your order for any item you desire on Amazon.com.

The Westie Foundation will automatically receive at least 4% of your purchase price from Amazon.com. It doesn’t cost you a penny more; on the other hand you help pay for research and education to benefit the health and quality of life of Westies everywhere.

By the way, if you pay for your Amazon purchase with a Westie Foundation of America, Inc. MasterCard, the Foundation will receive money from both Amazon and Bank of America—two for one!





AMERICAN KENNEL CLUB
CANINE HEALTH FOUNDATION

2009 National Parent Club Canine Health Conference

The National Parent Club Canine Health Conference was held October 23-25, 2009 at the Hyatt Regency Riverfront in St. Louis, Missouri. The generous support of the Nestlé Purina PetCare Company made the conference possible. Attendees included representatives from the Canine Health Foundation, national breed clubs, breed-specific health foundations, veterinarians, veterinary students, and scientists.

The **AKC Canine Health Foundation** hosted the weekend event which featured presentations from some of the leading scientists in the field of canine research. Founded in 1995 by the American Kennel Club, the AKC Canine Health Foundation is the largest nonprofit worldwide to fund health research exclusively for canines. They work to raise awareness and funds necessary to support non-invasive, innovative health research that helps dogs and their owners live longer and

stronger. Through the financial support of the American Kennel Club, Nestlé Purina PetCare Company, and the generosity of donations – both large and small – they have allocated more than \$23 million to canine health research.

In 2009, the Canine Health Foundation will make payments in the amount of \$2.4 million dollars to veterinary schools and research institutions in the United States and around the world to benefit the health of dogs.

The conference provided an opportunity for the CHF to explain how they go about deciding what grants to fund and how they navigate the grant process. There were a series of Round Table Discussions on topics such as the Canine Health Information Center (CHIC), Encouraging the Use of Genetic Tests, the Purina Parent Club Partnership Program, and the Development and Use of Canine Health Surveys, to name a few.

The most impressive parts of the conference were the presentations made by the scientists working on various canine health issues. The following is a list of the titles of their presentations.

- One Health, One Medicine- Strengthening the Human-Animal Links
- Canine Cancer & Comparative Genomics: New Technologies, New Opportunities
- Clinical Trials in Veterinary Oncology: Past, Present, Future
- Immunonutrition
- New Diagnostic and Therapeutic Investigations of Neurological Disease in Dogs
- Matters of the Heart: Advances in Canine Cardiac Research
- Dalmatian Bladder Stones: not just a Dalmatian problem
- Nutrients to Promote Physical Recovery in Active Dogs
- Canine Herpesvirus-1: a new Pathogenic Role for an Old Virus
- Metabonomics: A Tool for Nutrition Research

(Continued on page 15)



Health Success at the Centennial

*Kay McGuire, DVM, MS
VP of Health, WFA*

As another month closes, the WFA has made new strides this quarter. There are reports about the Centennial Specialty and the success it was, not only the accumulation of all the wonderful dogs but also of the people that love them. We at the WFA celebrate the attendance of our Health

this research. We are committed to continued funding of this disease that not only affects our dogs but humans as well. We need blood samples of affected dogs as well as samples from dogs with OFA cleared hips. A CERF Clinic was held that screened 66 dogs for hereditary eye defects, resulting in a 10.7% incidence of disease.



We have four new chapters ready to be published included in the health e-books. The titles include Diabetes Mellitus,

Seminar presented by Dr. Keith Murphy and Dr. Alison Starr. We are also pleased that the Canine Health Foundation has recently approved and is requesting funding for their research on Legg Calve Perthes Disease. The WFA has \$10,000 in our CHF advisory fund earmarked for the beginning of

Keratoconjunctivitis Sicca (KCS), Copper Toxicity, and Complementary and Alternative Medicine. We wish to thank Dr. John Robertson and his team from Virginia Tech University on completion of our 16th chapter of the most common maladies that affect Westies.

Dr. Robinson, supported by the Health Committee, has drafted a RFP (Request For Proposal) to request new research proposals on the genetics, diagnostics and treatment of Atopic Dermatitis. Because Atopy (Inhalant Dermatitis) is the most common health issue Westies' face, we feel that that the majority of funding should be spent in this direction. Our RFP will be submitted before the end of the year to all Universities and Referral Dermatology Practices.

Upon completion of our largest event of the year, we have begun to plan our Roving National 2010 in Scottsdale, Arizona. The WHWTCA and WFA will be sponsoring hip and patella exams for OFA clearances. Watch for further information. OFA patella and hip clearances, in addition to a CERF exam make up the necessary health screens for the Westie to receive his CHIC (Canine Health Information Center) registry number.

This newsletter contains health information on our current topics as well as an article on an innovative palliative treatment for Pulmonary Fibrosis. We welcome your responses.



Canine Nutrition 101

Tina McCain, CMDT



Everyone has the best of intentions when it comes to feeding our canine companions. You probably have thought about what flavor your dogs might enjoy or even what size kibble bit would be good for them. And that in itself is good, but have

you ever thought about what is printed on the dog food label itself. Have you ever looked at the ingredient panel? If we left it up to the mass marketers, they would all have us believing “their” food is the best or only food that is good for your dog.

My nutritional journey began with an allergic Westie, Sam; and, a Westie who had allergic reaction to vaccinations – Dandy. Dandy suffered as many as 28 seizures a day and had to take barbiturates to control his seizures. The barbiturates he had to take caused severe gastrointestinal problems – i.e. major diarrhea and vomiting. When I was told to “just give him a Pepcid every day and he’ll be fine”, I did not accept that as a definitive answer and began researching dog food and dog food ingredients.

The goal here is to inform you about dog food ingredients. What ingredients are good and what ingredients should be avoided. Once you have the information you can then make the best choices for your dog’s nutritional requirements.



Meat!

Dogs are carnivores. A dog appropriate diet should be based on

meat. Dogs don’t need grains in their diet to survive, but some carbohydrates can be beneficial and are used to hold the kibble bits together.

Meat and meat meal should be specific as to what type of meat is included. The label should



read beef, turkey, chicken, bison, venison, rabbit, etc. Basically, meal is the meat but devoid of moisture.

It is recommended that any product that uses the terms "meat", "animal" or "poultry" by products be avoided.



Grains

If you choose a diet that includes "grains", look for whole grains, brown rice, millet, barley, or oats. "Glutens"

should never be included in the ingredient panel.

Dogs cannot readily digest corn, wheat or soy. They also cannot digest any of the "glutens" that are related to corn, wheat or soy. These ingredients just sit in the intestine/colon, fermenting, causing gas, excess stool, and/or vomiting of yellow bile.

Also, corn, wheat and soy are the TOP three food allergies in dogs. They can contribute to chronic ear infections, itchy skin, chewing at their feet, rubbing of the face, etc.



Fruits & Vegetables

If you are choosing to keep your dog on a "grain-free" diet, it

will include some carbohydrates such as potatoes, sweet potatoes, whole fruits and vegetables.



Organics

Organic ingredients are great! Just be sure that you are not undermining the protein levels for the sake of organics.

"Natural"

The word "natural" holds no value when it comes to dog food ingredients. It is so misleading.

Don't let it fool you by the fact that because it is labeled "natural", it means that it is good for your dog. Sugar and corn are natural but should not be included in your dog's diet.

"Holistic"

Overall the word "holistic" is a good word, but it scares some people. They think you are "way out there" if you use that word. "Holistic" in essence means: "Concerned with wholes rather than analysis or separation into parts." (Dictionary.com)

Unfortunately "natural & "holistic" are the new buzz words by some of the big dog food companies, but really don't hold the value by which they are meant to be appropriate for our canine companions.

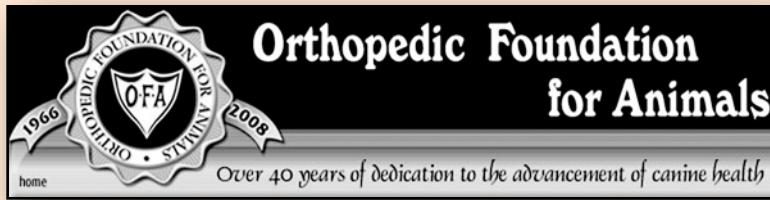
The presentations were interesting, educational, and extremely well done. The CHF will be making many of these presentations available on their website. If you are interested in a particular topic you will be able to download the presentation from www.akcchf.org. Check their website periodically to find out which presentations are available.

Visit the Canine Health Foundation website to become familiar with the work they are doing. The money they raise to support canine research will find answers to diseases that affect dogs and humans as well. Supporting their efforts is certainly worthwhile.

(Kay McGuire, DVM represented the WHWTCA at the conference and Ann Marie Holowathy represented the Westie Foundation of America)

The Westie Foundation of America, Inc. is a nonprofit corporation, recognized by the IRS as a 501 (C) (3) organization. The mission of the Foundation is to provide financial aid and other support for medical research in order to benefit the health and quality of life of West Highland White Terriers; and to further develop and communicate information regarding the health, care, breeding and quality of life of Westies to Westie owners, Westie breeders and veterinarians.





OFA CLINIC *for* **HIP DYSPLASIA AND PATELLAR LUXATION**

(sponsored by the Westie Foundation of America, Inc.)

Open to all West Highland White Terriers

Saturday, March 6, 2010

(in conjunction with the WHWTCA National Roving Specialty)

SQUAW PEAK ANIMAL HOSPITAL

3141 E. Lincoln Dr. • Phoenix, AZ 85016

(602) 553- 8855

- ✂ This is a great opportunity to check the knees and hips of both younger and older animals in your breeding program.
- ✂ Three health clearances are needed to have your Westie assigned a CHIC number. They are, checking for luxating patellas and hip dysplasia, and examining eyes for cataracts and other ocular diseases.
- ✂ All Westies participating in the clinic need their AKC registration information available and a permanent form of identification (microchip or tattoo)
- ✂ Short acting anesthesia will be available as needed for the hip x-rays.
- ✂ The Legg-Calve Perthes study at Clemson University is requesting blood samples from Westies who have submitted a hip x-ray to the OFA and have a hip OFA clearance number. The Westie Foundation will subsidize the cost of the blood draw the day of the clinic.
- ✂ The WHWTCA will contribute \$15 to cover the cost of a patella exam for dogs belonging to club members who have both hips and patellas screened at the clinic.
- ✂ Bitches immediately coming into or going out of season should not submit hip x-rays since hormonal influences could alter OFA results.

For more information about the clinic and to pre-register (deadline 2/17/10) contact Nancy Stolsmark at Livlafluv2000@aol.com (623) 566- 4149

Visit www.offa.org to download OFA forms and www.caninehealthinfo.org for information about CHIC

Westies and Water — or Sparky's misAdventure

by Rose Estes

When I was writing the book on the history of the Westie, I came upon a story of a young Westie who had gone otter hunting with his owner. The inexperienced dog had crept into an Oceanside cairn and found his quarry. The otter made a dash for the ocean with the Westie hard on its heels. The man could not shoot for fear of hitting his dog.

The otter plunged into the ocean hoping to lose the dog but the dog followed and as the otter dove into the surf, the man was shocked to see that his dog had latched onto the animal's tail! He paced the sands waiting for the dog's head to break the surface, but when it did not, he himself ran into the ocean and dove to the bottom, where he found the pup still gripping the seal firmly, some 20 feet below the surface! Happily, he was returned safely to the shore where he hopefully learned from his experience and lived a long and fruitful life!

I was greatly amused by the story as it caused me to remember Sparky's own misadventure with water. Despite the fact that we live on the

central Oregon coast and visit the beach daily, Sparky found little to like. The water was cold, even the smallest wave was taller than his head and he was just the right height for sand to blow in his eyes.

He much preferred road trips and on one such trip we took a break at a state park with a lovely lake with absolutely no waves. There was a short pier on the lake and a man and his dripping Labrador Retriever were engaged in a vigorous game of fetch. The man would hurl the ball out as far as possible and the Lab would fling itself into the water and retrieve the ball. Sparky was entranced and every time the ball was thrown, he would lunge forward a foot or so. Knowing his dislike of water, we believed there was nothing to worry about.

However, after one throw of the ball, Sparky could restrain himself no longer and he followed the Lab off the



pier and into the water and disappeared beneath the water! We waited in dismay until his head broke the surface only to see a look of total panic, you could almost see him thinking "OMG! What have I done!" as his little feet paddled furiously with little effect.

Gary was ready to plunge in after Sparky but I held him back, "he'll figure it out, look, he's paddling." And so he was, though not very effectively. Finally, Gary could bear it no longer and he jumped in the lake and carried our little guy to safety.

That was the end to Sparky's interaction with bodies of water, including baths, which he submitted to with great reluctance.

Memories such as this one keep our little fallen fellow alive in our memory.



It Takes an Army

Bebe Pinter, Vice President Fundraising

Continuing my article in the WFA News Summer 2009, the topic of giving through one's time and talents rightly deserves further examination. I would like to explain the structure of the Foundation and its use of the Advisory Council as a service to support giving.

The Westie Foundation of America, Inc., a 501 (c) (3) entity, is comprised of an elected board of directors and officers totaling 15 people as of this writing. Most of the board of directors maintain full-time jobs in addition to family responsibilities and Westie activities; all directors provide their time and services as volunteers.

Thus, an army of 15 strive to attain the goals and objectives of the Foundation working in the many professional roles and duties required to succeed in the not-for-profit world; for example, administrative, project leader, finance, communications, fundraising, health, research, technical writer, sales, technology, statistics, public relations, marketing, strategic planning,

teacher, education, and journalist to name just a few.

It is reasonable that a much larger army is required, one that includes people to provide coordinated assistance teaming with directors so that the Foundation can reach its full potential. Based on this premise



the Foundation has established an Advisory Council. The Advisory Council is a group of individuals who volunteer to support the Foundation's mission and objectives.

Consider the following criteria:

- (1) The Advisory Council consists of individuals, having various expertise and knowledge, which by virtue of their dedication to West Highland White

Terriers represent the greater community in a positive manner.

- (2) There will be no minimum or maximum number of Advisory Council members.
- (3) Members will be chosen by nomination and second with a majority vote of the Board of Directors.
- (4) The term of Advisory Council members will be for two years. There is no limit on the number of years a member may serve.
- (5) Members of the Advisory Council will not be eligible to vote on matters related to the Foundation during meetings of the

Board of Directors; however, they are encouraged to attend meetings and events when possible.

So, it takes an army. Yet, through the Advisory Council, we can build that army; the army necessary to conquer the diseases and undesirable genetic traits afflicting the beloved Westie.

Legg-Calve-Perthes Study: Update October 2009

The Legg-Calve-Perthes (LCP) study at Clemson University is preparing to run preliminary experiments. Thanks to all of the owners who have submitted samples. Thus far, we have received 32 Westie samples: 17 affected and 15 unaffected. We are still short of our minimal number of 20 affected and 20 unaffected, and are still actively recruiting samples from both affected and unaffected Westies.

The most important aspect of our work is the proper classification of dogs; this is achieved by radiographic examination of the hips. LCP causes structural changes in the hip(s) which can be observed throughout the dog's life. **We are finding a surprisingly high number of subclinical affected dogs**, or dogs that are affected with LCP, have classic lesions in the bone, but show no outward clinical signs (i.e., limping, lameness, pain, atrophy). Our grant submitted to the American Kennel Club Canine Health Foundation was approved; in it, we allotted funds for radiographic examination of hips for Westies. We will

begin collecting radiographs from the dogs already entered in the study and we can cover up to 15 additional dogs. If you are interested in participating, please contact Dr. Alison Starr and follow the instructions provided on the Westie Foundation webpage for current research (www.westiefoundation.org/currentresearch/dna-lcp.htm).

We are moving forward with our genetic analyses of LCP. We have examined the only candidate gene for LCP and ruled it out as causing LCP in Westies. We are planning to complete a pilot study which will allow us to scan ~100,000 places in the genome for an association with LCP. This experiment will hopefully identify narrow regions of interest for us to further examine. We hope to have preliminary results available early 2010.

It was a pleasure meeting and talking to those of you attending the Centennial National Specialty in Lancaster and it was a pleasure to share the results of our research thus far. Thank you to all who attended our seminars!



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FOR THOSE WISHING TO PARTICIPATE IN THIS VERY IMPORTANT STUDY, FORMS AND INSTRUCTIONS CAN BE FOUND AT westiefoundation.org. CLICK ON THE LEGG-CALVE-PERTHES LINK IN THE SCROLLING BOX

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WESTIE CARTOON CAPTION CONTEST

Create the winning caption for this Westie cartoon. Please send your caption to bjpinter@msn.com before December 31, 2009. The winner and runner-up will be announced in the next newsletter.

Create a Caption for this Cartoon



Copy of an original watercolour by Ruth Sutcliffe, England

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