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PRESIDENT'S MESSAGE

On behalf of all of the officers and directors of the Westie Foundation, I'd like to extend our congratulations and best wishes to the West Highland White Terrier Club of America on the occasion of their Centennial celebration in September. Even though the Foundation is a completely separate organization from the WHWTCA, we grew out of a WHWTCA task force back in 1997, and we have been very fortunate to have the strong support and harmonious working relationship with both the national Westie club as well as the over 20 regional Westie clubs.

The WHWTCA has always had a strong interest in improving the health and quality of life of Westies. As early as the 1940s, John Marvin, who was the editor and publisher of the initial WHWTCA periodical - the Bulletin of the WHWTCA - often included Westie health information. This practice continued in Mr. Marvin's column "Jottings and Trimmings" in the Bulletin until his death in the late 1980s. Daphne Gentry, as editor, continued the inclusion of Westie health information in the follow-on WHWTCA publication - the quarterly Westie Imprint - which continues to this day under the current editor, Nancy Staab.

While we're on the subject of Westie health, there are two more notes of interest: one is our upcoming health seminar at the Centennial, featuring Drs. Keith Murphy and Alison Starr of Clemson University. Dr. Murphy will be addressing the Genetics of the Dog, while Dr. Starr will cover one of our latest funded research projects on Legg-Calve-Perthes disease. More information on the seminar can be found elsewhere in this issue.

Also on Westie health, we have an urgent need for DNA blood samples from both normal and atopic dermatitis affected Westies for a research project at North Carolina State University Vet school. There are several forms, covering the actual blood

(Continued on page 2)



(President continued from page 1)

draw protocol, informed consent form, and veterinarian questionnaire now up on our website (www.westiefoundation.org). Check the scrolling box on the left of our homepage or the "What's New" block on the right side for the links.

The other area is one which we'll be providing more information on in subsequent postings regarding our goal of achieving a more balanced mix of research projects. Instead of focusing almost exclusively on genetic research, which can take a very long time and considerable money, we will be increasing our focus on better and more accurate diagnoses of Westie health problems, and especially on better treatments and therapies addressing those health concerns.

Also, in an effort to reduce our largest single administrative expense - the printing and postage costs of our quarterly newsletter

- we will be attempting to move as many of our newsletter recipients over to email. More information on this effort will be included in upcoming newsletters and on our website.

Many thanks to Kirsten Fox for her excellent redesign of the Foundation's logo. Kudos also to Gail Krieger for her help in working with Kirsten to accomplish this outstanding result.

Finally, we are pleased to welcome Seymour Weiss to our Board. Many of you are already familiar with Seymour's exceptional talents as a writer and editor, as well as being a long-time Westie breeder and judge. He will be taking the place of Lindy Barrow, whose abilities and input will certainly be missed on the Board.

Thanks again for your generosity and support.

Wayne Kompare



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!





Forewarned is Forearmed

Seymour N. Weiss

Remember when Westies first caught your eye and you thought, “Wouldn’t it be fun to own one these cool-looking dogs?” Of course you do and you also remember all the stages along the way that brought you to serious involvement in the breed. Whether you have chosen to share your life with Westies solely for the breed’s winning personality and charming appearance or because the siren song of performance sports and/ or the conformation ring has beckoned, you are here, you are one of us and that’s all that matters. Everyone who shares their lives with Westies can all take a part to make sure the lives of all Westies can be significantly enriched. But to do that it is necessary to be aware of the health issues that exist in the breed.

In the days when the very sight of a Westie made your pulse race and your heart beat faster, you probably never gave a passing thought to the health problems known to exist in the breed and the down side, from a health perspective, of having a Westie of your own. Inevitably, as your knowledge of the breed grew, you became aware of

all the not so nice conditions that all too often swim with impunity in the Westie gene pool, so you learned that the picture isn’t always a rosy one.

The matter of breed-specific health issues is hardly exclusive to our Westies. The important point is that the better we know what we have to deal with regarding the dark side of Westie well-being, the better equipped we are to deal with that side and in so doing shed some much needed light on the breed’s entire health picture.

So, how do you, or I or any of us learn what we must to bring about a more effective stewardship of the remarkable breed that is our common passion? We turn to appropriate authority sources in order to make ourselves into those effective stewards. When we first became enamored of West Highlands, we devoured breed history. Colonel Malcolm became a part of our lives; John Marvin and Ch. Elfinbrook Simon became household words in our homes. To socialize our new friends and to give them the appropriate behavioral parameters to make them better companions, we sought out the wisdom of successful trainers. Likewise, we acquired grooming and handling skills

or sought the services of those whose skills were available to us.

In a similar vein, we learn about the whole gamut of potential health problems by seeking out books and reports by those who have studied these matters and who are in a good position to advise us accordingly. Happily, we live in an enlightened time when veterinarians and geneticists can offer us so much more than was available on these subjects only a relatively short time ago.

To the great credit of the WHWTCA, seminars and lectures, designed to broaden our knowledge on a wide range of health issues, have been offered to WHWTCA members for some years now. That our members have been wise enough to take advantage of these educational opportunities speaks well for the initiative and responsibility of the fancy across the board.

Now, as the WHWTCA Centennial approaches we note that the exciting program of events includes a CERF clinic and a seminar on rear leg lameness. Surely, these topics should be matters of great importance to every caring Westie enthusiast and deserve

(Continued on page 16)





The Westie Foundation of America, Inc. is excited to announce the debut of a new book on Westies to be available exclusively at our sales tables during Centennial. Each book will be signed by the author Rose Estes. A description follows:

The West Highland White Terrier: its History

*told through word, art
and vintage photographs
from the collection of
Rose Estes*

Best Selling author Rose Estes has traced the evolution of the West Highland White Terrier through the use of centuries old rare books and magazines. The story is accompanied by classic canine art and vintage photos.

INDEPENDENT AUDITOR'S REPORT

To the Board of Trustees of Westie Foundation of America, Inc.:

We have audited the accompanying Statement of Financial Position of Westie Foundation of America, Inc. as of December 31, 2008, and the related Statements of Activities, Functional Expenses, and Cash Flows for the year then ended. These financial statements are the responsibility of the management of Westie Foundation of America, Inc. Our responsibility is to express an opinion on these financial statements based on our audit.

We conducted the audit in accordance with auditing standards generally accepted in the United States of America. Those standards require that we plan and perform the audit to obtain reasonable assurance about whether the financial statements are free of material misstatements. An audit includes examining, on a test basis, evidence supporting the amounts and disclosures in the financial statements. An audit also includes assessing the accounting principles used and significant estimates made by management, as well as evaluating the overall financial statement presentation. We believe that our audit provides a reasonable basis for our opinion.

In our opinion, the financial statements referred to above present fairly, in all material respects, the financial position of Westie Foundation of America, Inc. as of December 31, 2008, and the changes in its net assets and its cash flows for the year then ended in conformity with accounting principles generally accepted in the United States of America.

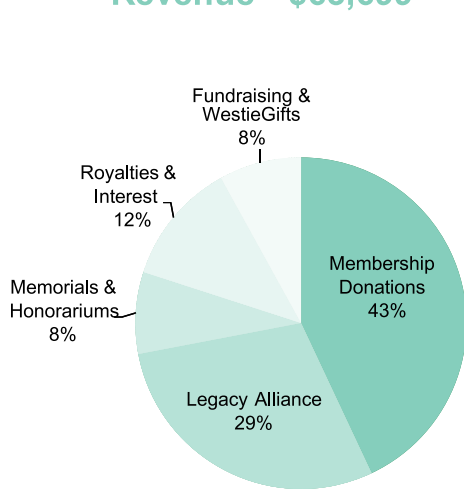
Terry W. Greer, Inc., P.S.
July 7, 2009

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.



Financial Report - Fiscal Year 2008

Revenue = \$63,699



REVENUE

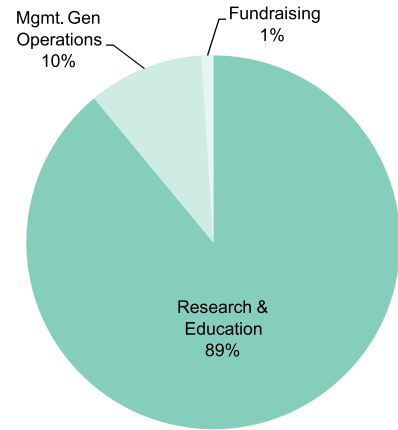
Individual Support Revenue from individuals supporting the Foundation's mission in FY08 totaled \$52,621 with an additional \$1,075 in corporate matching gifts and \$1,978 in royalties from the Westie Foundation Bank Of America MasterCard program. Support from Westie lovers like you comprised the single largest source of revenue to the Foundation.

ASSETS

Endowment Funds All memorials and honorariums are added to the General Endowment Fund which now totals \$77,474. Through the legacies of Nancy Schoch and Daphne Gentry we also have significant funds dedicated to Pulmonary Fibrosis research and veterinary scholarships. All together, our Endowment Funds total over half of our assets. The income from these funds may be used to fund projects, but the principal is restricted and invested carefully to maintain principal while bringing a respectable return.

Unrestricted Funds The Foundation has a cash balance of \$99,168 to fund operations, research and education.

Westie Gifts Westie Gifts closed the year with \$11,087.26 in cash and inventory valued at \$9,165.99.

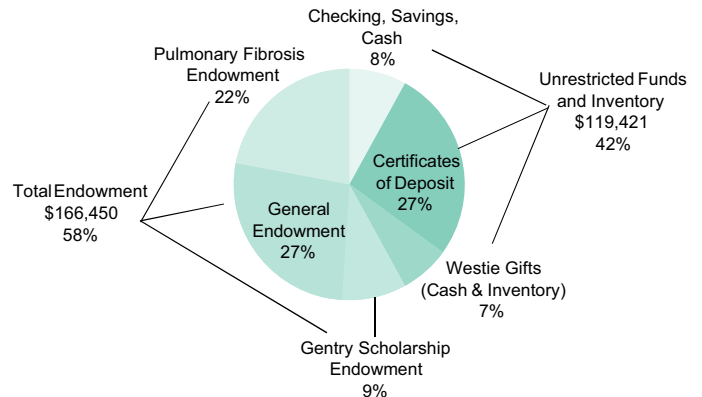


Expenditures = \$48,449

EXPENSES

Research & Education Last year, our expenses totaled \$48,449, with 89% going directly to research and education. Funds spent on research were almost all matched by funds from the AKCCanine Health Foundation and Morris Animal Foundation, thus compounding the benefits our Westies will receive. The largest grants made for research were \$9,289 on a Legg-Calvé-Perthes study, \$8,000 on Transitional Cell Carcinoma Project, \$6,100 on our ever expanding e-Book, and \$5,000 on an Irritable Bowel Syndrome Project. As always, operating expenses were kept to a minimum by careful allocation of resources and the fact that all officers, directors, and committee members are volunteers.

ASSETS = \$285,871



NOTE: IRS Form 990-EZ (Return of Organization Exempt From Income Tax) is available on line at our Web Site, www.WestieFoundation.org/about.htm, under "Public Disclosure".



THE IMPORTANCE OF RESEARCH LEADING TO HEALTHIER WESTIES

*Kay McGuire, DVM
Vice President Health, WFA*

Our Westies are happy, gregarious dogs that should be active and determined. As protectors of our breed, we need to focus on their health issues. The Westie Foundation of America is currently funding research and/or supporting studies on Addison's Disease, Transitional Cell Carcinoma, Atopic Dermatitis, Inflammatory Bowel Disease, Idiopathic Fibrosing Lung Disease, and Legg Calve Perthes disease.

Currently on the Atopy study with Dr. Thierry Olivry at NC State, we have obligated the WFA to \$5000 this year for sample collection and processing. They will be applying for further monies from the National Institute of Health (NIH) to continue their genetic research. The study is in need of samples from affected dogs as well as normal dogs over the age of five (5) that have not shown signs of atopic dermatitis.

Dr. Mark Rutherford

from the University of Minnesota has finished the first year of his Atopy study. Dr. Rutherford is looking at the relationship of antimicrobial peptide gene deficiency in allergic skin disease compared to those peptide genes of normal skin. If his hypothesis is proven to be true, the information learned will help develop newer and safer therapies to treat and prevent skin infections in our dogs and possibly correlate to humans as well.

Drs. Deborah Knapp and Elaine Ostrander are continuing the Transitional Cell Carcinoma study at Purdue University and NIH. Samples from affected animals are still needed. Dr. Ostrander is continuing Addisonion research and samples from affected animals are still being sought.

Dr. Keith Murphy and Dr. Alison Starr are pursuing research on Legg Calve Perthes at Clemson University. We are anxious to hear their upcoming presentation at

our Centennial Celebration Health Seminar on Thursday, September 10, 2009. **Sample collection instructions for all of the above studies may be found on www.westiefoundation.org.**

The WFA and WHWTCA worked together in the decision that Westies join the list of breeds participating in the Canine Health Information (CHIC). To achieve a CHIC number, the dogs must have their eyes checked and certified through CERF. Their hips must be radiographed past the age of 2 years and patellas examined after 9 months with the results submitted to OFA for evaluation. Once all three items are completed, a CHIC number will be assigned.

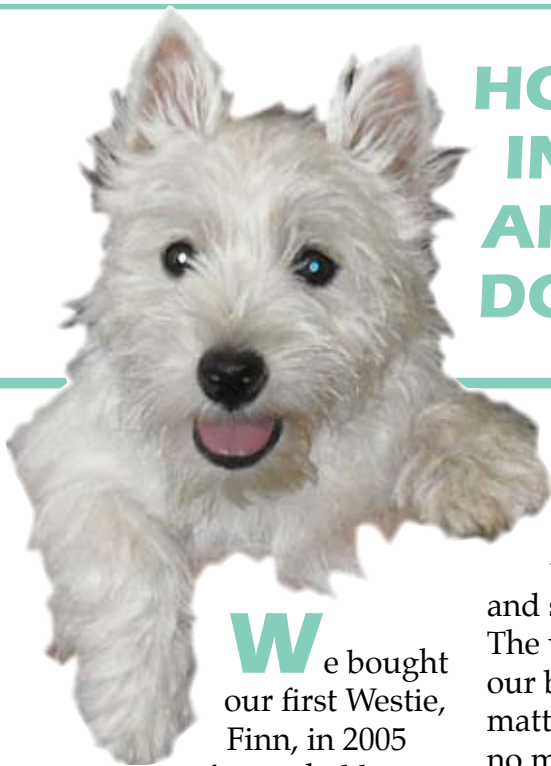
For those folks that feel that these issues do not occur in Westies, please read the following story by Christina Goff. Christina contacted the WFA to make her story heard.



URGENT! WESTIE DNA BLOOD SAMPLES NEEDED

The Atopic Dermatitis research team, headed by Dr. Thierry Olivry at North Carolina State University Veterinary College, urgently needs Westie blood samples from 100 normal (not affected with atopy) and 100 atopy affected Westies. No family relationships are required for this study, unlike the sample request done two years ago.

All of the necessary information and forms are in links on our website (www.westiefoundation.org), either in the scrolling box on the left side of our homepage, or in the What's New box on the right side of our homepage. For further information please contact Dr. Kay McGuire at kmccash@aol.com.



HOW CAN YOU NOT FALL IN LOVE WITH A WESTIE AND WHAT WILL YOU DO FOR LOVE?

Christina Goff

We bought our first Westie, Finn, in 2005 from a hobbyist breeder (meaning not for the dog show circuit) who had been breeding Westies for quite some time. We asked the breeder about allergies and Westies. Not in her gene pool, she told us.

We took our pup home and our lives changed. What food would be best? Organic? Raw? Cooked? Single protein/ no grains? Novel protein? Supplements? We did a lot of research to find just the right diet for our Finn. Do we vaccinate? Good exercise, fun playtime, the right training. Oh, we were in love. He was charming and fun and sweet.

Then came the luxating patellas and surgery. We found the money.

Then we had the allergies---thousands of dollars in allergy tests and immunotherapy and special diets and drugs. The worst part was watching our beloved Finn suffer no matter what we tried and no matter what he endured. We watched his sunny and charming personality change. In desperation we tried a course of Atopica followed by canine antihistamines and we seemed to get a handle on the allergies. Things were pretty good and we thought about adding a female Westie to our family.

This time, we did lots and lots of research on dog breeding, on Westie breeders, and on health effects. We went to dog shows, talked to many breeders, and got a lead on a top show kennel expecting a litter. We talked to that breeder about the mother/ father, both champions and winners of prestigious shows, and about the breeder's kennel in terms of health and longevity.

The price set us back a few paces but we rationalized it

by believing that we would front-load the cost and get a healthy dog as opposed to our first experience with Finn, a 'reasonably priced' Westie whose 'cost' to us skyrocketed postpurchase. We thought our thousands were purchasing a sound and healthy dog.

We brought our girl home and she was a braw little Scottish beastie! Maggie is gorgeous, brilliant, athletic, feisty, a real never-say-die girl!

At 10 months of age we noticed Maggie had a lot of popping and cracking when she would assume a sitting position. At 11 months, her gait started to bunny hop and her hind legs became pigeon toed. A week after seeing this develop, our braw little beastie could hardly rise from a resting position, her hind legs were useless. Maggie cried in pain. Her front legs did everything they possibly could and her rear legs were starting to look very bad. At this point we took her to her vet, who did a very thorough history and physical examination. He



anesthetized her to x-ray her. We sat in fear and waited for results.

He came back in the room, face grave, and told us Maggie had severe hip dysplasia. We went over the x-rays and it was clear that both hips were horribly deformed; after seeing her hips we were surprised she got around much at all. As our girl started to come out of anesthesia in my husband's arms, we held back the tears, and he told us that we should take her home, take a little weight off her, start her on bone health supplements, and consider a femoral head ostectomy (FHO) and do it as soon as possible. As we listened to him give us

specifics on the FHO we were horrified. It's an amputation no matter how you want to sugar coat it, with a difficult postop and long rehab with no guarantee of return to health and longevity.

We asked, couldn't we have her hips replaced? So many of our friends' labs and retrievers had had hip replacement, why not our dog? No, our vet said, hip replacement for small dogs was not yet done and that was too bad, really. FHO was the best veterinary science had to offer our Westie at this time. Thank you veterinary science.

So we went home and grieved. We watched our brave dog suffer increasing pain. Maggie

gave us 100% at everything we asked her to do: We changed her diet, added bad-tasting supplements, and eliminated exercise and playtime with Finn. In addition to the increasing pain and disability, she was a pretty sad little girl with no outlet for her considerable energy. Desperate, we took her to a veterinary chiropractor, nutritionist, and acupuncturist. Nothing slowed the progression of the hip dysplasia. Every certificated and professional person we spoke with shook their heads when we asked about hip replacement. It just wasn't done for small dogs.

I stopped crying and I got mad. I then got on the phone with



Maggie's pre-operative hip



Maggie's post-operative hip



veterinary orthopedic surgeons all over the US. Some of them who wanted to “give it a shot” or try some jury-rigged combo of prostheses. Some pressed me hard to sign up to such a surgery right then and there, which made me suspicious.

I started doing a lot of research online. I came across a Westie Foundation article that referenced a hip replacement. EUREKA! I did more research from there and found BioMedtrix http://www.biomedtrix.com/index.php?option=com_content&task=view&id=35&Itemid=80. Not only did the BioMedtrix web site discuss and detail hip replacement for small dogs and also cats, I read that they design and fabricate the prosthetic components, called the BioMedtrix CFX Micro Hip System, as well as the surgical tools used to perform the surgery.

Well to say the least, we were inspired and felt hopeful that we could save our Westie from an FHO or euthanasia. I sent an email to BioMedtrix asking for their help and Dave Helms emailed me back with all

kinds of information and help. Further, he spoke with me on the telephone and helped me



locate surgeons who did the surgery, including renowned canine orthopedic surgeon, Dr. William Liska, of Gulf Coast Veterinary Specialists in Houston. Dr. Liska developed the surgical techniques for the Micro Hip System and is the preeminent surgeon for the Microhip procedure. He has been performing the hip surgery since April 2005

and has done over 1300 hip replacements.

Dr. Liska (www.gcv.com --> ‘Surgery’ --> ‘Surgery Topics’) is widely famed for his orthopedic work and I assumed that he would probably not even take my call. I took one look at my suffering Westie and called anyway. He came immediately to the phone and spent about 45 minutes talking to me. It was clear Dr. Liska had the specialized expertise for both the considerable engineering of hip replacement as well as the finer points of this Micro Hip surgery, a skilled surgical team in place at GCVS who has done these surgeries with Dr. Liska, and finally, an interest in our dog.

Its about 2400 miles round trip from our home to Dr. Liska in Houston. We can’t fly a postop dog on a plane. I wasn’t sure Maggie would be well cared for on the way home out of our car. We bit the financial bullet again and rented an RV to ensure that nothing would jeopardize the postop hip. So we now had a 10-day minimum trip for the hip replacement. We received





leave from our jobs, put the financial structure in place for the amount of charges that were going to be coming onto our credit card, and nailed down a surgical date.

Postop recovery period is 5 weeks. It is not easy with an active 15-month-old Westie pup. I work out of my home, which has been helpful to Maggie, but I am not sure how people who have to go into a workplace handle this. We are now 90 days postop and rehab has been in our swimming pool. She is doing incredibly well and she no longer cries in pain. She now uses her hind legs fully and the pigeon-toed gait is gone. She easily rises up from a seated position. She walks in the mornings with Finn and my husband. Her

happy-go-lucky personality is back in full force. We are so pleased that we plan to return in winter 2010 to Dr. Liska for replacement of the other hip.

We would not consider an FHO over a hip replacement purely based on finances or trip logistics. We can always get more money, we will accrue more time off from work, but Maggie cannot ever change the genetic destiny of the hips she was born with. We can provide her with a strong set of functioning hips via Biometrix Micro Hip replacement and a full quality of life and longevity without resorting to what was once the only option veterinary science had to offer: an amputation on the hope that a false joint might be created and last for awhile.

We can do better for our beloved Westies and we



should---they would never let cash or time stand in the way of doing anything for you.

Please be part of the flow of information about hip replacement in Westies to the owners who might contact you if puppies from your kennels are diagnosed with hip dysplasia. Don't kid yourselves, hip dysplasia is being found in increasing numbers in our West Highland White Terriers-

--orthopedic surgeons from all over the US told me this. The cause of the hip dysplasia is the subject of debate, but while that debate goes on, our dogs suffer.

Maggie's breeder plans to breed her sister soon.

I spent a lot of time and energy trying to find information from our breeder, our vet, and orthopedic surgeon/vets

and no one knew anything about this option for hip dysplasia in small dogs. That is unacceptable! Our tool box was not complete! Where is the pride in our breed, the interest in furthering this breed and in the continuing education necessary to stay on top of things? You wouldn't accept 30-year-old science treating your human loved ones, would you? Let's get the Westie Foundation website updated about hip replacement, let's get the word out to other breeders, owners, fans, and anyone who loves a Westie. Because it's love that got us all here in the first place, right?



The Westie Foundation News, the official publication of the Westie Foundation of America (WFA), is mailed quarterly to all contributors. The WFA newsletter is printed by Art Communication Systems in Harrisburg, PA. The opinions expressed in the articles herein are those of the authors and not necessarily of the editor or the Officers or Directors of the Westie Foundation. The editor reserves the right to edit all materials submitted for publication. The editor welcomes comments, suggestions, and expressions of opinions from the readership. No portion of the WFA newsletter may be printed without the written permission of the editor.



SKIN ISSUES, THEN AND NOW

Beth Widdows

For the last eight years or so, we have been fostering rescued Westies in Michigan. Since we began to have hands on experience with the foster dogs, we have had to deal with the allergies and skin issues that Westies have become 'known for'. I remember a time when we simply allowed shelters to put down the dogs whose skin was exceptionally bad because we had no real solutions. But when we began to foster, we began to work with our vet to try to salvage these dogs. For a few years our process with most of these cases was to give them good food, daily baths in medicated shampoo and basically hope for the best. With many, this approach did allow them to recover well enough that they were able to find new homes. But, of course, it didn't resolve anything about their allergies and periodically they tended to continue to have issues. And many, after adoption, ended up on endless steroids which we know cause all kinds of significant health issues.

Then in the fall of 2003, I attended a Westie Foundation Seminar covering Atopy*.

Dr. Thierry Olivry was the speaker and it was here that I first learned of cyclosporine and its use on dogs. Following this seminar, I talked to our vet about it and he contacted a local doggie dermatologist to find out more. It sounded promising but at that time there was no "dog" version out. It wasn't until the



next spring that Atopica was introduced. By that time, our vet had been to a conference which covered the topic and had more information available. It was then that we got a dog in who needed enough help that this seemed a practical application. The dog responded well and eventually grew a nice coat of hair and became our first success. Since then we have handled several dogs each year. And over time, we have learned

and perfected our approach. To date, we have seen many successes and no failures..... even the very worst cases are now living quality lives.

Sadly, we continue to get the calls from distraught owners who have spent thousands of dollars and months or years of effort to no avail. There are still

so many vets who insist on treating skin issues with continuous steroids. These owners come to us when they have reached the point of despair and are ready to give up or put down the dog. Even though we tell them that there is a solution, most have already made the decision and don't have it left in them to start the struggle anew. We have

posted a paper covering our approach to the issue on our website in hopes that people searching for answers might find it and take it to their vet or contact our vet. And we have learned that this does happen. But all too often, we end up with the dog.

Many blame food for their dog's allergies but we don't assume that food is the problem. It is actually seldom the issue and it is a very



difficult issue to test for and define. We assume that it is not food and use the following approach instead:

TREATMENT FOR WESTIES WITH SEVERE SKIN ISSUES

December 15, 2008

Our vet is Dr. B. Theodoroff at Animal Medical Center of Troy 248-852-980

Generally when a dog comes into Rescue and is having allergy / skin issues, we take him to see Dr. Theodoroff. Following is a general description of the things that are usually done to help the dog. When these procedures are followed, we have a very high success rate.

Dr. T. checks the dog over.

- checks for fleas
- skin scraping to check for yeast and mites
- blood panel
- thyroid panel if the dog has the look of a dog with thyroid issues (unusual)

Dr. T. usually recommends the itchy dog start on Hills J/D food which has lots of Omega 3 fatty acids and can often provide enough support for the mildly allergic dog without going into the steps below. Additionally the Omega 3's have powerful antioxidants that

aid in skin health and healing. J/D has more Omega 3's than the skin and allergy diets. (No, this isn't a typo.....Yes, J/D is a joint disease food but it is what we use for the skin/allergy issues.)

Dr. T. usually will apply Revolution at the time and then again in 2 weeks time just in case there are undetected Sarcoptic mites (mange).

He will often give us

- antibiotics if he feels they are appropriate and always if steroids are used (Simplicef, Clavamox or Baytril are the typical antibiotics used)
Note: There is now an antibiotic injection that we use; it is more expensive but one less thing to give orally for several days.
- a single steroid (Tiamcinolone) shot that lasts around 2 weeks to a month (sometimes followed by another but not always) (This is to relieve the itching until the Atopica can kick in.)
- Pyoben shampoo (a benzoyl peroxide, antimicrobial, keratolytic, follicular flushing shampoo) that we use daily until the skin starts to improve. Then we may reduce to every other day or as needed. Note: How often the dog needs to be bathed

depends on the severity of the skin issue. The shampoo needs to stay on for 10 minutes at least; during this time, massage the shampoo into the worst areas on the dog; be sure to use a soft toothbrush between the dog's toes.

- Humilac (a non-greasy, non-waxy, humectant moisture preserving rinse) which we use as the final rinse after every bath. We add it to a quart of water and rinse the dog so that the skin doesn't dry out too much from the frequent bathing. Daily bathing and Humilac rinse use will lessen the itchiness. Oily or waxy rinses tend to trap bacteria and yeast and/or draw dirt to the skin.
- Once the secondary infections and the skin trauma have healed, (1-2weeks) treatment becomes long-term allergy management. Allergies don't go away; some form of treatment will always be needed. During the allergic times, if you are lucky the J/D alone will work, or the J/D and a topical cortisone, and/or cortisone injection or tablets only when your westie is allergic. Long-term, Atopica is the best choice in many cases. (We prefer not to use steroids on a long-



term basis due to the serious possible side effects.)

- If temporary cortisone use is needed, Dr T prefers Tiamcinolone (Vetalog). This medication will stop the itch with a lower likelihood of causing the westie to have increased urination and secondary water drinking (PU-PD). Prednisolone, a common steroid, will stop the itch but is more likely to have the PU-PD side effects.
- We have had one dog that had a lot of yeast issues and had to also be treated for yeast eventually. (with shampoos and rinses made for yeast infections)
- <http://www.westie3.fatcow.com/EDU/RESCUEChrissy.htm> This was an extreme case.
- Note: Putting a tight t shirt on the dog will keep the dog from traumatizing the skin from scratching. They also seem to feel less of a need to scratch when wearing the shirt.

For dogs with really bad skin issues, (very bad itch or skin allergies many months out of the year):

- Atopica: For the typical Westie (16.1 to 33 pounds)

we start at 50mgs a day. We always give with Reglan to avoid nausea for the 1st week or two.

- ◇ Typically we give Reglan when the dog's tummy is empty, about 1.5 hours before a meal. Then after ½ hour, we give the Atopica. Then after an hour, we make sure the dog gets a meal to help keep his tummy settled. The Reglan can be discontinued after 10 days. (Some dogs do react to the Reglan and something else must be used but this is unusual. The "reaction" we have seen is hyperactivity.)
- ◇ We give the Atopica daily for 30 days and then continue daily until we see a definite improvement. At that time, he instructs us to reduce to every other day for a week or two and see if the improvement continues. If it does, we eventually get down to twice a week. Occasionally a dog may be able to go off of it totally but normally it stays at 2x/week.
- ◇ Dogs that do well on the 2x/week Atopica may need to return to a

3x/week or every other day dosing during the time that their allergies are the worst.

Note: The steroid shot will mask the effects of the Atopica. You cannot reduce the Atopica until you are sure the steroid shot is worn off and the improvement is actually continuing.

Note: These dogs may have ear infections that also require ear drops such as Mometamax or Baytril.

Note: Recently we have had a couple of dogs who are relatively small and were on a 25mg daily dose. Their skin issues were significant and while the 25mg dose was sufficient to keep it under reasonable control, there were still regular breakouts. One of these dogs gained some weight and was able to move up to 50mgs. When this happened, the results were significantly better. The 2nd dog was moved to the 50 mg dose and her adopter reports that her skin is now doing very well. Neither has been able to wean off the daily dose but they are living good quality lives with no known side effects.

Following are a couple of "Then and Now" photos of a couple of our more significant cases.....



THEN: LILY WHEN SHE ARRIVED IN RESCUE (November)



THEN: CHRISSY WHEN SHE ARRIVED IN RESCUE (March)



NOW: LILY (4 months later)



NOW: CHRISSY AT ADOPTION (October)



Further notes on Atopica:

Many are concerned when they learn of the cost of Atopica. At \$2-3 a pill, on a daily basis it is rather expensive. However, for most dogs, the daily dose is very temporarily. Once weaned down to twice a week, the cost is reasonable and the quality of life is well worth this expense.

* http://www.westiefoundation.org/seminars/030919_WestieAD.pdf



(Forewarned continued from page 3)

Westie Gifts



Cooler weather is on the way and the "Westie candies" will

be available at the Centennial. You may also order direct from Nora Hackathorn @ 330-837-3337 or Email her dannyboys@sssnet.com for Delivery at the Centennial.



The 2009 Conformation Westies have been going to their new homes very fast, and a big thank you to everyone that has claimed them. There are 7 that are still waiting for their new owners. They are numbers 44 thru 50 - and they have their 2008 Agility Westie

litter mate with the same numbers to match.



2008 Agility Westie \$70.00*

2009 Conformation Westie \$60.00*

Westie Vet scene was \$100.00, now \$75.00*

Westie Vet frame was \$75.00, now \$65.00*

*includes shipping and handling



These pictures can be viewed at www.westiefoundation.org/westiegifts.

our enthusiastic support. These events should also get us thinking about testing our dogs and getting health clearances for them. We breed for conformation and temperament. Should we not also be breeding for soundness and robust good health? And we are not being greedy by trying to get it all in one package!

If we are duly forewarned, we can also be appropriately forearmed. If we take the time and the opportunity to learn about the nature of those diseases prevalent in Westies, we can do a better job of breeding the healthy, happy dogs we want for ourselves and for those who seek us out for acquiring the dogs they dream of just as we once did.

To be sure, there may be little we as individuals or as a club can do to counter the dreadful effects of puppy mills or backyard breeders, but we can make a difference in the health profiles of the Westies we breed. And if the difference is enough to make discerning dog lovers and fellow fanciers seek us out for companions and breeding stock, we can take comfort in knowing we are acting responsibly on behalf of the West Highland White Terrier. Isn't that what all of us should be all about?



— CHIC, Canine Health Information Center —

Kay McGuire



After we read articles such as Christina's and the skin treatment article by Beth Widdows, do we wonder why more breeders are not pursuing more health clearances on their dogs? We have asked several breeders that are participating in the CHIC registry as to why they feel it is important. The answers are as follows:

Suebeth and Bobby Jordan Duntrune Westies

CHIC is important to Bobby and I from an integrity standpoint. We can kick it up a notch and do more than "talk the talk", learn from our own errors in judgement, or make assumptions based on word of mouth (though that's valuable today).

As members of the National, Regional and Local Clubs, and as breeders and lovers of Westies, we can now do something to make a significant difference for generations to come. We are the protectors of the gene pool, and there is no other fact-based method like this one, which enables us to take action and do the right thing.

In the beginning, I was willing to get the test until I heard that Cooper must be anesthetized for the hip xray. So that could have been our "excuse". It actually was for a couple months of delay; however, we were determined to support this cause even if sedation was required. We did find a vet to take the xray without sedation, so no more excuses, and we got it done.

I hope that together, as breeders, we can unite in this CHIC effort to improve westie health.

It is a small commitment to make that will provide a better future for all of us as breeders, but more than that, it will improve the life and health of westies that we so dearly love.

Naomi Brown Ashgate US

Everyone enjoys different aspects of this sport and my passion is breeding. To produce a healthy, well constructed westie with good temperament is something that I take very seriously. We are the caretakers of our breed and with this is a tremendous responsibility; from the decision on which dogs to mate, the whelping of the litter, the rearing of healthy puppies, to their evaluation and finally, a difficult task for me ..the placement of my precious little ones.

CHIC, Canine Health Information Center, can be a wealth of information for us as breeders. We need to look carefully at what we are producing and test the health of our breeding stock. Unless we are aware of our problems, we cannot begin to fix them. We are very fortunate to have CHIC available to us as a resource tool. As with anything worthwhile, there is a cost involved with the testing, but without the testing, we have the higher cost of weakening our breed. We will always have costs involved in breeding; we certainly don't breed for a profit.

For me, it is worth my investment as a breeder to list my westies in the CHIC site. Please consider listing yours.

Anne and Sil Sanders Rimes' Westies

Reliable information is knowledge; and knowledge is a very valuable tool for breeders who are endeavoring to breed beautiful, sound, and healthy dogs. As more and more owners list their dogs with CHIC it will be easier to evaluate proposed matings for health in addition to breed type and performance attributes. Sil and I are participating in CHIC in order to do our part in contributing to this valuable knowledge base.



— Volunteer for Westie Health

Bebe Pinter
Vice President Fundraising



Let us discuss an important aspect of giving—the giving of one’s time and talents to the Foundation in order to support Westie health and wellbeing. Without a doubt, volunteerism accomplishes more while providing a valuable cost savings to the Foundation. Yet, the volunteer receives two major benefits as a result of his decision to give: (1) He has opportunities to understand first hand through his volunteer experience exactly how the Foundation overcomes challenges to meet health and education goals. (2) He feels a sense of achievement for a job well done and hence shares in the Foundation’s successes.

It is easy to provide an example of volunteerism--consider Kirsten Fox of England. Ms. Fox volunteered to design the Foundation’s new logo. She did it quickly and expertly working closely with Gail Krieger, secretary of the Foundation. The new logo is spectacular and we hope you like it as much as we do. It also showcases the new tagline-Leading the Way to Westie Health. When asked, Ms. Fox was gracious enough to write a few words about her life. It is a pleasure to share them with you now. Ms. Kirsten wrote the following:

“I am originally from Denmark and my family is there. I came to England at the age of 18 to study English. I met my husband in England and we married in 1965. I have lived in England ever since. We live just outside London near the Kentish countryside right next door to a dog friendly park.

I have always loved dogs and cats, well in fact anything furry, so when we moved away from a flat to a house we had our first dog, a Cairn terrier. I wanted a Westie next but we had another Cairn terrier. Then our daughter wanted a Lhasa Apso while I still hankered for my Westie to complete the family. Well the Lhasa Apso arrived and then finally Sheena, the Westie. We have been owned by Westies ever since. Our dogs now range from the age of 18 months to 16 years of age. The Cairns and the Lhasa stayed and lived their lives out but after that we stayed with the little white ones. We started to show Sheena and eventually bred her. One puppy survived to become my first homebred Champion. Over the years we have bred five English Champions, all owner handled and prepared. I am also approved by The British Kennel Club to judge Westies at Championship Shows.

The hobby of drawing happened as a bit of an accident. I have always been interested in all sorts of handicrafts from pottery to painting, knitting, sewing and so on; so, when our Westie club wanted to raise funds by producing a calendar, I was asked to produce a drawing of a Westie for one of the pages. I must admit I was just not sure about this. For a start, it was not something that I felt interested in, but I had a go. Whenever the mood took me I would make a few drawings. I have now been drawing Westies for longer than I care to remember.

It has been a pleasure over the years to be able to give my drawings to various Westie clubs to help their fundraising to assist Westies in need.”(<http://www.hillsted-westies.co.uk/>)

We would like to take this opportunity to sincerely thank Kirsten Fox for volunteering for Westie health through the Foundation. If you wish to volunteer your time and talents for improving the health and wellbeing of Westies, please contact Wayne Kompare, our president. We welcome you with open arms!



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".

Dear Regional Westie Club Liaison,

We want to publicly thank you for helping us establish an effective, two-way communication between the Regional Clubs of WHWTCA and the Westie Foundation. Without your assistance, we would be unable to reach out to your many club members to inform them about important Westie Foundation health and educational initiatives to improve the health and wellbeing of all Westies. You are providing a valuable service on behalf of your club and the Westie Foundation. We appreciate your support, enjoy our working relationship, and welcome your feedback so that we can better serve your club.

Sincerely,
Tom Barrie and Ann Marie Holowathy
WEA Liaison Committee

WHWTCA Regional Club Liaisons:

| | |
|--|---|
| California – <i>Kim Smith</i> | Northern New Jersey – <i>Nick Vanick</i> |
| Chesapeake Bay – <i>Ann Piesen</i> | Northern Ohio – <i>Betty Miller</i> |
| Connecticut - <i>TBD</i> | Puget Sound - <i>TBD</i> |
| Florida Suncoast – <i>Claudia Garone</i> | San Francisco Bay – <i>Gail Krieger</i> |
| Greater Atlanta – <i>Angela Jennings</i> | SE Michigan – <i>Janice Collins</i> |
| Greater Denver – <i>Deborah Borgo</i> | SE Texas – <i>Paula Christie Cohen</i> |
| Greater New York – <i>Ida Keushgenian</i> | Trinity Valley – <i>Olivia Nesler</i> |
| Greater Washington – <i>Karen Spalding</i> | Valley of the Sun – <i>Helen Bixenman</i> |
| Indiana – <i>Cheryl Stinson</i> | Western PA – <i>Phyllis Vogt</i> |
| New England – <i>Carol Boughrum</i> | Westie Club of the South - <i>BJ Harrison</i> |
| Northern Illinois – <i>Jan Parcel</i> | William Penn – <i>Ann Marie Holowathy</i> |





EDUCATIONAL SEMINAR

Thursday, September, 10, 2009
2:00 – 4:30 pm
Heritage Room, Lancaster Host Hotel

Dr. Keith Murphy, PhD

Genetics of the Dog:

Where we have been and where we are going

Dr. Alison Starr, PhD

The causes and identification of rear leg lameness: A genetic perspective

Our two part presentation will feature Dr. Keith Murphy who will focus his presentation on canine hereditary diseases and Dr. Alison Starr who will address rear leg lameness from a genetic perspective, with an emphasis on Legg-Calve Perthes.

Keith Murphy is chair of the department of Genetics and Biochemistry at Clemson University, and Alison Starr completed her doctoral research in the Canine Genetics Laboratory at Texas A & M University College of Veterinary Medicine and Biomedical Sciences. Visit www.westiefoundation.org for biographical information about our speakers.

Please join us for this informative seminar which is free of charge. Since dinner is not included as part of the seminar, no reservations are required.

Come early so you can participate in our Silent Auction and shop at our sales table featuring unique Westie items. Through donations by officers and board members, the WFA is offering FLASH DRIVES preloaded with our health e-books to participants.

For More Information Contact: Ann Marie Holowathy at aholowathy@msn.com or phone 215-345-6333

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