



# Westie WELLNESS

Super Summer Issue 2010

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## PRESIDENT'S MESSAGE

**W**elcome to the Foundation's Super Summer issue. We hope that you thoroughly enjoy reading it cover to cover; please let us know what you think. What an exciting issue for us to compile on many levels. First, as you can tell by the newsletter's banner, it has a brand new name. Thanks to everyone who participated in the naming contest. A big thanks to English artist Kirsten Fox for donating her time and talent in creating the prize.



*Bebe Pinter*

Second, the Super Summer issue has the reputation of being "chock-full" of valuable health information. The focus of this issue is on Craniomandibular Osteopathy more widely known as CMO. In this regard, the Foundation is partnering with Switzerland in a most promising study. Don't miss reading Dr. Kay McGuire's article on how the CMO study is progressing and important medical information about treating the disease. Then, Pam Evans graciously shares her experience of living with her Westie who had CMO.

Third, in the Canine Health Information Center (CHIC) arena, an interesting Legg-Calve Perthes article is available thanks to reprint permission by Animal Wellness Magazine.

Fourth, Westie rescue to the rescue—Stevann Wilson, WHWTCA National Rescue Committee Chair, penned an interesting and informative article entitled "Westie Rescue and the Westie Foundation—A Winning Combination". Just a reminder to review the recipes at the end of her article.

And fifth, on the back page join us in a little bit of humor by entering the name the caption contest for this issue's Westie cartoon. It is fun

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(President continued from page 1)

to imagine what the Westies could be saying to each other, isn't it. Use your wit and humor to submit an entry so that we can share the two winning captions with everyone in the Fall issue.

On a more serious note, one expression that is meaningful to me is "Life is too short!" In the world of research this expression rings true, for undertaking any research is a timely endeavor and one's lifetime may not afford enough time to reach the ultimate goal of curing or preventing a disease. For the most part, it is overwhelming to all of us who work to improve the health and well being of Westies. Therefore, could research best be staged in attainable goals so that the journey to the desired result is not such an extended period of time? Most research projects are set up as steps toward the ultimate goal—a cure or prevention. For example, consider some projects that the Foundation is currently funding: (1) Genetic Marker for Atopic Dermatitis, (2) Genetic role in Legg-Calve Perthes, (3) Genetic susceptibility of Bladder Cancer, and (4) Genetic Marker for Addison's disease.

Officers and directors are excited about new projects underway or in the planning stage. On the CMO study with Switzerland mentioned above,

the Foundation undertook responsibility for identifying and collecting affected and non-affected samples needed for the study. Samples have already been collected and shipped in special packaging to Switzerland. Join us in thanking Dr. John L. Robertson at Virginia Tech, past director and member of our Advisory Council, for working closely with Dr. Kay McGuire, VP Health to make this happen. We owe a huge debt of gratitude to the Westie breeders and owners who responded to our request and submitted these samples.

A potential project in collaboration with several European countries is involved in research targeting Idiopathic Pulmonary Fibrosis (IPF), an incurable disease affecting the lungs of Westies usually in their senior years. As you may remember, the Foundation co-hosted the first combined canine-human conference in 2008. It so happens that the conference targeted IPF. The resulting whitepaper is due for release in the near future. Never fear, we will make sure it will be available to anyone interested. We are eagerly working with not only national but world-wide researchers in leading the way to Westie health.

In closing, please remember that it does not matter how much one gives to support his or her

chosen cause. What matters is that one gives whatever is affordable. Without the support of all Westie fanciers, the Foundation would be quite alone in this battle for Westie health. We commend the comradeship of the officers and members of the West Highland White Terrier Club of America, the regional clubs, WestieMed, and the various rescue programs. Indirectly, we are all working towards similar goals, we are all in this together, and together we will all reap the rewards of the win for healthier Westies of the future!

*Bebe Pinter*

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# — Craniomandibular Osteopathy (CMO) —

By Kay McGuire, DVM  
VP of Health, WFA

**C**raniomandibular Osteopathy (CMO), or lion jaw is a disease of growth in the jaw of the Westie. CMO usually appears in puppies at a period of rapid growth between 4-10 months of age. There is proliferation of bone which is laid down on the mandible and maxilla near the joint of the jaw (temporomandibular joint). This is a painful disease which inhibits the puppy's ability to open his mouth. Severe cases may be affected to the point of only being able to open their jaws about an inch. In the home, you might notice that the puppy no longer plays with toys or worse yet, is not able to eat.

There is no cure for this disease, just management of pain and nutrition until the animal reaches an age where the disease will abate. The affected animal will reach a point around a year of age where it will be able to open the jaw again although the boney remodeling may remain lifelong.

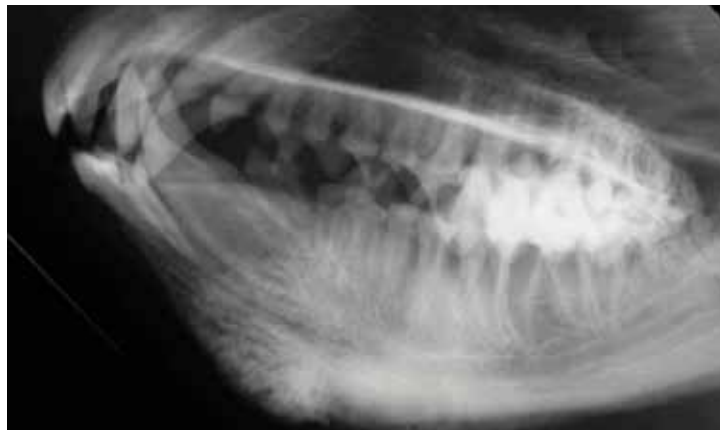
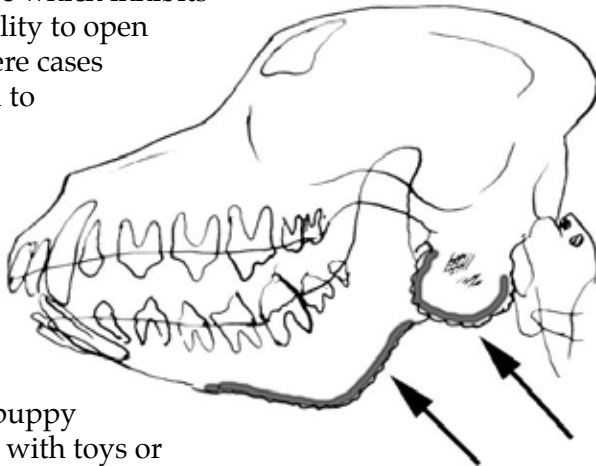
CMO has been researched in the past, one such study spearheaded by Dr. Patrick Venta at Michigan State University in the late 1990's. There have been repeated attempts to analyze the gene sequences to identify the affected gene. The Westie Foundation of America helped fund and organized the collection of DNA

samples involving cheek swabs to support Dr. Venta's studies. As with much research, what is not achieved is still a step forward.

Currently, the Institute of Genetics in Berne, Switzerland is also researching some of the Westies' most challenging diseases. They are running blood samples for gene analysis using SNP DNA sequencing. The Westie Foundation was contacted in May, 2010 by Dr. Cord Drogemueller requesting DNA samples of affected CMO animals and their family members. The

Institute of Genetics had already succeeded in running a sample batch of affected CMO samples from Europe. They were in the dilemma of finding more affected animals to help complete their studies.

I am happy to announce that the Westie Foundation



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(CMO continued from page 10)

approved funds for shipping the samples and our first batch of 25 plus samples were shipped to Switzerland the first week of July. Blood samples from 6 affected dogs were included. We are hopeful to collect samples for a second shipment. Special thanks to Advisory Council member Dr. John Robertson, Virginia Tech University, who was kind enough to receive and collate the blood samples to be shipped.

Our request of cooperation for this study was sent electronically



through email, phone and Facebook and we are proud of the response that was received by Westie owners and breeders. It is an opportunity like this, and the cooperation that resulted which is necessary to discover the answers to our genetic problems. I encourage everyone that reads this to consider how they can help in future causes.

# Explore Our Website

[www.westiefoundation.org](http://www.westiefoundation.org)

By Donna Hegstrom, Westie Foundation Board Member

The Foundation website is updated and ready to be explored! The Westie Health E-Book is available to view and download. Major diseases affecting Westies are discussed and treatment options recommended. Look at the Westie Doc's section for specialists and veterinarians who are knowledgeable about Westies.



In addition to the Health E-Book, health articles are available along with a list of current research studies funded by the Foundation. Make sure to review these studies and participate if your Westie is affected, or volunteer for the control group of the study.

Donations for research are always needed and money donated to the Foundation, goes to the current supported studies. Donation forms can be found on the website. In addition, the Foundation participates in several affiliate programs. A list of affiliates and their links provide a way to shop and support the Foundation at the same time. A percentage of each purchase is donated back to the Foundation by the affiliate.

Copies of past newsletters as well as the current newsletter, are readily available on the site. Sign up for an e-mail copy of the newsletter right on the website. Many articles feature Westie stories recalling their journeys through a health crisis and the outcomes associated with the disease.

Make a habit of visiting the Foundation site on a regular basis. A well educated owner makes a healthier Westie!



## A Note from an Affected CMO Westie Owner

Dear Dr. Robertson,

Hallie (female) was diagnosed with CMO at 6 months of age and was about to be put down on order of the pet store that had possession of her when we first learned of her situation/condition. I managed to persuade the pet store that it was not necessary to euthanize Hallie and to allow us to take her with us and get her into treatment for CMO. We brought her home Christmas eve in 1998. The pet store went out of business not long afterwards. She is now 12 years old. Unfortunately, I do not know the kennel/breeder



name she came from. The "owner" listed on Hallie's registration paper (which I did not see but was read to me by a customer who had returned Hallie to the pet store upon his vet diagnosing her with CMO) was listed as a transportation company. Hallie had been shipped to Nevada in the manner that livestock is shipped. It's truly amazing she survived. When we got her she had suffered the worst of the illness and was overcoming CMO. She was placed on steroids for a short period of time and, other than a permanent disfiguration of her jaw, Hallie recovered and has been very healthy otherwise.

I've never shipped blood samples before and I'm glad to hear you received them (assuming they were ok). I hope the samples were useful to you.

Best Regards,

Jackie

*Jackie participated in the Berne, Switzerland CMO study by sending Hallie's blood sample to Dr. Robertson for cataloging and consented to publishing her note in Westie Wellness. All sample submissions are strictly confidential unless waived.*



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## Coping with CMO

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By Pam Evans, Padivak

*Cassi (May 20, 1983 – February 17, 1997)*

**W**e already had one Westie who had bonded with me. Thus our decision to purchase another that would bond with Dianne. We went the correct path and bought from a reputable/responsible breeder in our club, the SFBWHWTC. During the years I have been in Westies, I have learned that there is nothing perfect in this world of ours... be it fruit flies, people or dogs. We all have faults be they genetic, behavior or personality. I feel I was blessed to have been given this disease to cope with because CMO is one disease that is treatable and goes into remission at the end of the dog's growth cycle (approximately 1 year of age).

Cassi was three months old when she started exhibiting some strange behavior. "Don't touch my face". At our club BOB Match in 1983, she went Best Puppy in Match despite while being examined for her bite she became a bucking bronco.

After few weeks, she became listless and lethargic and had a 103 temperature. So off to the vet... where she was diagnosed with Tonsillitis and was put on antibiotics. After about a week, she started showing signs of improvement. In hindsight, one



week is the time frame a "pain/fever" stage lasts.

A month later, I became aware of bilateral lumps on the underside corners of her jaw. These growths were growing inward on the bottom of her jaw. I started reading Westie books on diseases and conditions pertaining to Westies. All I could find that fit her symptoms was a short paragraph in Ruth Faherty's book – Westies From Head To Tail.

I took her to our vet, told him what I thought, he X-Rayed her and diagnosed CMO. Cassi was prescribed prednisolone (5 mg. tablets) 2 times daily for 5 days, 1 tablet once daily for 10 days,

2 tablets every other day for 10 days.

After two weeks, Cassi was back in another "pain/fever" stage. I had been in contact with another veterinarian in Livermore, CA who was prescribing a much more aggressive/controversial prednisolone treatment for CMO (2 mg. per LB of body weight).

Cassi was put on 3 (5 mg.) tablets of prednisolone – 2 times daily for 5 days, 2 tablets once daily for 10 days then a maintenance dose of 3 tablets every other day.

Cassi remained on this dosage (approximately 6 ½ months) until she was weaned off approximately one month before her first birthday. She never went through another "pain/fever" stage during this time. When she was re-X-rayed, all the abnormal bone growth that had been evident in her initial X-ray had completely reabsorbed.

Needless to say that during Cassi's first year, I spent a great deal of quality time with her and the bond that developed between us was as strong as that of a mother and child. She thrived during this time with so much attention. She was a clown and talked in the "woo-woo" language some Westies speak.

*(Continued on page 7)*

(Cassi continued from page 6)

All Westies are special but I hope that at least once in your lifetime you will be blessed and find that “special one” that is your soul mate!

Cassi was mine.

### Addendum

In the years following treating Cassi with this aggressive Prednisolone treatment, I have been asked by others with CMO Westies to share my method of treatment with their vets. Their vets preferred to prescribe a less aggressive form of prednisolone treatment.

Their dogs continued to undergo pain/fever stages during their growth cycles and there was no reabsorption of the abnormal bone growth that occurred (in fact, there was more abnormal bone growth).

I bred another Westie bitch that presented with CMO in 1987. She was treated the same way Cassi was and lived past her 13<sup>th</sup> birthday as did Cassi.

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.

## Health from a Judge's Point of View

By Dawn Martin



I was asked to write a brief article on health from a judge's point of view. As a person who breeds, shows and judges West Highland White Terriers, I took a few moments to ponder this request. Ours is a stripped breed, so coat quickly came to mind. A healthy coat is often a good sign of a healthy dog. Dogs displaying a thin coat, bald patches, itchy skin, red feet or staining can be unsightly, distracting, and give a judge a moment of pause. Good nutrition, exercise and sunshine are imperative for a healthy Highlander.

The essence of a Westie's expression, is piercing, inquisitive and pert with ears carried tightly erect. Even a slight ear infection, which effects ear carriage, or a stained eye rim, can change the look of the Highlander's total expression.

Solid hard muscling in the legs and loins are necessary for proper reach and drive. A dog in sound condition will hold a level topline while standing and on the move. Daily free running in a safe environment is good for conditioning of both the body and mind. A well exercised Highlander makes for a happy dog, who will show well and have the stamina to last not only the day, but the whole weekend.

While checking for a correct scissor or level bite, many judges look at

dentition. Sparkling clean teeth, free of plaque and tartar, are a must for the show dog. There is nothing worse than opening up the mouth of an otherwise lovely dog and finding poor dental hygiene. Something so simple could cost you a win.

Toenails should be kept trimmed back to keep the feet compact and the toes tight. Excessively long nails can cause a dog to short step to avoid striking the ends of the nails too hard. It is an uncomfortable situation for the dog and one he quickly learns to avoid by shortening his stride.

While judges, upon examination of a dog, may not necessarily appreciate the underlying genetics, as a breeder, structure and health must be evaluated from the inside. Many things are genetically carried down through the generations. Silent factors, such as eyes and hips, determine a dog's ability to pass on, or undermine, its future progeny. Care must be taken to eliminate, or minimize, the genetic problems in the breed through proper screening. A CHIC number indicates that a breeder is serious in promoting the best health in the present and future generations.

Pay attention to the details of your dog's health and you will reap the benefits for many years to come.



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# Legg-Calves Perthes Disease

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By Tricia Spencer

When this debilitating hard-to-treat condition struck my dog, I thought I'd lose him. But thanks to holistic treatment, Digger is now happy and healthy.

**I**t was only a slight limp, a muscle strain I thought. But Digger soon began carrying his back right leg and crying out in pain with the smallest of movements. When his hip began to shrivel as if someone had let the air out, I feared the worst. After all, the little guy was only nine months old.

## What was happening?

The diagnosis was Legg-Calves Perthes disease, a condition where the blood supply to one hip or the other, or rarely both, is compromised. Digger's right hip muscles had begun to waste away, and the radiographs showed his hip had already lost 50% of its bone density due to insufficient circulation and nutrition to the femoral head (the "ball" part of the ball and socket joint.)

This debilitating degenerative disease is seen primarily in small dogs. Digger is a rambunctious mix of terrier, Chihuahua and dachshund, so he's just about got the "small dog" market cornered. No one knows exactly what causes the condition, but genetics and the deliberate breeding of dogs to be ever smaller are viewed as possible culprits.



*A holistic approach got Digger back on his feet and renewed his health.*

## Conventional treatments difficult

I was horrified by the diagnosis, but even more so by the traditional treatments. The first course of action is extreme confinement. The afflicted dog is caged for up to six months with no exercise, no play... no life. Alternatively, the leg is immobilized in an Ehmer sling that traps it up against the body, effectively creating a three-legged dog for an extended period of time. Even with the sling, movement restriction is recommended.

If confinement is unsuccessful, or the disease is too advanced at the time of diagnosis, the customary solution is surgery. The femoral head and neck are cut off, and scar tissue is allowed to replace the bone as a substitute hip joint. While the surgery may initially alleviate the pain, subsequent

arthritis is a concern. Since Legg-Calves Perthes predominantly strikes dogs that are between seven months and one year old, that leaves many years to face an increased probability of arthritis.

## Holistic options offer more

I knew my active boy wouldn't understand confinement, and caging him would be excruciating for us both. So veterinarian Dr. Thomas Van Cise developed an individualized holistic protocol for Digger. What followed was a course of treatment designed to do what many believe could never be done – reverse the degeneration and get the blood flowing again. I embraced Dr. Van Cise's experience and extensive arsenal of holistic therapies, as well as his philosophy of treating the individual rather than the disease to help the body utilize its innate ability to return to normal.

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(Legg-Calves continued from page 8)

The day after Digger's radiographs on September 3, 2008, he began supplementation with colostrum, dismutase and the homeopathic remedy Calcarea Phos. The natural raw food diet he has enjoyed since his rescue at six weeks old also played a vital supporting role in his fight against the disease.

Two weeks after supplementation began, Digger received his first laser treatment. Five more laser sessions followed before aquapuncture treatments replaced them. During this time, Digger was never confined. At home, I gave him stimulating deep massages, used wet heat on his back and hip, and engaged him in long periods of calm positive energy.

I worried when after each round of treatments, he would experience a setback and begin holding his leg or crying out. This

would last a few days before he would once again soar ahead. It was one step back and three steps forward with each treatment, until one day he was simply an ordinary fourlegged dog again. Radiographs taken on February 3, 2009 were nothing short of amazing. In spite of the initial severity of the disease, the bone density had returned to normal. Digger's hip had renewed itself.

Once again, Digger runs and leaps and relishes life. His right hip muscle remains a trace thinner than the left, and he occasionally rests the leg when standing for long periods, but there is no evidence of pain, no crying out, no carrying the limb. He's now a loving, playful dog with a real future.

Thanks to a holistic approach, we triumphed over Legg-Calves Perthes. Every day, a happy, healthy Digger runs like greased lightning prove it.

## CUTTING-EDGE TREATMENTS

More alternative treatments for Legg-Calves Perthes are on the horizon, says veterinarian Dr. Mark Newkirk. "In Pulsed Electro Magnetic Field Therapy, pulse waves stimulate blood vessel growth, align proper cellular healing, and decrease swelling and pain," he explains.

"Another new therapy that should work is stem cell therapy. Stem cells are harvested from the fat of the animal. The fat samples are sent to a company in California that separates and concentrates the stem cells. The stem cells are sent back and injected into the animal's joint." Stem cell replacement for dogs currently addresses arthritis, but as Dr. Newkirk says, "In theory, it should work beautifully here."



## NAME THE WESTIE FOUNDATION NEWSLETTER CONTEST

The Westie Foundation of America is pleased to announce the winner of the Name the Newsletter Contest.

Our winner is **Sandy Crawford.**

Beginning with the super summer issue, the newsletter will be known as

## WESTIE WELLNESS.

Kirsten Fox, noted artist and WFA Advisory Council member has donated a beautiful hand-painted scarf to our winner. Thank you Kirsten.

Thank you Sandy and many thanks to our contestants for their entries.



**M**y name is Tina McCain and I have served as a director of the WFA for several years. While the article below is from the fall of 2003, I want to share it with you because it is relative to Westie health. Improved Westie health is the goal of the Westie Foundation of America.

What I have truly come to know over the last 20 years is how important nutrition, appropriate veterinarian care, revised vaccination protocols, quality breeding programs, pesticide free environments, to name but a few, is in keeping our Westies happy, healthy and safe! That is our job as their caretakers. For some the approach to better health is through traditional treatment and therapy. For others it may be through alternative medicine, or a combination of the two. One of the 16 topics covered in the Foundation Health eBook is Alternative Medicine. I hope you find the article by Karilon L. Rogers informative and the Health eBook chapter on Alternative Medicine found on the Foundation website helpful.

The following article is reprinted with the permission of Rick Woodall, Director, New and Editorial Services, Office of Public Relations, Berry College.

## Tails are Waggin' for Dr. Michelle

By Karilon L. Rogers  
Reprinted with permission  
Edited for space



PHOTOS BY PAUL OMARA

**D**andy, a West Highland white terrier from Marietta, Ga., has had a rough time. It was only a couple of years ago that a violent reaction to an inoculation left the little dog suffering as many as 28 grand mal seizures per day. He was treated by a highly capable veterinarian and referred to specialists at The University of Georgia. But the medications aimed at stopping the seizures disturbed his digestive system so badly that he was chronically and seriously ill. His condition continued to deteriorate. It didn't look good.

Dandy was lucky, however. His owner, Tina McCain, had heard about a veterinarian practicing in Stone Mountain, Ga., who offered something different. Berry graduate Dr. Michelle Tilghman (78C) practices holistic veterinary medicine that integrates a variety of alternative treatments with the very best in modern veterinary care.

After a few weeks of acupuncture and manipulation, as well as a combination of Chinese herbs and Western medications, Dandy began to heal. "He went from being a blob to being so much better," Tina stated. "And now he is a normal dog."

It has been nearly two years since Dandy has had a seizure. Quarterly visits with Dr. Michelle are all the help he needs to keep his tail wagging.

Dandy is just one of the literally thousands of animals whose lives have been made healthier and happier by Dr. Michelle and her associates at Loving Touch Animal Center. The atmosphere is cozy and compassionate. A quick visit found one fat black cat sleeping comfortably on a counter while three other rescued kitties made indiscriminate overtures to clients and staff members alike. Technicians were scampering to save the life of a desperately ill abandoned puppy while others used treats and words of praise to cajole Shasha, a female Rottweiler paralyzed by a ruptured cervical disc, into moving her limbs. Earlier that day, a Siberian husky mix named Sequoja had strolled in a water-filled exercise tank, a therapy that has transported him from nearly crippled to downright frisky in just

(Continued on page 11)

(Dr. Michelle continued from page 10)

a few short months, amazing his owner and, perhaps, himself.

“We get such self-satisfaction out of what we do,” Dr. Michelle stated. “If someone watches me work, I don’t have to say a word. My proof is in my patients.”

## Beyond the Cutting Edge

Dr. Michelle is on what some might consider a step beyond the cutting edge of veterinary practice. She became certified in veterinary acupuncture right out of The University of Georgia’s College of Veterinary Medicine, feeling that there had to be a better way to help animals who are aged, in chronic pain or suffering acute side effects from modern-day medications. She had become interested in alternative treatments and cultural medicines during an internship on a Navajo Indian reservation. This fascination was cemented by a three-year stint working in Texas for one of the nation’s first integrative veterinarians.

“I learned chiropractic medicine,” she said, “and how to look at things from the perspective of ‘Why is all this happening?’ I realized that everything in an animal connects somehow.”

She explained that veterinary acupuncture was considered extreme when she started using it but is now in the mainstream. “The number of vets – young and old – using acupuncture is growing by leaps and bounds,” she said. “Many are in their 40s and are

frustrated by not being able to do more to help their patients.”

Dr. Michelle teaches veterinary acupuncture all over the world for the International Veterinary Acupuncture School, is an adjunct professor of complementary medicine for the Virginia-Maryland Regional College of Veterinary Medicine and hosts practicing and interning vets interested in acupuncture from states across the nation and many foreign countries. “I’ve gone from being ‘whacked’ to ahead of the curve,” she smiled.

## Loving Touch

Her Loving Touch staff includes four veterinarians and 14 other team members who provide what Dr. Michelle describes as health care tailored to each animal and breed. Services include state-of-the-art surgery and diagnostic services, nutrition counseling, wellness exams, traditional Chinese medicine and complementary therapies.

“We use fewer chemicals, regular blood screens and lots of preventative medicine,” she explained. “It is our treatment protocols that are different. We look at alternatives to drugs, which might include nutrition and herbs, and what might complement drugs. We offer a treatment package that includes the best of all worlds and is tailored to each individual animal’s needs.”

She often gets patients when their owners hit a dead end. “Sometimes they have done everything they can via traditional medicine, but their pet has chronic



East meets West and ancient mixes with modern in Dr. Michelle’s integrative veterinary practice.

issues or pain that medicine can’t help,” she stated. “Sometimes their vets send them to

me; sometimes they hear about us through dog journals or dog clubs. And sometimes people have had acupuncture for themselves and want it for their dogs.”

She recently completed the University of Tennessee’s certification program in canine rehabilitation and plans to add a complete rehab facility to her center.

## Always One Step Ahead

It seems as though Michelle Tilghman has always been ahead of her time. “I can’t remember a time when I didn’t want to be a vet,” she said, yet she remembers being told that it was an impossible goal for her because she was a girl. “That didn’t go over well with me,” she laughed. “My response was ‘You just watch me!’”

She was born and raised in Fort Lauderdale, Fla., and came to Berry following her junior year at St. Thomas Aquinas High School. Her early college entrance was an

(Continued on page 12)



(Dr. Michelle continued from page 11)

unusual situation made possible by an exceptional academic record and a guidance counselor who knew her goals and believed that Berry was the right college for her.

Michelle excelled at Berry, majoring in animal science, chemistry and biology and working in the dairy, the horse barns and even the beef cattle operation, something quite unusual for a "girl" at that time. When she matriculated from Berry, she went right into the veterinary program at The University of Georgia, graduating in 1982.

There was only one hitch. Although she is a doctor of veterinary medicine and an honor graduate of one of the top-ranked undergraduate colleges in the

South, she also is a high school dropout. "Because I missed a required religion course when I got into Berry early, my high school will not grant me a diploma," she chuckled.

Today, she is married to David Rumiser and is the mother of Naia (18) and Rosemary (13). "Naia means little flower in Cherokee," she said, explaining that she got the name from Naia Howell Bonnet, a 1975 Berry graduate.

Her pets are numerous and include two corgis, a large mixed-breed dog, two cats and a dwarf parrot at home and fish, birds and four cats at the clinic. Her hobbies include cycling and organic gardening. She is busy with her daughters' dance and soccer

involvements and is a Parkview High School supporter.

### **Citizen of the World**

She may not have a high school diploma, but she holds the respect and admiration of her peers across the globe. The following is just one of many messages left by veterinarians who spent time in her clinic:

"Dr. Michelle, you are a citizen of the world. You open your clinic to those who want to learn, and you do this selflessly. You build our profession one doctor at a time, and that's a lot of work. Great teacher. Fine human being. Thanks for everything."

## 2010 WESTIE FOUNDATION OF AMERICA RAFFLE

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City/State/Zip \_\_\_\_\_  
Phone # \_\_\_\_\_



### 2010 Raffle Drawing

Your chance to win 1 of 3 prizes

1. Nintendo Wii
2. Amazon Kindle
3. Notebook Computer

**\$10 per chance**

Drawing to be at Montgomery 2010  
Winner need not be present to win  
Board, Advisory members and their spouses not eligible to win.

**FOR A CHANCE TO WIN ONE OF THE THREE GREAT PRIZES, CUT OUT THE STUB.**

**SEND THE STUB WITH A CHECK PAYABLE TO THE WFA AND MAIL IT TO :**  
KIM SMITH ■ WESTIE FOUNDATION OF AMERICA ■ 30306 OLYMPIC STREET ■ CASTAIC, CALIFORNIA 91384



# A Legacy For Your Westies

By Gail Kreiger

**M**any non-profit corporations have it. The Public Broadcasting Corporation, the American Cancer Society, the Muscular Dystrophy Association and countless others have programs for which gifts to a non-profit corporation can be given through a *deferred* option plan.

The Westie Foundation of America recognizes the importance of legacy gifts. The endowment fund known as the Legacy Alliance was developed for just such a purpose. All assets left to the Legacy Alliance endowment fund remain there. Only the income derived from the gift will be spent on health research and education.

Many wonderful and generous people show their support of the Foundation by donating directly to the Foundation. Through those donations the Foundation has been able to support research programs that target diseases affecting West Highland White Terriers. There are many others who have chosen to support the Foundation through an alternative method of giving. That is giving with a deferred gift. These deferred gifts can be life insurance, bequests through a will, living trusts, retirement plans, gifts in trust, collectibles and other specific bequests.

The beauty of giving to the Westie Foundation with a deferred gift is obvious, Westies benefit from

the financial support of research to improve the health of our wonderful breed and education. But, wait! There may be tax benefits for the donor and those of you who will leave behind heirs. That's a win-win situation.

If you are considering a gift to the Legacy Alliance, a packet with information that may help you and your financial planner is available from the Foundation. Please contact Gail Krieger at 209-772-1661 or click on *contact us* at [www.westiefoundation.org](http://www.westiefoundation.org). The Foundation strongly recommends you consult with a qualified professional to determine the method for structuring your gift to the Foundation.

## REQUEST FOR SAMPLES

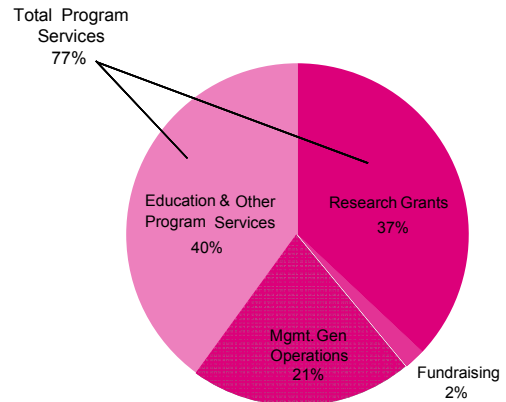
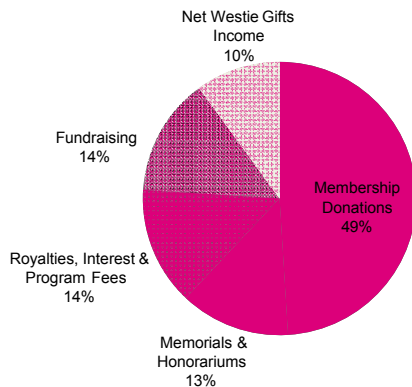
Listed below are several of the current research projects supported by the WFA. If you would like more information about the studies, visit our web site at [www.westiefoundation.org](http://www.westiefoundation.org). If you would like to participate by contributing blood or DNA samples from your Westie,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

RESEARCH PROJECT	SAMPLES NEEDED	CONTACT INFORMATION
Genetic marker for <b>Atopic Dermatitis</b>	Blood samples from 100 normal dogs and 100 dogs diagnosed with atopic dermatitis	Cary Salzman North Carolina State University 919-513-7235, <a href="mailto:casalzma@ncsu.edu">casalzma@ncsu.edu</a>
Genetic role in <b>Legg-Calvé-Perthes</b>	Blood samples from 20 affected dogs and 20 unaffected dogs	Dr. Alison Starr Clemson University 864-656-0191, <a href="mailto:astarr@clermson.edu">astarr@clermson.edu</a>
Genetic susceptibility of <b>Bladder Cancer (TCC)</b>	Blood samples from dogs with a diagnosis of TCC	Donna Viglietti, Ostrander Lab National Human Genome Research Institute 301-451-9390, <a href="mailto:Dog_genome@mail.nih.gov">Dog_genome@mail.nih.gov</a>
Genetic marker for <b>Addison's Disease</b>	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, <a href="http://cgap.ucdavis.edu/">http://cgap.ucdavis.edu/</a>
Genetic marker for <b>CMO</b>	Blood samples from affected dogs and their unaffected family members <b>(Oct, 2010, deadline)</b>	Dr. Kay McGuire, DVM <a href="mailto:kmccash@aol.com">kmccash@aol.com</a> 281-821-3247



# Financial Report - Fiscal Year 2009

Revenue = \$44,216



Expenditures = \$29,023

## REVENUE

**Individual Support** Revenue from individuals supporting the Foundation's mission in FY09 totaled \$40,865 with an addition \$1200 in corporate matching gifts and \$2151 in royalties from the Westie Foundation Bank Of America MasterCard program, other Affinity programs, and Program Fees. 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 \$84,388. Through the legacies of Nancy Schoch and Daphne Gentry we also have significant funds dedicated to Pulmonary Fibrosis research and a 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 temporarily restricted by the Board or Directors and invested carefully to maintain principal while bringing a respectable return.

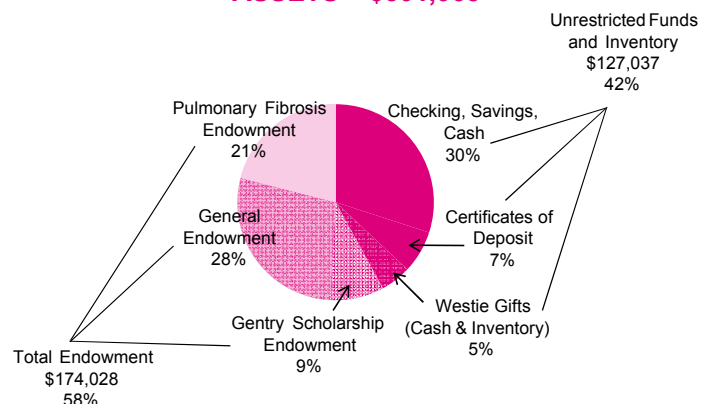
**Unrestricted Funds** The Foundation has a cash balance of \$112,204 to fund operations, research and education.

**Westie Gifts** Westie Gifts closed the year with \$5,831 in cash and inventory valued at \$9,001.

## EXPENSES

**Research & Education** Last year, our expenses totaled \$29,023, with 77% going directly to research and education. Funds spent on research were almost all matched by funds from the AKC Canine Health Foundation and Morris Animal Foundation, thus compounding the benefits our Westies will receive. Grants funded addressed Canine Cancer (\$2,500) and Atopic Dermatitis (\$8,000). 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. The bi-annual professional audit increased these expenses, but they still remained below 24%.

ASSETS = \$301,065



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](http://www.WestieFoundation.org/about.htm), under "Public Disclosure".

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# Westie Rescue and the Westie Foundation – a Winning Combination

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*By Stevann Wilson, WHWTCA National Rescue Committee Chair*

**A**sk Westie rescuers to name the “Number One” issue they encounter with the dogs they rescue, and every one of them will tell you it’s skin problems. They may say “atopic dermatitis” or “skin allergies” or “malassezia” or something similar, but the underlying message is the same. Thanks to the Westie Foundation, these issues and many others are being addressed.

When I was asked to write about (1) what kind of health problems rescuers are finding in the Westies they acquire, (2) what they are doing about it, (3) how the Foundation is supporting their rescue efforts and (4) whether there are any needs to be met, I went straight to the source – I asked the dozens of Rescue Coordinators approved by the West Highland White Terrier Club of America. Without exception, each one who responded raised skin issues. Rescuers face other problems as well: CMO, Westie Lung disease, Addison’s, Cushing’s, cancer, juvenile cataracts and dental



issues to name some of the more prevalent ones. Now that we’ve learned what kinds of health problems rescuers are finding, we move on to address the question of what they are doing about them.

Currently, several rescuers are furnishing data and samples for research studies underway involving Atopic Dermatitis, Legg-Calve-Perthes, Bladder Cancer and Addison’s disease. This research, which is being supported by the Foundation, will be immensely beneficial to rescuers. Details for providing these samples may be found in every Foundation Newsletter.

In addition to furnishing data and samples to aid in research, Westie rescuers are developing and refining techniques to deal with the skin issues they face on a regular basis. Almost every protocol includes four facets: (1) evaluation and diagnosis by a veterinarian, (2) veterinarian prescribed medications (usually for a limited period of time), (3) a proper and restricted diet and (4) medicated baths.

The vet care component usually includes a skin scraping to determine the presence of yeast, bacteria, or staph. At this point, the vet may diagnose low-grade allergies, atopic dermatitis, or malassezia and will prescribe medications as indicated.

The “Westie Diet” is a critical component of helping to get the Westie’s skin problems under control – and to keep them under control. Different rescuers favor different brands, but almost all use a very limited ingredient food without corn, wheat or rice. Some have even developed their own recipes, and three of those are included at the end of this article.

*(Continued on page 16)*



(Winning continued from page 15)

Many Westies have been adopted out to new homes without skin problems after they have been introduced to the restricted Westie Diet and gone through the other three facets of the protocol, but the rescuers stress that the new families must be dedicated to maintaining the diet.

The fourth facet of every protocol is the giving of regular medicated baths. At first, many of these rescued Westies must be bathed every day. As with the newly restricted diets, different rescuers favor different brands of medicated shampoos, but almost all of these shampoos contain ketoconazole. At least one rescue group has found that using boar hair soft brushes while bathing their Westies doubled the positive effects of the medicated bath by removing the dead lipids from the skin, thereby allowing healthy lipid to emerge. They also reported that this technique has softened the thick skin, eradicated the black skin and quickened the healing process. Following the bath, this group uses a blow dryer to dry the dog completely and then puts the dog in a toddler/baby t-shirt that is snug, which prevents the dog from causing further trauma to its skin. Rescuers stress that it is vital for the new families to be as dedicated to giving regular medicated baths as they are to adhering to the restricted diet. The main difference is that the daily or twice weekly baths won't have to last forever, although regular medicated baths will

## Westie Diet Recipes

### Highlander Hash

#### Ingredients:

- ½ pound ground turkey (you may also use salmon or tilapia)
- 1 raw carrot, quartered and chopped into ¼ inch slices
- 1 raw zucchini, quartered and chopped into ¼ inch slices
- 1 raw yellow squash, quartered and chopped into ¼ inch slices
- 1 medium apple, cored, cut into 8 pieces and chopped into ¼ inch slices
- 2 Tbsps chopped fresh parsley (optional)
- ½ tsp ground turmeric (optional)

#### Directions:

Brown ground turkey over medium heat in a 12 inch non-stick pan for 3-4 minutes, stirring constantly, breaking up the turkey. Ground turkey should be still slightly pink. Add carrot, zucchini, squash, and apple. Cook 5 minutes, stirring frequently. Add parsley and turmeric if desired and cook 2 minutes more, continuing to stir. Cool and serve. This recipe may be stored up to 4 days in the refrigerator and also freezes well.

We serve 1-2 Tbsps on California Natural kibble or 1/3-1/2 cup as a main dish. This recipe will feed 2 Westies for up to 4 days. Keep refrigerated and you may reheat in the microwave. 🐾

always be a part of caring for their Westie.

Our third and fourth areas of inquiry deal with how the Foundation is supporting rescue efforts and what additional items are on rescuers' "wish lists."

As stated above, one of the main areas of Foundation support comes from the research it sponsors. Another equally important aspect of support is the Westie Foundation Newsletter, which is full of helpful articles on Westie health. In the last four issues, the Newsletter has

(Continued on page 18)



(Winning continued from page 16)

addressed such vital subjects as Transitional Cell Carcinoma; Liver Disease; Legg-Calve-Perthes; Canine Nutrition; and Skin Issues, Then And Now. The dedicated Westie rescuer can learn more than he/she thought possible in clear, concise terms, and the Newsletter is readily available on the Foundation's website.

Finally, what is on a Westie rescuer's "wish list" for the Foundation to explore? Many of those who responded wished for research into less expensive medications that could be used on a long-term basis without the damaging side effects that many current medications have. One rescuer specified that a comparison of prescription drugs Cyclosporine and Atopica would be helpful, mentioning that Atopica is relatively expensive and difficult for some adoptive families to afford, especially long term. Another rescuer wished that the Foundation could fund a food study to search for some "magic aid" for the suffering Westies that wouldn't be prohibitively expensive.

Although research takes time, patience and money, Westie rescuers have benefited from the Foundation's efforts and are most grateful to those who continue to help in this important work.

*\*\*Special thanks to Karen Simondet from Westie Rescue of Orange County and Beyond for sharing these recipes.*

## Perry's No Peek Chicken & Rice

### Ingredients:

- 1 pound skinless/boneless chicken breast
- 8 cups chicken broth OR water OR vegetable broth
- 5 carrots chopped in ¼ slices
- 3 stalks celery chopped in ¼ slices
- 2 medium red potatoes (or white) cut in ¼ cubes
- 2 cups uncooked brown rice

### Directions:



Place all ingredients except for brown rice in crockpot & cook on high for 1 ½ hours. Remove chicken and shred, return to pot, add rice and cook another 1 ½ hours. Remove from heat, stir & let cool for 1 hour before serving. This quantity will feed 6 dogs 2x's a day for 7 days. Recipe freezes well and can be cut in half. Serve 1 Tbsp on top of California Natural kibble. 🐾

## Stanley's Wild About Salmon

### Ingredients:

- ½ pound Alaskan Salmon Fillet
- 12 oz frozen peas & carrots
- 12 oz frozen cut green beans

### Directions:

Preheat oven at 350 degrees. Wrap salmon in foil and bake 20 minutes or until salmon becomes opaque and flakes easily. Steam frozen vegetables in a large pot. The water in the frozen vegetables will contribute to the steaming process. When done, shred the salmon with a fork, and mix with the vegetables. This recipe will feed 2 dogs, twice daily for 4 days. Serve 1-2 Tbsp on California Natural kibble per meal. Keep refrigerated and reheat in the microwave. 🐾



**JOIN THE CAUSE FOR WESTIE HEALTH  
AND MAKE A DIFFERENCE**



**A FEW GOOD MEN AND WOMEN ARE NEEDED  
FOR FINANCE, LEGAL, FUNDRAISING,  
MARKETING AND COMMUNICATIONS.**





**Biographical  
Information for  
Thierry Olivry,  
DrVet, PhD:**

Dr. Thierry Olivry is a graduate from the University of Toulouse, France. After several years as a partner in a specialty practice in Paris, France, where he specialized in dermatology and internal medicine, he moved in 1991 to the University of California Davis for a residency in dermatology and a PhD in comparative pathology. Since 1995, he has been at the North Carolina State University College of Veterinary Medicine where he is now a professor of immunodermatology, chief of dermatology and assistant head in the Department of Clinical Sciences. He founded and led the ACVD Task Force on Canine Atopic Dermatitis and was the first chair of the International Task Force on the same disease. His areas of interests are atopic dermatitis in dogs and autoimmune skin diseases in all animal species. He has given more than 500 lectures all over the world and has published more than 200 articles on these diseases.



## **FREE EDUCATIONAL SEMINAR**

**Thursday, October 7, 2010**

**6:30 pm**

**Hoss's Steak & Seafood House**

*10 N Pottstown Pike, Exton, PA 19341 (corner of Rt 100 and Rt 113)*

### **Thierry Olivry, DrVet, PhD**

Diplomate American and European Colleges of Veterinary Dermatology

#### ***Treatment of Atopic Dermatitis in Dogs: 2010 New International Standard-of-Care***

Atopic dermatitis, a common chronic allergic skin disease that affects Westies, has been recognized for decades. Numerous trials have tested drugs for treatment of this disease, yet not a single drug will take care of all aspects that need to be considered.

Dermatologists from the International Task Force on Canine Atopic Dermatitis developed new guidelines to treat dogs with atopic dermatitis. This new standard-of-care considers the treatment of both acute flares and chronic skin lesions. Furthermore, recommendations differ depending whether the dogs suffer from localized or more diffuse skin lesions. This lecture will summarize the updated treatment guidelines for atopic dermatitis.

**Join us for this informative seminar which is free of charge. Please note that there will be no dinner served at the seminar however food may be purchased prior to the seminar at Hoss's. Come early so you can shop at our sales table featuring unique Westie items.**

**For More Information Contact: Ann Marie Holowathy  
at [aholowathy@msn.com](mailto:aholowathy@msn.com) or phone 215-345-6333**





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# Westie Cartoon Caption Contest

Create the winning caption for this Westie cartoon. Please send your caption to [bjpinter@msn.com](mailto:bjpinter@msn.com) before October 15, 2010. The winner and runner-up will be announced in the next newsletter with their captions.

## Create a Caption for this Cartoon



Copy of original watercolour by Ruth Sutcliffe, England

## Winners of Last Cartoon!



WINNING CAPTION  
by Cristina Salazar

**"This is scarier than  
going to the vet!"**

RUNNER-UP CAPTION  
by Bev Thompson

**"Oh, no! I found a gray hair."**

# Westie WELLNESS 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](http://www.westiefoundation.org)).

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

