



Green Mountain Pug Rescue

The Twisted Tale

2018 Winter Edition

Winter Is Here - Brrrr! It's Cold Outside!

Winter has officially arrived and Mother Nature has promptly pawed us in the face with her subzero bite, so bring your pooches in from the bitter cold! Pugs are quite prone to extreme temperatures with frozen feet, frosty muzzles, and shivering curly tails. In this edition of the official E-newsletter from the Green Mountain Pug Rescue (GMPR), which provides educational, seasonal and fun topics in how to care and spoil all pugs of every shape and size, highlights include proper pug paw care from nails, pads and booties, holiday and other winter hazards to be mindful of, and fun treats to share with your always starving pet pal!

In this edition, our rescued alumni, Munchkin, is on a post-holiday baking frenzy providing some recipes good for any winter month and to talk about why your pug may be a bit more itchy than usual especially if trying to cozy up by a warm fire or in a fuzzy blanket.

We hope you enjoy this winter-inspired issue and please let us know of any future topics you would like to see published in an upcoming edition. Please email your ideas to kelli.rothenberger@gmail.com or visit our Facebook page below with suggestions.

GMPR Website and Facebook Page

GMPR maintains a website and Facebook page for those who wish to stay current on GMPR news through the internet. The website is also the current residence for The Twisted Tail E-newsletter. Both the website and Facebook pages contain news of members, adoptions, upcoming events, available dogs, rescued alumni and much more! Our website also contains online applications for adopting, fostering, transporting or volunteering. Please visit our website at www.gmpr.org and our Facebook page at <http://www.facebook.com/greentmntpugrescue>

Donations

We are only able to help pugs through the generous monetary donations and invaluable volunteer time that pug lovers graciously give! If you want to help us with events or make a donation, please visit our website as noted above. Donations to GMPR go towards vet care for the pugs, and anything they need. We work closely with other rescues to ensure that all pugs in our area are safe and secure.

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Protect (and Pamper) Your Pug: Paws, Pads and Pedicures

With winter comes extreme temperature and weather, which can be all too unfriendly to your pug. Unfortunately, pugs tend to be more vulnerable to such conditions including freezing rain, intense wind, cold temperatures, dry air and other changes to its environment. Your pug may mostly be indoors snuggling next to you as you get through these harsh months and darker days together, but some exposure to these elements are necessary when nature calls even if it's for a brief time outdoors. One of the most sensitive areas for your pug that is constantly barraged with these unpleasant elements is their feet, especially their paws, pads and nails.

The pads refer to the thick, rubbery and naturally rough part of a pug's paws cushioning their every step for stability and traction as they walk. Pads also properly insulate your pug's feet with changing temperatures and protect the vital bones, joints and muscles that enable your pug to walk about on any terrain, even if walking may not be their favorite hobby. For all of the important functions they serve, it is essential to ensure these squishy sponges stay healthy, taken care of all year around and any injury requires prompt attention involving your veterinarian as necessary. Signs of concern can include licking, chewing, limping, lifting the affected paw off the ground or withdrawn if touched, discoloration and bleeding. Common injuries can vary with abrasions, bruises, punctures, burns, and blisters, but early signs of trouble can be dry, cracked or irritated pads, which can escalate if not tended to. To minimize injury, a bit of T.L.C. (tender-loving-care) goes a long way to ensure your pug's feet are happy and ready for any conditions. Below is an image in understanding about your pug's paw anatomy and how the front (or forelimbs) versus back (or hind limbs) differ.

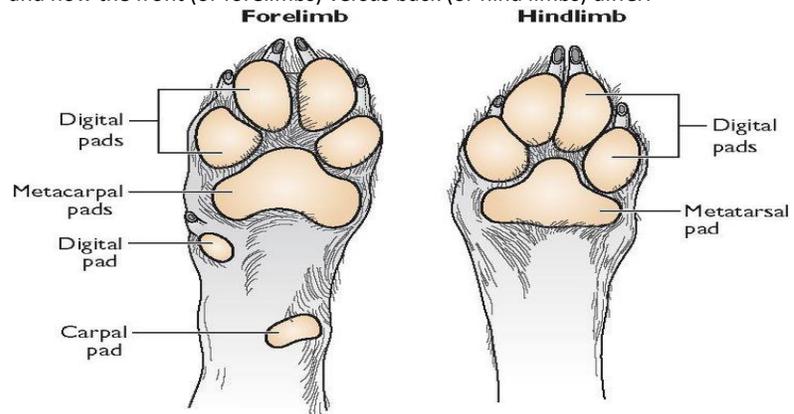


Image courtesy of www.pinterest.com

Munchkin
Knows Best:
Help! My pug is turning into a holiday snow globe?!



No, those aren't snowflakes and as winter continues into its most frigid of months, so come the constant zaps of fur-raising static electricity and lack of moisture in the air. As a result and if your pug is vulnerable to it, an entire blizzard could ensue just from the doggy dandruff and dry skin alone.

Not all pugs may experience this, but skin problems are not a stranger to this breed that can stem from many causes whether it's chronic or comes and goes like a winter breeze (or gust depending on the severity) isolated to a specific area or more widespread. Common itchy areas include the base of the tail, ears, wrinkles, paws or just everywhere! Remember, with drier air, dry and itchy skin can also be paired with worsened breathing and snoring issues. Refer to the **Twisted Tale Fall 2017 Edition** in reading more about snoring and when it may be concerning.

If a pug's skin becomes too dry, this can lead to itchiness, irritation, inflammation or redness, peeling, flaking, pimples, scaling, scabs, increasing oiliness and hair loss if left unattended. As symptoms worsen, so does your pug's physical and mental capacity in doing anything possible to calm these leading to chewing, rubbing, rolling or scratching at affected areas. If the skin becomes cracked, broken, ulcerated, and/or odorous, this may indicate an infection is brewing. The pug's fur may also be affected appearing dry, brittle, and poorly textured. Other concerns requiring closer attention includes rash or hot spot development (i.e. red sores or welts that may be difficult to heal), skin/fur changes, or other signs indicating general illness or behavioral issues. Before jumping to dry skin, if these symptoms occur and becoming bothersome, seek out care and assistance from your veterinarian to rule out certain causes, such as allergies, which pugs are also renowned to have. If an allergy is determined, treatment can include topical agents, antihistamines (Ex. Loratadine), steroids, and/or adjustments to the home's environment, but it can be a trial and error process as to what will be beneficial or not. Sometimes, the source of the itch may not be known and if all possibilities have been exhausted, don't lose hope. As you work through potential causes and a diagnosis with your vet, there are various topical anti-itch sprays, lotions, and shampoos available for use to provide instant relief, but consult your vet as to what may be best for your pug and ingredients to use or avoid.

In general, routine care should include an inspection of the paws after outdoor activity to ensure they're clean, free of dirt and debris (includes stones, dust, dirt, mud, foreign objects and/or matted fur), potentially toxic substances, and a key area to focus on with general grooming that tweezers or a trim can take care of. In the colder, winter months, ice, snow, slush, chemicals and salt can wreak havoc leading to frostbitten, chapped, burned, injured, and/or painful pads plus the skin in between for your pooch.



Reminder: Antifreeze – Sweet, Delicious...and Deadly



Remember, antifreeze is yet another toxic substance that can be found from any vehicle, home or roadways due to leaks and spills in the winter months. Protect your pug from accidental exposure if it ends up on their paws during the snowy season:

- All containers should be tightly closed and stored out of reach of pugs
- If a spill occurs, immediately and thoroughly clean the affected area
- Disposed of any used containers appropriately – remember, a very small quantity ingested is all that it can take!
- Check your vehicle regularly and readily repair any leaks identified
- Where there is potential access to antifreeze, supervise your pug accordingly
- Use less toxic antifreeze such as propylene glycol
- **Wipe those paws and legs after outdoor activity, especially if on pavement!**

Refer to the **Twisted Tale Fall 2017 Edition** to refresh yourself on how to prevent and, if necessary, properly care for your pug if antifreeze exposure occurs.

The S-A-L-T Situation: A significant snowfall brings industrial-grade rock salt and other chemical de-icers, which assists in melting ice and making traveling conditions a bit more bearable. As it may be cheap to use, salt in its de-icer form is also most toxic to our furry friends where even a brief, leisurely walk can be a painful ordeal for your pup causing irritation, pain and even chemical burns. **Imagine, if it can corrode metal on cars and melt ice due to its heat-inducing effects (up to 170 degrees) when in contact with water, what it can do to pug feet or to any sensitive area such as the tongue and lips?!**

- Avoid any heavily salted areas such as asphalt, sidewalks and driveways
- Always inspect, remove any ice/snow particles, and wash paws with warm water then towel off after being outdoors for play or walks

In addition to its unpleasant topical effects on pug pads and the surrounding vulnerable skin, an excessive amount of salt or de-icer can be ingested if prompt cleaning is not performed as your pug may do this for you via licking. Even a trace of these substances can be quite toxic, especially to the kidneys and potentially fatal, so contact your vet immediately if poisoning is suspected. Symptoms may include:

- Vomiting, diarrhea and/or lack of appetite
- Lethargy or drunk-like movements
- Excessive thirst or urination
- Tremors, seizures or coma

You may not be able to fully get away from such hazards, but in your personal space, are there safer products available? **Caution is advised as to what may be considered as "pet-friendly"**.

- Industrial-grade rock salt is typically jagged, but even in a smooth, pellet form, it's still rock salt!
- If this supposedly safe product states "Keep Away From Children", "Causes Irritation...or Harmful if Swallowed" then keep it away from your pups as well
- Cost can be steeper if it's indeed a child and pet-friendly product as it's composed of alternative ingredients, so if it's cheap, be suspicious and look closer
- Refer to the table below of common ingredients found in de-icer products and what to consider:

As noted earlier, treating the itch may be as simple as changes to the pug's environment or using various agents depending on the characteristics of the itch or the site affected. In regards to seasonal care, here are key tips to consider:

- **Hydration** – Always have cool and fresh water available. If taking a walk, bring water and encourage drinking. Adding foods high in water content such as fruits to meals and snacks is also recommended. Humidifiers can also be considered to add moisture back into the air.
- **Protect and Pamper Paws** – Ensure these are properly protected, cleaned, and irritation-free from cold and chemicals and adequately moisturized with a breathable product (more on this is discussed in this current edition elsewhere).
- **Shampoo & Conditioner** – Use a moisturizing formula that won't make the situation worse including proper pH balance and **NO DRYING AGENTS!** Products containing oatmeal and/or aloe are ideal plus pair with a conditioner for added moisturizing.
- **Leave-In Sprays** – These products can provide a layer of added protection to the elements and friction your pug may be exposed to while keeping both fur and coat moisturized and smelling glorious. No one likes a stinky pug!
- **Rescue Products** – If the itching becomes too much or if a hot spot is on the horizon, rescue products such as medicated or non-medicated topical sprays are recommended. Hydrocortisone or lidocaine are commonly used if intense pain or swelling is occurring. Cooling agents such as eucalyptus or peppermint oil can offer soothing relief. Tea tree or aloe can be applied to sensitive areas. Raw, damaged skin or fur that requires repair may need a heavier product to massage in such as a lotion or cream to aid in the healing process and to be applied following shampoo and conditioning treatments. Do not apply to any open or broken skin. All-natural products (i.e. oatmeal) may be considered, especially if your pug is a licker. Depending on the location, consider what formulation may be a better option and consult your vet as necessary.
- **Omega-3 Fatty Acids** – Specific dog foods may have a certain amount of this ingredient, but additional supplementation may be necessary, especially if your pug suffers from sensitive, itchy, dry skin. As an essential oil with moisturizing properties to both the skin and fur, this can be used in combination with other therapies to fight against the dry skin battle. When selecting a product, consider a fish source to ensure optimal levels of omega-3 fatty acid. Liquid or capsules are available and your pug will

Ingredients	What To Know
Chlorides	<ul style="list-style-type: none"> • Most dangerous form; cheapest in cost • Ex. Potassium, magnesium, sodium (or rock salt), and calcium chloride
Calcium Magnesium Acetate (CMA)	<ul style="list-style-type: none"> • Relatively safe • Limited efficacy and duration of effect • May be mixed with other salt forms or chemicals, such as chlorides, to increase its effectiveness • Toxic and can extract moisture from various surfaces such as wood, rubber, plastic, etc.
Urea or Carbonyl Diamide	<ul style="list-style-type: none"> • Less toxic and corrosive than chlorides, but if swallowed, causes gastrointestinal distress • If not in treated or modified form (see below), it's still somewhat toxic and a pollutant as it consists of nitrates • Can be drying and irritating to paws or skin • Relatively effective • Expensive if in its "safer", treated or modified forms as below
Modified Crystalline Urea or Carbonyl Diamide	<ul style="list-style-type: none"> • Considered a "safer" ingredient and not a pollutant • Sponge-like in how its effect works on melting ice • Usually infused with pet or eco-safe glycol (see below)
Eco Safe Glycol	<ul style="list-style-type: none"> • Glycols can increase ice melt effect, which can increase traction and "safety" of the product • Usually infused with modified carbonyl diamide
Colorants	<ul style="list-style-type: none"> • Look for pet-friendly forms that are considered food-grade

- In summary, avoid low cost ice melt products without any warning labels (includes both children and pets) that is salt AND chloride-free, but do your research on the manufacturer's website to review all ingredients prior to use

THIS WINTER AFTER OUR WALKS PLEASE WIPE MY PAWS

ROCK SALT contain traces of toxic metals like mercury & lead, also ferrocyanide.

ANTIFREEZE contains ethylene glycol which can be lethal when ingested.

SYMPTOMS OF ROCK SALT POISONING:

- Burns to the mouth
- Dehydration
- Raw & sore paws
- Liver & kidney failure
- Pancreatitis

SYMPTOMS OF ANTIFREEZE POISONING:

- Lack of coordination
- Excessive drinking & urination
- Gastrointestinal irritation
- Coma, seizures and/or death

HELP CLEAN THEIR PAWS OR THEY WILL HAVE TO DO IT!

Un-purified rock salts contain traces of toxic heavy metals such as mercury and lead. However, most municipalities in North America use ferrocyanide (a form known to cause cancer) as an anti-caking agent to facilitate the spreading of rock salt and to prevent clumping. These ice melter toxins combined with antifreeze (spilled onto the roads) are known to irritate pets who lick their paws and ingest them in harmful quantities after winter walks.

*Image courtesy of 3MillionDogs.com**

usually love the smell and taste; however, you may not enjoy the smelly burps and breath as much. Also, if you use the liquid, it can stain and be difficult to clean as containers may leak its contents. Whatever you choose, be consistent in what brand you use and ensure your vet is on board with this option.

To ensure your pug won't get as stirred up as a holiday snow globe with their dander, consider these tips and the assistance of your veterinarian to get you both through the long winter season together.



Courtesy of Pet Pug Dog, AKC and Microsoft Clipart

Top Pug-Liday Hazards: Tinsel, Trees and Toxic Substances, Oh My!



As the holiday décor and foods get stored away for another year, consider these potential hazards in preparation for next year. Not all pugs may find these to be temptations, but don't let the festive season cause you to forget, so make it a New Year's resolution to keep in mind of the following (**not an all-inclusive list**):

Tinsel



Although adorable as a shiny accessory to a holiday tree, wreath, garland or on your pug, it can be tricky if ingested, which is commonly seen more so in felines as a temptation too hard to resist. Being thin and sharp in its consistency can cause extensive damage to the intestines or form a ball in the stomach. Immediate

Aside from wiping and warm water, there is more to the winter proofing process to ensure your pug's feet are appropriately pampered and protected:

- **Protective Balms & Waxes** Both animal and human-based products are available, such as Bag Balm, petroleum jelly (Ex. Vaseline) or you can make your own, but do your research as you don't want to excessively soften the pads, ensure it absorbs quickly, and discuss with your veterinarian as necessary. Ensure to trim any fur in between so that it's not touching the ground and it will allow easier application of the product. Review labeling for proper instruction. Generally, these products can be applied before your winter adventure and after cleaning the paws to prevent irritation and dryness with careful attention to the in-between spaces to prevent ice/snow accumulation (i.e. snowballing). Waiting until bedtime can also be considered once your pug is settled in for the night.
- **Nail Trimming:** As this is important all-year round to do routinely, it's even moreso in the winter months as longer nails will cause the paw to spread out increasing the risk of snow, ice and other debris to get stuck in between.
- **Dog Booties:** If your pug is used to such stylish footwear without going into a dancing frenzy, this will add a protective layer of material between pads and the ground beneath. Various products are available found online or in your local pet store. Velcro strapping for a snug (not too tight) fit, padded soles and waterproof material are some ideal qualities to look for to ensure the boot is secure, with increased traction and prevents any moisture or other substances to soak through. If this is a new experience, have your pug get used to them in the house for short periods of time and increase the duration of exposure each time with a lot of praise and treats!

A bit of proper planning goes a long way to ensure you and your pug get through the winter season, so be safe, be mindful and enjoy of what winter has to offer!

Additional Resources and References

- www.petpugdog.com
- vcahospitals.com
- www.petassure.com
- www.petpoisonhelpline.com
- www.dogsnaturallymagazine.com
- www.cesarsway.com
- www.akc.org
- www.poison.org

Munchkin in the Kitchen:

Doggy-Nog



Ingredients:

- 16 oz plain, organic, low-fat yogurt
- 1 chicken breast (boiled/unseasoned)
- ¼ cup green beans
- ¼ cup carrots
- ½ cup sweet potatoes (steamed) or plain pumpkin puree
- 1 egg
- 1 ½ cups water

Instructions:

1. **Note:** Traditional eggnog is not safe for pug or any canine ingestion!
2. Combine all ingredients into a blender or food processor
3. Blend until mixture is completely smooth and frothy
4. Pour into bowls and serve for your pugs to enjoy (you will not like it so much)

veterinarian intervention may be necessary for prompt removal.

Xylitol



To help get through the post-holiday blues, candy, sweets and certain baked recipes may be relied upon by humans, but make sure your furry friend doesn't take a bite. Some of these products may contain the sugar substitute, xylitol, which is highly toxic to the canine kind. If ingested (even in small amounts), vomiting, loss of coordination, seizures and organ failure is not a plate you want served.

Winter Holiday Plants



A friendly lick under the mistletoe is always a welcoming kiss for most as long as this holiday plant is not within eating distance. Some winter greenery your pup will want to steer clear of includes not just mistletoe, but holly, poinsettia, lilies, and Christmas cactus to name the common few. Symptoms vary from mild to moderate gastrointestinal (GI) upset to the more severe variety, especially with mistletoe and holly.

The Holiday Tree



As the infamous holiday (or Christmas) tree can draw so much awe in its beauty, it can also entice your four-legged friends, especially when freshly cut. Aside from the other dangers it may contain, which is discussed later. Oils from fir trees can be irritating to the mouth and stomach leading to excessive vomiting or drooling. The needles can also wreak GI havoc via irritation, obstruction, and puncture. **Most importantly, the tree's water source is NOT A DOG BOWL. Bacteria, molds, and fertilizers can cause severe illness with just a few laps.**



Gingerbread Dog Cookies



Ingredients:

- 3 cups whole wheat flour
- 1 ½ tbsp ground ginger
- ¼ tsp ground cinnamon
- ½ tsp ground cloves
- ½ cup molasses
- ½ cup water
- ¼ cup canola oil

Instructions:

1. Preheat oven to 325° F
2. Mix dry ingredients including flour, ginger, cinnamon, and cloves.
3. In a separate bowl, combine wet ingredients including molasses, water, and canola oil.
4. Pour the wet ingredient mixture into the dry mixture and stir until combined well.
5. On a lightly floured surface, roll out the dough until ½ inch thick.
6. Cut the dough into holiday or dog-related shapes using cookie cutters.
7. Use non-stick cooking spray to lightly coat a baking sheet.
8. Place cut-out dough on to the baking sheet spacing about ½ inch apart.
9. Bake 20 minutes then cool on to a wire rack and serve!



Holiday and Winter Baking Tips with Your Pugs



When putting together a gift for the holiday or any season for your furry friend, anything with food is always an instant plus even for the scrooges who may not want to play with their new toys or put on that cute furry outfit you bought for them for the next round of Christmas cards (grrrr-oan followed by an eye roll). To help inspire your creativity, here are some tips and tricks to jazz up your gift-giving game.

Cookie Cutters: Choose a theme or season and these will make any treat pop from trees to snowflakes to gingerbread men (or dogs) and so on. As the wise men would say, purchasing a separate set for your pups would be recommended, but regardless of what you use, make sure it's cleaned well between each use...no, a dog tongue wash is not good enough either!

Edible Ornaments: If you'd rather hold off until the big day in dispersing your gifts, they could be hung as a decorative item in the mean time. A simple poke to create a hole and some festive ribbon will finish off this present, but hang it high enough where no peeping pugs will know that it's hidden in plain sight just out of reach.

A Touch of Color: In small doses, food coloring for those holiday human cookies can also be applied to the pet-inspired ones. Red, green, blue or no matter what color you choose, you may want to hold off if an allergy is possible.

Wrap with Care: If you decide to not hang your homemade gifts, you may want to think about where to store them because under the holiday tree may not be best unless you want to cause an unwrapping frenzy. Your pug's nose may be squished and small, but it still holds millions more odor-smelling receptors than a human. If a treat is in their midst, your pug has this special skill, a skill that this breed has acquired over a very long period of time. Skills that make them a nightmare for your holiday presents, so if you stash the treats somewhere safe, that'll be the end of it. They won't look for it or won't pursue it, but if you don't, they will look for it, they will find it and they will kill any gift that gets in their way!



Potpourri and Oils



A touch of oil or liquid potpourri to make your home smell like a winter forest or holiday harvest can be refreshing, but spell trouble if your pug gets a taste of these. If you prefer to create your own blends involving a simmer on the stove, be cautious and keep it out of reach as serious damage can ensue if drank. Cationic detergent is a common ingredient that can readily poison due to its corrosive nature, burning the tongue, leading to breathing difficulties and affecting the liver.

Ornaments



No, these aren't chew toys dangling from the tree's branches even though your pug may think otherwise. Sharp edges and choking hazards are what may come after taking a bite from one of these. You'll want to ensure there are plenty of dog-friendly toys to keep them distracted or hang the not-so-friendly ornaments out of their reach.

Electrical Cords



Rigging up any holiday lights may be a chore for some, especially in untangling bulbs, cords, and what end goes into what outlet. A curiosity could lead to burns and electrical shock if your pup mistakes these for something to chew on, so be mindful of placement and what can be exposed to a passing pug.

Courtesy of Inkpug, Merck Veterinary Manual, Baked Bree, King Arthur Flour, PetMD, Clip Art, Pinterest, Pets Animal Hospital, Wayfair, Pet Poison Helpline, Puppy Toob

Remember, there are certain ingredients to shy away from all together, especially if they were gifts not intended for your pug to begin with:

Chocolate Chaos!



Methylxanthines, which is found in all chocolate, is one of the most toxic substances to any canine or feline leading to cardiac and central nervous system toxicity (i.e. abnormal heart rhythm, elevated blood pressure and temperature, tremors, seizures, respiratory failure, etc.) that can be fatal even at nominal doses. Before leaving out any winter treats, especially of the dark or milk chocolate variety, think twice as to how accessible these may be to your flat-faced friend. If ingestion is suspected, immediately contact and seek out veterinary care.

Alcohol Armageddon!



Giving any dog even a sip of such a beverage is not advised (and just not cool), but don't forget that some of our favorite holiday foods could contain enough alcohol to cause a problem. Desserts commonly contain such an ingredient including liqueur filled chocolates, cherry jubilee, mousse, flambé, and some pastries or cakes such as black forest, rum or fruit cakes. Even unbaked bread dough can be toxic due to the yeast, which converts into ethanol and carbon dioxide once in the stomach. In such cases, gastrointestinal effects can occur in addition to alcohol poisoning (i.e. vomiting, diarrhea, disorientation, depression, tremor, trouble breathing leading to respiratory failure and low body temperature).

Grapes & Raisins – Yikes!



The commonly holiday fruitcake receives another whammy in containing not just alcohol, but raisins in its ingredient profile. Grapes on a cheese or appetite platter can spell trouble to any interested canine. As with chocolate and alcohol, even the smallest amount can pack a deadly punch starting with vomiting, diarrhea and resulting in kidney failure.



Thank you for reading and we hope you enjoyed this F-R-O-S-T-Y edition! Don't forget to snuggle under a warm blanket and next to a snoring P-U-G to get you through as the S-P-R-I-N-G edition will be here before you know it!