

如何更好地照顧您的老年犬隻？

How can we take better care of our senior dogs?

隨著狗狗年齡的增長，牠們需要特別的關注和照顧。基因、營養和環境等因素都會影響狗狗的老化速度。即使是最活潑健康的狗狗，進入老年期後也需要不同的照顧方式。

As our furry friends age, they require special care. Genetics, nutrition, and environment influence how quickly your dog ages. Even the most active and healthy dogs need different care as seniors.

狗狗什麼時候被認為是老年犬？

When is a dog considered old?

每隻狗狗都是獨特的，但有一些通用的指引可以幫助您判斷您的狗狗何時進入老年期。通常，迷你犬的壽命比大型犬更長。

Every dog is unique, but general guidelines can help determine when your dog becomes a senior. Miniature dogs typically have a longer life expectancy than large breeds.

體型 Size	體重 Weight	熟齡 Mature	老齡 Senior
小型犬 Small	< 10 公斤 Kg	8 歲 years old	12 歲 years old
中型犬 Small	11-25 公斤 Kg	7 歲 years old	10 歲 years old
大型犬 Small	> 26 公斤 Kg	5 歲 years old	8 歲 years old

老化的初期跡象

- 活動**
年長的狗狗會出現精力減少的情況，對玩具失去興趣，對散步的熱情也減弱。牠們變得不那麼敏捷，可能會更加嗜睡。
- 體重**
由於新陳代謝的變化，老年狗狗經常會失去肌肉並增加脂肪，從而增加肥胖的風險。
- 皮膚和毛髮**
眼睛和口鼻周圍變灰，掉毛和毛髮變得暗淡，鼻子和腳墊會變厚，更有可能會出現囊腫或皮膚腫瘤。
- 行為變化**
老化會導致迷失方向、社交行為改變、訓練失敗、睡眠障礙以及活動量的減少。
- 感官**
隨著年齡的增長，視力、聽力和嗅覺會逐漸減弱。

The first signs of ageing

- Activity**
Older dogs have less energy, lose interest in toys, and show less enthusiasm for walks. They become less agile and may sleep more.
- Weight**
Elderly dogs often lose muscle and gain fat due to metabolic changes, increasing their risk of obesity.
- Skin and coat**
Graying around the eyes and muzzle, hair loss, dull coat, and thickening of the nose and pads may occur.
- Behavioral changes**
Aging can cause disorientation, altered social behavior, housetraining accidents, sleep disorders, and reduced activity.
- Senses**
Sight, hearing, and smell can diminish with age.

及早發現老化的跡象可以讓您及時進行治療，從而提高狗狗的日常舒適度。

Early detection of aging signs allows for timely treatment, enhancing your dog's daily comfort.

注意事項

What to watch out for?

隨著狗狗年齡的增長，牠們更容易罹患某些疾病，包括：

- 腎臟疾病**
常見於老年狗，影響十分之一的狗狗。症狀包括：尿失禁、脫水、食慾減退、嗜睡、嘔吐、體重減輕、口腔潰瘍和外觀蒼白。
- 關節炎**
症狀包括：起身困難、對運動的熱情減少、突然出現的攻擊性、爬樓梯困難和跛行。
- 癌症**
症狀包括：腹部腫脹、異常分泌物、難以癒合的傷口、突然體重減輕、皮下腫塊、食慾和排便習慣改變。

As your dog ages, they become more prone to certain diseases, including:

- Kidney diseases**
Common in aging dogs, affecting 1 in 10. Symptoms: urinary incontinence, dehydration, reduced appetite, lethargy, vomiting, weight loss, oral ulcers, and pale appearance.
- Arthritis**
Signs include difficulty getting up, reduced enthusiasm for exercise, unexpected aggression, difficulty climbing stairs, and lameness.
- Cancer**
Symptoms: abdominal swelling, abnormal discharge, non-healing sores, sudden weight loss, lumps under the skin, changes in appetite, and altered bathroom habits.

每日細心照顧並留意變化，對於及早發現狗狗任何行為或身體的問題至關重要。

Vigilant daily care and spotting changes are crucial for early detection of any behavioral or physical problems in your dog.

如何照顧您的老年狗狗？

How to care for your senior dog?

隨著狗狗年齡的增長，牠們的照顧需求會有所改變。幸運的是，有很多方法可以確保牠們舒適地老去。

以下是保持您的老年狗狗快樂和健康的關鍵步驟：

- ✓ **定期看獸醫**
隨著狗狗年齡的增長，定期檢查變得尤其重要。老年狗應每六個月拜訪獸醫一次，進行全面的健康檢查，包括牙齒、眼睛、耳朵、皮膚、體重、心臟、肺部、疫苗接種、血液和尿液檢查，以及獸醫建議的其他必要檢查。
主人可以觀察狗狗的行為、睡眠模式、有否強迫性舔舐、焦慮、攻擊性或迷失方向的變化，並將這些觀察結果告訴您的獸醫。
- ✓ **選擇專為老年狗設計的食物**
這些食物應含有抗氧化複合物以中和自由基、更高的EPA和DHA含量以對抗炎症並支持皮膚和毛髮健康、較低的磷含量有助保持腎臟健康、添加的葡萄糖胺和軟骨素支持骨骼和關節、高質量蛋白質以保持肌肉質量，以及較低的卡路里和脂肪含量支持健康的體重。
- ✓ **低強度運動**
選擇溫和的活動，如短暫散步或監督下的游泳。隨時提供水，並注意狗狗是否有任何不適的跡象。

As your dog ages, their care needs change. Fortunately, there are many ways to ensure they age comfortably.

Here are the key steps to keep your senior dog happy and healthy:

- ✓ **Frequent vet visits**
Regular check-ups are crucial, especially as your dog ages. Senior dogs should visit the vet every six months for comprehensive health checks, including dental, eye, ear, skin, weight, heart, lung, vaccination, blood, urine tests, and any other necessary exams as recommended by your vet.
Observe changes in behavior, sleep patterns, compulsive licking, anxiety, aggression, or disorientation. Share these observations with your vet.
- ✓ **Proper nutrition**
Adjust your dog's diet to a senior-specific diet, which should include antioxidant complexes to neutralize free radicals, higher EPA and DHA content to combat inflammation and support skin and coat health, lower phosphorous content for kidney health, added glucosamine and chondroitin for bone and joint support, high-quality protein to preserve muscle mass, and lower calorie and fat content for healthy weight management.
- ✓ **Low-impact exercise**
Opt for gentle activities like short walks or supervised swims. Always provide water and monitor for signs of discomfort.

老了≠病了

Aging ≠ Illness

只是一種每天、每時、在每個個體上都在發生的生理變化。在細心照顧和妥善管理下，您的老年狗狗可以快樂健康地享受牠們的黃金歲月。

It's simply a physiological change that occurs daily, every moment, in every individual. With attentive care and proper management, your senior dog can enjoy their golden years happily and healthily.