

# HEAD-TO TAIL CHECK

	HEALTHY	HOW TO HELP	ASK YOUR VET
<b>Ears</b>	Pink and smell good.	Wax debris – clean with ear wash.	Foul odour, redness, or ear mites which look like coffee grounds.
<b>Eyes</b>	Bright and clear, pupils are equally dilated and responsive; no excessive tearing.	Excessive tearing – flush with saline solution or eye wash.	Cloudiness to eyes; one pupil larger than the other; excessive tearing not alleviated by saline solution or eye wash; squinting or pawing at eye.
<b>Nose</b>	Shiny & moist.		Dry and cracked excessively dripping; mucus discharge; sneezing; open wound.
<b>Mouth</b>	Clean white teeth with no bad odour; scissor bite from teeth meeting properly; pink moist gums with Capillary Refill Time (CRT) 2 seconds.	Brush daily with pet specific toothpaste. Keep pet well hydrated.	Foul odour, tartar build up; redness, obvious abscess, or loose teeth; uneven bite; brightened, blue, pale, or white; dry or tacky gums.
<b>Skin &amp; Coat</b>	Shiny, no lumps, bumps, or flakes; healthy pink; no hair loss.	Bathe, brush regularly and add Omega 3 to your dog's diet.	Lumps, bumps, scabs, open sores; bald spots or extreme hair loss.
<b>Legs &amp; Paws</b>	When walking, gait is smooth and even. No cuts to pads; nails short; stands and moves well with no tenderness.	Clean any pad wounds. Don't let them walk on hot or extremely cold surfaces; trim nails; exercise.	Open wounds; limping; unsteadiness; difficulty walking, getting up or lying down; dragging a limb.
<b>Chest &amp; Abdomen</b>	Pink skin, no lumps, bumps, or tender areas; you can feel ribs but not see them and chest is lower than the tummy.	Keep your pet at a healthy weight.	Any lumps or tenderness; need to lose excessive weight.
<b>Heart</b>	Steady even rhythm. 60-160 beats per minute for medium to large dogs. 90-220 beats per minute for small dogs (and cats).	Get regular veterinary check-ups and appropriate exercise.	Heart murmur or uneven heart beats (arrhythmia); faster or slower rate of BPM than normal.

