



CANINE LIFE STAGE HEALTH CHECKLIST

YOUNG ADULT:

FROM CESSATION OF RAPID GROWTH UNTIL COMPLETION OF PHYSICAL AND SOCIAL MATURATION, (~3 TO 4 YEARS OF AGE)

General (PE and Consultation)

- Evaluate congenital disorders.
- Address the special needs of working/service dogs.
- Discuss frequency of veterinary visits (once per year).
- Educate owners on signs of early orthopedic disease and osteoarthritis (OA). Collect pet owner observations of mobility and activity at home. Evaluate for the presence and stage of OA during PE.

Pet Lifestyle and Safety Risk Assessment

- Discuss increased awareness of hazards at this age (e.g., plants, puppy-proofing, foreign body ingestion).

Zoonoses and Human Safety

Covered in the “All Stages” section.

Behavior

- Evaluate current behaviors of concern in relation to normal behavior.
- Ask open-ended questions regarding behaviors that often result in relinquishment or euthanasia (e.g., house training, separation anxiety, unruly behaviors, aggression, social relationships).
- Recommend continued training classes for behavior, socialization, and wellbeing.
- Educate on selecting appropriate trainers.
- Encourage adult training and active lifestyle based on the individual.

Nutrition

- Evaluate breed and size for targeted nutrition.
- Establish target weight range based on BCS and MCS. Discuss risk of weight gain after sterilization.
- Emphasize weight control and benefits to overall health. Discuss the ideal weight and muscle condition for the patient.

Parasitology

- Continue year-round control for intestinal parasites.
- Perform fecal examination for intestinal parasites 1 to 4 times per year depending on lifestyle and use of preventives.

- Continue heartworm preventive throughout all life stages.
- Test annually for heartworm and tick-borne infections.
- Continue year-round flea and tick control based on risk assessment.
- Discuss zoonotic potential for external parasites in all life stages.

Vaccinations

- Continue core vaccines per current guidelines:
 - Distemper, Adenovirus-2, Parvovirus, +/- Parainfluenza: Administer a single dose of a combination vaccine within 1 year following the last dose in the initial vaccination series. Administer subsequent boosters at intervals of 3 years or longer.
 - Rabies: Administer a single dose of vaccine. In most states and provinces, veterinarians are allowed discretion in administering either a 1-year or a 3-year labeled rabies vaccine.
 - ◆ The interval between subsequent doses is determined by the product label of the last vaccine dose administered (i.e., either 1 year or 3 years). For state-specific information on rabies immunization and law, visit rabiesaware.org.
- Continue appropriate noncore vaccines per current guidelines, and re-evaluate lifestyle and exposure risk:
 - *Bordetella bronchiseptica*, *Borrelia burgdorferi*, Influenza (H3N8, H3N2), Leptospira (4-serovar): Where risk of exposure is sustained, administer a single dose 1 year following completion of the initial 2 doses, and annually thereafter.
- Consider antibody titer testing for the purpose of determining protection from infection from canine distemper virus, canine parvovirus, and canine adenovirus-2.
- The frequency of antibody testing should be based on clinical judgement, but it is reasonable to perform antibody testing at least as often as the interval of booster vaccination.

Dentistry

- Evaluate deciduous dentition, persistent deciduous teeth, extra or incomplete dentition, oral development, and occlusion.
- Discuss acceptable chew toys for dental health and safety.
- Evaluate developmental anomalies and permanent dentition.
- Consider first dental cleaning, oral exam, and dental charting, especially in dogs with malocclusions or unerupted teeth and in smaller breeds with crowded dentition.
- Evaluate gingival health and accumulation of plaque and calculus. Missing permanent teeth should have intraoral dental radiographs taken to confirm the teeth are truly not present.
- Recommend full-mouth radiographs, dental cleaning/polishing, charting, and scoring per *AAHA Dental Care Guidelines for Dogs and Cats*.

Reproduction

- Discuss spay/neuter or breeder planning/consult.
- Review literature about advances in temporary contraceptive techniques.
- Examine for tattoo or place tattoo after spaying.
- For intact animals, discuss the hazards of roaming, appropriate breeding frequency, genetic counseling, and breeding ages (start and finish). Consider Brucellosis testing. Evaluate reproductive health, including prostate, testes, and mammary gland. Obtain history of female dog heat cycles.

Breed-Specific Screening

- Discuss inherited disorders for all dogs in which breeding is being considered.
- Screen for orthopedic, ophthalmic, renal, and hepatic abnormalities.

BCS: body condition score
MCS: muscle condition score

