

## CANINE HEALTH

Jim Sternberg, DVM

As the Health Chair person for our club, I had the opportunity and privilege of attending the AKC Canine Health Foundation National Parent Club Conference held at the Hyatt Regency St Louis, Missouri, August 12-14. As part of the conference Kelly and I toured the state-of-the-art Purina Event Center. Purina is a major sponsor of CHE, contributing over 10 million dollars for research and operations. With the efforts of Parent Clubs, Breed Clubs, Specialty Clubs and generous supporters in the past 16 years, \$34 million dollars have funded 555 research projects at 88 universities around the world.

Although I have attended hundreds of conferences and educational classes over the years, I must say this was one of the most intellectual and interesting seminars I have attended. The presenters, aka research gurus, enlightened us on new discoveries with an emphasis on cancer research, developments in genetics, immunotherapy, drug treatments and nutrition. I will be writing summary articles for our News and Notes from knowledge I gathered from these meetings. Below is the first of several articles.

## **Coping with Stress:** **Nutritional Approaches to Enhanced Immune Function**

By Arleigh Reynolds, DVM, PhD, DACVN  
Sr Research Scientist – Nestle Purina Research

With many of our Norfolks traveling to shows and /or performance competitions, diet is extremely important to their overall well being. It has been documented in human athletes that travel and competition can cause an increase in illness. Low to moderate exercise has shown to enhance immune function, whereas extreme exercise can compromise this function.

The use of dietary supplements with probiotics, eggs and milk biologics, and antioxidants were studied. A probiotic is non infectious, live/dead bacteria. They are used strictly for GI problems and /or prevention. They will not translocate to other body regions. Therefore, giving a probiotic will not cause a skin infection, etc. Immune modulators (lab inoculated eggs and colostrums) are products of the new future

used to stimulate the immune system to protect against viral and bacterial diseases. At this time because they have no residual effect, they must be given daily and are cost-prohibitive. Antioxidants are widely used as diet supplements. Most good quality dog food contains adequate amounts of vitamin E, C and selenium and adding additional amounts may actually be more harmful than helpful. Omega 3 should be included in traveling and performance dogs. The best source is cold pressed salmon oil.

A great way for us as owners, breeders and a club to show our support for canine health: Paving the way – Honor any title dog by purchasing an engraved brick paver on the Walk of Champions OR honor a person, kennel or club with an engraved paver on the Path of Honor. Both walkways are at the Purina Event Center. Each brick costs \$100 and \$70 from each brick goes to support canine health. Kelly and I saw these walkways on our visit to the Purina Event Center and they are very impressive. More info [www.support.canine-healthfoundation.org/bricks](http://www.support.canine-healthfoundation.org/bricks)