

7 Rules for Optimal Older Dog Health

As pets age, older dog health requires more of your attention in order to keep them feeling young. Fortunately, because of advancements in pet foods and medicines, dogs are living longer than ever before.

If you need some tips on how to help maintain older dog health here are seven of them for you to try and start implementing right away.

1. Many older pets have arthritis in their joints. In order to help slow the progression of this very common disease consider giving your dog two supplements, chondroitin, and glucosamine. Some manufacturers have already supplement older dog diets with these compounds.
2. Older dogs tend to lose their teeth and can have trouble chewing. Because of this you should regularly examine their teeth for any potential dental disease problems. If you have the time you should even brush your dog's teeth every day.
3. Just like in humans, a dog's mental ability diminishes with age. To help slow down some of this age related change try to keep your dog active mentally by adding new toys and play activities.
4. Many new pet foods are adding antioxidants to their formulas. This is because antioxidants are also beneficial for pets as well as people. Consider switching your dog to a senior dog diet that contains antioxidants.
5. Most veterinarians recommend that once dogs reach their senior years that they have health examinations twice a year. This is an important recommendation to follow in order catch any health problems early.
6. Flea and tick protection should also be kept up to date, because older dogs are more susceptible to external and internal parasites.
7. The most common problem when it comes to older dog health is also the easiest one to prevent. Obesity affects up to 40% of all pets, and you can help your pets live healthier right now just by feeding them better.

About the Author

If you want to [ask a vet for free](#), then visit Dr. Chris's website to learn more about [dog health](#) issues.

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