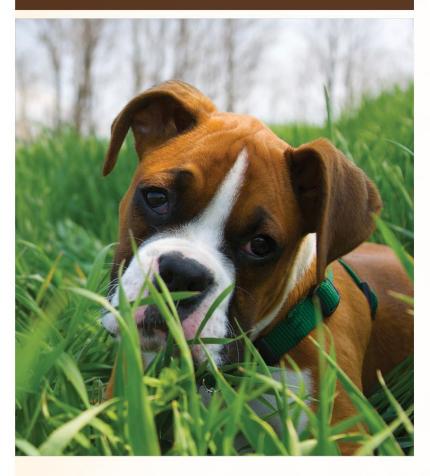
# Your **Boxer**

# Caring for Your Faithful Companion



# **Boxers: What a Unique Breed!**

Your dog is special! She's your best friend, companion, and a source of unconditional love. Chances are that you chose her because you like Boxers and you expected her to have certain traits that would fit your lifestyle:

- ✓ Affectionate, easygoing, and lovable
- ✓ Loves to play games, especially fetch
- Intelligent, friendly, and easily won over
- Large, strong, and athletic, with lots of stamina in cooler climates
- ✓ Good with kids and other pets
- ✓ An excellent guard dog, courageous and dependable

However, no dog is perfect! You may have also noticed these characteristics:

- Can be rambunctious and rowdy, especially as a younger dog
- Exhibits signs of separation anxiety if left alone too much
- $\checkmark$  Can be gassy and drool a lot
- ✓ Can be independent and strong-willed
- ✓ Needs frequent attention from her family
- ✓ Suspicious of strangers

Is it all worth it? Of course! She's full of personality, and you love her for it! She is a bright and energetic companion that forms close human bonds. With early socialization and consistent leadership, she is a cheerful and dependable addition to any family.

The modern Boxer was developed in Germany during the 19th century from mastiff type dogs, and was originally used to hunt large game and for fighting or baiting. Boxers are known for their characteristic "boxing" with their front paws while standing on their hind legs. The Boxer is a highenergy dog with an enthusiastic and animated nature. They are a friendly and high-spirited breed that loves to play with children. Some Boxers can be stubborn, but most are eager









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and quick to learn. Boxers enjoy close human contact and demand to be the center of attention with their clownish antics. The Boxer is a generally healthy breed with an average lifespan of 11-13 years.

# Your Boxer's Health

We know that because you care so much about your dog, you want to take good care of her. That is why we have summarized the health concerns we will be discussing with you over the life of your Boxer. By knowing about health concerns specific to Boxers, we can tailor a preventive health plan to watch for and hopefully prevent some predictable risks.

Many diseases and health conditions are genetic, meaning they are related to your pet's breed. There is a general consensus among canine genetic researchers and veterinary practitioners that the conditions we've described herein have a significant rate of incidence and/or impact in this breed. That does not mean your dog will have these problems; it just means that she is more at risk than other dogs. We will describe the most common issues seen in Boxers to give you an idea of what may come up in her future. Of course, we can't cover every possibility here, so always check with us if you notice any unusual signs or symptoms.

This guide contains general health information important to all canines as well as the most important genetic predispositions for Boxers. This information helps you and us together plan for your pet's unique medical needs. At the end of the booklet, we have also included a description of what you can do at home to keep your Boxer looking and feeling her best. You will know what to watch for, and we will all feel better knowing that we're taking the best possible care of your pal.

# General Health Information for your Boxer

# Dental Disease

Dental disease is the most common chronic problem in pets, affecting 80% of all dogs by age two. Unfortunately, your Boxer is more likely than other dogs to have problems with her teeth. Dental disease starts with tartar build-up on the teeth and progresses to infection of the gums and roots of the teeth. If we don't prevent or treat dental disease, your buddy may lose her teeth and be in danger of damage to her kidneys, liver, heart, and joints. In fact, your Boxer's life span may even be cut short by one to three years! We'll clean your dog's teeth regularly and let you know what you can do at home to keep those pearly whites clean.

# Infections

Boxers are susceptible to bacterial and viral infections — the same ones that all dogs can get — such as parvo, rabies, and distemper. Many of these infections are preventable through vaccination, which we will recommend based on her age, the diseases we see in our area, and other factors.

# Obesity

Obesity can be a significant health problem in Boxers. It is a serious disease that may cause or worsen joint problems, metabolic and digestive disorders, back pain, and heart disease. Though it's tempting to give your pal food when she looks at you with those soulful eyes, you can "love her to death" with leftover people food and doggie treats. Instead, give her a hug, brush her fur or teeth, play a game with her, or perhaps take her for a walk. She'll feel better, and so will you!

# Parasites

All kinds of worms and bugs can invade your Boxer's body, inside and out. Everything from fleas and ticks to ear mites can infest her skin and ears. Hookworms, roundworms, heartworms, and whipworms can get into her system in a number of ways: drinking unclean water, walking on contaminated soil, or being bitten by an infected mosquito. Some of these parasites can be transmitted to you or a family member and are a serious concern for everyone. For your canine friend, these parasites can cause pain, discomfort, and even death, so it's important that we test for them on a regular basis. We'll also recommend preventive medication as necessary to keep her healthy.

# Spay or Neuter

One of the best things you can do for your Boxer is to have her spayed (neutered for males). In females, this means we surgically remove the ovaries and usually the uterus, and in males, it means we surgically remove the testicles. Spaying or neutering decreases the likelihood of certain types of cancers and eliminates the possibility of your pet becoming pregnant or fathering unwanted puppies. Performing this surgery also gives us a chance, while your pet is under anesthesia, to identify and address some of the diseases your dog is likely to develop. For example, if your pet needs hip X-rays or a puppy tooth extracted, this would be a good time—it's more convenient for you and easier on your friend. Routine blood testing prior to surgery also helps us to identify and take precautions against



Your Boxer

## heritable disease.

## Inflammatory Bowel Disease

Inflammatory bowel disease, or IBD, is an immune system disorder common in Boxers in which the intestinal lining becomes overrun with immune system cells called lymphocytes and plasmacytes. The stomach and/or intestinal lining becomes thickened, affecting his ability to absorb nutrients properly. Chronic vomiting or diarrhea is common, or symptoms may flare up suddenly and then improve again for a time. Stress, diet change, or intestinal parasites can make IBD worse. If your friend has diarrhea or digestive upsets that are not explained by more common reasons, diagnostic tests, which may include intestinal biopsy, will be needed. Lifelong medications and special diets are usually required to keep IBD under control.

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# Eye Problems

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Your Basset Hound

Not many things have as dramatic an impact on your dog's quality of life as the proper functioning of his eyes.

Unfortunately, Boxers can inherit or develop a number of different eye conditions, some of which may cause blindness if not treated right away, and most of which can be extremely painful! The healthcare chart included in this care guide lists the specific eye disorders your pet may encounter. We will evaluate his eyes at every examination to look for any signs for concern.

## Multiple Skin Problems

Your Boxer is susceptible to various kinds of skin infections and diseases. One type, *Malassezia* dermatitis, is caused by a kind of yeast. When this yeast infects the ears, it causes itching, redness, and an accumulation of brown, waxy discharge. On the skin, this yeast leads to greasy, hairless areas, especially on the neck and throat, with a characteristic odor. Another common skin disease called seborrhea can cause dry, flaky skin or greasy, oily skin. Skin diseases make your pet itchy and uncomfortable. Bathing with special shampoos and rinses may be helpful, and we'll treat any underlying problems such as allergies as well. The healthcare chart included in this care guide lists the specific skin problems your pet may encounter. The earlier you call to have your pet's skin problems checked, the less likely you will end up with an itchy, bald, smelly dog.

## **Bleeding** Disorders

There are several types of inherited bleeding disorders that occur in dogs. They range in severity from very mild to very severe. Many times a pet seems normal until a serious injury occurs or surgery is performed, and then severe bleeding can result. Von Willebrand's disease is a blood clotting disorder frequently found in Boxers. We'll conduct diagnostic testing for blood clotting times or a specific DNA blood test for Von Willebrand's disease and other similar disorders to check for this problem before we perform surgery. The healthcare chart included in this care guide lists the specific bleeding disorders your pet may encounter

## Lymphoma

Lymphoma or lymphosarcoma is a type of cancer that afflicts Boxers more than other breeds. This disease makes the body form abnormal lymphocytes, which are a type of white blood cell. Because white blood cells can be found throughout the body, this cancer can show up almost anywhere. Lymphoma is a very treatable form of cancer with an excellent success rate in dogs receiving chemotherapy. Luckily, lymphoma is one of the few types of cancer that can often be found with a blood test, so we may recommend a complete blood count twice yearly. Watch for swollen glands (ask us, we'll show you where to look), weight loss, or labored breathing at home and be sure to call us if you notice any unusual symptoms.

# **Bleeding** Tumor

Hemangiosarcoma is a type of bleeding tumor that affects Boxers at greater than average incidence. These tumors commonly form in the spleen, but can form in other organs as well. Unbeknownst to a pet owner, the tumor breaks open and internal bleeding occurs. Some tumors can be volleyball-sized or larger before signs of sickness show. We often find clues that one of these tumors is present during senior wellness testing, so have his blood tested and an ultrasound performed at least yearly.

# Mast Cell Tumor

Mast cell tumors are a particularly nasty type of skin cancer found more often in Boxers than other breeds. The sooner these tumors are surgically removed, the better. Unfortunately, mast cell tumors often look very similar to other kinds of skin lumps and lesions, many of which are not harmful. Therefore, all suspicious lumps should be tested and surgically removed as soon as possible. Many cancers are cured by surgical removal, so early detection is critical.

## Epilepsy

There are three types of seizures in dogs: reactive, secondary, and primary. Reactive seizures are caused by the brain's reaction to a metabolic problem like low blood sugar, organ failure, or a toxin. Secondary seizures are the result of a brain tumor, stroke, or trauma. If no other cause can be found, the disease is called primary or idiopathic epilepsy. This problem is often an inherited condition, and Boxers are commonly afflicted. If your friend is prone to seizures, episodes will usually begin between six months and three years of age. An initial diagnostic workup may help find the cause. Lifelong medication is usually necessary to help keep seizures under control with periodic blood testing required to monitor side effects and efficacy. If your dog has a seizure, carefully prevent him from injuring himself, but don't try to control his mouth or tongue. It won't help him, and he may bite you accidentally! Note the length of the seizure, and call us or an emergency hospital.

# Thyroid Problems

Boxers are prone to a common condition called hypothyroidism in which the body doesn't make enough thyroid hormone. Signs can include dry skin and coat, hair loss, susceptibility to other skin diseases, weight gain, fearfulness, aggression, and other behavioral changes. We'll conduct a blood screening test annually to screen for this disease. Treatment is usually as simple as replacement hormones given in the form of a pill.

# Acepromazine Sensitivity

Acepromazine is a widely used tranquilizer that is often prescribed as a sedative for travel and anxiety. For many years



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this drug was considered to have a wide margin of safety, meaning that vets prescribed it readily for traveling pets and for pets with noise phobias. Recently, however, studies have uncovered some dangerous side effects in a few breeds, notably the Boxer. Adverse reactions are still rare, and the drug is very useful for a variety of conditions, but we'll carefully evaluate the need for sedation against the risk of a reaction, and recommend alternative therapies if possible.

## *Respiratory Distress Syndrome*

Respiratory distress syndrome, also known as brachycephalic syndrome, affects dogs with a short nose, like your Boxer. Short-nosed dogs have the same amount of tissue in their noses and throats as longer-nosed dogs, but with less area to contain it. As a consequence, the soft palate at the back of the roof of the mouth is too long and may hang down into the airway. These dogs' nostrils are often too small, and sometimes the trachea, or windpipe, is narrow and undersized as well. All of these differences can lead to a narrow and obstructed airway such that many of these dogs can barely breathe! Watch for exercise intolerance, loud breathing, coughing, bluish gums, or fainting. With his short nose, your pet is also more likely to develop other problems, such as flatulence from excessive air intake, pneumonia from aspirating food, and heat stroke. In severe cases, surgical correction may be recommended to alleviate airway obstruction.

Much of what you can do to keep your dog happy and healthy is common sense, just like it is for people. Watch her diet, make sure she gets plenty of exercise, regularly brush her teeth and coat, and call us or a pet emergency hospital when something seems unusual (see "What to Watch For" below). Be sure to adhere to the schedule of examinations and vaccinations that we recommend for her. This is when we'll give her the necessary "check-ups" and test for diseases and conditions that are common in Boxers. Another very important step in caring for your pet is signing up for pet health insurance. There will certainly be medical tests and procedures she will need throughout her life and pet health insurance will help you cover those costs.

## Routine Care, Diet, and Exercise

Build her routine care into your schedule to help your Boxer live longer, stay healthier, and be happier during her lifetime. We cannot overemphasize the importance of a proper diet and exercise routine.

- ✓ Supervise your pet as you would a toddler. Keep doors closed, pick up after yourself, and block off rooms as necessary. This will keep her out of trouble and away from objects she shouldn't put in her mouth.
- ✓ She has low grooming needs. Brush her coat as needed, at least weekly.
- ✓ Boxers generally have good teeth, and you can keep them perfect by brushing them at least twice a week!
- ✓ Clean her ears weekly, even as a puppy. Don't worry—we'll show you how!
- ✓ She's a smart dog with lots of energy, so keep her mind and body active, or she'll get bored. That's when the naughty stuff starts.
- ✓ She can have a high prey drive, so she needs to be leash walked and a sturdy fence is a must.
- ✓ She can be sensitive to temperature extremes; avoid any prolonged exposure and be very alert to the signs of heat stress.
- Keep your dog's diet consistent and don't give her people food.
- ✓ Feed a high-quality diet appropriate for her age.
- Exercise your dog regularly, but don't overdo it at first.

# Taking Care of Your Boxer at Home

# What to Watch For

Any abnormal symptom could be a sign of serious disease, or it could just be a minor or temporary problem. The important thing is to be able to tell when to seek



veterinary help, and how urgently. Many diseases cause dogs to have a characteristic combination of symptoms, which together can be a clear signal that your Boxer needs help.

## **Office** calls

Give us a call for an appointment if you notice any of these types of signs:

- ✓ Change in appetite or water consumption
- ✓ Tartar build-up, bad breath, red gums, or broken teeth
- ✓ Itchy skin (scratching, chewing or licking), hair loss
- ✓ Lethargy, mental dullness, or excessive sleeping
- ✓ Fearfulness, aggression, or other behavioral changes
- Drinks and urinates more, eats more, potbelly, poor haircoat
- ✓ Swollen lymph nodes or glands, unexplained weight loss
- ✓ Dull coat, hair loss, sluggish, weight gain

#### **Emergencies**

Seek medical care immediately if you notice any of these types of signs:

- Scratching or shaking the head, tender ears, or ear discharge
- ✓ Inability or straining to urinate; discolored urine
- Cloudiness, redness, itching, or any other abnormality involving the eyes
- ✓ Coughing, exercise intolerance, rapid breathing at rest
- ✓ Dry heaving or a large, tight, painful abdomen
- Dragging the hind toes and hind limb weakness
- Pale gums, labored breathing, weakness, or sudden collapse
- Any abnormal shaking, trembling, or excessive involuntary tremors
- ✓ Loud breathing, tires easily at exercise

# **Genetic/DNA Testing**

DNA analysis is a rapidly advancing field in healthcare for people and pets. Luckily, technologies exist to screen for hundreds of inherited diseases in pets, just like in people. By screening each pet for as many genetic diseases as possible, we will be better prepared to care for your pet throughout life. This is an important step in caring for your pet because it's always better to know your pal is at risk for a genetic disease before the problem is untreatable.

In an effort to screen for as many genetically linked diseases as possible, we may recommend the

**K9Genetics<sup>™</sup> Disease Screen** to screen for more than 150 genetic mutations that cause disease.

## Each K9Genetics<sup>™</sup> Disease Screen Screens for

- ✓ Over 30 Musculoskeletal Problems
- ✓ Over 30 Metabolic Conditions

- ✓ Over 30 Eye Conditions
- ✓ Over 25 Blood and Clotting Disorders
- ✓ Over 10 Immune System Diseases
- ✓ Over 10 Urinary Tract Problems
- ✓ 10 Skin and Hair Conditions
- ✓ Cancer
- / Dental Disease
- ✓ Drug Metabolism
- ✓ Heart Problems
- Hormonal Conditions
- Liver/Gastrointestinal Diseases
- ✓ Midline Defect
- ✓ Neuromuscular Diseases
- ✓ Reproduction Problems
- ✓ Respiratory Conditions

This one-time test is one of the best decisions you can make for your Boxer's medical care. With less than a few drops of blood, we'll have a lifetime of information to assist us in providing the very best care of your friend's unique and individual needs throughout her life!

For more information about genetic testing, visit http://www.k9genetics.com

Your Boxer counts on you to take good care of her, and we look forward to working with you to ensure that she lives a long and healthy life. Our goal is to provide the best health care possible: health care that's based on her breed, lifestyle, and age. Please contact us when you have questions or concerns:

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# Puppy to Adolescent Health Care Recommendations

				Boxer-Specific Problems
		Age	Services We'll Provide	We're Looking For
Puppy to Adolescent: Infant to 17 in People Years		∖ge -8 reeks	Head-to-tail physical examination Eye disease screen Oral health assessment	Breed-specific physical abnormalities plus Dental alignment, heart murmur, and hernia Distichiasis and Ectropion Brachycephalic syndrome
			Heart health check	Subaortic stenosis, Pulmonic stenosis, Atrial septal defect, and Mitral valve dysplasia
			Blood disorder evaluation Parasite detection/prevention	Hemophilia, von Willebrand's disease (vWD), Factor II deficiency, and Factor VII deficiency
			Vaccinations Discuss socialization and at-home puppy care	
fan		10–12	Head-to-tail physical examination	Breed-specific physical abnormalities plus
щ	Ο	weeks	Eye disease screen	Distichiasis and Ectropion
ent:			Oral health assessment Heart health check	Brachycephalic syndrome Subaortic stenosis, Pulmonic stenosis, Atrial septal defect,
SCE			Theart hearth check	and Mitral valve dysplasia
ole			Skin and coat exam	Demodicosis and Pododermatitis
Ad			Blood disorder evaluation	Hemophilia, von Willebrand's disease (vWD), Factor II deficiency, and Factor VII deficiency
to			Parasite detection/prevention	denerency, and Factor VII denerency
лdи			Vaccinations	
dnc		14–16	Discuss caring for your dog's teeth and ears at home Head-to-tail physical examination	Breed-specific physical abnormalities plus
ł	0	14–16 weeks	Eye disease screen	Distichiasis and Ectropion
,		WCCK5	Oral health assessment	Brachycephalic syndrome
			Heart health check	Subaortic stenosis, Pulmonic stenosis, Atrial septal defect, and Mitral valve dysplasia
			Skin and coat exam	Demodicosis and Pododermatitis
			Blood disorder evaluation	Hemophilia, von Willebrand's disease (vWD), Factor II
				deficiency, and Factor VII deficiency
			Parasite prevention Vaccinations	
			Schedule spay/neuter surgery	
			Discuss obedience and grooming	
	Ο	46	Head-to-tail physical examination Eye disease screen	Breed-specific physical abnormalities plus Distichiasis, Ectropion, and Cherry eye
		months	Oral health assessment	Brachycephalic syndrome
			Heart health check	Subaortic stenosis, Pulmonic stenosis, Atrial septal defect,
			Skin and coat exam	and Mitral valve dysplasia Demodicosis and Pododermatitis
			Internal organ health evaluation	Boxer colitis
			Bone and joint exam	Osteochondritis Dessicans (OCD), Hip and elbow dysplasia,
				Patellar luxation, and Panosteitis
			Neurological assessment Blood disorder evaluation	Wobbler syndrome Hemophilia, von Willebrand's disease (vWD), Factor II
				deficiency, and Factor VII deficiency
			Genetic screening	
			Pre-surgical diagnostics Parasite prevention	
			Spay/neuter surgery	
			Discuss bloat, stomach tack, acepromazine sensitivity,	
		6 months	and microchipping Head-to-tail physical examination	Breed-specific physical abnormalities plus
	Ο	6 months through 1	Eye disease screen	Distichiasis, Ectropion, and Cherry eye
		year	Oral health assessment	Brachycephalic syndrome
		year	Heart health check	Subaortic stenosis, Pulmonic stenosis, Atrial septal defect, and Mitral valve dysplasia
			Skin and coat exam	Demodicosis, Pododermatitis, Malassezia, and Allergies
			Internal organ health evaluation	Boxer colitis
			Endocrine screening	Hypothyroidism
			Bone and joint exam	Osteochondritis Dessicans (OCD), Hip and elbow dysplasia, Patellar luxation, and Panosteitis
			Neurological assessment	Wobbler syndrome and Epilepsy
			Cancer screen	Mast cell tumors
			Blood disorder evaluation	Hemophilia, von Willebrand's disease (vWD), Factor II deficiency, and Factor VII deficiency
			Genetic screening	
			Generie Sereening	
			Parasite prevention Vaccinations	

# Adult to Golden Years Health Care Recommendations

				Boxer-Specific Problems
<b>h</b>		<b>\ge</b>	Services We'll Provide	We're Looking For
er Healt		years rough years	Head-to-tail physical examination Eye disease screen Oral health assessment Heart health check	Breed-specific physical abnormalities plus Distichiasis, Ectropion, and Cherry eye Brachycephalic syndrome Subaortic stenosis, Pulmonic stenosis, Atrial septal defect, Mitral valve dysplasia, Dilated Cardiomyopathy (DCM) and Arrhythmogenic right ventricular cardiomyopathy (ARVC)
How We'll Keep Your Boxer Healthy <i>Years</i> Adult: 18 to 39 in People Yea			Skin and coat exam Internal organ health evaluation Endocrine screening Bone and joint exam Neurological assessment Cancer screen Blood disorder evaluation Parasite prevention Vaccinations Discuss behavior and nutrition	Demodicosis, Pododermatitis, Malassezia, and Allergies Boxer colitis Hypothyroidism Osteochondritis Dessicans (OCD), Hip and elbow dysplasia, Patellar luxation, and Cranial cruciate tear Wobbler syndrome, Epilepsy, and Degenerative Myelopathy (DM) Mast cell tumors Hemophilia, von Willebrand's disease (vWD), Factor II deficiency, and Factor VII deficiency
How We'll Senior: 40 to 59 in People Years	0	7 years through 9 years	Head-to-tail physical examination Eye disease screen Oral health assessment Heart health check Skin and coat exam Internal organ health evaluation Endocrine screening Bone and joint exam Neurological assessment Cancer screen Blood disorder evaluation Parasite prevention Vaccinations Discuss mental and physical well-being	Breed-specific physical abnormalities plus Distichiasis, Ectropion, Cherry eye, Catarcts, and Ulcerative keratitis (corneal ulcers) Brachycephalic syndrome Subaortic stenosis, Pulmonic stenosis, Atrial septal defect, Mitral valve dysplasia, Dilated Cardiomyopathy (DCM) and Arrhythmogenic right ventricular cardiomyopathy (ARVC) Demodicosis, Pododermatitis, Malassezia, and Allergies Boxer colitis Hypothyroidism and Cushing's disease Osteochondritis Dessicans (OCD), Hip and elbow dysplasia, Patellar luxation, and Cranial cruciate tear Wobbler syndrome, Epilepsy, and Degenerative Myelopathy (DM) Mast cell tumors and Lymphoma Hemophilia, von Willebrand's disease (vWD), Factor II deficiency, and Factor VII deficiency
Golden Years: 60+ in People Years	0	10 years and older	Head-to-tail physical examination Eye disease screen Oral health assessment Heart health check Skin and coat exam Internal organ health evaluation Endocrine screening Bone and joint exam Neurological assessment Cancer screen Blood disorder evaluation Parasite prevention Vaccinations Discuss mental and physical well-being	Breed-specific physical abnormalities plus Distichiasis, Ectropion, Cherry eye, Catarcts, and Ulcerative keratitis (corneal ulcers) Brachycephalic syndrome Subaortic stenosis, Pulmonic stenosis, Atrial septal defect, Mitral valve dysplasia, Dilated Cardiomyopathy (DCM) and Arrhythmogenic right ventricular cardiomyopathy (ARVC) Demodicosis, Pododermatitis, Malassezia, and Allergies Boxer colitis Hypothyroidism and Cushing's disease Osteochondritis Dessicans (OCD), Hip and elbow dysplasia, Patellar luxation, and Cranial cruciate tear Wobbler syndrome, Epilepsy, and Degenerative Myelopathy (DM) Mast cell tumors, Lymphoma, and Hemangiosarcoma Hemophilia, von Willebrand's disease (vWD), Factor II deficiency, and Factor VII deficiency

Note: We recommend twice-a-year examinations so that we may diagnose problems sooner. This approach also gives you the budget-friendly option of spreading preventive testing over two visits rather than one.