

ASCWTA

The Prairie Wheaten

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Protein-Losing Enteropathy (PLE) and Protein-Losing Nephropathy (PLN)

Health Concern by Carolyn Fox and Roz Bacon

PLE and PLN are diseases most Soft Coated Wheaten Terrier owners have heard about because of the higher than normal incidence found in the breed. Your breeder probably warned you of these diseases and perhaps gave you the information we are presenting in this newsletter. For those who may not have received the PLE/PLN pamphlets for owner and veterinarian prepared by the Wheatens On the Red in Winnipeg, we are presenting that information in this issue. It is important to be knowledgeable about serious health problems so you are aware of the symptoms and can monitor what your vet does if the diseases occur. The Veterinarian Information we have included with this newsletter is to be taken to your vet and placed in your dog's file. If you have more than one dog, make a copy for each dog's file. Should your dog show the symptoms of PLE or PLN your vet will have the information right at hand.

The pamphlets on PLE/PLN were prepared by Wheatens On the Red in 1995. Although research has continued, nothing much has changed since the information was published. Research on PLE and PLN is taking place at The University of Pennsylvania and at North Carolina State University. These diseases are thought to be inherited but the mode of inheritance is not known at this time. It could be that the Wheaten carries a genetic predisposition to the disease rather than the genetic disease. If this is the case, it is most important that we provide the best care possible for our Wheatens so they have strong immune systems. This includes a very healthy additive and chemical free diet. Raw food or a natural homemade diet would be best. Providing an all-natural human grade, not artificial, kibble would be next best. Using nutritional, high quality food is the most important thing

you can do to have a healthy dog. Clean water, fresh air, exercise, an environment with minimal home or yard chemicals, and holistic veterinary care rather than drug based remedies help maintain a healthy immune system so your dog can fight off most diseases on its own. Limited vaccinations should be given careful consideration. Read more about this in the Vaccinations Revisited article. It is now recommended that Wheatens be screened for PLE and PLN on an annual basis. In the last few years some puppy contracts include a clause that these tests be done and reported back to the breeder annually.

Although some of the information we are presenting suggests feeding your Wheaten a gluten free diet, Meryl P. Littman, VMD, DACVIM, researcher at the University of Pennsylvania suggests otherwise in an article published in *Benchmarks* (the official publication of the Soft Coated Wheaten Terrier Club of America), September 1999. Her recommendations include feeding healthy Wheatens normal but nutritious diets and to have them screened for PLE and PLN annually. If the tests are abnormal Dr. Littman or Dr. Shelly Vaden will look at the results and then help you and your veterinarian decide if further testing is needed or a special diet required - perhaps a gluten free or a hypoallergenic diet. There is some controversy over the differing opinions. It will be up to you to decide which opinion to follow.

The prognosis of PLE/PLN varies. Some severely affected Wheatens have recovered. Some mildly affected dogs may die within a couple of months of diagnosis. If the dog is already experiencing renal failure the prognosis is poorer. It is not an easy disease. Some of our Saskatchewan owners have been through the disease with their Wheaten

and can tell you how difficult it is to lose a fine dog in the prime of its life. Education, conscientious knowledgeable breeders, and maintenance of a healthy immune system are all important aspects of these puzzling diseases. Medical research continues. You or your breeder can help by submitting the name of your dog, if affected, to the Soft Coated Wheaten Terrier Open Registry. This registry, sponsored by the Wheaten Terrier Associations of Canada and America, is vital for research to find the mode of inheritance and to identify genetic carriers who should not be bred.

Screening for PLE and PLN

The recommended protocol for screening is set out in the Veterinarian Information insert included with this newsletter. The factors involved are: family history, physical exam and diagnostic testing. This diagnostic test includes a biochemical profile which must include total protein, albumin, and creatine and blood urea nitrogen. Cholesterol is optional. There should be a routine urinalysis and a urine protein/creatinine ratio. A complete blood count is optional. If these tests prove abnormal, your vet should contact Dr. Littman or Dr. Vaden. Their addresses and phone numbers are included in the Veterinarian Information which, as we stated earlier, should be in your dog's personal file at the Vet's Office.

Information the blood chemistry tests provide:

Total Protein (TP) - The TP level can indicate a variety of conditions including dehydration and liver, kidney or gastrointestinal tract diseases.

Albumin (ALB) - Reduced levels of this protein, which is produced by the liver, may suggest chronic liver or kidney disease or parasitic infections such as hookworm.

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Creatine (CREA) - Creatine is a by-product of muscle metabolism. It is excreted by the kidneys. Elevated levels may provide evidence of kidney or urinary obstruction.

Blood Urea Nitrogen (BUN) - BUN is produced by the liver and excreted by the kidneys. Testing for this helps detect liver and kidney abnormalities.

Cholesterol (CHOL) - Elevated levels of cholesterol may point to a variety of disorders such as hypothyroidism and diseases of the liver or kidneys.

References for PLE and PLN

North Carolina State University Research:
www.cvm.ncsu.edu/research/SCWT/ple.htm

Wheaten Health Issues:

www.scwtca.org/health.html

Protocol for submitting your Soft Coated
Wheaten Terrier to the Open Registry:

www.scwtca.org/ORprotocol.html

OWNER'S INFORMATION for PLE/PLN

by Helen Larson

(Q) What is Protein-Losing Disease and is it serious?

(A) Protein-losing diseases can occur in two forms: Protein-losing Nephropathy (PLN) which affects the kidneys and Protein-losing Enteropathy (PLE) which affects the intestines. Research is showing that PLE and PLN are closely associated and may occur together. PLE is currently the most common type. Both diseases cause the loss of large amounts of protein, in the urine (PLN), and in the feces (PLE). Because protein is such an essential nutrient to the body its loss is a very serious problem. Most Wheatens affected by protein-losing disease are between the ages of two and six years, however, it has been diagnosed in dogs as old as eleven years. The female seems to be at more risk than the male.

(Q) What Causes PLN and PLE?

(A) The exact cause or causes of PLN and PLE are still unknown. There may be many different causes including: inherited defects, infections or toxic substances. There is strong evidence that Protein-losing diseases are genetically transmitted, however the exact mode of inheritance is not completely understood. Another possibility is that affected dogs may be producing antibodies against their intestines and kidneys. A food allergy, particularly to glutes in the diet, may be stimulating the production of these antibodies. Gluten (gloo'ten) is the protein in wheat and other cereal grains such as rye, barley, or oats.

(Q) What can I as an owner do?

(A) With the possibility that glutes are causing a reaction in the intestines, the safest route for Wheaten owners, at this time, is to check their dog food and dog treat labels, and avoid foods with glutes until research gives us more information. Limiting the intake of glutes will reduce the intestines chronic exposure to a possible antigen that may cause health problems. A gluten free diet means no foods containing any form of wheat, rye, barley, or oats. Corn, rice and buckwheat do not have the same protein, and can be used in gluten free diets. Always read the labels as manufacturers change ingredients periodically. Key ingredient words to watch for and avoid are: wheat flour, wheat gum, farina, durum, graham flour, gluten flour, Hydrolyzed vegetable protein (when the vegetable source is not identified), malt, barley, malt syrup, oat flour, oat gum, tritacale, and semolina. Early diagnosis is the key to helping your dog live as long and comfortable life as possible. This is where the owner can work with the veterinarian by observing their dog for any changes in their health status and accurately reporting these to your vet as soon as possible. If you observe any of the signs or symptoms listed below contact your veterinarian as soon as possible. Early intervention is the key. Every dog should have an annual

check-up by your veterinarian (older dogs should be checked semi-annually), and at regular intervals, blood chemistry and urine tests should be performed to establish and monitor baseline values.

(Q) What are the signs of PLN?

(A) Regardless of the cause most forms of kidney disease will result in your dog showing some or all of the following signs:

- increased water consumption
- increased urination/or no urination
- listlessness/depression
- decreased appetite
- vomiting
- changes in skin and haircoat
- poor growth in young dogs

If your dog displays any of these signs or symptoms have them checked by your veterinarian as soon as possible.

(Q) How do the Kidneys Function?

(A) The kidneys are vital organs that act as a specialized filtering system to remove waste materials from the blood stream which are then eliminated via the urine. They also regulate the volume and composition of the body's fluids. Many things can affect the function of the kidneys and the exact cause is often difficult to confirm. Your veterinarian, by examination and special diagnostic tests, can determine if your dog suffers from PLN. The signs of kidney disease may appear suddenly or develop slowly over time and they may be produced by other diseases. PLN is difficult to diagnose and the initial stages of the disease may be mistaken for liver, glandular or other enteric or kidney diseases.

(Q) What are the signs of PLN?

(A) Regardless of the cause most forms of intestinal disease will result in your dog showing some or all of the following signs:

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- weight loss
- diarrhea
- vomiting
- ascites (abnormal accumulation of fluid within the abdominal cavity. May cause swelling of the abdomen)
- changes in skin and haircoat
- edema (abnormal accumulation of fluid in body tissue)

If your dog displays any of these signs or symptoms have them checked by your veterinarian as soon as possible.

(Q) How do the Intestines Function?

(A) The mucosa (lining) of the small and large intestines forms a semipermeable barrier (molecules that are the right size or composition are able to pass through the barrier) that controls the transmucosal movement of fluid and electrolytes and restricts that of larger molecules. Alteration of the mucosal barrier by PLE results in the excessive loss of protein-rich fluids.

(Q) What if one of these diseases is Diagnosed in my Wheaten?

(A) The first step in managing PLN and/or PLE is obtaining an accurate diagnosis as early as possible. If a diagnosis of PLN and/or PLE is made it is important to determine the extent of impairment and then decide on the most effective methods of management. Hopefully with proper management the symptoms and effects may be reduced to slow the progression of the condition, thereby extending the dog's life and providing at least a comfortable if not normal lifestyle. A Veterinarian Information insert is included. This insert includes: information on testing for Protein-Losing Diseases and a list of veterinarians who are doing research on these diseases and who will act as consultants to your veterinarian.

(Q) What is being done to find the cause?

(A) There are several ongoing research

projects studying PLN and PLE at universities in the United States. Progress is slow due to the difficulties in gathering information from affected dogs who are spread over a large geographic area.

(Q) Can my veterinarian and I help?

(A) The key to further diagnosis and study of the disease is the collection of uniform clinical evidence (symptoms displayed by affected animals) and biochemical evidence (abnormal blood and urine values) from all veterinarians treating dogs that are ill. Diagnostic precision can be increased by looking for and obtaining the same information such as: checking and recording all possible symptoms of affected dogs, performing all of the required blood and urine tests in the same way, biopsies of the same organs that look for the same cell changes and autopsies that look at the same organs. When the answer will be found cannot be predicted, but to **increase** the probability of finding the answer we must encourage and support the ongoing research. If you have a Wheaten affected by PLN and/or PLE have your veterinarian contact one of the veterinarians doing research on PLE and PLN.

(Q) What are Wheaten breeders doing about these diseases?

(A) Conscientious breeders are carefully assessing the health of their dogs and planning a breeding program that reduces the risks of passing on defects to the puppies they produce. However, it must be remembered that our current knowledge is very limited and there is still much to be learned.

*Reprinted with permission from the pamphlet published by
Wheatens on the Red
Winnipeg, Manitoba*

*Prepared by
Helen Larson
Healthy Wheaten Coordinator*

August 1995

Should Wheatens Eat Wheat?

Protein-Losing Diseases and the Soft-Coated Wheaten Terrier by Helen Larson

The first confirmed diagnosis of a Soft-Coated Wheaten with Protein-Losing Disease was in 1984. The Protein-Losing Diseases appear in two forms: Protein-Losing Nephropathy (PLN) which affects the kidneys and Protein-Losing Enteropathy (PLE) which affects the intestines. PLE is currently the most common type. However, further research is pointing out that PLE and PLN are closely associated and may occur together. These diseases strike between the ages of two and eleven years, with the greatest number being between five to six years.

To date, the exact cause of PLE and PLN is still unknown. There is strong evidence that it is genetically transmitted. Another possibility is that affected dogs may be producing antibodies against their intestines and kidneys. Previous research has shown that in affected Wheatens there is a stimulation of the immune system in the bowel wall. Biopsies of kidneys and intestines indicate inflammatory infiltration such as that expected with an immune-medicated response.

Are there certain substances (antigens) which turn on this immune response?

At a recent educational symposium, Dr. S. Vaden (a veterinary researcher in the area of PLE and PLN) reported her hypothesis that PLE and PLN are manifestations of the same problem and that a food allergy, particularly to glutens in the diet, may be the catalyst which sets the disease process in motion.

Gluten (gloo'ten) is the protein in wheat and other cereal grains such as rye, barley or oats. People who have Gluten-Induced Enteropathy have a condition that is related in some way to dietary

gluten, and is either a hypersensitive reaction to a protein in certain cereal grains or a local toxic inflammatory reaction to gluten. This condition in humans seems to have many similarities to the condition that Dr. Vaden is investigating in Wheatens. People with this disease are often very successfully treated and managed on gluten free diets.

Dr. Vaden's hypothesis suggests that the safest route for Wheaten owners, at this time, is to check the labels on our dog food and dog treats, and avoid foods with glutens until research gives us more information.

Limiting the intake of glutens will reduce the intestines chronic exposure to a possible antigen that may cause health problems.

Please don't ever stop reading those labels as manufacturers change ingredients periodically.

Key ingredient words to watch for and avoid:

Wheat flour, wheat gum, farina, durum, graham flour, gluten flour, hydrolyzed vegetable protein (where the vegetable source is not identified), malt, barley, malt syrup, oat flour, oat gum, triticale, and semolina.

The above article was first published in March 1995 by Wheatens on the Red, a local club for Wheatens and their owners in Winnipeg and the Red River Valley. It has been reprinted with permission.



Vaccinations Revisited

by Carolyn Fox

In the Winter 2000 *Prairie Wheaten* Roz Bacon and I wrote our first health article on the Vaccination Controversy. Some of you shared the article with friends. Many dogs are not getting annual boosters since their owners read that article. For those still pondering the question, I offer further information for your consideration.

In the past we believed that a vaccination was needed annually to protect our dogs from disease. If a disease struck, the vaccine would be lurking in the dog's bloodstream ready to attack. However, a vaccine does not attack. The vaccine IS the disease. When the diluted solution of the actual disease is injected into the dog, the immune system reacts to create antibodies against that disease. Those antibodies protect your dog against disease, perhaps for years or even for the entire life of your dog.

Humans do not require annual booster shots for their entire life. It is now understood that dogs do not need booster shots either and that they may actually interfere with the antibodies already formed in your dog's system. I quote Dr. Christina Chambreau D.V.M.: "Routine vaccinations are probably the worst thing that we do for our animals. Repeating vaccinations on a yearly basis undermines the whole energetic well-being of our animals" Injecting so many diseases into your dog all at the same time on an annual basis overloads the immune system and can actually destroy it. Dr. Pedro Rivera D.M.V. says: "Reactions might take months or years to show up. In our practice we have seen hypothyroidism, ear infections, immune-mediated diseases, joint maladies and behavioral problems as reactions to over-vaccination".

The American Veterinarian Medical Association Journal (1996, #208) says: "There is no data to support a recommendation for annual administration of vaccines. Furthermore, repeated administration of vaccines may be associated with a higher risk of anaphylaxis and autoimmune diseases." Why might some veterinarians not be paying attention to this? It's all about money. A vaccine costs them less than \$2. They can then charge you \$15 or more per vaccine plus the office visit.

Talk to your vet and your breeder, read and learn more if necessary, then make up your own mind about this important issue. There are many vaccination protocols. Some protocols for puppies include administering only one vaccine at a time with a couple of weeks between each, perhaps adding a booster at the age of two, then no further vaccinations during the dog's lifetime. Others state that booster shots should be given every three years with no boosters after the age of ten. If you search "vaccination protocols for dogs" on the Internet you will find many protocols to help you come up with a plan.

Some of these thoughts were gleaned from "Vaccinations ... Needed or Not?" Read more at: www.yourpurebredpuppy.com/health/common/vaccinations.htm

A thought on rabies vaccinations: From the Regina *Leader-Post* February 8, 2002 "Rabies Still A Concern": The Canadian Food Inspection Agency reports that 45 animals tested positive for rabies in Saskatchewan during 2001. Two of these animals were dogs, the others included skunks, bats, cows and horses. If your dog lives or spends time in rural areas you may wish to continue vaccinating for rabies. Have your vet use the three year rabies vaccine. Make sure your dog is not getting the three year vaccine on an annual basis.

Selecting a Boarding Kennel

Throughout the lifetime of your pet, there will arise certain occasions that demand leaving your pet behind. Very often people choose to ask a neighbour or friend to pet sit, leaving their pet in its familiar surroundings. On the surface this sounds like the nice thing to do, but consider the following:

- escape or loss . even when left in their own homes, a pet may go into an 'escape frenzy' and try to find the master.
- injury or illness . left unattended for many hours at a time between the sitters' visits, your pet can easily become injured or ill without notice. Pets attended to by a 'caretaker' must be observed for a variety of veterinary problems which require training and experience to identify and handle.
- responsibility . asking a friend or relative to 'watch rover' may lead to strained relationships.

Plan Ahead

If this is the first time you will be leaving your pet at a boarding kennel, make sure you make arrangements well ahead of your departure. At peak seasons, most reputable facilities are reserved far in advance. When calling to inquire about the facility, as the owner you should want to know the following:

- kennel size and type of construction (building block, chain, wood)
- type of food served (can you bring your own)
- exercise arrangements
- cost per day
- how often are the kennels cleaned
- WHO operates the kennel, owner or 'hired help'

Before making a reservation it is best to visit the facility to see if it meets with your needs. As a kennel operator, there

should be no hesitation on their part to answer questions, and allow you prior viewing during business hours.

Consider The Following

Conditions

Depending on the size of your pet(s), you will want to consider the type and size of the kennel available. Make sure that each pet is given his OWN kennel (unless you request to have your pets together). The ideal set-up is an indoor infloor heated sleep-eat area attached to an outdoor run. Totally outdoor runs can be considered if your pet is used to these conditions. Kennel runs should be separated by solid construction (concrete block), this allows easy cleaning, safety, and privacy from 'nosy' neighbours. Pets should be exercised at least twice daily, and spend some time with the kennel personnel. We have found that walking the pets individually three times a day, provides the exercise and quality time your pet needs.

Cleanliness

A kennel operator faces the continual challenge of keeping his facility clean and disease-free. The kennel you choose should insist upon proof of vaccination* within the last 12 months. A lot of boarding kennels will not accommodate pups under the age of four months, because of incomplete vaccination before that age. You should be asked if there are any special health concerns, and diet requirements. If not, volunteer the information. The kennel should be cleaned at least twice daily, and the kennels thoroughly cleaned and disinfected between occupants. It will be obvious to you when you view the facility, if the effort is being made to keep a clean kennel.

Character

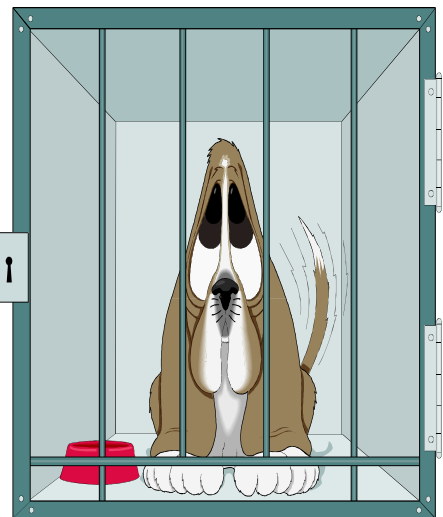
Consider the character of the people you are leaving your pet with. Do they show genuine pride and pleasure in their work and caring for the boarders or is it 'strictly business'?

Your responsibilities

If you find a boarding kennel that meets with your approval, in order to ensure a happy relationship both ways, make sure that your pet is up to date on his vaccinations*, in good health, and free of pests (fleas, ticks, etc.). Advise the kennel operator of any special behavior patterns, training responses or any other information that will help them provide the best care for your pet. Always leave a phone number where you or a responsible adult may be reached in case of any problems. Then go ahead and leave on your holiday, knowing that your beloved pet is in capable and caring hands.

This article was written by Susan Perry of Leduc, Alberta and reprinted with permission. As well as breeding Wheatens, Susan owned and operated a boarding kennel for many years.

*Vaccinations: More and more people are avoiding annual vaccinations for their dogs. A letter from your vet stating your dog's vaccination protocol will suffice with most boarding kennel owners.



Grooming Seminar



A grooming seminar, held February 23 in the workshop on Roz and Greg Bacon's farm, was attended by twelve eager participants wanting to learn to groom their own dogs. Roz Bacon, Barb Osborne and Carolyn Fox demonstrated Wheaten trimming methods, explained techniques and answered questions at three "stations". At a fourth "station", Alan Fox, assisted by Sue Luchuck, demonstrated nail clipping, ear cleaning and other grooming needs. Tyler Bacon was on hand as chief assistant, muscle man, coat rack devisor, lunch delivery boy and all round good guy. During our lunch break two grooming tables were transformed with tablecloths into buffet tables for a delicious lunch and social time. By mid afternoon three Wheatens had become true specimens of beauty and the participants left eager to try the techniques at home on their own dogs. A great big "Thank You" to all participants for the generous donations to the club.



"Before". Roz Bacon starts trimming Spencer



Roz works on Spencer's head.



Spencer "After". What a handsome fellow!



Lexi "Before". Barb Osborne begins the transformation.

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Barb explains her techniques.



"After". Beautiful Lexi is almost finished.



Riley "Before"



Carolyn Fox works on Riley and answers questions.



Riley "After" is ready to head home.



Alan Fox shows how to get a dog to lie on its side for combing.

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Sue Luchuck takes a coffee break with Norm Dennis



Tyler Bacon gives Max some special attention.

Self-Help Grooming Aids

The Secrets Of Wheaten Grooming a video by Ilze Barron a good instructional video for both pet and show trims. \$39.95 U.S. from Video Clips 4307 Canoga Drive Woodland Hills, CA USA 91364

Trimming The Soft Coated Wheaten Terrier a book by Glenda Wyatt (Heartlight Wheatens of Edmonton) Complete, well-illustrated instructions for grooming the Wheaten with scissors. Black and white photos and line drawings. Spiral, 22 pages. \$15.00 Canadian Item # DGR142 at www.dogwise.com

Professional Groomers. In the last issue I asked for recommendations of good Wheaten groomers in Saskatchewan. One groomer's name has been submitted:

Joanne Hodges - "Two Paws Up Pet Care" in Saskatoon, phone 477-2355 or 251-0613 e-mail: two.paws@shaw.ca. Joanne will trim dogs in her home as well as provide a pick-up service if required. She will also trim your dog in your own home. Although grooming is her main focus, Joanne offers other services such as pet sitting, doggie day care, transportation, walking and clicker training.

Wheaten Hair Used for Nest Construction

Wheaten hair can be useful. Combed (not scissored) hair can be spun into wool to be woven or knitted into vests, scarves or ties. Wheaten hair has been incorporated into the design of a woolen wall hanging and a pillow we have. Now we've found another use for Wheaten hair - bird nest construction! In the spring I put combings from Max's regular weekly grooming session out in the garden. Birds carry it off to use as construction material. Some lucky baby birds sure enjoy a soft cozy environment during their first few weeks.

Do you have a unique use for Wheaten hair to share?

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Dog Bakeries by Carolyn Fox

Bakeries for dogs have become popular in many large North American cities. The original, Three Dog Bakery, was first opened in 1989 by Dan Dye and Mark Beckloff. Unable to understand why commercial dog treats had to contain so many additives and unpronounceable ingredients they set out to provide healthy, natural fresh-baked treats. The number of Three Dog Bakeries and similar bakeries has grown across North America reflecting the popularity of this concept.



We visited the Three Dog Bakery in Toronto. The display cases of dog treats looked ... well, good enough to eat. As a matter of fact, the proprietor told us people often mistake Three Dog Bakery as a human bakery, begin ordering goodies for themselves then are shocked to find out they are choosing dog treats. The petit fours, tarts, brownies, bagels, cookies, cakes, pretzels and pizzas all looked yummy. Dogs are welcome in the bakery. Max was lucky enough to be given samples after which, of course, we were compelled to make purchases.

Go to www.threedog.com to learn more, join The Tummy Rub Club, make purchases or find store locations. Here is a bake at home recipe from The Tummy Rub Club:

Gracie's Slobber Gobbler Loaf

- 2 lbs. ground turkey
- 2 tablespoons minced garlic
- 1 egg
- 1/2 cup quick-cook barley
- 1 cup quick-cook oats
- 6 ounces tomato paste
- 1/2 tablespoon parsley flakes

- Preheat oven to 350 degrees.
- In a mixing bowl, combine turkey, garlic, egg, barley and oats. Mix thoroughly.
- Spoon into a greased loaf pan and pat down meat mixture until level.
- Spread tomato paste on top of the loaf and sprinkle with parsley.
- Bake for 1 to 1 1/4 hours. Cool and cut into 6 even slices. Store unused portion, wrapped, in the refrigerator.

Makes 6 Great Dane-sized slices.



These Canadian Three Dog Bakery stores carry the full line of products:

Toronto, ON	2014 Queen Street East	416-693-3364
Vancouver, BC	2186 W. 4th Avenue	888-433-3647

Recipes For Dog Treats

Using the Three Dog Bakery concept, I am presenting healthy recipes that resemble people foods and would look delicious in any bakery display case. They are meant for dogs but your human friends could be fooled. As usual these recipes were tested in Carolyn's kitchen. The Taste Testing Panel, who gave each of these treats an enthusiastic two paws up, were Wheatens Max, Jake, Murphy, Reilly, Duff, Tess, Lacey, Willow, Taffin, and Ceilidh, Logan the Bearded Collie, Gus the Lab, George the Springer and Jack the Jack Russell.

*Three of these recipes call for carob chips. Carob chips are available at Health Food stores. Do not substitute chocolate for carob. Dogs should **not** eat chocolate as it is toxic to them in certain amounts.*

Carob Truffles

- special occasion treats

1½ cups carob chips
1 cup peanut butter (chunky or smooth)
1 cup wheat germ

Melt carob chips in double boiler stirring constantly. Remove from heat. Add peanut butter and wheat germ. Stir until mixture thickens enough to form balls in the palm of your hand. (It may be necessary to cool the mixture in the refrigerator) Form balls and roll in wheat germ, oat bran, ground flax seed or cracked wheat. Transfer to airtight container and store in fridge or freezer.

Carob Chip Cookies

2 cups whole wheat, or assorted flours
1 tbsp. baking powder
1 tbsp. ground flax seed
1 cup carob chips
1 cup peanut butter, smooth or chunky
1 cup low fat milk
2 eggs
¼ cup honey

Combine the flour, baking powder and flax seed in a large bowl. Combine the peanut butter, milk, eggs and honey in a smaller bowl. Mix well until combined.

Add the milk mixture to the dry ingredients and mix with a hand beater. Stir in carob chips, just until combined.

Preheat oven to 375°. Using a teaspoon for smaller cookies, tablespoon for larger cookies, drop dough onto an ungreased cookie sheet. Bake for 10 to 20 minutes depending on size. When they are done, remove from oven and let stand for one minute before placing on cookie rack to completely cool. Makes about 100 teaspoon sized soft cookies. Store in fridge or freezer.



Peanut Butter Biscotti

2½ cups whole wheat, or assorted flours
2½ cups all purpose, or assorted flours
½ tsp. baking soda
1 egg
¼ cup oil
1 cup crunchy peanut butter
2 tsp. vanilla
water
1 cup carob chips (optional)

Combine flours and baking soda in a bowl. Add egg, oil, peanut butter, and stir with a wooden spoon until lumpy. Add carob chips. Slowly add cold water 1 teaspoon at a time until a stiff dough forms. Do not over mix.

Divide dough in half and form into 2 logs. Place on lightly greased baking sheets and flatten logs to 1 inch high. Bake at 325° for 30 minutes. Remove from oven and cool for 20 minutes.

With a serrated knife, cut logs into ½ inch slices. Return slices to baking sheet and bake at 325° for 20 minutes or until golden. Cool and store in containers in fridge or freezer.

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Healthy Muffins

- 1½ cups seven grain, or assorted flours
- 1 cup oatmeal
- 1 cup oat bran
- 2 tsp. baking soda
- 1 tsp. cinnamon
- 1 egg lightly beaten
- ¼ cup honey
- 3 tbsp. vegetable oil
- ¾ cup low fat milk
- “optional ingredients”
 - apples/bananas blended together
 - shredded zucchini and carrots
 - nuts/raisins
 - shredded cheddar/jack cheese
 - cooked chicken

Mix dry ingredients in a large bowl. In a separate bowl, mix the egg, honey, oil and milk. Mix your “optional” ingredients into the honey mixture, then mix the honey mixture into the dry ingredients. Line muffin tins with baking cups. Fill cups ¾ full and bake at 425° for 15 - 20 minutes. Cool and store in container in fridge or freezer.

Party Pupcakes

- 1½ cups seven grain, or assorted flours
- ¼ cup oatmeal
- 2 tsp. baking powder
- ½ tsp. baking soda
- ½ cup plain yogurt
- ½ cup water
- ¼ cup vegetable oil
- 2 tbsp. honey
- 2 eggs
- 1 large apple
- 1 cup grated cheddar cheese

In a large bowl mix together flour, oatmeal, baking powder and baking soda. In a medium bowl blend together the yogurt, water, oil, honey and eggs. Core, slice and grate the apple (no need to peel). Stir apple and cheese into wet mixture then add to the flour mixture and stir until mixed.

Spoon into greased or baking cup lined muffin tins, filling about ¾ full. Bake for about 20 minutes at 400° or until a toothpick

inserted in the center of a muffin comes out clean. Let them rest in the muffin tins for a few minutes, remove and set aside to cool.

Pupcake Frosting

- 1 cup lowfat cream cheese
- 2 tbsp. plain yogurt
- 2 tbsp. honey
- 2 - 3 tbsp. flour
- chopped walnuts

Combine cream cheese (at room temperature), honey and yogurt until smooth. An electric mixer can be used. Add enough flour to thicken the frosting to a good spreading consistency. Frost the pupcakes, sprinkle them with chopped walnuts.

* * * * *

For a single layer cake, spoon the batter into a sheet pan and bake for an extra 15 - 20 minutes or until toothpick comes out clean. Let the cake cool then decorate with frosting and walnuts.



Shown left to right: Peanut Butter Biscotti, Party Pupcakes, Carob Truffles, Carob Chip Cookies and Healthy Muffins

The Prairie Wheaten

President's Report

by Margaret Stewardson

Well, here it is March already! What a wonderful mild winter we have had! But, March has reminded us of the winter that might have been!

It has come to my attention that several members of our club have lost very special family members- be it 2 legged or 4 legged - all of us extend to you our deepest sympathies! I'm looking forward to seeing all of you at our annual events and meeting more of you from distant places such as happened at the Fall Walk.

I want to thank all of those that were involved in putting on the grooming seminar and a special thanks to Roz Bacon who once again made her place available for this event. Well, I will make this short and hope to see all of you in the near future!



In Memoriam

Ron and Bev Jones' Meagan at age 13
September 14, 1988 to October 30, 2001

Our thoughts and our sympathy goes out to Ron and Bev on the loss of their wonderful Wheaten.



REGINA WHEATEN WALK

Sunday, May 26

We will meet at the Wascana Center Authority Building
2900 Wascana Drive

at
12:30 PM

Come just for the walk around the lake or bring your lunch and stay to visit and picnic in the park afterwards.

For more information phone 543-7004

SASKATOON WHEATEN WALK

Saturday, June 1

Meeting Place - Diefenbaker Centre at the U of S Campus
101 Diefenbaker Place (across from the Commerce & Law Buildings)

at
11:00 AM

Come out and meet other Saskatoon Wheaten families (& who knows who else)
Please let Adrienne & Barry know if you are planning to attend.

We can be reached at:
653-1281 or adrienne.b@sk.sympatico.ca



The Prairie Wheaten

Pokey's Puppies

- submitted by Margaret Stewardson
Myshawns #99's Star "Pokey" is shown here with her puppies, born January 17, 2002. The sire is Ch. Myshawns California Dream "Kicker".



The Prairie Wheaten

Newsletter Donations

Thank you to all who sent donations towards newsletter expenses. We also appreciate those who contacted Alan to have their newsletter delivered by e-mail. Not only will the newsletter be sent in full colour, you will be saving the club money spent on paper and postage. Donations can still be made to our Treasurer, Sue Luchuck - address on front page. To receive your newsletter by e-mail, contact Alan Fox at acfox@canada.com



Prairie Wheaten Now Online

Our newsletters can be viewed or printed out by going to:
www.geocities.com/wheatenguy/prairie.html

During the month of February there were 186 visits to our newsletters. Geocities has recently imposed an access limit so if you don't get on at first, try again later.



Newsletter Mailing List

We try to send the newsletter to every Wheaten owner in Saskatchewan at no cost. Please contact Alan Fox at acfox@canada.com if

- you wish to be removed from the mailing list
- you know of a Wheaten owner who is not on our list
- you have a change of home or e-mail address
- you wish to inform us of a Wheaten's death
- you have ideas, contributions or photographs for the newsletter
- you wish to receive your newsletter by e-mail



These Wheatens belonging to Norm and Gaylene Dennis are ready for a big event. They are awaiting Norm and Gaylene's daughter's descent down the staircase on her wedding day, November 10, 2001. Barley is sporting his ascot and Coco is wearing her neck corsage made of berries and leaves to match the bride's bouquet.

***** **DEADLINES** *****

Deadline for submissions for the next issue is September 1st.

Please make your submissions to:
Carolyn or Alan Fox
74 Cooper Crescent
Regina, SK S4R 4J7
or email at cfox@sk.sympatico.ca

***The Prairie Wheaten* is the official publication of the Assiniboine Soft-Coated Wheaten Terrier Association. The opinions expressed herein are those of the authors and not necessarily those of the editor. The editor reserves the right to reasonably edit all material submitted for publication. Permission to reprint is granted, provided proper credit is given to the author, ASCWTA and *The Prairie Wheaten*.**

VETERINARIAN INFORMATION FOR PLE/PLN

Recent research has begun to provide guidance in the diagnosis and treatment of PLN and PLE in the Soft Coated Wheaten Terrier. The preliminary observations involve only a small number of dogs. Therefore, the findings are not yet broadly published.

In the spring of 1995, the investigation of possible causes of PLN and PLE in the Wheaten was greatly enhanced by the establishment of protocols for diagnostic testing and post mortem examination. These protocols provide the opportunity for consistent data collection from a much larger number of dogs than has been possible to date.

This pamphlet is meant to provide the veterinarian with a ready reference to the diagnostic and post mortem protocols and the names of the researchers involved.

The Soft Coated Wheaten Terrier Club of America (SCWTCA), supported by breeders and owners of Wheatens throughout the U.S. and Canada, has established funding for these ongoing investigations. The veterinarian specialists conducting the research will provide consultative help to local practitioners on a veterinarian to veterinarian basis. However, it will be the sharing of experience as new cases are discovered and treated that will provide the greatest benefit to each affected dog and the breed as a whole.

The following information is from articles reporting on research being done on the affects of protein-losing diseases on the Soft Coated Wheaten Terrier.

Protein-Losing Diseases and the Soft Coated Wheaten Terrier

Protein-losing diseases are complicated conditions rarely seen in general practice and misdiagnosis of protein related or kidney diseases has occurred. These diseases occur in the Wheaten in two forms: Protein-losing Nephropathy (PLN) and Protein-losing Enteropathy (PLE). They cause the loss of large amounts of protein in the urine and in the feces. PLE and PLN can occur separately or together.

Most Wheatens affected by protein-losing disease are five to six years of age, however the range is two to eleven years. The female seems to be more at risk than the male. A survey conducted by the SCWTCA showed that PLN and PLE affect 3 to 5% of the Wheaten population. To date PLN has resisted treatment, however PLE has been successfully treated with medications and diet. With the early detection and early treatment it is hoped that many of the affected dogs will live relatively normal lives.

Protein-Losing Disease Research Findings

Of the Soft Coated Wheaten Terriers with PLE and/or PLN studied by Dr. Meryl Littman; the dogs were found to:

- be related according to their pedigrees
- have various immune-mediated gut and renal lesions
- are often found to have hypoproteinemia, ascites/effusions, lymphangiectasia, lymphocytic-plasmacytic enteritis, granulomatous enteritis/peritonitis, glomerulonephritis, proteinuria and thrombosis leading to pulmonary embol or pancreatitis.

Clinical signs of PLN

PLN is difficult to diagnose and the stages of the disease may be mistaken for liver, glandular or other enteric or kidney diseases. An abnormality on the glomeruli usually causes PLN. Some of the common signs and symptoms are:

- increased water consumption
- increased urination/ or no urination
- incontinence
- listlessness/depression
- decreased appetite, vomiting, weight loss
- poor haircut
- poor growth in young dogs
- ascites, edema, pleural effusion

Laboratory abnormalities associated with PLN:

- hypoalbuminemia
- elevated serum creatinine
- eosinophilia
- hypocholesterolemia
- elevated urine protein/creatinine ratio
- hypercoagulopathy

Clinical Signs of PLE

PLE in the Wheaten is usually caused by lymphangiectasia or infiltrative diseases of the small bowel such as lymphocytic-plasmacytic enteritis, eosinophilic enteritis or pyogranulomatous lymphocytic/enteritis. In affected Wheatens there is a stimulation of the immune system in the bowel wall. Some of the common signs and symptoms are:

- vomiting, diarrhea, weight loss
- ascites, edema, pleural effusion

Laboratory Abnormalities Associated with PLE:

- hypoalbuminemia
- hypoglobulinemia
- eosinophilia
- hypocholesterolemia
- lymphopenia
- hypercoagulopathy

Diagnosis of Protein-losing Diseases.

Recommended Protocol for Protein-losing Enteropathy/Nephropathy Screening

Factors involved in the diagnosis of protein-wasting diseases include; family history, physical examination, and diagnostic testing.

Diagnostic Tests: - biochemical profile (often called chem screen or vet screen). This must include: total protein, albumin, and creatine. Cholesterol optional.

- complete blood count (optional)
- routine urinalysis (specific gravity, dipstick, urinary sediment)
- urine protein/creatinine ratio.

If these test results show any abnormalities, please contact Dr. Unman or Dr. Vaden for further advice.

Dr. Meryl P. Littman
 School of Veterinary Medicine
 University of Pennsylvania
 3900 Delancey Street
 Philadelphia, PA
 U.S.A. 19104-6010
 Office: (215) 898-9288
 Fax: (215) 573-3925

Dr. Shelley Vaden
 College of Veterinary Medicine
 North Carolina State University
 4700 Hillsborough Street
 Raleigh, NC
 U.S.A. 27606
 Office: (919) 829-4235
 Fax: (919) 829-4336

Post-Mortem Protocol:

All dogs that die of PLE and/or PLN or are suspected of having PLE and/or PLN should have a post-mortem examination and tissue collection as per the following protocol set out by Dr. Littman.

1. After a thorough examination of all organs, please submit the following tissues as stated so that each tissue can be readily identified.

- a. Kidneys - cut in halves longitudinally:
 submit in entirety in formalin. For the University of Pennsylvania: Freeze one kidney and submit in aluminum foil via overnight delivery (not to arrive on weekend). Note: for puppies with suspected Renal Dysplasia, only kidneys need to be submitted.
- b. Jejunum, ileum, cecum, colon: submit section which contains all four tissues as found in situ.
- c. Duodenum: submit with section of pancreas attached.

For adequate fixation, place in volume of formalin that approximates 10 to 20 times the volume of tissue.² Send tissue samples, together with copies of all medical reports (including blood and urine tests and biopsy results) and a copy of the pedigree (four generations, if possible) to Dr. Littman or Dr. Wilcock:

Dr. Meryl P. Littman
School of Veterinary Medicine
University of Pennsylvania
3900 Delancey Street
Philadelphia, PA
U.S.A. 19104-6010
Office: (215) 898-9288
Fax: (215) 573-3925

Dr. Brian Wilcock
Ontario Veterinary College
University of Guelph
Guelph, Ontario
Canada N1G 2W1
Office: (519) 824-4120 ext. 4655

Tissue samples may be sent to either Penn or Guelph. Penn is particularly interested in dogs from areas where Lyme disease is prevalent. The Soft Coated Wheaten Terrier Club of America (SCWTCA) will pay for histopathological exams; owners/breeders will be responsible for local vet charges for tissue removal and shipping costs. Guelph does not require kidney samples be frozen for overnight delivery.

Veterinary Consultants

as Reported by SCWTCA Health Committee:

Contact these veterinarians for consultations and assistance with diagnosis and treatment of protein-losing diseases in the Wheaten.

Soft Coated Wheaten Terrier Club of America. Inc. Research Coordinator

Dr. Elizabeth Ampleford
P.O. Box 298
Batesville, VA
U.S.A. 22924
Office: (804) 823-7971

Dr. Meryl Littman VMD, DACVIM
School of Veterinary Medicine
University of Pennsylvania
3900 Delancey Street
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Fax: (215) 573-3925

- pedigree research and clinical studies of

PLE and PLN

Prepared by Helen Larson, Healthy Wheaten Coordinator, Wheatens on the Red, Winnipeg, MB