



A HOLISTIC APPROACH TO PREVENTING CANCER

— JO ARBON, Founder Holistic Hound —



Quick fix approaches of simply cutting out the cancer, or poisoning the body through chemo, are recognised nowadays as not being the most effective solution for continued health. However, there are some universally accepted elements of advice that apply to all situations.

This booklet aims to give you the basics on everything you need to know about how you can best support your dog to minimise the risk of them getting cancer, and keep them healthy and strong throughout their entire life.

And should the worst happen, this booklet will provide you with resources and information on the range of current treatment options , both conventional and more natural treatments, and how you can use a combination of both to give your dog the best chance of beating, or living with cancer for longer.

Be informed of your options and discuss with your Vet a holistic, multi layered approach to treatment

Nobody truly knows why Cancer happens when it does. And nobody fully knows how these abnormal cells behave.

Similarly, there is no magic wand or “silver bullet”, one size fits all treatment.

Cancer is an incredibly complex disease, with thousands of variants, and in each and every pet it can behave differently depending on a multitude of factors.

“Cancer need not be a death sentence. There are many, many ways in which cancer can be treated and the more holistically you can approach it the better the rate of survival, with a good quality of life”

Current statistics show that over the age of 10 there is a 50% chance that your dog will get cancer.

And as a pet parent it is the worse news you ever want to hear.

That’s why prevention should be first and foremost.

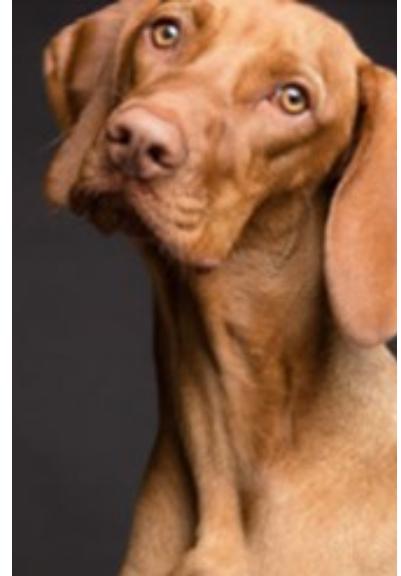
What is Cancer

Cancer refers to a broad number of diseases that are characterized by abnormal cells dividing rapidly. These cells can invade surrounding tissues and destroy them

Cancer represents a failure of an immune system. This incredibly powerful and efficient system has become ineffective at recognizing and destroying abnormal and unwanted cells. A body out of "homeostasis" balance.

The key to cancer prevention is a balanced body and a strong immune system.

Every time we interfere with the natural role of the immune system function we are potentially compromising it to perform effectively, and giving cancer a back door to get in. And every time we stress the body, such as from poor nutrition or exposure to chemicals, the body is using up energy and resources that the immune system needs to build a strong cancer-fighting machine.



- ⇒ **Neoplasia** uncontrolled, abnormal growth of cells or tissues in the body; can be benign or malignant; described typically as tumours or mass. Benign neoplasms often grow slowly and don't usually spread to other parts of the body. (metastasis) Only malignant neoplasms are technically cancers.
- ⇒ **Differentiated cancer:** A cancer in which the cells are mature and look like cells in the tissue from it arose. Differentiated cancers tend to be decidedly less aggressive. **Undifferentiated cancers** composed (also known as anaplastic) are usually considered very malignant and aggressive.
- ⇒ **Carcinoma:** A malignant growth tending to infiltrate the surrounding tissues and give rise to metastasis.
- ⇒ **Angiogenesis:** growth of new blood vessels which can supply tumours. Treatments that inhibit angiogenesis can be useful in cancer
- ⇒ **Apoptosis:** Cell death of unwanted cells in the body. Treatments that induce apoptosis can be useful in cancer.
- ⇒ **Aspirate:** The process of using a needle to extract cells from tissue for analysis. It is thought to be less invasive than a biopsy. Ideally cancer cells are best left alone and not irritated, which can cause them to spread more quickly.
- ⇒ **Grading:** The grade of a tumour is important because it predicts how aggressive a tumour will be.
- ⇒ **Staging:** determines how advanced a cancer is and if it has spread; and is used to determine the best treatment options and to predict the outcome of treatment, and prognosis
- ⇒ **Margins:** This is a term used to refer to the edges of a tumour or cells that have been removed surgically; "clean margins" means that no tumour cells are visible at the edges (sometimes tumours come back despite clean margins); "dirty margins" means that tumour cells are visible at the edges therefore, tumour cells have been left behind
- ⇒ **Prognosis:** "a forecast as to the probable outcome of an attack of disease"; this refers to how a patient will do in terms of both life term and quality of life.

If you hear terms that you are not familiar with when discussing with your Vet, then ask them for clarification.

Common warning signs:

- ⇒ Unusual swellings or growths that don't go away or that grow. This includes looking at their gums and teeth, even eyes and ears. Touch and check your pet regularly so you can spot subtle changes.
- ⇒ Sores that won't heal.
- ⇒ Unexplained (and oftentimes quick) weight loss or loss of appetite. If they lose over 10% of bodyweight in a matter of weeks, this is often a sign of disease and illness, rather than diet.
- ⇒ Unexplained bleeding or discharge, vomiting or diarrhoea
- ⇒ Offensive smell, notably anus, mouth or nose.
- ⇒ Difficulty eating or swallowing.
- ⇒ Reluctance to exercise or low energy levels
- ⇒ Persistent lameness or stiffness of movement.
- ⇒ Difficulty breathing, urinating or defecating

Many of these symptoms also occur with other disorders and diseases, but regardless, any pet showing one or more of these signs needs prompt veterinary attention .

Our pets can develop cancer almost anywhere in the body, which is why the symptoms vary depending on the tissues and organs involved and the severity.

And so many of the symptoms can be fairly vague or even associated with other illnesses or disease. But remember that you know your pet best; you live with them day in day out and if you suspect something is “off” about them, be it behaviour, appearance or actions, then its always best to get them checked by your vet.

Common Causes of cancer in our animals include:

Genetics: Purebred animals tend to have a higher hereditary predisposition toward different types of cancers. *Getting familiar with your dog's breed type health predispositions means you can be alert and spot symptoms early; and be guided by prevention options available to you.*

Environment & Pollution: We live in a toxic world & your pet is regularly exposed to the likes of chemical pesticides, lawn chemicals, household cleaners, even chemicals in our water supplies. *Limiting exposure and supporting your pet's natural detoxification processes can help reduce these risks.*

Diet: All the supplements in the world won't fix a poor diet that may be contributing to the growth of cancer cells. Feeding poor quality, processed food that is laden with artificial flavours, colourings, preservatives and by-products is a major contributor to cancer and poor health generally.

Lifestyle: Animals need activity to keep their bodies and minds toned and fit. They need fresh air and sunshine as we do. Too many pets lead very sedentary lifestyles. This is not conducive to optimal circulation and will lead to sluggish body functions.

Hormonal Upset and imbalance: Studies have linked spaying and neutering to increasing cancer rates in dogs.





Unnecessary pharmaceuticals: There is no denying that some medicines, at some times are necessary for our animals, but we need to be more selective.

Common veterinary practice involves the regular prescription of steroid, antibiotics, anti-inflammatories and pain killers in a fire fighting mode. And the still common practice of over vaccination in our pets.

Ideally your Vet should see your pet when they are well and work to keep them that way through prevention of illness, identification of any root causes or imbalance that has led to illness. Until then we need to question the validity & need for medicines suggested.

We should be asking our Vets about alternative options that better strengthen and support the immune system to kill germs that are causing bother.

If you have to give medicines, then look to support your dog's systems through the process. Discuss the side effects of any medications with your vet so that you can then seek to offset any damage done. Pre/probiotics and herbs can be super helpful in these situations.

Prevention Better than Cure

You can reduce the risk of your dog getting cancer by up to 90% simply by identifying and removing health obstacles before disease occurs. Your main aim is to support and strengthen your dog's immune system and its natural capability to fight cancer.

Exercise your dog more: One of the best things you can do for a dog with cancer is regular exercise. Researchers at the Karolinska Institute in Stockholm published a study in 2014 that showed how exercise can reprogram cancer.

- **Limit vaccines:** Vaccine protocols should be tailored to minimize risk and maximize protection, taking into account the breed, background, nutritional status, lifestyle and overall vitality of the pet. Pets can easily be titer tested after their first round of vaccinations to check they have adequate protection. About 95% of adult cats and dogs will pass the antibody tests and do not require booster vaccinations.

Use natural solutions to preventative care, such as natural worming, flea and tick options. There are a wide range of foods and herbs that can help with these.

Reduce and eliminate toxic substances that your pet is subjected to; their environment, bedding, grooming and the food you feed them (including treats!).

Consider swapping your household products, such as your washing powders and air fresheners, for more natural that are environmentally sound and safe for pets.

Avoid using unnecessary chemicals on your garden – bear in mind, your dog is not only walking on your lawn bare foot, they are also then licking their paws.

When using grooming products, reach for those that do not have harmful chemicals. ingredients to avoid include:

- **Sulfates**, which can be harsh and irritating. The two most widely used sulfates are sodium lauryl sulfate (SLS) and sodium laureth sulfate (SLES).
- **Parabens** are used as preservatives in dog grooming products to extend shelf life. They are linked to certain cancers, and cause reproductive issues and tumour growth.
- **Artificial fragrances** a term used to disguise hundreds of harmful toxic chemical ingredients in pet shampoos, akin to pesticides.
- **Propylene Glycol** is used in pet shampoos and is a suspected immune system toxin, neurotoxin, reproductive toxin and skin toxin.
- **Methylchloroisothiazolinone** is a preservative used in dog shampoos. It's an anti-fungal, however, it also is a carcinogen associated with organ failure.



Hormonal Balance - To Neuter or Not?

Studies show that spaying/neutering large and giant breed dogs increases the risk for many diseases, including several types of canine cancer. This is because desexing your dog will have serious impacts upon their endocrine system.

For some dogs who are predisposed to certain cancers that are reduced or offset by desexing it may still be a better option. In which case, you should wait until your dog has reached full musculoskeletal maturity, and if you have a female, also until she's completed her second oestrus cycle before scheduling the surgery.

It is important therefore to read up on all your options for your dog and breed. This includes leaving your dog intact, or sterilising without desexing which can be accomplished through vasectomy, ovary sparing spays and hysterectomy (which removes the risk of pyometra).

“All disease begins in the gut” Hippocrates

Diet is 100% the biggest way you can influence your dog's health & wellbeing, and immune system.

Given that 80% of your dog's immune system stems from his gut, it is essential that this is in tip top condition.

What you feed them provides the body with nutrients and building blocks that are needed for good health. A diet that nourishes and detoxifies the body, and strengthens the immune system.

It is vital to feed a diverse diet of fresh, whole foods throughout their life. Current studies show that diets that include multiple proteins, veggies and other food-stuffs create the healthiest microbiomes, filled with friendly gut bacteria. .

Microbiome

Your dog has a unique collection of hundreds of different types of bacteria and other microbes (such as viruses, fungi, etc) in its gastrointestinal tract, referred to collectively as the gut microbiome.

A healthy microbiome is crucial for your dog's overall health, from nutrient absorption to mental health. When these bacteria become out of balance, disorders such as inflammatory bowel disease (IBD), digestive issues, immune system reactions; and longer term these can be the triggers for cancer.

Some dogs may be missing key beneficial gut bacteria that are found in healthy dogs. Those missing bacteria often perform crucial roles in the digestive system. It is important therefore, if you suspect your dog has a digestion issue, to check the status of your dog's microbiome.

Microbiome testing kits are widely available and effectively give you a snapshot of what is happening in your dog's gut at any one time, and can quickly identify if additional support is required.



- **Feeding**

Every meal should be a health boost and provide an abundance of what it needs in an easily digested, biologically appropriate and bioavailable form.

A healthy diet for your pet consists of real, whole foods, preferably raw, fresh or lightly cooked. It should include high-quality protein, including muscle meat, organs and bone. It should also include high amounts of animal fat, high levels of EPA and DHA (omega-3 fatty acids), and a few, lightly blanched, low glycemic veggies. This species-appropriate diet is high in moisture content, fibre and contains little to no grains or starches.

Also how you feed your dog can play a part. Making digestion as easy as possible is paramount. There are two schools of thinking at present about how best to feed to make digestion easy – either feed small and often; or just once a day with intermittent fasting to allow the body to recover. Do not graze feed.

Protein:

The foundation of your dog's diet should be made up of proteins and fat.

Dogs are facultative carnivores; they are, to a very large extent, a meat, organ and bone eater, poorly equipped to handle and process plant material.

The most biologically appropriate form is as raw meat.

Any meats, and a variety of meats as much as possible, can be fed.

But balance and variety is important. There is lots of information about how to DIY, or there are lots of premade mixes that do all the balancing for you.

Consider also how the meat has been produced – has it been mass produced, pumped full of chemicals? These chemicals can be transferred to your pet. So ideally you should be looking at grass fed, naturally reared meats wherever feasible.

Note: **Raw is not always better:** If your pet is immunocompromised, they may not be able to deal with the naturally occurring bacteria and enzymes that are found in raw foods and may need to have their immune systems rebuilt before they can tolerate them.

Dogs need bones in their diet to provide calcium, phosphorous. Meaty bones will also keep their teeth clean and their gums healthy. Bones must only ever be given raw, not cooked as they can splinter and cause issues. If you are buying a premix raw, you should make sure that it contains 5 – 10% bones and offal.



An egg is the very source of life itself and is among the most nutritious foods on earth. Eggs are a very good source of inexpensive, high-quality 'complete' source of protein as they contain all nine essential amino acids, the ones your dog cannot synthesize in their bodies and must obtain from diet.

Eggs are rich sources of selenium, vitamin D, B6, B12 and minerals such as zinc, iron and copper. They are a source of fat-soluble vitamins A, D, E and K and lecithin.

Feeding the whole egg, including the eggshell, means that your dog is getting all of those amino acids, calcium and phosphorus, which your dog needs to grow healthy bones and teeth. The egg membrane on the inside is full of Glucosamine, Hyaluronic acid, Chondroitin and Collagen; so highly beneficial to the joints and bones.

As they are high in calories however you might want to limit to maybe 2 or 3 a week.

Fats:

Cancer cells generally can't use dietary fats for energy, so high amounts of good-quality fats (not saturated fats) are nutritionally beneficial for dogs. But it is important to balance omega-6 fatty acids and omega-3s. Omega-6s increase inflammation while the omega-3s do the reverse. Dried kibble foods are typically very high in Omega 6.

The ideal ratio you want to see is 4:1 Omega 6 to Omega 3. However, when your dog is older or fighting cancer, you want to bring that ratio down to nearer 1:1.

Grass fed meats are high in Omega 3, as are oily and pelagic fish and the likes of krill/krill oil. Omega 6 can be found in hempseed oil, soybean, safflower, sunflower and corn oils.



“In 2005, researchers looked at the relationship between vegetables, vitamins and the risk of bladder cancer in Scottish Terriers. .

Dogs that ate dark leafy green, yellow and orange vegetables 3 times a week or more had a whopping 90% decrease in cancer risk; and dogs eating cruciferous vegetables only had a 70% reduction in cancer risk.”



The reason the dogs that ate fruits and vegetables had a lower risk of cancer is largely because of a phytochemical in fruits and veggies called a polyphenol.

Studies show that polyphenols are powerful antioxidants. They can inhibit cells that cause DNA methylation, which is a major mechanism of cancer. They can also reactivate silenced genes in cancer cells and cause their death.

There are more than 8,000 types of polyphenols, but they are richest in foods such as dark berries (blueberries and cranberries), sweet potatoes, nuts, beans, dark green vegetables (spinach and broccoli); spices including cumin and ginger; herbs like peppermint and oregano.

The benefits from veggies are best accessed by dogs if they are lightly cooked to break down cellulose.

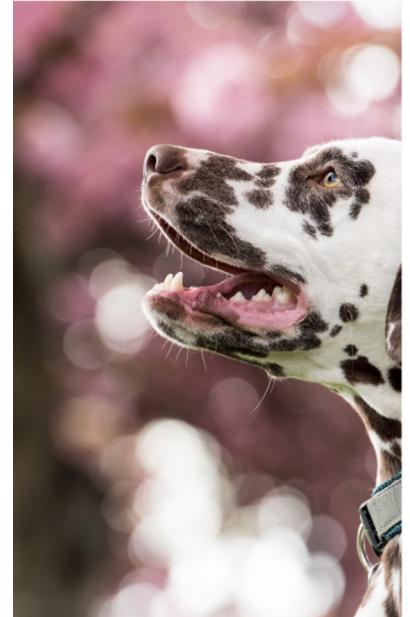
Why limit Carbohydrates

Current research suggests cancer is a chronic inflammatory disease, fuelled by carbohydrates. The inflammatory process creates an environment in which abnormal cells proliferate. Too much glucose (from carbohydrates), increases insulin sensitivity, inflammation and oxidative stress

Dogs do not need carbohydrates, however they do have a metabolic requirement for glucose, which is the primary source of energy for the body. But they can produce their own glucose from protein and fats.

Carbs to remove from your pet's diet include processed grains, fruits with fructose and starchy vegetables like potatoes. And you need to completely cut out dried kibble foods and treats.

Fruits are good sources of carbohydrates; other good-quality carbohydrate-containing foods include whole grains, beans, dairy products (as long as your dog is not lactose intolerant), some organ meats, oysters, and mussels.



Vitamin D

Your dog can't make vitamin D from sunshine like us humans, he must get it from his food. So there needs to be a source of vitamin D in their diet.

- Mushrooms: When mushrooms are exposed to sunshine, they produce even more Vitamin D, so leave them out in the sun for 20 minutes before feeding
- Egg yolks: Yolks from pastured hens raised in sunshine and eating a proper diet are rich in vitamin D.
- Mussels: Green lipped mussels and other mussel species are rich in vitamin D.
- Fatty fish: Salmon, sardines and mackerel are all rich in vitamin D, as is cod liver oil.

Food energetics:

The simplified explanation of food energetics is that the body responds to the digestion of foods both physically and energetically. Physically, it breaks down calories and absorbs nutrients. Energetically, the body responds to the wavelengths of each food item during that breakdown. Each food can have a cooling, warming, or neutral effect on the body's energy or Qi.

Hot foods are naturally inflammatory. But if you're dog is a cold dog, feeding cold will stress his body

It is important to get a feel for your dog's characteristics and match feeding to that.



Doggie Treats

Don't forget these! There's no point getting the diet right if you then feed processed, carbohydrate rich treats.

Look for natural treats wherever possible, this can be as simple as pieces of apple or carrot – you'll be amazed how many dogs enjoy chomping on these!

The egg can also be given as a treat and a toy, all in one!

Alternatively, look at dehydrated treats; and if you are not too squeamish there is a vast array of animal part treats from rabbits ears with fluff through to bulls pizzles!

Wherever possible try to incorporate some enrichment into your treat giving, something that requires a bit of mental exercise. This way you are supporting their behavioural well being too.

Pre and Probiotics

You have probably heard a lot about probiotics, which are essentially live microorganisms which help build a flourishing microbiome and improve digestion.

What you may not be aware of is prebiotics which are the fertiliser for probiotics.

Adding both of these in to your dog's diet is a great idea, particularly if your dog has had his microbiome destroyed by illness or the likes of antibiotics or steroids.

- However, if you suspect they have an excess of bad bacteria, you can actually do more harm by feeding the baddies. In which case you should get a microbiome test first.

Digestive Enzymes

Digestive enzymes break down your dog's food into pieces that are small enough to be used to fuel crucial life functions.

Your dog produces the majority of his own digestive enzymes, however adding these to their diet can help make digestion that little bit easier. As we have said previously, making digestion as easy as possible allows the body to use energy and resources elsewhere to benefit health.

For most dogs, simply adding certain whole, raw foods to their diet will be enough to keep their digestive enzyme population happy, thriving, and effective. Foods that are high in enzymes include the likes of papayas, fermented foods, raw dairy. If your dog is experiencing specific health issues or is at a certain stage of life, a digestive enzyme supplement may be helpful.

The balance of what your dog needs in terms of these enzymes is different to humans, and so animal specific blends should always be used. Enzymes should be added to the food right before feeding it to the dog

Nutritive herbs that you should consider including in your dog's diet include, these can be either dried or fresh ideally:

Nettles

Alfalfa

Oatstraw/tops

Chickweed

Calendula

Cleavers

Ginger

Spirulina/chlorella

Barleygrass

Wheatgrass

Licorice

Chamomile



Herbal Supports

There are a lot of herbs, seeds and spices, that have wonderful nutritional benefits that can help support your dog's digestive function, natural immunity and overall wellbeing, providing great sources of vitamins, minerals, amino acids and trace elements. And helping in the prevention of cancer. Herbs also act to buffer potential adverse effects. In this way many medicinal herbs act like foods to restore disrupted physiological processes.

There are also herbs which have specific prebiotic function, and these should also be considered for feeding on an adhoc basis to help maintain and feed the good gut flora and bacteria. These include the likes of Chicory Root, Artichoke Leaf, Plantain, Elcampane, Dandelion Root, Licorice, Turmeric and Marshmallow root.

The therapeutic effect of the whole plant tends to be significantly more effective than an extract of one part; and when plants are combined they act synergistically enhancing their impacts, meaning that two and two turns out to add up to rather more than four. Using this principle, herbalists customarily combine herbs to take further advantage of the synergistic healing potential of their plant medicines, rather than using individual herbs.

This should be borne in mind if you are adding a herb to your pet's routine one by one. When you are dealing specifically with cancer you are also looking to support the entire body and therefore it is much better to seek out a herbalist or a treatment that encompasses multiple herbs that provide holistic support.

Essential Oils & Flower essences:

“The state of our emotions are a crucially overlooked factor in the treatment of disease”

Edward Bach 1930

A medical problem may well be a physical condition, but it may be rooted in an emotional or psychological problem.

When everything is working in unison, at the right ‘pitch’, we are physically, emotionally and mentally healthy. Any imbalance of the above three can be a cause of illness. Therefore, it is essential to also heal negative emotions, such as those from shock, stress, abuse or grief, to improve your dog’s physical health. Flower essences, and essential oils, can help in these situations.

Flower Essences work at the vibrational energy sub molecular level; often referred to as our life-force or ‘chi’;

Key flower essences for trauma include Star of Bethlehem for old trauma not dealt with; Mimulus for a general level of fear or generally anxious; Honeysuckle for a dog that is down in the dumps; soulful whining, pining for owner; and finally Gorse for the truly despairing e.g. death of owner. If in doubt have to hand Rescue Remedy.

Essential Oils penetrate the cell membrane and influence cellular communications, leading to physiological, hormonal & behavioural changes. Ideally dogs should self select oils that they wish to work with, and they should never be applied directly without carrier oils (unless used by an experienced practitioner). Applied Zoopharmacognosy is the practice of self selection, and can be particularly useful when diagnosing an underlying issue.

Note: Be careful when using candles or diffusers, particularly plug ins, at home as these can often have a negative and on occasion detrimental impact on your pet’s health.

Chiropractic Care

Animal chiropractic is based on the paradigm that the body has the innate power to heal itself and that innate power is controlled by the nervous system. There is a common misconception that chiropractors just treat bones that are out of place when in fact they treat the nervous system.

An animal chiropractic helps to free up the joints and improve mobility, which takes pressure off the nerves located near those joints so the brain has the ability to send messages down to those muscles, organ, joints etc. so they function properly. This can keep your animal in balance, physically and emotionally; and free up the flow of chi around the body. Which in turn helps all the functions, including the immune system to perform at its best.

It is always worth getting a veterinary chiropractor check once every while with your pet to make sure they remain aligned and balanced. Particularly if you have an energetic dog, or working dog.

Oral Hygiene

Dog’s oral hygiene is super important as studies have recently shown that dental and gum disease is severely impacting on the immune system and the body’s ability to cope with the bombardment of bacteria beneath the gum line. This is why feeding raw meaty bones to enable your cat and dog to clean their teeth is essential. If you don’t want to feed bones, having their teeth cleaned once a year- every two years is great preventative care.



Sleep

Just like for us, sleep is essential for good health. The body cannot heal without quality sleep. And no your dog is not just lazy, they actually need even more sleep than us as their metabolisms are designed to require more rest.

During the sleep cycle the body regenerates and carries out functions of which we are not aware, such as hormone production. During sleep, melatonin is produced which helps to regulate the sleep cycle, but melatonin also has anticancer effects in the body.

Melatonin production is maximized by getting a solid night's sleep in a completely dark room. Using a crate, or creating a dark safe, quiet and undisturbed area such as a den for your dog, can help them to achieve that deep level of sleep that they need, and produce lots of lovely melatonin.

If you have a dog that has high anxiety levels, or is not a good sleeper, you can give Melatonin as a supplement.



Find a Good Vet..... why not even interview them!

If you are going to be proactive in your dog's health & wellbeing you need to find a vet who you can have an open relationship with, where you feel comfortable discussing a holistic approach to preventative healthcare as much as how best to treat your dog when they are sick. At the end of the day this person is going to make decisions in the future that could have life and death consequences for your dogs.

Assess what is driving your Vet's income, is the focus on keeping your pet well or selling you prescription diets and unneeded preventative meds? Are you called in for unnecessary vaccine boosters, or would they rather offer a regular wellness check?

Are they willing to discuss the role of diet, the use of herbs and supplements in place of chemicals and drugs, and offer alternative support services?

Found a Lump?

Do not panic.

It's easy to assume the worst, however, many lumps are often simply your pet's body's way of storing toxins and preventing those toxins from circulating in the body. But when they're not, the longer you wait to get them checked out, the worse the situation becomes

In the first instance you should always get any lumps checked by your Vet. They may be able to clearly detect if a lump is a benign fatty lump (lipoma), skin tag or wart, and will recommend in this situation simple monitoring to see if there is any significant change in size, shape or texture over a period of time. On occasion the Vet may suggest removing these for your dog's comfort.

A lump may also be something like a sebaceous cyst, caused by clogged oil glands. They can be grim and get quite large, but are easily treatable.

Skin tumours are the most common tumours in dogs. There are many types of skin cancer but the most common include Melanoma, Squamous cell carcinoma and Mast cell tumours.

Location and predisposition depends on the type of cancer but many forms of skin cancer are more common in older dogs.

Above all else, early detection is important so you should make it a part of your weekly routine to inspect your dog for lumps and bumps.

A good way of then monitoring your dog's bumps is to create a skin map, which allows you to mark up the location and approximate size & shape. This can be particularly useful as dogs get older as they can get many lumps and bumps and warts. You may even want to keep a photographic record of them, particularly if you suspect they are changing.

Depending on what your vet gathers from the initial physical exam, they may want to run more tests. This may include an impression smear or culture using discharges from the bump, or they may also recommend:

- Blood tests
- Urinalysis (urine test)
- Cytology
- Imaging such as x-rays or ultrasounds

These tests are non-invasive and helpful with accurate diagnosis.

Your vet may also want to fine needle aspirate or biopsy the lump. As discussed earlier, while they help confirm a diagnosis of cancer, they can also disrupt the cancer cells and cause the cancer to spread. So a full frank and discussion should be had with your dog before going any further. Realistically if your vet believes the lump is cancerous, then it would be better to have it fully removed if possible. They can test the mass afterwards to confirm the diagnosis and determine next steps.

At the end of the day lumps are a fact of life. Finding a lump can be scary but you shouldn't let it stress you or your dog out. Often, they're non-cancerous and manageable, which means your dog can continue to enjoy life as if the lump never existed

We have covered questions for your Vet and how to deal with a positive diagnosis in our next volume: **Living with Cancer**.



THE HOLISTIC HOUND



Holistic Hound manufacture a range of highest quality, handmade, products to help support your dog's health & wellbeing.

Products are made in small batches using natural, organic and human grade ingredients, sourced from organically or pharmaceutical quality registered companies. No preservatives, colourings or flavourings.

The products contain a mixture of herbs (roots, seeds, bark & flowers), tinctures, flower essences, hydrosols, & essential oils.



Nutritive supplements: Eat Me & Tummies, Flax oil based range, Golden Paste turmeric & Something Fishy

Parasite control: Worms Away, Ticked Off, Mitee Stuff, Dog Eared

Fundamentals Range for targeted specific health issue support

Everyday health & wellbeing support:

Heal me Quick; Travel Well; Calm & Balmy; Snout & Paw; Bright Eyes; Ditch de Itch; Move your Mutt



Our Philosophy

We are passionate about providing the best health care options for your pets

Our Mission

To encourage the integration of a more natural, biologically appropriate way of life into the everyday health care of your pets and enabling you to be informed and proactive in their overall well-being

Holistic Hound UK and Ireland have been producing 100% natural, herbal support products since its inception in 2005.

It is run by certified Master Herbalists with a wealth of experience in veterinary herbalism and complementary health care and behaviour since 2002

Material produced by Jo Arbon, Founder Holistic Hound Ireland 2021.

All efforts have been made to ensure that information contained within is correct at time of publishing. The information provided should be used to supplement rather than replace the advice of your veterinarian. Your pet should always be assessed by a veterinary professional if you suspect there is a health issue before embarking on any treatments. The author disclaims any liability for any medical outcomes that may occur as a result of applying the approaches suggested.