

TIME TO NEUTER !

The month of April will be sterilization month! We will have the usual project where a vet and a vet assistant will dedicate themselves to clear the backlog of non sterilized dogs in the Cantinho da Milu's shelter. Many dogs entered the shelter since the beginning of the year and we need to concentrate on having them neutered before rehoming them.

We need support to buy the necessary medication and equipment and we count on you - without your help we just cannot do it!



WE ARE ALWAYS IN NEED OF...

- Deworming tablets
- Spot-on against fleas and ticks such as *Advantix* and *Frontline* and also *Advocate* for dogs with skin allergies
- *Scalibor* collars
- *Actidox* and *Becozyme* for treatment of tick fever and *Conofite* and *Oridermyl* for treatment of ear infections
- Medication with *Allopurinol* as an active ingredient

TOXOPLASMOSIS - THE CAT ISN'T THE BAD GUY!

There seems to be a wrong notion that pregnant women should avoid contact with cats during their pregnancy due to a disease that can cause miscarriages or birth defects: Toxoplasmosis.

Toxoplasmosis is an infectious, congenital or acquired disease caused by the protozoan *Toxoplasma gondii* (a microorganism). It has a worldwide distribution and can infect all warm-blooded species, including humans. However, only cats and other felines are the definitive hosts as only in them occurs the reproduction of the parasite.



Usually the cat ingests eggs of the parasite while feeding on mice, birds and other raw meats. Only after its ingestion, and for a short period of about 15 days, the cat eliminates through the feces new eggs that may be infectious. It is at this stage that occurs the risk of human infection by cats, but only if there is any direct contact with feces of an infected cat.

Only 1% of cats are the transmitter of the disease and this only happens if they eat raw meat, bugs, mice, birds and / or lizards (which does not happen with most domestic cats). However, and contrary to what many may think, the most common means of contamination for humans is poorly washed vegetables, undercooked meat, or unsafe drinking water with high fecal values.

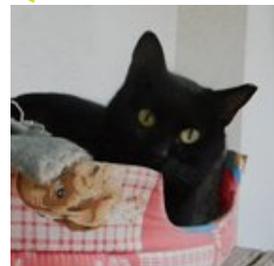
More than half of the world's population, including in developed countries, has specific antibodies against the parasite, which means that is or has been infected (even if you haven't had any symptoms of the disease). And the only way to avoid this contamination is by not eating poorly washed vegetables and raw or undercooked meat, not drinking water from unknown origin without being boiled and to avoid contact with cats' feces (and not to the animal itself).

So, if you are pregnant (or know who is), do not abandon your pet, do not ignore, do not despise he or she; but do enjoy his or hers warmth and gentleness to reassure you during this important phase of your life.

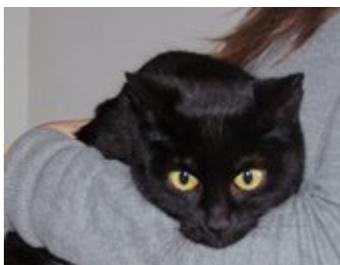
Don't let our name fool you. DOP - Dogs of Portugal - also promotes the adoption of cats.

Here are some of the cats awaiting for a responsible DOP adoption:

QUIM



SUZY



MIGUEL



NETI



LAST MONTH ADOPTIONS

In March 2014 a total of 14 animals were adopted!

The lucky ones were: Azeitona (now Amigo), Blitz (now Alaska), Flôr (now Fern), Gema (now Katniss), Gil (now Jack), Kamila, Kenzo (now Chico), Lilefix (now Pimpo), Lua, Mickey (now Bentley), Pretinho, Shiva, Simba (now Henry) and Sol.

If you have adopted a dog or a cat from us, give us news!



WE NEED FLIGHT SPONSORS...

We're always needing volunteers to help out at the shelter. But you can also volunteer occasionally as a **flight sponsor!**

What does it mean? Well, if you go on holidays and fly to the locations where we have homes for our dogs you can take a dog with you. We take care of the organisation of everything on both ends, you simply need to transport the dog.

We are looking for flights from Lisbon to: Oslo, Copenhagen, Stockholm, Brussels, Amsterdam, Frankfurt and Milan.



DRY FOOD FOR DOGS - HOW TO CHOOSE THE BEST

Most dogs are not picky and they will eat whatever they are served but a responsible owner knows that food is very important for the health of his dog and determinative on how long the dog will live.

It is not easy to choose the best food for the dog! To do it, you have to study the label that comes with the food and that lists its ingredients.

Did you know that the ingredients of a determined product are listed in an order from the highest to lowest quantity? This is an important thing to look at, as you can see what percentage of the total meal each ingredient has.

To be good, a dog dry food should contain as the first three ingredients: proteins, vegetable and/or fruit and vitamins/minerals. Fat and cereals should appear on the list of ingredients only after those.

Protein can take various forms: chicken, beef, rabbit, lamb, salmon, etc. It can be described as "meat of..." (means fresh meat) or "dehydrated meat of..." (but it does not mean that dehydrated meat is worse than fresh meat). The most nutritive dog foods should have meat listed at the first place on the list of ingredients and should say what type of meat they contain. Do not buy food that states, in general terms, "poultry meat" or simply "dehydrated meat" as it can be anything.

Vegetables and fruit (such as sweet potato, tomatoes, red fruit, apple, etc.) are a good additional ingredient as they contain a high quantity of natural vitamins and minerals.

Vitamins and minerals should be included in the diet of your dog to keep him in good health. They help the metabolism and the digestive system and they maintain nerves and sanguine cells healthy. Most important are vitamins from B group in the form of biotin and beta-carotene. Vitamin A is also important as it is good for the skin. And vitamin E is good for the immunological system of your dog.

Fat, even if it has bad reputation, is necessary for the diet of your dog. Dogs need certain fat acids as they provide energy and taste and they increase the absorption of vitamins. Moreover, they help to maintain the dog's coat healthy and beautiful. This is why it is good to choose food that contains Omega 6 or Omega 3 fat elements.

If dog food contains **preservatives**, choose the one that contains natural ones, such as tocopherol and ascorbic acid. They are an additional element to the food and they serve to improve the taste of the food and to keep it for longer.

Cereals and carbohydrates commonly used in dog food are soya, beans, rice, oats, corn, barley and wheat. In small quantities they help digestion and they are a good source of energy. But they should never be one of the first ingredients on the list because in high quantities they reduce the quality of the food and some dogs don't even tolerate them. Cereals actually are one of the first causes of allergies in dogs and this is why a good hypoallergenic food should not contain gluten. However, many brands of dog dry food contain cereals as one of the major ingredients that come on top of the list, simply to make the food cheaper.

Now go and look at the list of ingredients of your dog's food. Study it. If you decide to change the food, then remember that you have to do it gradually over a period of one week.

