

Responsible Pet Ownership

for First Time Dog Owners



Maureen Palasi - de Vera

Responsible Pet Ownership for First Time Dog Owners

Maureen Theresa Palasi - de Vera

Benguet State University
La Trinidad, Benguet, Philippines

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Address all correspondence to:

Office of Extension Services
Benguet State University
2601 La Trinidad, Benguet, Philippines
E-mail Address: oes.office@bsu.edu.ph
Telephone Number: +63 (074) 422-1877

PRODUCTION TEAM

Editor-in-Chief: Betty C. Listino
Associate Editor: Christine Grace S. Fuchigami
Design and Layout: Andrea Lyn B. Marzo
Photo Credits: Lanie Atonen, Alexis Mitas, Andrea Lyn Marzo, Maureen de Vera
Illustrators: Keyzer Tad-o: Cover page, Pp. 4, 7, 8, 11, 12, 14, 15, 16, 18, 19, 20, 22
Gil Calderon: Pp. ix, xi, xiii, 1, 3, 6, 10, 21
Reviewer: Ruth S. Batani

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Message

Benguet State University continues to pursue its commitment of providing extension services that are research results aligned with quality education and sustainable development practices. This year's University Foundation theme, "Creating Milestones toward Global Engagements: BSU @102," makes this knowledge product (KP) timely and relevant. It concretizes important steps to bring to fruition our vision of delivering quality education and client satisfaction that promotes sustainable development.

Through this primer, BSU has upscaled its specialist's knowledge thru handy materials for use by varied audiences - pet owners and the bigger public who are interested in understanding this subject matter.

I congratulate the Office of Extension Services' team for producing this knowledge product which is a testimony of BSU's prolific knowledge generation and continuing commitment to serve its communities. This should encourage other knowledge holders to work on translating their knowledge to tangible KPs.

Mabuhay tayong lahat!

FELICIANO G. CALORA JR.

University President, Benguet State University
27 September 2018

Message

The Research and Extension (R&E) sector's goal explicitly states, "developing relevant and gender sensitive research and extension programs for institutional development, sustainable communities, climate resilience, industry innovation, and partnerships." To do this, there is a need to share research results in different platforms for BSU-R&E outputs to reach the widest audience possible. The production of knowledge products by the Office of the Extension Services is a step towards addressing the different needs of our client in this increasingly competitive and changing world. With many years of extension work, there is an increasing recognition to capacitate extension service providers and one way is to use knowledge products tailored to answer this emerging need. Hence this primer, which puts together years of practice, aims to provide practical steps for its specific audience.

It is hoped that this material will be utilized and will serve its purpose which is to serve as handy guide for pet owners. The primer is a concrete manifestation of knowledge and experiences and are translated into a language that can be used by the popular sector which is the mission of the University research and extension.

I congratulate the Extension sector for coming up with various knowledge products, a timely response to the very fast changing and challenging prospects of the times. Being a regional University, it is but proper that we also lead in this kind of engagements, while working for excellence and innovation for client satisfaction.

CARLITO P. LAUREAN

*Vice - President for Research and Extension
Benguet State University
27 September 2018*

Message

In the journey of extension work, we gain knowledge through our exposure to different fieldwork experiences and interaction, with our development partners. In the process, we generate knowledge and build on it making each one of us “knowledge holders” which is magnified in the collective knowledge of our University. One way of retaining and ensuring intergenerational transfer of knowledge is through knowledge products. Knowledge products or KPs, in the context of knowledge management, aim at transferring knowledges to their users. What makes a KP unique is that it is a “call to action” by its intended users, enabling application of the knowledge easy and handy. This is the purpose of this primer.

What comes with this exercise is the “communication and persuasion” package, a task taken by the Office of Extension Services (OES). In the process of doing these tasks, admittedly, the OES had several realizations: the urgency of tapping knowledge holders (who are retiring), the need to maximize resources which required a multidisciplinary lens and in the process, the need to refine some “extension processes” necessary for extension operations to adopt to the “changing times.” These are difficult tasks, but in this way, we have innovated the generation of knowledge for specific audiences.

In this age where knowledge-based economy is increasingly becoming important, we believe that knowledge generation, transmission and application is facilitated through the culture of sharing. Through this primer, we hope to contribute to the advancement of responsible pet ownership.

RUTH SIDCHOGAN - BATANI

Director

Office of Extension Services, Benguet State University

27 September 2018



Thank you to the Universe and the One who made it. Thank you to my parents, my siblings, and all my pets (past and present). Thank you Pethaus Veterinary Clinic, to all my clients, friends and patients for teaching me a lot. Thanks to my co-faculty members for all the support. My utmost gratitude to Gil for making the effort to draw between his busy schedule and to Keyzer for finalizing the images. To Betty Listino who introduced me to knowledge product development, thank you for the constant encouragement.

Special thanks to the Benguet State University - College of Veterinary Medicine for accepting me. My utmost gratitude to the Office of Extension Services, to the production staff, specially to Andrea who patiently worked on this primer and for giving me the opportunity to write everything that I have to share. And, to Pher Gedde, Maegan, Dylan, and Lena Mae, thank you for all the love.



In my over 15 years of small animal practice, my clients always ask me to help them decide which pet is best for them. I often tell them to first assess their lifestyle. Do they have a family? Does anybody in the family have asthma? Are they living in a house or in an apartment with a lawn or just a veranda, or none of the above?

How long will they be out of the house? Financially, they must assess if they can give the needs of the pet they plan to have.

These are some of the questions that should be answered before deciding to have a pet. Cuteness is temporary. Depending on the breed, puppies grow bigger and need more space as against most fish pets that will fit into an aquarium for a long time. Having a pet is having a responsibility. It is being responsible of another life being. It is an addition to the family.

This primer is a gist of what a pet owner would like to know about their dog. It is advisable to ask your veterinarian for things that you do not understand about your dog. Experience of a neighbor might be helpful, but confirming it with a veterinarian is always the best option.



"Having a pet is having a responsibility."

"Experience of a neighbor might be helpful, but confirming it with a veterinarian is always the best option."



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Introduction

The gray wolves have been known to be the first of the canine species to be domesticated in Eurasia around 27,000 to 40,000 years ago (Jacobson, 2016). Wolves started to be in contact with humans when they frequented human domains for food scraps. Then they started to move constantly with nomads who slowly domesticated them.

In the Philippines, we have the "askal" (asong kalye) or "aspin" (asong pinoy) or in a more scientific term, the mongrel. This simply means that this dog comes from mixed dog breeds and is otherwise known as the native dog of the Philippines. Its origin is still unknown but it has similar features with the Dingo, the native dog of Australia. Compared to the imported breeds, it is more resistant to diseases and to adverse weather conditions.

The Philippine Canine Club, Incorporated (PCCI), established on March 21, 1963 handles the registration of purebred dogs in the country. Hence, buying a dog with "papers" means the dog has PCCI papers, which proves that it has been bred from purebred dogs over generations. Dogs having PCCI papers are more expensive because they are proven to be purebred. According to a survey in 2017 by the Animal Facts, the most common breeds in the Philippines are Shih Tzu, Beagle, Labrador Retriever, Golden Retriever, German Shepherd, Pug, Poodle, Doberman, Chihuahua, and Dalmatian.





What makes a pet?

What is a pet? The Oxford Dictionary (Oxford University Press, 2017) defines it as a noun referring to a domestic or tamed animal kept for companionship or pleasure. It means that a pet is like a member of the family. It is a somebody, not an it. It is a living being that means it needs the basics of life like food, shelter and care. It may serve some other purpose, but it is primarily a part of the family. It may be a guard dog, but a guard dog needs to be fed on time, with the right amount, and it needs grooming.

When presented with a puppy to become your pet, like any member of the family, you should know its birthday or approximate age and the type of food (or diet) it has been exposed to. These details will help you provide the proper attention and care.

It needs to have the proper food, any kind of dog food will do. If table food is preferred, make sure it does not have preservatives and small sharp bones (like chicken bones). You need to have a cage or a proper abode for the pet. When buying a cage, it is better to consider the adult size of the dog, rather than the present size of the dog. Putting a rug inside to make it more comfortable is a good idea.

Feeding entails a feeding dish, which can be bought or maybe a bowl that will be for the pet alone, not for anything else. A water bowl should also be provided for that sole purpose only. This would give the dog its own proper feeding implements and being a territorial animal, it will protect them. Cleaning the feeding bowls before giving food prevents digestive conditions that can progress into diseases.

For the grooming implements, dog soap or shampoo is better since this has less chemicals than that of the human soap or shampoo. Bathing the dog would also mean using towels. The towel should be exclusively used by the pet only. By satisfying all of these, you are now ready to acquire a pet.



Environment

An ideal environment is a place where the pet is comfortable; where it feels secure and happy. It is a place that has enough space to play in, eat and sleep. Dogs can be trained not to defecate and urinate in their sleeping areas as long as they have enough space. If the space given to them is just enough for them to lie in, chances are, they will do their excretions there, especially when they are kept in one place for the whole day. If the pet is not put in a cage, it has to be placed in a constant area. Dogs are territorial; if trained to sleep in one area of the house, they will protect that area. If they are allowed anywhere in the house, they must be given a specific sleeping area.

When you have just brought home a puppy, let it sniff around its new environment. The dog will be sniffing around for any familiar scent from the place that it came from. Again, dogs are territorial. This behavior is normal. The pet may urinate in the corners of the house, but this can be prevented by training it to urinate and defecate in one area only. It is usually done after every meal. Consistency is the key in training your pet.



Feeding the pet means supplying them with food that has the nutrients that they need. This is needed for pets to maintain their nutrition and energy.

Upon the arrival of the pet, it is important to give a well-balanced food (that even you can eat). These foods are not too salty, not too oily, not sweet, and not too watery.

It is best to avoid feeding the following:

- a. chicken bones;
- b. food with preservatives;
- c. sweet food like desserts (ice cream, cake, etc.); and
- d. chocolate.

If the puppy is used to dog food, it is best to feed the same brand that it is used to. If another brand is available, just make sure it is for puppies. Puppy dog food is given to dogs aged one and a half month old to 12 months (the puppy stage of all dogs). The dog food may be given dry or soaked in warm water (to make it soft). If the dog food is given dry, a clean bowl of water must be available nearby.

Dry or wet (soaked) dog food is preferred by puppies depending on their teething stage. Early stages (two-month old), the grinding of dry dog food would hurt their gums. In the later stage (three-month old), the gums would be itchy from the eruption of temporary teeth.

Temporary teeth come out between one to four months of age; permanent teeth come out at six months and beyond after the temporary teeth wear out.

In terms of how much is enough in feeding, it is advisable to look at the dog food container for proper guidance. If it is not possible, give the puppy enough food that it can finish in five minutes. Puppies need to be fed three times a day, while adults may be fed twice, depending on their activeness (caged or not caged).



Frequently Asked Questions on Feeding

1. Why do puppies chew on slippers, shoes, furniture, etc.?

During the teething stage (four to six months), their gums feel painful and itchy. They find ways to relieve these by chewing on hard and chewy objects. To minimize the trouble for both pet and owner, a chew toy or a bone must be offered. This training should be consistent all throughout the puppy stage.

2. Can chicken bones be given as chew toys?

No. Chicken bones are hollow bones (pneumatic bones). When these are chewed, they are broken into pieces which can puncture any part of the digestive system. This can eventually cause infections.

3. Can I feed vegetables to my puppy?

Yes. Vegetables are a source of fiber, which are good for digestion.

4. Why is chocolate bad (or toxic) to dogs?

Chocolates and cocoa products contain theobromine, which is hard to digest. Over time, it accumulates and becomes toxic.



Housing

Puppies like warm and dry sleeping areas. The puppy should be introduced to the area where it is supposed to sleep permanently.

Outdoors

If the puppy is made to sleep outside, expect some crying and whining during the night. It may be calling out for its mother and siblings or it may be scared. Slowly introducing it to an outdoor environment may be needed.

- The sleeping area must be warm and free from draft for this may eventually cause respiratory problems.
- If the dog is to be placed in a veranda or terrace, make sure that the dog is safe from falling.
- If the dog is kept outside most of the time, the housing must be an area that is not reached by rain and too much afternoon sun.

Indoors

To prevent the puppy from crying out or whining at night, place the puppy in a warm and secure area, preferably with a bit of light.

- Newspapers may be placed around the sleeping area for puppies tend to wake up and urinate or defecate early in the morning.
- It is not advisable for owners to sleep with their puppies. This is allowed only after proper health care is given to the puppy.

- It must be noted that if the dog is housed indoors, it must have a warm place to sleep. The place has to be permanent in order for the dog/puppy to settle in and to have a sense of territory.

Whether you house your dog indoor or outdoor, sanitation is very important especially in an urban setting. Dogs usually defecate twice a day and urinate several times during the day. It is advisable to clean right after your dog has defecated or urinated. Inhalation of ammonia coming from urine and feces may cause health problems.



Frequently Asked Questions on Housing

1. How do I train my puppy to urinate or defecate in the proper place?

After feeding your puppy, put it in the proper place where it is supposed to defecate. You can also put a new newspaper over the place where it has first urinated and then slowly move the newspaper towards the proper place.

2. If my puppy has diarrhea, what should I do?

Diarrhea may be caused by a change in diet, intestinal parasites (worms), and indigestion (due to oily food or spoiled food). If the diarrhea persists for more than a day, it is best to bring the dog to the nearest veterinarian (refer to page 24 for the list of Veterinary Clinics within the Baguio-Benguet area).

3. My dog eats its feces, what should I do?

Coprophagia is the term when dogs eat their feces. This may be caused by nutritional deficiency, and may also be a behavioral and physiological problem. It can be solved by deworming the dog and training them regularly. Removing the feces from the cage or cleaning up after defecation should be also considered.





Basic Health Care

Deworming

Initial deworming must be done by a veterinarian for proper dosing and health assessment.

Dogs should be dewormed every three to four months.

Vaccination

Only a licensed veterinarian can give vaccinations. Health assessment must be done prior to vaccination. The following are several of the vaccines that a puppy should have:

- Against Parvo, Distemper, Parainfluenza, Hepatitis and Lepto spirosis (also known as 5-in-1) are given as early as six weeks old until 16 weeks old with a two-week interval.
- Against Corona Virus (an addition to the 5-in-1 vaccine making it 6-in-1) is given as a second or third vaccine, depending on the schedule that the veterinarian decides.
- Rabies vaccination is done when the puppy is 12 weeks old; this is good for a year.
- Anti-pneumonia and anti-kennel against *Bordetella bronchiseptica* vaccines are given at 10 weeks of age or earlier as determined by the veterinarian.

Bathing

It is not advisable to bath your dog everyday; twice a week is better and healthier. There are a variety of dog shampoos and soaps in veterinary clinics and in some poultry supplies and groceries.



Grooming

This can be done by the owner with the proper equipment or by a veterinarian.

- Nail clipping can be done with the proper nail clipper to clip the tip of the nails (about $\frac{1}{4}$ cm only).
- Hair trimming is needed for long haired dogs like Shih Tzu, Poodles and the like. Matted hair can be avoided by combing the dog everyday. This would also lessen shedding. Veterinary clinics offer this service for a whole body haircut or grooming.
- Ear cleaning is done using a cotton bud. Cleaning the outer ear of the dog is essential specially after bathing to make sure no water has entered the ear canal.



Exercise

This depends on the size of your dog. Big dogs need more exercise, which means walking them about a kilometer everyday or every other day. This allows them to use their excess energy and lose their boredom. It can also improve their behaviors and lessen unnecessary chewing and barking.

Socialization

Taking your dogs for walks is a way of introducing your dog to new things, other people and other dogs. It will improve their behavior and will make them happier.

Frequently Asked Questions on Basic Health Care

1. Will my dog have fever after vaccination?

Yes and/or no. Dogs may feel sluggish after the first vaccination which do not need any medication. It is best to allow the dog to rest.

2. Is it true that dogs develop lumps on their backs after vaccination?

Yes. It is a normal reaction of the skin to the vaccine. It can be lessened by applying warm compress on the vaccination site. Not all dogs develop this reaction.

3. My dog is three months old, can it still get all the necessary vaccinations?

Yes. At any age, dogs can have vaccinations upon the recommended schedule of a veterinarian.

4. Will letting my dog loose in the yard all day give it enough exercise?

Not exactly. It all depends on the size of your dog. Taking your dog for a walk is still the better and healthier option.

5. Can I bath my dog using human shampoo?

No. It is advisable to use pet shampoo or soap because it is milder and is suited for the sensitive skin of dogs. Human shampoo has strong chemicals that can cause skin irritation.

6. Do all dogs shed?

Yes.



Inappetence

Inappetence happens when the pet is experiencing pain or nausea. This may occur during the teething period. It may also be a sign of a disease.

As an immediate remedy, try giving your dog another kind of food; sometimes dogs do not like one brand of dog food for a long time.

If it persists or if it appears to be caused by an impending disease, see your veterinarian immediately. Do not let it last for more than 24 hours.

Vomiting

A dog may vomit due to an irritation in its throat caused by food or a fibrous object that it has chewed on. It may also be caused by eating fast thus ingesting air in the process. The burping may be accompanied by some food.

Continuous vomiting along with inappetence are serious symptoms and you should take your dog to a veterinarian immediately.

Vomiting yellowish saliva means that even the gastric juice is being brought out. Take your dog to the veterinarian immediately.



Diarrhea

Diarrhea happens when fecal discharges are lumpy, watery, yellowish or brownish in color. It can be stinky, or may smell like usual feces. If it persists for more than 24 hours, take your dog to the veterinarian for proper assessment.

Skin problems

Dogs also develop rashes due to some allergies. Rashes can also be an indication of mange. Mange is a skin problem caused by mites. There are two kinds of mange, one is transferable to human and the other is transferable to other animals. These are all dependent on the assessment of a veterinarian. Skin scrapings might be tested and the true nature of the skin problem is determined by the veterinarian. Skin problems may also be unnecessary itchiness and rashes; patches of skin may not have hair.

External Parasites

Fleas can be eradicated by an anti-flea soap or shampoo available from the groceries, agricultural stores and veterinary clinics. However, keep in mind that puppies less than 10 weeks old must not be exposed to dog shampoo, soap and even powder for they are too young to be exposed to these chemicals. Instead, manually remove the external parasites. Another effective flea treatment is spot-on medicine and oral flea treatment.

In order to have an effective flea treatment, the environment must also be given as much attention. Fleas lay eggs in the soil, cracks

on the floor and on any dry humid area. When they hatch, they attach at the back to the dog where they mature. They suck blood (blood meal) from their host and grow until they are mature enough to mate and propagate. Treating the environment constantly with insecticides or disinfectants would help prevent the proliferation of fleas. Fleas can transmit some diseases.

Ticks are external parasites. They must be treated because they also cause anemia and can be a carrier of blood borne diseases. They are usually found in the paws (between the claws), on the inner side of the ears and in some other parts of the body. Dog soaps and shampoos may help prevent them but treating the environment of the dog is also important. Ticks must be removed manually because unlike the fleas, they do not fall off the dog when they die.

Lice is another external parasite that may be undetected due to its minute size. They multiply fast and in huge amounts. They can cause anemia to the dog.

Internal parasite

Deworming puppies as early as two weeks old prevents the proliferation of worms in their digestive system. Depending on their kind and size, parasites can be fatal. Also, dewormers for humans are different from that of dogs. There are specific dewormers for specific kinds of worms. Have your dogs dewormed by a veterinarian.



Key Information about Rabies

Why do dogs bite? Dogs are generally sociable animals but this depends on the way they are treated. They will bite if provoked. Usually, dogs may bite when:

- they feel pain and feel threatened (especially, when physically abused);
- they feel that their territory is threatened (especially when they have puppies to protect);
- they feel that their food is under attack by other animals; and
- they are infected with rabies.

Rabies is a viral disease that can be transmitted through infected saliva. Rabies vaccinations are given for free by the local government veterinary office which goes around in the different barangays on schedule.

The Department of Agriculture also dispenses free anti-rabies vaccines to the Local Government Units (veterinary offices in city, municipal and provincial levels of government). This is mandated by the Republic Act No. 9482 or the Anti Rabies Act of 2017. This act has provisions and penalties about responsible pet ownership. It includes the mandate of vaccination of all mammal pets against rabies. Refusal to do so will result to penalty.

The goal of the Department of Agriculture is to have rabies-free Philippines by 2020.



Bite Centers in Baguio City and La Trinidad, Benguet

**Baguio Health Department
Animal Bite Treatment Center**
T. Alonzo St., Baguio City

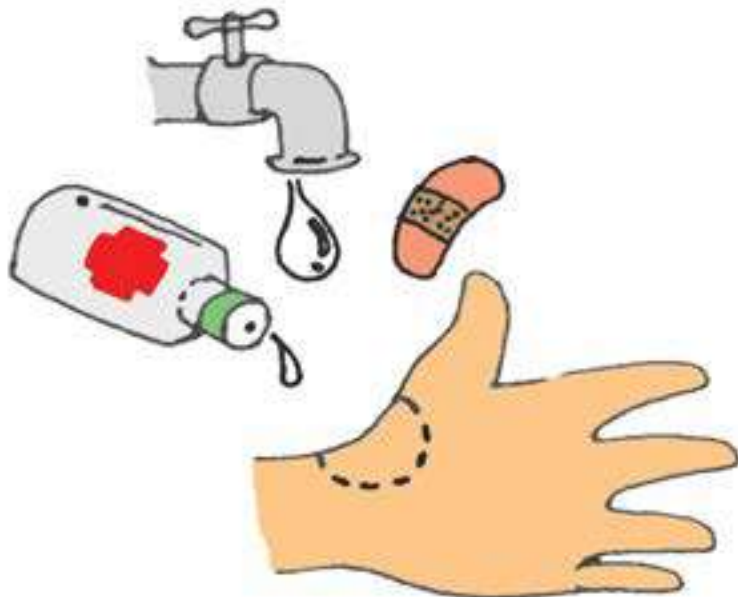
Baguio General Hospital
Baguio General Hospital Driveway
Baguio City

La Trinidad Rural Health Center
Puguis, La Trinidad, Benguet

Benguet Provincial Health Office
Km. 5 Pico, La Trinidad, Benguet

Unimed Animal Bite Center
Baguio Unimed Pharmacy
11 Marcos Highway, Baguio City

Fabay Animal Bite Center
Rm. 11, Second Floor, Laperal Building
Session Road, Baguio City

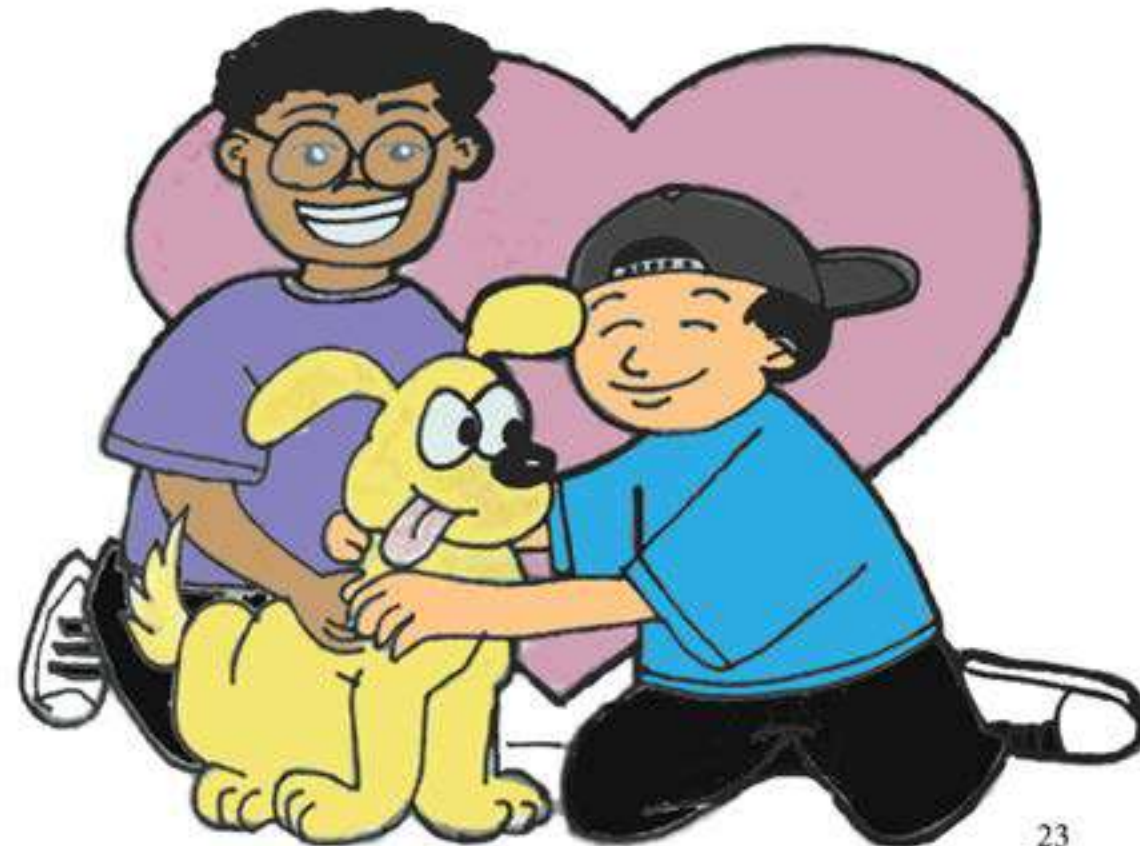


The Animal Welfare Act of 1988 (R.A. 8485) Amended by R.A. 10631 of 2012

This act aims to protect and promote the welfare of all animals. This would include regulating facilities like farms, pet shops, zoos, and the like.

The R.A. 10631 reminds pet owners that animal welfare "pertains to the physical and psychological well-being of animals. It includes, but not limited to, the avoidance of abuse, maltreatment, cruelty and exploitation of animals by humans by maintaining appropriate standards of accommodation, feeding and general care, the prevention and treatment of disease and the assurance of freedom from fear, distress, harassment, and unnecessary discomfort and pain, and allowing animals to express normal behavior."

Penalties in this act include imprisonment and fines depending on the nature of violation.



Veterinary Clinics in Baguio City and La Trinidad, Benguet

Animal Haven Veterinary Clinic

Km. 6, La Trinidad, Benguet (near the Valley Bread outlet)

BSU Veterinary Teaching Hospital

College of Veterinary Medicine, Benguet State University
Km. 5, Balili, La Trinidad, Benguet

Naguillan Veterinary Clinic

Main: Naguillan Road, Baguio City
La Trinidad branch: Km. 3, La Trinidad, Benguet

Trinity Veterinary Care Animal Clinic

AC 12 Eastern Buyagan, La Trinidad, Benguet

DA Pet Camp

MB 392 Puguis, La Trinidad, Benguet

South Valley Veterinary Clinic

Pico, La Trinidad, Benguet

Graceville Veterinary Clinic

Upper General Luna Road, Baguio City

Pet d'etat Veterinary Clinic

Bokawkan Road, Baguio City

P & G Veterinary Clinic

Total Gas Station
Marcos Highway, Baguio City

Pines Veterinary Clinic

Magsaysay Road, Baguio City



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About the Author

Maureen Theresa Palasi-de Vera is active in advocating the rights of every pet. Having a heart for pets, she enrolled at the College of Veterinary Medicine of the University of the Philippines - Los Baños in Laguna, Philippines. After graduating in 1995, she worked for a poultry integrator and later went on to work as a resident veterinarian at a private clinic until she eventually became the co-owner.

To enhance her knowledge and career, she pursued her Master's degree at the Saint Louis University in Baguio City under the graduate program of the School of Natural Sciences. She graduated *cum laude* in 2015.

She started working at the Benguet State University as a contracted instructor under the College of Veterinary Medicine in 2015. To date, she now works as a permanent faculty member.

She has been in small animal practice for more than 15 years as a veterinarian. Aside from being a mentor to her students and an adviser to her clients, she is also a responsible and loving mother to her three children, Maegan, Dylan and Lena Mae.

Dr. De Vera wants to share her knowledge and experience to every interested pet owners and hopes to spread responsible pet ownership through this primer.



Benguet State University
Office of Extension Services
2601 La Trinidad, Benguet
Email Address: oes.office@bsu.edu.ph
Telephone Number: +63 (074) 422- 1877

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by the Office of Extension Services in collaboration
with the College of Veterinary Medicine.