



► Fostering is an ideal activity for people that love animals but cannot commit to having a lifelong pet in China.



► Most animal rescue groups in Shanghai do not have a shelter, so they depend on the help of rescuers and foster parents.



► It is a rewarding experience to give an abandoned and/or mistreated animal a second chance in life.

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# JAR's

## Constipation in Dogs

### What Is Constipation?

Constipation - difficult, infrequent or absent bowel movements - is one of the most common health problems associated with a pet's digestive system. Telltale signs, such as dry, hard stools and straining when trying to defecate, can also be an indicator of other disorders, including hypothyroidism. Another symptom of this disorder is the passage of mucus when a dog attempts to defecate.

### What Causes Constipation?

There are various reasons why a dog may be constipated:

- Not enough fiber in his diet
- Lack of exercise
- Blocked or abscessed anal sacs
- Enlarged prostate gland
- Excessive self-grooming can also cause large amounts of hair to collect in the stool
- Ingested gravel, stones, bones, dirt, plants or pieces of toys, etc. caught in the intestinal tract
- Matted hair or a tumor at the anus causing an obstruction
- Side effect of medication
- Hernia
- Orthopedic problem that causes pain when a dog positions himself to defecate
- Neurologic disorder
- Dehydration due to other illness

### How Can I Tell if My Dog Is Constipated?

If your dog has not had a bowel movement in over two days or if he strains, crouches or cries out when attempting to defecate, you

should see your veterinarian right away.

**Note:** These signs may also be symptoms of a urinary tract problem, so it's important to visit the vet to determine the cause.

### Which Dogs Are Susceptible to Constipation?

Elderly pets often suffer from infrequent or difficult bowel movements. However, the condition can occur in any dog who doesn't eat adequate amounts of fiber, get enough exercise or suffers from one or more of the causes of constipation.

### How Can I Treat My Dog's Constipation?

Depending on what's causing your dog's constipation, your vet may recommend one or several of the following treatments:  
 A stool softener or other laxative agent  
 Medication to increase the contractile strength of the large intestine  
 Adding fiber to your dog's diet with canned pumpkin, wheat bran or a product such as Metamucil  
 A veterinarian-prescribed, high-fiber diet  
 An increase in exercise  
 An enema (administered by a professional, not at home, please)

### What Can Happen If Constipation Goes Untreated?

If your dog's constipation is not alleviated, obstipation - the inability to empty his colon on his own - can occur. In this state, the colon is packed with an uncomfortably large amount of feces, causing unproductive straining, lethargy, appetite loss and possibly even vomiting.



## Jaiya's Animal Rescue

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