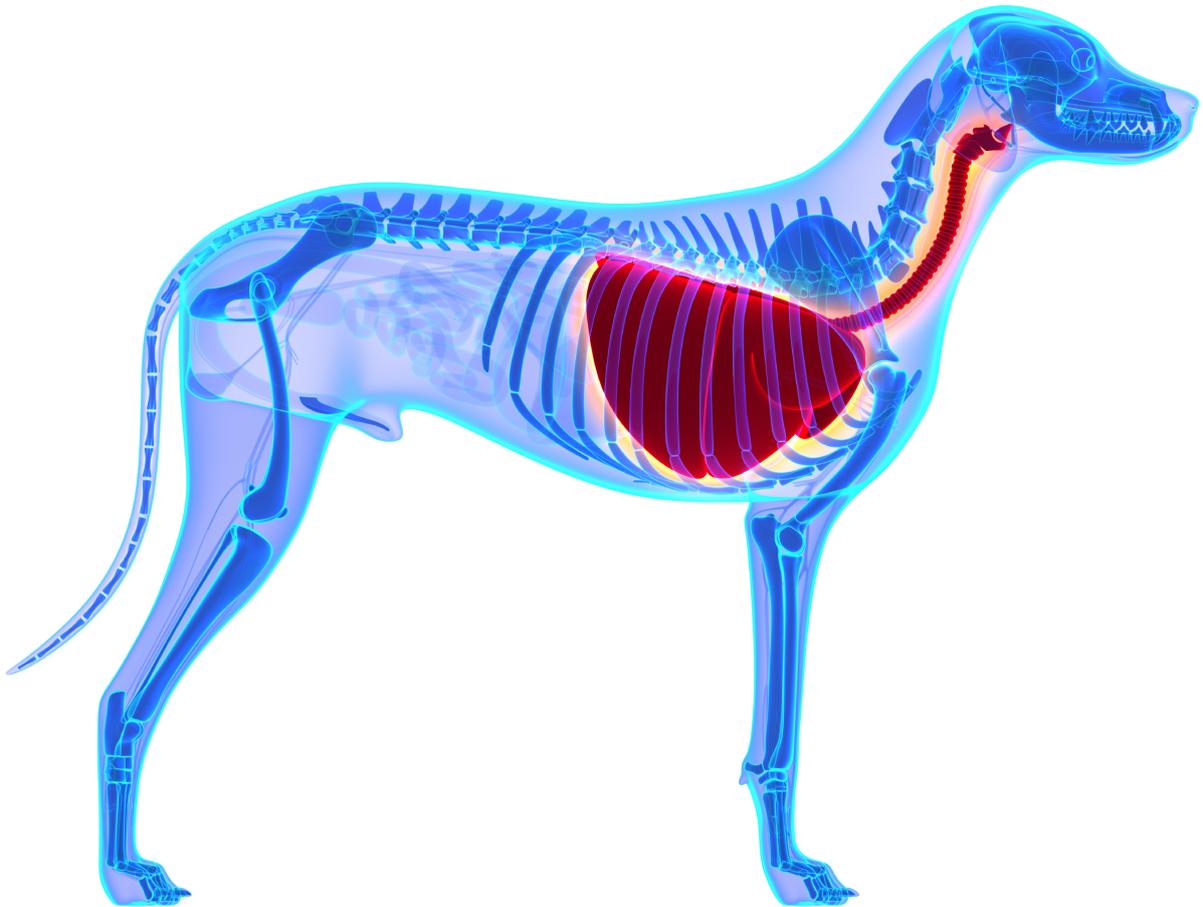




PET PURPOSE PODCAST

For Pet Parents wanting to take pet parenting to the next level!



KENNEL COUGH! - COVER YOUR MUZZLE WHEN YOU COUGH!

Host: Brett the Vet

Key takeouts:

- Coughing is a natural defence mechanism to expel and get rid of foreign particles or material in the airways and lungs.
- Coughing can also be the body reacting to the inflammation from an infection of the airways, with the body expelling mucous and other secretions through coughing



- What is involved in coughing
 - we inhale and fill up our lungs, then we close off our throat. In other words we close off the glottis. Then, at the same time as trying to forcefully expel all the air that we've inhaled, we suddenly open our throat and we are coughing!!!!
 - when a cough becomes persistent it can actually cause further irritation and aggravation of the airways.
 - there are a number of things that can cause our pets to cough, they include:
 - an infection of the airways such as Bronchitis for example Kennel Cough disease
 - an infection of the lungs, also referred to as Pneumonia
 - a collapsing wind pipe or trachea which tends to be more common in the small breeds of dogs
 - cancer somewhere within the respiratory system
 - certain parasites can affect the respiratory tract and the heart causing a cough
 - heart diseases but that said, often times other signs are more readily evident with heart disease before a cough even becomes evident
- How would you know if your dog has Kennel Cough? There are various signs of illness that are suggestive of a potential Kennel Cough infection, they include:
 - a cough first and foremost
 - sometimes expelling a white frothy type of phlegm at the end of their cough. Pet parents may think that their dog has something stuck in their throats.
 - a runny nose
 - difficulty breathing
 - feeling flat and tired and lethargic, and
 - the dog may perhaps sometimes even have a fever
- What is causing the coughing, and other symptoms?
 - Kennel cough is an infection of the respiratory tract and there are a range pathogens that can be responsible, with different viruses and bacteria involved.

A dry, harsh cough is typical of a Kennel Cough infection

- It does seem that infections with multiple pathogens lead to more severe signs of illness, whereas a respiratory infection involving one single bug will tend to be far less severe and often times self limiting (clear up without much veterinary intervention).
- Other names for Kennel cough include;
 - Infectious tracheobronchitis or ITB
 - Canine infectious respiratory disease
- The common name Kennel Cough came about because sometimes when a dog went to a kennelled environment, it would pick up a cough. There are number of reasons for this:
 - Dogs are housed in close proximity to one another in a kennel
 - Dogs are oftentimes stressed out being
 - away from owners
 - in a strange and unknown or unusual environment
 - In high density and close contact environments, the viruses and bacteria that cause coughing can more easily spread from one dog to the next
- Dogs aren't only able to pick up an infection in a kennelled environment, there can be other sources of infection.
- These could include dog parks, veterinary hospitals, grooming parlours or a day care. Basically anywhere where a dog could come into direct contact with another infected dog

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- Kennel Cough (ITB) can lead to pneumonia which can have far more serious outcomes than just an infection of the upper airways.
- To help prevent your dog getting Kennel Cough do the following:
 - Vaccination: Whilst vaccines don't protect against the full spectrum of potential viruses and bacteria, they still remain the best way of reducing the likelihood of infection and the severity of the disease, if a dog were to become infected.
 - No Sharing: Other precautions to take are avoiding shared drinking bowls often found in parks
 - Social distancing: Avoid nose to nose contact with "unknown" dogs
- If a dog has been diagnosed with Kennel cough it is best to keep them away from other dogs for at least 1-2 weeks beyond them not showing any signs of illness such as coughing

Please note that the information provided in this episode of the Pet Purpose Podcast is general in nature and you should always seek veterinary advice specific to your pets' individual needs



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