



# UNLEASHED

Volume 29 Issue 7, A publication of the Central Ohio Labrador Retriever Club July/August 2018

## No July or August Meeting

**Next Meeting Date: September 5**

**Time:** 6:30 p.m.

**Location:**

Home of Jan Eichensehr  
Galena, OH.

### 2018 Meeting Dates

September 5

October 3

November 7

December Christmas Party TBA

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CHECK OUT CENTRAL OHIO LABRADOR RETRIEVER CLUB  
ON FACEBOOK

[HTTPS://WWW.FACEBOOK.COM/  
GROUPS/575516432535825/](https://www.facebook.com/groups/575516432535825/)

## HAVE A GREAT SUMMER!



## Kibble may be putting some dogs at risk for fatal heart condition

By Plear Littlefield  
[RawFeedingCommunity.org](http://RawFeedingCommunity.org)

Before the pet food industry realized taurine was an essential amino acid for cats, many cats were dropping dead from "idiopathic" Dilated Cardiomyopathy (DCM). It was considered idiopathic until they figured out it was actually caused by a taurine deficiency in the early 1990s [3], so now, "complete and balanced" commercial cat foods must get supplemental taurine added back into the kibble (because taurine, like many other amino acids, is denatured or made unavailable for metabolism after cooking and processing [1,2]).

But since dogs can synthesize their own taurine from other amino acids (unlike cats), taurine is still not considered an essential amino acid for them. So "complete and balanced" dog foods have no minimum requirement for taurine [4].

Carnitine is a vitamin-like derivative of an amino acid, and it is also found in very low levels in dry dog food that plays a large role in heart function, and carnitine deficiency has been a documented cause of DCM in dogs as well [5]. Carnitine is also not considered essential for dogs [4], so commercial dog foods do not have to meet a minimum requirement.

Not only are there no minimum requirements for taurine or carnitine in commercial dog foods, but many common ingredients in dry foods have low digestibility and antinutrient effects that further decrease the absorption of taurine, carnitine, and other amino acids and

nutrients [6,8]. High heat processing and extended periods of storage have also been linked to decreased availability and absorption of amino acids [7,9,10,11].

There are many documented cases of dogs developing DCM due to a taurine deficiency [12,13,15,17] and some breeds like Golden Retrievers and Newfoundlands are thought to have a predisposition to developing taurine deficiency [14,16,18].

Grain free foods that utilize legumes have been put in the spotlight on this issue [19], because since many of the legume ingredients they use are high in protein, it can artificially increase the protein percent of the food, leading owners to believe that their dogs will be getting the benefits of a high protein [diet](#). However, legumes contain virtually no taurine, and plant based proteins have low digestibility in comparison to meat based proteins for dogs

For a lot of dogs, this might not be an issue. But for breeds like Dobermans that are notorious for their suffering cardiovascular health, or breeds that have been documented to have a potential predisposition to developing taurine deficiency like Golden Retrievers or Newfies, it isn't far-fetched to believe that getting enough dietary taurine is essential for optimal health – even if current pet food regulations don't consider it essential.

So, feeding raw or supplementing the diet with taurine and/or carnitine could help promote a healthy heart and make up for some of what kibble lacks.

Of course, DCM in some breeds like Dobermans is genetic, so unfortunately there is no guarantee this will cure or prevent DCM in every case. But any breed susceptible to DCM can use all the help they can get, and this is just one way to make sure you are providing all the building blocks the body needs for optimal heart health, since it is well documented that kibble alone may not do that.

The following table contains a list of food items and their taurine content [20, 21, 22]. Seafoods, dark meats, and organ meats generally contain the most taurine. Each food item in this table is raw unless otherwise noted.

<b>Taurine (mg/100g)</b>	
Tuna (albacore)	176-200
Tuna (canned)	42
Tuna (whole)	284
Salmon	60-130
Mackerel	78
Mackerel (whole)	207
Cod	31
Whiting	40
Haddock	28
Whitefish	114-151

Clam (fresh)	520
Clam (canned)	152
Shrimp	155-390
Scallops	827
Octopus	388
Mussels	655
Oysters	396-698
Herring (whole)	154
Capelin (whole)	144
Smelt (whole)	69
Chicken (light meat)	18
Chicken (dark meat)	83-170
Chicken breast	16
Chicken leg	34
Chicken liver	110
Chicken hearts & livers	118
Chicken necks & backs	58
Chicken (whole)	100
Turkey (dark meat)	306
Turkey (light meat)	30
Turkey (ground, 7% fat)	210
Duck leg (meat)	178
Duck leg (skin)	62
Rabbit (whole, ground)	37
Beef (ground, 15% fat)	40
Beef (ground, 25% fat)	28
Beef heart	65
Beef kidney	69
Beef spleen	87
Beef lung	96
Beef tongue	175
Beef gullet	80

Pork loin	50-61
Pork lung	78
Pork gullet	65
Pork liver	86
Pork kidney	77
Lamb leg	47
Lamb kidney	24
Venison	60
Veal	40
Horse	31

References:

- [1] <https://www.ncbi.nlm.nih.gov/pubmed/2144588>
- [2] <https://www.ncbi.nlm.nih.gov/pubmed/12864905>
- [3] <https://www.ncbi.nlm.nih.gov/pubmed/1500323>
- [4] <http://www.merckvetmanual.com/management-and-nutrition/nutrition-small-animals/nutritional-requirements-and-related-diseases-of-small-animals>
- [5] <https://www.ncbi.nlm.nih.gov/pubmed/17085238>
- [6] <https://www.ncbi.nlm.nih.gov/pubmed/27489723>
- [7] <https://www.ncbi.nlm.nih.gov/pubmed/8558301>
- [8] <https://www.ncbi.nlm.nih.gov/pubmed/7472663>
- [9] <https://www.ncbi.nlm.nih.gov/pubmed/2081988>
- [10] <https://academic.oup.com/jn/article/136/7/1998S/4664783?related-urls=yes&legid=nutrition;136/7/1998S>
- [11] <https://www.ncbi.nlm.nih.gov/pubmed/25088431>
- [12] <https://www.ncbi.nlm.nih.gov/pubmed/14584743>
- [13] <https://www.ncbi.nlm.nih.gov/pubmed/14507418>
- [14] <https://www.ncbi.nlm.nih.gov/pubmed/14584742>
- [15] <https://www.ncbi.nlm.nih.gov/pubmed/12752830>
- [16] <https://www.ncbi.nlm.nih.gov/pubmed/16988121>
- [17] <https://www.ncbi.nlm.nih.gov/pubmed/11592329>
- [18] <https://www.ncbi.nlm.nih.gov/pubmed/16141179>
- [19] <https://mckeevvetderm.com/wp-content/uploads/sites/543/2017/09/>

As I have a 12 year old Labrador who has recently been diagnosed with a Taurine deficiency I thought this interesting. She was originally diagnosed with Dilated Cardiomyopathy (this past April, 2018. Normal heart November 2017) but the vet thought about testing for taurine. Seems she was severely deficient in taurine. Since supplementing with taurine we have been able to cut back on her heart meds and her heart and lungs have shown much improvement. Hoping to reduce heart meds again with next exam.

~ Christine

**"We don't care about papers because he will just be a pet"**

**"We're not looking for a show dog, so it doesn't matter if the parents are titled. We just want a good family pet"**

By Meghan Riddle  
Riddle Shepherds

I hear this all too often, people assuming that since their dog will be 'just a pet', the lineage of the parents is not important. I'd argue the exact opposite. Have you ever considered what we expect of a dog that is 'just' a pet? Being a pet is hard. The dog must learn to adapt to a human's world, often with no more than 8 weeks of basic obedience, at best. Rules are inconsistent (I mean, I train dogs and I know I am inconsistent at times; add a whole family with various levels of training and it's not surprised that the pup is confused. For instance, does 'down' mean 'don't jump up' or 'lie down' or 'get off the sofa?'). He needs to tolerate days in a row of doing little as the family is busy with work and school, and then be well-behaved on the weekend when they decide to take him along to the farmer's market or for a hike. He must tolerate neighbor kids running up to pet him, friends coming over for dinner, the handyman doing repairs - all with a steady reserve.

To be a great pet, a dog needs a rock-solid temperament, a high level of tolerance for all our human foibles, and a loving but discriminating character. To get all of that requires good breeding with parents that have proven themselves trainable and stable. Because being 'just a pet' may be one of the harder things we ask a dog to do.

Edited to add: This post was specifically created because of my frustration with backyard breeders who produce many litters without testing health or temperament or proving the dog is breed quality. And the people who purchase from those breeders, thus supporting them. I fully support adoption/rescue for those who are able and willing to do that and regularly refer people to rescue groups in my area (not to mention the years I've volunteered at shelters; I've fallen in love with many an mixed breed dog or unregistered purebred).

Mutts are a bit like a box of chocolates - you never quite know what you are going to get. That works well for some families, not for others.

And, yes, regardless of where your dog comes from, training will make him or her a better companion

## **Litter Listings**

### **Nipntuck Well Played x Ch Hunt Club Storm Chaser**

Blacks and yellows due 6/28/18

Contact: Linda Bednarski  
linda@tullamorelabs.com  
740 815-1948

### **GCH Rebellion's Mischief in Me, JH, CA, CGC, WC X Borador's Black Type for Fallbrook CGC**

Blacks/Chocolates Due July 3, 2018

Contact Christine or Paul Nickerson  
440-238-9378;

Christine @ CaptainNicksLabs.com  
website: [CaptainNicksLabs.com](http://CaptainNicksLabs.com)



# General COLRC Information



The **UNLEASHED!** is a publication by and for the members of the **Central Ohio Labrador Retriever Club** and others interested in the betterment of the sport and advancement of cooperative communication within the Labrador community and the dog fancy.

The articles and information contained in this publication have been deemed by the editor to be of interest to our readers but do not necessarily reflect the beliefs or the opinions of the editor or COLRC members. Reader input is actively solicited.

Please address or email all articles, announcements, comments and suggestions to [newsletter@colrc.com](mailto:newsletter@colrc.com). Unleashed is published ten to twelve times per year. Closing for each issue is the 20<sup>th</sup> day of the month prior to publication.

Dues are \$25 annually for a single membership and \$40 for a joint membership. Business cards will be placed on the COLRC website for the year at a cost of \$50 for members and non-members.

Club members who wish to utilize the Litter Listing Column of the newsletter and website will be required to pay \$50 per litter listing unless they have worked at two of our three club events during the course of the year.

**Meetings** General meetings shall take place the first Wednesday of every month unless otherwise noted.

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