

Preventive Care

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Taking care of a pet means more than just giving them love and attention; it also means staying on top of their health before problems start. That's what preventive care is all about. It's the little things we do now that can make a big difference in our pets' lives later on.

Whether you've just adopted your first pet or you've been a pet parent for years, here's a simple guide to the basics of keeping them healthy and happy.

1. Vaccines:

Vaccines are one of the first steps in keeping your pet safe from serious diseases. Puppies and kittens need a series of shots early on, and even adult pets need regular boosters.

Some of the core vaccines for dogs include:

- Rabies
- Distemper
- Parvovirus

For cats, common ones are:

- Rabies
- Feline distemper
- Calicivirus

There are also optional vaccines depending on your pet's lifestyle, like if they go to dog parks or travel often. Your vet can help decide what's best.

2. Parasite Prevention: Fleas, Ticks & Worms

Parasites may be tiny, but they can cause big health problems. Things like fleas, ticks, heartworms, and intestinal worms can lead to infections, skin issues, and even serious organ damage.

Thankfully, there are easy ways to prevent them:

- Monthly flea and tick meds (topical, oral, or collars)
- Heartworm prevention (especially important for dogs)
- Regular deworming or stool checks

These treatments are usually easy to give and can save your pet (and you) a lot of trouble down the road.

3. Dental Health: More Than Just Fresh Breath

Bad breath might seem like a small issue, but it can be a sign of something bigger. Dental disease is super common in pets and can lead to pain, infections, and even problems with their heart or kidneys.

Here's what helps:

- Brushing your pet's teeth (even just a few times a week)
- Dental treats or toys
- Annual cleanings at the vet

It's easy to skip, but keeping their mouth healthy is just as important as feeding them the right food.

4. Vet Checkups: Don't Skip the Annual Visit

Even if your pet seems perfectly healthy, they still need a yearly checkup. These visits help catch small problems before they turn into big ones.

During a wellness exam, your vet will:

- Check your pet's weight, heart, and lungs
- Look at their eyes, ears, and skin

- Feel for any unusual lumps or bumps

Sometimes, they might also recommend blood tests or other screenings, especially as pets get older.

5. Spaying & Neutering: Long-Term Health Benefits

Spaying (for females) and neutering (for males) isn't just about preventing unwanted litters. It also has real health benefits.

These include:

- Lower risk of certain cancers
- Fewer behavioral issues (like marking or roaming)
- No risk of life-threatening infections like pyometra in females

Talk with your vet about the best time to schedule this procedure based on your pet's age and breed. [100/100](#)

Late but great! See, that rhymed!!!