CRACKING THE SECRETS OF TOOTH FRACTURES
PET DENTAL X-RAYS: THE PICTURE OF HEALTH
A PAINFUL, HIDDEN DISEASE IN CATS
PREVENTING PET DENTAL PROBLEMS
DANCING WITH THE DOGS
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Share your best pet photographs with other Pet Quarterly readers. Just email your pictures to Petquarterly@yahoo.com. We’ll pick the best to publish each issue. Shown here are a few of the members of the PQ staff’s menagerie.
People recognize that maintaining good oral health plays a role in our overall well-being and, just as with other organ systems, finding dental problems early can often mean slowing or even stopping progression of disease. The “gold standard” for humans is to have dental x-rays taken once a year. 

Veterinary professionals are realizing that the same is true for our pets. One study conducted on 115 cats and 226 dogs found that oral radiographs (the technical term for dental x-rays) detected unrecognized disease in 28% of dogs and 42% of cats; in animals with known tooth problems, additional information was revealed by dental x-rays in approximately half the cases. This is because x-rays allow the veterinarian to examine the bone and tooth-supporting structures in addition to the teeth themselves.

The Tip of the Iceberg

Dental x-rays provide a picture of what is going on below the gumline, where most oral disease occurs (Figure 1). Below the gumline is the tooth’s root. This houses the pulp chamber, which holds the blood vessels and nerves that serve each tooth. Around the root is a structure called the periodontal ligament. Like springs on a trampoline, the periodontal ligament attaches the tooth root to the tooth socket. On an x-ray, this ligament appears as a line running around the perimeter of the root.

Preparation

Many veterinary clinics are adding more thorough oral exams to their twice-yearly physicals, sometimes including dental radiographs using either a standard x-ray unit or a dental x-ray machine similar to the type found in human dental offices. Because most animals...
A thorough physical examination, including a dental exam, is the first step in preventing oral disease in pets.

will not lie still or tolerate holding a film in their mouths, general anesthesia is necessary when taking x-rays to protect the animal and to safeguard the handler from injury and from excessive exposure to radiation.

**Disease Detection**

Just as in humans, the accumulation of plaque (food debris and bacteria) on the teeth leads to the gums becoming red, swollen, and inflamed—a common condition known as gingivitis. Bad breath and red or bleeding gums are important signs, although the animal might drop food and rub its mouth as well. Your veterinarian can reverse the damage with a proper dental cleaning but unchecked oral disease will wreak havoc, allowing toxins and bacteria to circulate and harm organs throughout the body.

Diseases of the pulp usually occur following trauma to the tooth. The crown, or top of the tooth, may or may not be fractured, and it could be discolored a pink or gray. Periodontal (gum) disease can also cause problems with the pulp. As destructive bacteria travel down the length of the tooth, they can enter through the tip of the root, causing damage and death to the pulp tissue (Figure 2). An x-ray will show a wider pulp chamber when compared to neighboring teeth or the same tooth on the opposite side, providing further information as to the extent of damage to the tooth.

Abnormalities of the tooth socket and surrounding bone can be caused by disease in the gums or tooth pulp, or sometimes by an oral tumor. Tumors, both malignant and benign, can locally invade the bone around teeth. On an x-ray, this will make the bone look moth-eaten and occasionally the teeth will have no attachment to the bone (Figure 3). X-rays will also give the veterinarian necessary information to determine the size of a tumor and whether bone is involved to help decide on the best course of action. Following treatment, follow-up x-rays are performed to make sure the tumor has not returned.

Dental radiographs are fast becoming the dental standard for pet oral health. The information they provide allows the veterinarian to treat the patient more quickly and provide the patient a more comfortable mouth and the owner a happier pet.

**American Veterinary Dental Society Recommendations for Reducing the Risk of Oral Disease**

- The first step: routine physical examination for pets, including a dental exam.
- Pet owners should practice a regular dental care regimen at home, which may include brushing the pet’s teeth with specially formulated toothpaste. It’s best to start early, but grown dogs and cats can learn to tolerate brushing. Toothpaste for humans is not recommended because it may upset the pet’s stomach.
- Schedule regular follow-up care with your family veterinarian and ask about specially formulated foods with proven benefits in plaque and tartar removal.
Feline stomatitis is a very painful disease that affects the gums and/or the back portion of the mouth in cats. While eating might be causing a cat agony, many show no symptoms that their owners are able to recognize. Due to the painful nature of the disease, all cats should have regular oral examinations by a veterinarian to ensure that stomatitis is not present.

**Cause and Symptoms**

The cause of stomatitis is unknown but we do know the condition is related to the pet’s immune system overreacting to something present in, on, or adjacent to, gum tissue. An antigen or protein causes the immune system to attack the gum tissue, creating a severe reaction in the gum and/or back portion of the oral cavity (Figures 1 and 2). Bacteria and viruses are suspected as causes.

Other than oral cancer, stomatitis is the most serious disease of the mouth. Symptoms vary (see Symptoms of Feline Stomatitis box) and unfortunately, cats are notorious for not showing symptoms until they are extremely ill, hiding signs of even serious diseases that could be diagnosed with regular veterinary visits (see “Is Your Cat Really Sick?” Volume 4/Fall). Feline stomatitis is no exception.

**Treatments**

Historically, treatment for feline stomatitis has been unrewarding. Medical treatments can provide temporary relief of symptoms, but until we understand what causes the condition, treatment is aimed at reducing tissue inflammation.

Steroid injections can help control inflammation, but they can cause serious side effects in cats and must be used sparingly and with caution. Steroid injections also become increasingly less effective over time. Antibiotics can help somewhat, but they also become less effective as time goes on. Laser treatment is sometimes used to provide a temporary positive benefit; but must be repeated every several months.

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*Due to the painful nature of the disease, all cats should have regular oral examinations by a veterinarian to ensure that stomatitis is not present.*

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**Symptoms of Feline Stomatitis**

- Oral Agony

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**Double Trouble**

Cats with stomatitis may have other diseases affecting the gums and/or the teeth in front of the mouth (canines and incisors) that also require care. A thorough oral examination, including an x-ray evaluation, may uncover periodontal disease or defects in the enamel known as resorptive lesions, which are troublesome because they are painful to the animal. Resorptive lesions are usually eliminated by extracting the affected teeth.
It is extremely important that cats visit the veterinary office twice yearly for a thorough examination.

Extract the Problem
Currently, the only treatment that has proven to show significant results is extraction of the teeth in the back part of the mouth (molars and premolars). Most cats that have had extractions require no further treatment. Soft food is prescribed for two weeks. After this time some cats prefer to return to their dry kibble. For the remaining cats, some form of medical therapy is needed. A small number of cats do not improve regardless of the type of treatment.

Pain Control
Pain management is particularly important before and after treatment. New understanding of different ways that the cat’s body maintains pain allows your veterinarian to use combination of pain medications before and following surgery that provide much more effective pain relief for your cat than was possible in the past. This generally requires intravenous and injectable administration of pain medication for 24 hours before extractions are done, but helps avoid extended hospital stays and feeding tubes that were required in the past. Many cats eat very well a few hours after surgery even if they had poor appetites beforehand.

Difficult Disease
Feline stomatitis is painful and serious. Symptoms may be vague or absent in some cats. Therefore, it is extremely important that cats visit the veterinary office twice yearly for a thorough examination. The mouth should receive special attention due to the severe consequences of this disease in our feline companions.

Symptoms of Feline Stomatitis
All cats do not show signs that they have this painful condition so twice-yearly check ups are important, but contact your veterinarian if your cat has any of the following symptoms.

- Halitosis (bad breath)
- Red gums
- Difficulty swallowing
- Lack of appetite
- Lethargy
- Blood-tinged saliva
- Difficulty holding onto food
- Abnormal tongue movements
- Tooth-grinding
- Poorly kept coat due to lack of self-grooming
Although shaped differently, our pets’ teeth are similar to ours and the pain an animal experiences after fracturing a tooth is similar, too. Our pets, however, can’t tell us how much they hurt; they continue to eat, play, and work. Fortunately, fractured teeth can be treated and in many cases fractures can be prevented.

**What Causes Tooth Fractures?**

Inappropriate chewing behavior in dogs, or accidents in dogs and cats, can fracture teeth (Figure 1). Several popular items purchased for dogs to chew are known to fracture teeth, including meat bones (soup bones or knuckle bones, for example), nylon bones, cattle hooves, and some pressed rawhide chews. Toys such as Frisbees and balls can lead to fractured teeth if they are thrown on hard surfaces like concrete. Dogs that chew rocks also risk tooth fractures. Firm rubber toys that are bendable (eg, Kong toys; www.kongcompany.com) are recommended instead of harder chews.

**Problem Behaviors**

Two particular behaviors predispose dogs to tooth fractures: cage chewing and separation anxiety. The dog that chews its cage or fence gradually wears away the back surface of its canine (“eye”) teeth, causing them to become thin and weak (Figure 2) and at high risk of fracture with continued cage chewing. A dog that has separation anxiety may engage in destructive chewing when separated from its owner and might fracture a tooth with the owner being none the wiser.

Both these common behavior problems can be treated through behavior modification. Be sure to consult with your veterinarian if your dog engages in cage chewing or exhibits separation anxiety.

**What Cues Should I Watch for?**

Remember, a pet will not usually let you know it is in pain with a fractured tooth. Your dog or cat may adapt by chewing food on one side of the mouth more than the other, or you may notice your dog does not want to
chew on its toys. In most cases, however, the pet owner will not notice any behavior change.

It is important to look at the pet’s teeth regularly by gently lifting the lip while the mouth is closed. Check to see if the canine teeth are the same length on both sides. If you are able to see the back teeth, they should look the same on both sides as well. Your veterinary staff can help you learn to examine your pet’s teeth safely and comfortably.

A veterinarian should perform a dental examination as part of a twice-yearly check up, or more often if the animal has a history of inappropriate chewing behavior (Figure 3).

**How Does a Fractured Tooth Affect My Pet?**

How a dog or cat is affected by a fractured tooth depends on several factors:

- Depth of the fracture
- Age of the fracture
- Age of the tooth

For instance, when the enamel is fractured, the dentin—the main part of a tooth beneath the enamel and surrounding the pulp chamber and roots—becomes exposed. The dentin is porous or “leaky” and sets up the rest of the tooth for infection. A fracture into the enamel and dentin also weakens the tooth. The deepest fractures involve the enamel, dentin, and pulp. These are emergency situations. The pulp, the innermost part of each tooth, contains the blood and nerve supplies. If the tooth fracture involves the pulp, the pet experiences immediate and intense pain. Left untreated, the pulp dies within a few hours to days, and the intense pain subsides. However, infection continues to enter the pulp through the fracture site and eventually can lead to an abscessed root, a draining tract, infection of the jaw, and chronic, ongoing pain. Unlike a broken bone or an open wound, a fractured tooth can never heal or “seal over” and antibiotics cannot cure the infection.

**What Should I Do if My Pet Has Fractured a Tooth?**

Fractured teeth with pulp exposure need immediate treatment, preferably within 48 hours. Primary teeth will need to be extracted to prevent permanent damage to the unerupted permanent tooth. Permanent teeth with pulp exposures can sometimes be treated with root canal therapy, in a way similar to people. This treatment allows the pet to keep the tooth. Metal crowns (caps) are also available after root canal treatment. X-rays will be needed to determine the damage to the root(s) of the tooth. If the tooth root is involved in much of the fracture, the tooth will need to be surgically extracted.

Treatment, either root canal therapy or extraction, should not be delayed. The “watch and wait” approach prolongs the pet’s pain as infection and damage progress. It is important NOT to wait for drainage or swelling, which are signs of ongoing damage and continued pain. Preventing tooth fractures and treating fractures as soon as they are noticed is the best way to keep your pet pain-free.
Do holiday indulgences tend to linger on your waistline? Is your canine companion one of the 40% that the American Veterinary Medical Association classifies as overweight? This year, resolve to try a new activity that will benefit both you and your dog: canine freestyle dancing.

“It’s the best fun you’ve ever had,” says Patie Ventre, founder of the World Canine Freestyle Organization. Based on basic obedience training, freestyle dancing adds dimensions such as music, timing, costuming, routine development, and showmanship. The object of musical freestyle is to display the dog and handler in a creative, innovative manner. “If you love music and you’ve always wanted to be on Broadway, this is the sport for you,” says Ventre.

Perhaps the best way to appreciate canine freestyle dancing is to see it. Videos from all over the world are available online (see Box), and while routines vary from dramatic skits to intricate dressage-like routines, the common elements are cooperation between dog and human and the team’s enjoyment of one another.

Any dog, regardless of size or breed, can be a dancer. Ventre explains, “Any breed can do well, it’s not a sport dominated by borders and goldens. A dog is a pack animal—it wants to please its owner. Training a dog to the highest level requires training in a positive manner, so in freestyle dancing the dog does what it loves to do with the person it loves best.

“Vets think it’s great for their patients,” she continues. “In musical freestyle, the dog is constantly working, heeling both on the right and the left, which evenly develops muscle groups. It’s good for dogs with hip problems and helps them keep active and limber.” The owner gets a workout, too. “My dog Dancer and I do a 3-minute fast mambo and by the end of the
Get Up and Dance

Are you ready to cha cha with your chow-chow or polka with your pit bull? It’s easy to get started. “Go on your computer and do some research,” Ventre advises. “Training videos and books are available to learn the basic commands and strategies. “Find a club in your area, and link up with some people who might be able to tell you where to see an event or recommend videos, instruction books, and give advice on your specific dog’s breed.

“When you start training your dog, you will develop a nice bond, a very positive relationship. With some time and effort you will see the ‘light bulb’ go off in the dog’s head as he understands what you want him to do,” she says.

“As you progress in training, you will probably want to take a training workshop. Eventually, you might want to compete,” Ventre comments. There are categories for every type of competitor from beginner to expert; 4-H youngsters to “Sassy Seniors”—dogs over age 9 and/or owners over 65. Even animals or owners with disabilities such as blindness, deafness, or amputations are able to compete in freestyling. “We have people compete in wheelchairs,” she says.

While the judging is serious, evaluating heel work, jumping, distance covered, expression, and other criteria, Ventre says event days are like parties. “Our theme is sharing and bonding. Today’s champion can be tomorrow’s last place. New competitors are immediately brought into the fold; it’s a warm and friendly sport that the whole family can come out and enjoy.”

Video Competition

Canine freestyling offers another unique option in sports: video competitions that allow teams to enter regardless of the physical or financial ability to travel. Video competitions also circumvent quarantine regulations that govern travel with animals. “This way, people can compete from all over the world,” Ventre notes.

Olympic Dreams

The World Canine Freestyle Organization based in Brooklyn, New York, is a nonprofit corporation with club branches across the United States and around the world. “Our newest club, the Melbourne Canine Freestylers just started up in Australia,” Ventre says. Dog dancing is more than a hobby with Ventre, it’s a mission. “My goal is to make freestyle dancing an Olympic sport, just like ballroom dancing or pairs skating. It’s a true team sport—the only difference is that one of the team members happens to be a dog.”

Canine Freestyle Dancing

Check these organizations’ Web sites for instructional videos, training information, competition rules and categories, dates, regional club contacts, FAQs, and contacts.

World Canine Freestyle Organization
www.worldcaninefreestyle.org

Musical Dog Sport Association
www.musicaldogsport.org

Canine Freestyle Federation, Inc.
www.canine-freestyle.org
Over the past 20+ years, veterinarians and pet owners alike have begun to recognize the importance of dental health. As our four-legged friends have moved from the backyard to the bedroom, we are focusing more on preventive medicine and enhancing their overall well-being. An important component of this is maintaining pets’ dental health.

Healthy Teeth, Healthy Pet

There is mounting evidence in both veterinary and human medical literature to support a link between the health of teeth and gums with overall health. There are local (meaning just around the teeth) as well as systemic (affecting other organs of the body) effects of dental disease, some of which may be more significant than we know. The bottom line: if optimum health is the goal for our pets, we should take dental disease seriously. The problem is that much of dental disease is hidden below the gum line and typically is a slow, insidious process without obvious damaging effects.

Periodontal disease has been estimated to be the most common disease process in our pets. Many other dental diseases, such as broken teeth, painful cavities lesions, discolored teeth, root fractures, and oral tumors are slowly progressive and most pets show few signs of a problem. In most instances, pets can have abscessed teeth, continue to eat, don’t show any swelling or drainage of pus, and certainly don’t say “my tooth hurts.” It is up to owners to be aware of the possibility of dental disease and look closely for any of its signs.

Read the Signs

Look for halitosis (bad breath), gingivitis (red gums), swollen gums, or broken or discolored teeth. Any of these could be signs of significant dental disease and should be pointed out to your veterinarian. These conditions can set up a tooth, or many teeth, for a chronic (long-term) infection. With dental infections, pets usually don’t run a fever, stop eating, or give any other indication they are ill. The problem is the constant infection from the plaque bacteria—and the breakdown products from these bacteria—into the surrounding tissues and bloodstream. The pet’s immune response is a help, but also contributes to the inflammation by releasing chemicals that signal other immune cells to the area, almost like sounding an alarm to the rest of the body that there is a fire that needs to be put out. These inflammatory cells cause further tissue breakdown and also release chemicals that may be damaging to other organs in a long-term situation.

Infection Tied to Disease?

In human and veterinary dentistry, associations have been made between these long-standing, low-level infections, and the development of disease in other organs. Studies in veterinary medicine have shown an association between advanced periodontal disease and microscopic changes within the heart muscle, kidneys, and liver.

Points to Remember

- Mounting evidence in veterinary medicine suggests a link between the health of teeth and gums and overall health of pets.
- Studies in veterinary medicine have shown an association between advanced periodontal disease and microscopic changes within the heart muscle, kidneys, and liver.
- Periodic cleaning and dental examination of your pet’s teeth by your veterinarian are the best defense against long-standing dental disease.
It is important to point out that it remains to be proven whether dental disease leads to disease in those organs, but these studies suggest that infection in the mouth is connected to disease of other organs. Not only does the chronic infection possibly cause other problems in the body, but as we mentioned earlier, the body’s own immune system may be causing detrimental effects to other organs. In humans, one of the inflammatory chemicals, called C-reactive protein (C-RP) is thought to be associated with increased risk of heart attacks. Other human studies show elevated levels of C-reactive protein in patients with periodontal disease. There has yet to be a study that says periodontal disease causes heart attacks, mainly because there are so many other variables, such as smoking, high blood pressure, etc, but it certainly deserves consideration. The same should be considered for our pets. While dogs and cats rarely are stricken by a heart attack, we must consider the possibility that the chronic release of the inflammatory chemicals could be contributing to other disease processes.

**Prevention**

Our goal is to prevent dental disease before it has a chance to set up a long-term infection. Some things pet owners can do to ward off chronic dental infections are:

• Brushing the teeth on a daily or every-other-day basis
• Examining teeth weekly for:
  • Fractures
  • Cavity-like lesions
  • Discolorations
  • Inflamed gums

Bring any of these abnormalities to the attention of your veterinarian as soon as possible. Also, one of the most important lines of defense for prevention of long-standing dental disease is the periodic cleaning and dental examination of your pet’s teeth by your veterinarian.
February Is National Pet Dental Health Month

According to the American Veterinary Dental Society, 80% of dogs and 70% of cats show signs of oral disease by the time they are 3 years old. Because of the potential health effects, many veterinary hospitals recognize Pet Dental Health Month. Take advantage of this time to focus on your pet’s dental health by calling your veterinarian and make an appointment to have your pet’s teeth examined and schedule the dental cleaning you might have been putting off. Don’t assume that a pet’s bad breath is normal—it can be an early sign of gum disease, which can be controlled through regular tooth cleaning. Your pet will thank you with a healthy smile and fresher breath!
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