

GREAT LAKES IRISH WOLFHOUND ASSOCIATION

Midwest Wolfhound



A quarterly newsletter for Irish Wolfhounds & their people

Volume LXIII

Summer 2022

Secretary's Report

- Track progress of the club and view the official record of each board meeting
- April- Board Meeting Minutes
- April- Special Email Vote

Calendar of Events

- Find locations, dates, & details of events GLIWA is participating in. Please join us!

Spotlight on Health

- The health & wellbeing of our hounds is our highest priority. Here you will find articles on health care, behavior, training and nutrition
 - [Practical Acupuncture for Bloat by C.A. \(Krowzack\) Bernstein, DVM](#)
 - [DCM Clinical Trial at University of Illinois](#)
 - [Medicinal Mushrooms](#)
 - [Medicinal Mushrooms \[and types\] for pets](#)

Book Nook

- Cozy up and read with your Wolfhound...about Wolfhounds!

Quarterly Photos & Brags

- GLIWA Picnic

GREAT LAKES IRISH WOLFHOUND ASSOCIATION

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Risha Cupit-Berzins

VICE-PRESIDENT

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Bernstein

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Michelle Whittenhall

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Debbie Greene
Helen Philpott
Scott Mortensen
Pam McNeil

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Cover photo credit:

Rory's litter- Michelle Whittenhall

Secretary's Report



GREAT LAKES IRISH WOLFHOUND ASSOCIATION Board Members Meeting of April 24, 2022

The meeting was called to order at 1:15 p.m.

Board members **Present:** (*tick the box if present*)

Risha Chris Maria Michelle Debbie Scott Mark Helen Pam (via phone) .

Board members **Absent:** (*tick the box if absent*)

Risha Chris Maria Michelle Debbie Scott Mark Helen Pam .

Guests in attendance: David Berzins, Diane Palumbo, Tony Whittenhall, Robert Greene, Joe & Madeline Mahoney

Michelle motioned to approve meeting minutes as printed in the Midwest Wolfhound Newsletter. Chris seconded, motion approved.

Officer's Reports

President – I am grateful we have a generous board who all voted to send \$500 to Mandy Addington to send to Victoria Bolkina for the animals in Ukraine, and in support of Ukraine's efforts to fight against Russia. Thank you all for caring.

<https://www.facebook.com/bolkina>

Vice President – No report

Secretary / Membership – All members & payments are updated and available for review in excel via our website in the members section.

Treasurer – Contact information will be updated to reflect Mark as the new Treasurer on the website. Joe Mahoney will work with Mark to make this transition easier. The treasurer will forward any new member requests to the secretary to record.

Committee Reports

Activities – Updated on the website. Save the date for the Fun Match is uploaded. We most likely won't be participating in any Irish/Celtic events in July or August for the safety of the hounds in the heat.

Fun Match- October 15-16, 2022

- We have secured and confirmed Anne Spalding, (Kellcastle Irish Wolfhounds) as GLIWA Fun Match Judge.
- Risha ordered and have received the 2 crocks (Best Adult, Best Puppy) and 5 bowls (GLIWA 2022) for trophies.

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- Risha ordered the Don Goodrich Pottery last year for this year and should receive mid-summer.
- Cudahy Kennel Club and The Packing House are secured.
- Michelle already posted a Save the Date on the GLIWA page. I think we should post it again every 6 weeks or so on the GLIWA page, and post on our personal pages a few days after that.
- Harp & Hound ads open May 1, 2022, for the Summer Issue, and close July 1. We feel that is too late for issue to come out in time before the match. This year we feel we should just save the \$100 since we are uncertain that it truly positively impacts entries.
- Risha plans to ask for sponsorships, auction items, vendors & ads in July & August this year
- We have secured the photographer and vet tech to assist with EKGs.
- Risha has the desserts chosen for this year.
- We will be ordering less coffee this year since there was too much leftover last year.
- We will be looking into other nearby hotels as well as checking with LaQuinta to see if some issues that entrants had have been fixed.
- Risha cannot locate anyone in the Milwaukee area who still has a rotary engraver for the plates on the perpetual trophies, so we could have them re-created with laser printing, or we would need to ship them perhaps to the engraver Maria used 2 years ago to have this done.

Hospitality – N/A

Publications – Chris is working on a few health/veterinary articles that she will submit. Debbie & Michelle are always looking for new ideas or topics to add to the newsletter. We need these items early as the newsletter must go out 30 days before each board meeting.

Rescue – N/A

Policy – N/A

Ways and Means – N/A

Old Business:

IWCA Gift basket donation. Risha gave Helen some GLIWA teacups, wine from Out of the Woods Winery in Hayward, WI, and some New Glarus Spotted Cow beer (only sold in WI). Other members have made donation for the GLIWA basket as well and it should be a nice representation for our region.

New sashes – After some investigation of new sashes we know they are pricey (\$100-\$150 each) with the embroidery. If anyone would like to look into this more, please let Risha know.

We tabled the discussion of updating the by-laws at the last meeting so that everyone could read the by-laws and we could discuss this time.

BYLAWS to be evaluated:

1. Discuss potential changes to the membership requirements and adopt something similar to the IWCA requirements.

GLIWA: Article III: Membership

Section 1: Membership in the Association shall be open to any person who possesses a sincere interest in the welfare of the Irish wolfhound as a breed of dog. There shall be no discrimination on the basis of race, color, religion, creed,

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national origin, sex, age or ownership of an Irish Wolfhound in determining qualifications for membership or holding office in the Association or participation in any of its activities, except as specifically limited by these By-Laws.

IWCA Membership:

In accordance with the Club Bylaws, your name will be forwarded to the Secretary and the *Harp and Hound* editor for publication in the next general Club mailing or *Harp and Hound* for member comment. Those same pending applicants' names, along with any member comments, are then presented to the Board of Directors for approval or rejection at the next Board meeting following the publication period. It can take up to 6 months or more, including the 30 day member comment period, before the application process can be completed.

You will be notified by the Membership Chairperson once your application has been voted on by the Board of the IWCA. You will receive a notification letter and a complimentary copy of the *Harp & Hound*.

*GLIWA will further discuss this and vote on establishing an ad hoc committee to review the by-laws in the near future.

2. Lifetime membership status (member emeritus) per by laws. It was discussed that due to her dedication to the club & breed, Pat Powers be awarded lifetime membership to be presented at the annual picnic. Maria moved to award Pat Powers with lifetime membership. Debbie seconded. Motion passed.

New Business

Planned Litters – how can we know about planned litters in advance? There's really not a great way to do this.

Possible picnic dates for 2023 so we can secure Pilcher Park (be aware of 2023 National and other Specialties). Debbie to check with Pilcher for May (possibly May 22).

Board Meeting adjourned at: 2:40 p.m. . _

Next Board Meeting to be announced at a later date.

Special Board Member Email Vote April 28, 2022

Requesting a Board vote to approve the creation of an ad hoc committee to review the by-laws

Good Evening GLIWA Board,

We, as a board, have been discussing reworking the GLIWA By-Laws for several months. I believed that we had already taken a vote regarding this so we could move forward, but it seems as though we discussed it and tabled it a few times. Looking through the minutes from the last year+, I could not find a formal vote on this.

I am now requesting a board vote to approve the creation of an ad hoc committee to review the by-laws.

Please reply with yes or no, by 5:00 pm, Sunday, May 1.

Kindly,
Risha

*All board members voted "yes" and motion was passed.



GLIWA Calendar 2022

Come join us and enjoy the day with your wolfhounds!



SAVE the DATE October 15-16, 2022
great lakes irish wolfhound association



SATURDAY, OCTOBER 15, 2022

◆ Judge, Anne Spalding ◆

◆ Kellecastle Irish Wolfhounds ◆

Fun Match, Auction, and Judge's Dinner



SUNDAY, OCTOBER 16, 2022

Seminars and EKG testing

CUDAHY KENNEL CLUB, ST. FRANCIS, WISCONSIN

FOR MORE INFORMATION: www.gliwa.org

Match Premium will be available soon!

Please keep checking back at <https://www.gliwa.org/events> for future event updates!

We look forward to seeing you.



Practical Acupuncture for Bloat



By: C.A. (Krowzack) Bernstein, DVM

Introduction

I received my Doctor of Veterinary Medicine from the University of Illinois Champaign/Urbana in 1977. In 1999 I completed the American Veterinary Acupuncture Society course on acupuncture. I was in private practice until 2004 and utilized acupuncture and herbal therapies in addition to traditional Western medicine in my practice. After practice I taught veterinary technology at The Vet Tech Institute of Fox College in Tinley Park, Illinois and included a module on alternative medicine in my Pharmacology course.

What is Acupuncture?

Many people consider acupuncture to be a form of voodoo. In Traditional Chinese Medicine (TCM) acupuncture points (acupoints) are locations of focused energy along channels (meridians) of energy. In TCM illness and disease are manifestations of imbalances or blockages of energy in the body and acupuncture balances or releases the energy blockage.

In Western Medicine anatomical and neurophysiological research has shown acupoints to be either at the end point of nerve fibers or where nerve fibers penetrate the body's tissue planes. Stimulation of acupoints releases detectable neurochemicals and hormones which can have effects throughout the body.

Because of the patterns of embryological and neuroanatomic development, acupoints may be quite removed from the organ system they effect. The Stomach Meridian, for example, starts on the face, runs along the underside of the body, up and over the flank and onto the lateral (outside) aspect of the hind leg, ending on the toe.

Another characteristic of acupuncture that confuses people is the points on meridians which seem unrelated can affect other organ systems. For example, the Bladder Meridian contains points for many systems besides the urinary tract.

With that in mind, I will describe several acupoints that you, as an owner, can find and use with acupressure and may help to save your dog's life.

What is Bloat?

Commonly called bloat, the medical term is gastric dilation/volvulus or GDV.

Gastric dilation is a large accumulation of gas in the stomach and can occur with or without twisting of the stomach, volvulus. Both are emergency situations, but volvulus is a complicating factor which significantly decreases the likelihood of a good outcome. Some breeds, including deep chested and giant breeds, have a high incidence of bloat. For example, in Great Danes up to 42%¹ of the dogs may be affected. But I've seen bloat in a spaniel and even a cat. Both the Irish wolfhound and Scottish deerhound can be affected.

Because it is such a devastating illness much research has been done over many years.

Unfortunately, no definitive answers are currently available. Genetics would seem to play a role given the high percentage of incidence in certain breeds and DNA research is being conducted. Diet, exercise, and temperament have all been implicated at one point. So, what *do* we know? Nutrition studies point to dry kibble and once a day feeding. Feeding from elevated bowls or on the floor doesn't affect the incidence. Adding other foods to dry kibble seems to decrease the incidence although there is no consensus on what other foods. Adding canned food, or eggs, or table food, or raw foods all seem to have the same beneficial effect. High strung dogs seem to have a greater likelihood of developing bloat, but it is uncertain just how much of an effect it has.² What about exercise? For a long time, the rule of thumb was not to let your dog exercise after eating – which sounds suspiciously like no swimming after a meal, an idea which has been debunked. Studies haven't borne that out.

So, what do we do for prevention? Raw food advocates will say feed raw. Dry food advocates want the ease and guaranteed nutrition. If an owner wants to play it safe, if they are feeding dry kibble they should add something to the food, preferably a balanced AAFCO certified canned food or AAFCO certified raw food to avoid unbalancing the nutrients in the diet. Feeding twice a day makes sense since it decreases the amount of material in the stomach at any given time. Preventative stomach tacking (suturing the stomach in position) could be considered and is recommended in Great Danes. That can be done at the time of a spay or neuter. There are veterinarians who can perform a stomach tack with a laparoscope.

Signs of Bloat

Dogs experiencing bloat may show signs of restlessness, pacing, reluctance to lie down and attempts to vomit. They will retch but nothing will come up. The sound is something like: ga-a-ack. They gulp and lick their lips. As it progresses the owner will notice the dog looking fuller in the abdomen or rib cage. Pressing on the abdomen will cause discomfort or pain. If you thump with a finger behind the ribs on the left side the abdomen will sound like a drum. As it progresses, the dog's gums will start to pale, then turn gray to bluish, their heart rate will increase indicating shock and they will get weaker, eventually collapsing. The stagnant blood absorbs toxins from the deteriorating stomach and in a worsening cascade of events the dog goes into endotoxemic shock (like toxic shock syndrome). Once a dog reaches this point, they are unlikely to survive. Remember: this is an emergency! Don't wait to see a veterinarian! It is better to be wrong than to have your dog die.

What to Do

First, if you think even possibly that your dog is bloating, call your vet immediately! Think of this as calling 911 if your house is on fire. Can you try to fight the fire? Yes. Should you? No. But there are useful acupuncture/acupressure points which can buy you time while you get to the veterinarian. Disclaimer: these points will not help if volvulus has already taken place, so it's better to start at the first signs of bloat.

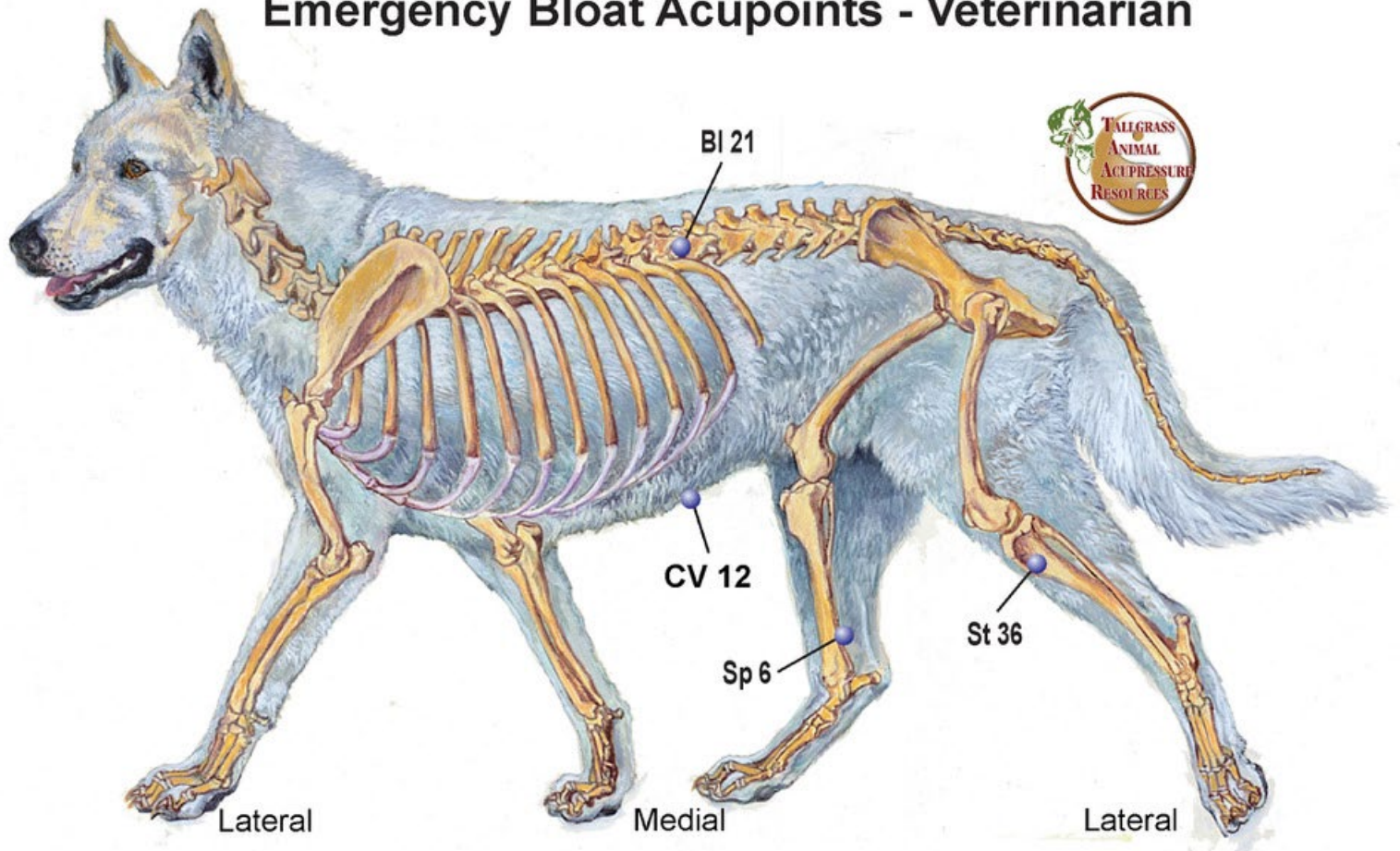
The main "bloat point" is Stomach 36 (ST 36). It is on the lateral (outside) aspect of the hind leg, below the stifle (knee) in the body of the Tibialis anterior muscle. In some individual, especially greyhounds, this muscle may be very well developed. To find ST36 put your hand on the dog's leg at the front of the hock (heel) joint and find the tibia, or shin bone. Follow the tibia up the leg. It becomes a sharp ridge. Just below the stifle you will feel a bony prominence. This is the tibial crest. Let your hand slide over the ridge onto the lateral aspect of the leg. If you feel very gently with your fingertip, you may feel a slight indentation--ST36. Another way to find ST36 is to bend the dog's leg slightly. Starting at the patella (kneecap) slide your hand down the stifle. The first prominence after the patella is the tibial tuberosity. The second ridge down is the tibial crest. Don't be discouraged if you can't feel ST36 specifically. If you are in the right area and if you massage vigorously or press firmly, you can still stimulate the energy release. If your dog is having a stomach or spleen problem this point will be sore and he may jerk his leg away.

The second acupoint to monitor is Bladder 21 (BL 21). The Bladder Meridian runs down the back on both sides of the spine. First, measure the 10th rib width compared to your finger. This is a unit of measurement called a cun ("soon"). Next, feel the end of the 13th rib (the last rib) and follow it up to the attachment at the spine. Find the vertebrae behind it. BL 21 is a depression halfway between these two vertebra (T13 and L1) 1.5 rib widths (cun) lateral to the midline. Please note that the size of a cun is relative to the size of the dog which is why you measure the rib.

BL 21 is a diagnostic point for the stomach. If a dog has a stomach disorder this point will be painful. Their skin may ripple when you press the point, or the muscles spasm, or the dog may drop their back because it is painful to touch there.

The final point is Conception Vessel 12 (CV12). The CV Meridian runs down the ventral midline of the body. CV12 is a depression halfway between the umbilicus (navel; belly button) and the end of the sternum. CV 12 is the "alarm point" for the stomach. Pressing here will make the dog groan, grunt in pain or whimper. See illustration.

Emergency Bloat Acupoints - Veterinarian



Points	Location / Function
BI 21	1.5 inches off the dorsal midline at the spinous process of the 13 th thoracic vertebra.
CV 12	On the ventral midline, 1/2 between the xiphoid process and the umbilicus.
St 36	Lateral aspect of hind leg, one finger-breadth lateral to the tibial crest.
Sp 6	Found 3 cun above the tip of the medial malleolus on the caudal border of the tibia.

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Putting It to Work

You have the information; now how do you use it? It is late at night. Your dog wakes you. He is restless and anxious. He tries to gag or vomit but nothing comes out. You feel his sides but you aren't sure if he is fuller or if his abdomen is hard (or maybe you are). Find ST36 and press. He jerks his leg away. Find CV12 and press up. He whines. Find BL21 and press. He flinches. **CALL YOUR VETERINARIAN IMMEDIATELY!!!** *Knowledge and use of the acupuncture or acupressure points is not a substitute for emergency veterinary care.* If possible, while one person is phoning, the other person should vigorously massage ST36. Even dig a fingernail into the point. It may take ten to fifteen minutes to get a response but it will work IF volvulus (twisting of the stomach) is *not* present. The dog will start to belch or pass gas when you are successful. Don't quit, though. If possible, have someone continue to massage ST36 (adding CV12 helps) during the trip to the emergency clinic or your veterinary clinic. Massaging for 20 minutes is a typical treatment period.

Once at the emergency clinic your dog may still need to have his stomach pumped of residual fluid, gas, and food. Intravenous fluids and monitoring for signs of toxemia may be necessary. Some of the toxic side effects of bloat (cardiac arrhythmias, stomach wall necrosis) may not appear for twenty-four to forty-eight hours, so intensive care monitoring may be necessary. Acupressure treatment can help you win the battle, but the war isn't won until the danger period is past.

Editor's note: the author retains all copyright privileges for this article.

¹ Great Dane Update, A Nestle Purina Publication Dedicated to Great Dane Enthusiasts
Vol. 15, Summer 2017

²The Purdue Bloat Study
Bloat Notes: News From the Canine Gastric Dilatation-Volvulus Research Program
School of Veterinary Medicine
Purdue University

Illustration reprinted with permission from Tallgrass Animal Acupressure Resources

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DCM Clinical Trial at University of Illinois



I ILLINOIS

College of Veterinary Medicine

Title: Rapamycin Treatment in Preclinical Canine Dilated Cardiomyopathy (The REPAIR Study)



Contact Email: VTHCardiology@vetmed.illinois.edu please add 'REPAIR Study' to the subject line

Species: Dog

Inclusion Criteria: Dogs with a prior diagnosis of occult dilated cardiomyopathy (ODCM) and being treated with pimobendan may be eligible to undergo a number of screening tests to confirm their eligibility for enrollment.

Background: Dilated cardiomyopathy (DCM) is the second most common acquired cardiac diseases in dogs. The preclinical phase of DCM, often referred to as occult DCM (ODCM), can last for ~2-3 years. Current optimal management of dogs with ODCM includes pimobendan and/or antiarrhythmic medication. Once dogs with ODCM progress to the clinical phase of the disease, dogs often experience congestive heart failure and have limited (<1 year) life spans with diminished quality of life. This study aims to investigate if a new treatment, rapamycin, can reduce heart size and improve function during the occult/preclinical stage of dilated cardiomyopathy (ODCM) in dogs already receiving pimobendan. Dogs that pass the echocardiographic and full screening tests are eligible to enroll in this 6-month study.

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Exclusion Criteria: Dogs will NOT be eligible for enrollment if:

- 🐾 They have been diagnosed other cardiac diseases (congenital or acquired).
- 🐾 They have/had signs of congestive heart failure.
- 🐾 They have fainted in the last 3 months.
- 🐾 They have undergone general anaesthesia in the last 30 days.
- 🐾 They have atrial fibrillation.
- 🐾 They are receiving diuretics

Owner Commitments:

Owners must be able to make a trip to Illinois veterinary school to participate in the study at the time of screening for enrollment, and again at 2, 4, and 6 months after enrollment. Owners must be able to answer questions regarding their dog's health at each of the screening visits.

Financial Incentives:

All enrolled dogs will have diagnostic tests required by the study including blood work (complete blood count, biochemistry panel), ECG/Holter, and an echocardiogram (a cardiac ultrasound) conducted at no cost to the owner. In addition, the study will provide pimobendan at no cost to the owner during the course of the study. A Holter monitor deposit fee is charged and refunded when the Holter is returned.



College of Veterinary Medicine

Veterinary Teaching Hospital
240 Small Animal Clinic, MC-004
1008 W. Hazelwood Drive
Urbana, IL 61802-4714

Funded Study: Treatment of Canine DCM using Rapamycin

TriviumVet (Veterinary Research and Development company)

Study Title: Rapamycin Treatment in Preclinical Canine Dilated Cardiomyopathy (The REPAIR Study)

Purpose of Study:

Dilated cardiomyopathy (DCM) is the second most common acquired cardiac disease in dogs. The preclinical phase of DCM, often referred to as occult DCM (ODCM), can last for ~2-3 years. Current optimal management of dogs with ODCM includes pimobendan and/or antiarrhythmic medication. Once dogs with ODCM progress to the clinical phase of the disease, dogs often experience congestive heart failure and have limited (<1 year) lifespans with diminished quality of life.

This study aims to investigate if a new treatment, rapamycin, can reduce heart size and improve function during the occult/preclinical stage of dilated cardiomyopathy (ODCM) in dogs already

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receiving pimobendan. Dogs that pass the echocardiographic and full screening tests are eligible to enroll in this 6- month study.

Inclusion Criteria for Screening:

- Dogs at least three years of age
- Dogs with a prior diagnosis of occult dilated cardiomyopathy (ODCM) and currently treated with pimobendan

Dogs will undergo a number of screening tests to confirm their eligibility for enrollment in the study.

Eligibility Diagnostics:

All enrolled dogs will have diagnostic tests required by the study including blood work (complete blood count, biochemistry panel), ECG/Holter, and an echocardiogram (a cardiac ultrasound) conducted at no cost to the owner. In addition, the study will provide pimobendan at no cost to the owner during the course of the study. A Holter monitor deposit fee is charged and refunded when the Holter is returned.

Owner Commitments:

- Owners must be able to make a trip to University of Illinois Veterinary Teaching Hospital to participate in the study at the time of screening for enrollment, and again at two, four, and six months after enrollment.
- Owners must be able to answer questions regarding their dog's health at each of the screening visits.

Compensation:

All study diagnostics plus a 6-month supply of pimobendan are provided free of charge.

Contact Information:

Please contact VTHCardiology@vetmed.illinois.edu for inquiries.

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**DCM Clinical Trial -
NOW ENROLLING**

Title: Rapamycin Treatment in Preclinical Canine Dilated Cardiomyopathy (The REPAIR Study)

Email
VTHCardiology@vetmed.illinois.edu
for screening inquiries

All testing and medicines free of charge including Vetmedin/Pimobendan for trial duration (6 months)



Medicinal Mushrooms



Credit: Rania Gollakner, BS, DVM, MPH

www.vcahospitals.com

What are medicinal mushrooms?

Medicinal mushrooms are a group of fungi that are used to treat and prevent several different diseases or to promote general health. Examples of medicinal mushrooms include maitake (*Grifola frondosa*, *Polyporus umbellatus*, *Grifola umbellatus*, and *Boletus frondosus*), shiitake (*Lentinus edodes*), reishi (*Ganoderma lucidum*), cordyceps (*Cordyceps ophioglossoides*), and turkey tail (*Trametes versicolor*) mushrooms. It is important to note that not all mushrooms are medicinal, and some mushrooms are toxic and deadly.



"It is important to note that not all mushrooms are medicinal, and some mushrooms are toxic and deadly."

The active ingredients in medicinal mushrooms include **polysaccharides** (complex sugars), **proteins**, and **glycoproteins** (sugar-protein compounds), and they are commonly used as anticancer, anti-inflammatory, and immune-boosting supplements. Other conditions that have been treated with medicinal mushrooms include diabetes, high blood pressure, arthritis, lung disease, infection, gastrointestinal disease, and nerve disease.

Dietary supplements are substances that can be used to supplement the diet, such as vitamins, minerals, amino acids, herbs, botanicals, enzymes, and probiotics. While many supplements are sold over the counter, they still contain ingredients that have biological effects that should be managed by your veterinarian. Follow your veterinarian's directions and cautions very carefully as their directions may be significantly different from those on the label.

There are differences in how countries regulate supplements. In the United States, these substances are not as vigorously regulated by the FDA as other medications, which means they can be sold without the manufacturer proving their effectiveness, safety, and without a guarantee of consistent or accurately reported ingredients. In Canada, products that have been evaluated for quality, safety, and effectiveness by Health Canada and authorized for sale will have a license number on the label.

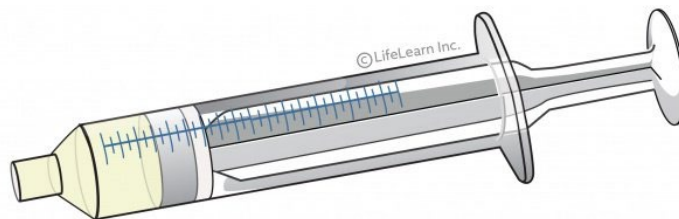
How effective are medicinal mushrooms?

Limited studies in companion animals have been performed, but there is anecdotal evidence that medicinal mushrooms work to treat cancer and other diseases by increasing the effectiveness and activity

of immune system cells. There is also some promising evidence in human studies, although more rigorous clinical studies are needed for each mushroom type.

How are medicinal mushrooms given?

Medicinal mushrooms are given by mouth in the form of capsules, powder, chewable tablets, or liquid extracts. Mushrooms may be given with or without food; however, if stomach upset occurs when dosed on an empty stomach, give future doses with food. Measure liquid forms carefully.



It is important to carefully measure liquid medication.

What if I miss giving my pet the supplement?

Give the missed dose as soon as you remember, and then wait the recommended amount of time between doses. Never give your pet two doses at once or give extra doses.

Are there any potential side effects?

Studies are limited for this supplement and therefore information regarding side effects is also limited. Side effects depend on the type of mushroom used and may include upset stomach, diarrhea, dizziness, and skin rash. Serious side effects may indicate a toxicity and can include seizures, severe vomiting or diarrhea, increased drinking, lack of appetite, yellowing of the skin or eyes, or weakness.

Are there any risk factors for this supplement?

Studies are limited for this supplement and therefore information regarding risk factors is also limited. Risk factors depend on the type of mushroom used, but in general, do not use medicinal mushrooms in pets that are allergic to mushrooms. Medicinal mushrooms should be used cautiously in pets with bleeding disorders, low blood pressure, liver or kidney disease, or immune-mediated disorders. They should be used cautiously in pregnant or nursing pets, as safety has not been established.

Are there any drug interactions I should be aware of?

The following medications should be used with caution when given with medicinal mushrooms: insulin or other diabetes medications, anti-inflammatories, anti-coagulants, or immune modulators. Vitamins, herbal therapies, and supplements have the potential to interact with each other, as well as with prescription and over the counter medications. It is important to tell your veterinarian about any medications (**including all vitamins, supplements, or herbal therapies**) that your pet is taking.

Is there any monitoring that needs to be done with this supplement?

There is no specific monitoring that needs to be done while your pet is taking this medication. Your veterinarian may monitor your pet to be sure that the medication is working.

How do I store medicinal mushrooms?

In general, store this supplement in a cool, dry place, protected from light. There are many formulations and manufacturers of medicinal mushrooms, so always follow the specific storage instructions on the product label.

What should I do in case of emergency?

If you suspect an overdose or an adverse reaction to the medication, call your veterinary office immediately. If they are not available, follow their directions in contacting an emergency facility.



Medicinal Mushrooms [and types] for Pets



Credit: www.realmushrooms.com



The Benefits of Fungi for Furry Friends

If you're one of the 67% of Americans that has (and loves) a pet, you know the importance of keeping them healthy and active. Similar to us, our furry friends can benefit from medicinal mushrooms – especially senior pets, or those with health concerns. You may be struggling to find ways to give your furry companion as high a quality of life as possible.

Medicinal mushrooms are a natural and healthy way to ensure that your pet gets enough nutrients and antioxidants. When searching for the best mushroom supplements to give to your canine companion, you'll want to keep in mind what his individual needs and health issues are.

We want to show you how mushroom extracts can help your furry companion live a long, active life and avoid the common health problems that require costly vet trips.

Let's take a look at the best types of mushrooms that you can give your pets!

What Are Medicinal Mushrooms?

Before deciding which medicinal mushroom supplements will best help your pet, it's important to define "what exactly is a medicinal mushroom?"

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There are a variety of edible fungi that are considered medicinal mushrooms because they contain antioxidants, and help the human body with various functions such as: stimulating cell production, repairing tissues, maintaining heart health, and supporting the immune system.² Taking these mushrooms isn't a new practice. People throughout the world have been using mushrooms medicinally for thousands of years.



A variety of medicinal mushrooms, each with its own super-power.

For instance, 2000-year-old documents show us that the Reishi mushroom was venerated by the ancient Chinese for its remarkable healing and anti-aging properties. They called it **Lingzhi**, meaning “divine herb that energizes the chi or life force.”¹ Mushroom drawings were found on ancient ceramics and artwork in Peru, suggesting regular use of and reverence for fungi in their lives.²

Recently, mushroom extracts have seen a sharp increase in popularity as people increasingly turn to more natural health solutions.

Medicinal mushrooms are a comprehensive and plentiful source of natural, health-supporting compounds. You may be thinking, ‘that sounds great for humans! But does that mean they are safe for pets?’

How Are Mushrooms Helpful for Pet Health?

Medicinal mushrooms for dogs and cats are a great natural alternative for pets as high-quality mushroom supplements are powerful immunomodulators that do not carry the same risk of side effects as pharmaceuticals.

People rarely experience undesirable side effects from using medicinal mushrooms. The few side effects that humans have occasionally had from mushroom extracts are mild in severity and duration, such as drug interactions, upset stomach, itching and nausea. For more information about the safety of mushrooms for pets, read our article [Can Dogs Eat Mushrooms? Facts About Fungi for Your Furry Friend](#). Increasingly, holistic veterinarians are turning to medicinal mushrooms to support the wellbeing of their animal patients.

Learn more about the safety of mushrooms for dogs in particular in our article, [Can Dogs Eat Mushrooms? Facts About Fungi for Your Furry Friend](#).

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What's in a Mushroom Extract for Pets?

If you choose a reputable source, such as Real Mushrooms, your medicinal mushroom extract should contain nothing but pure mushrooms. Some extracts will feature a single mushroom on its own, while others might be a blend of varieties. The important thing to look for is that the product is organic and free from fillers.

All of our [mushroom powder extracts](#) are organic and contain only the most potent medicinal parts of the fungi (the mushroom) and zero added fillers or starches. This is in contrast to the majority of mushroom supplements sold in North America which contain the fungi root-like structure, called mycelium, and the grain on which the mycelium is grown. In contrast to Real Mushrooms' extract powders, this results in [less effective product](#).

Since our mushroom extracts come in both capsules and powders, it is easy to give them to your pet based on their needs and preferences. Many of our customers simply **sprinkle ½ tsp to 1 tsp of mushroom powder** on their pet's food once a day.



Sprinkle ½ to 1 tsp of mushroom powder on top of your pet's food.

Benefits of Various Medicinal Mushrooms for Pets

Now that you know what medicinal mushrooms are and what they're used for, let's take a look at the various types of mushrooms and how they can specifically benefit our canine or feline companions. Read on to learn some of the most popular types of medicinal mushrooms for pets so you can decide which is right for your furry friend's specific needs!

1. Reishi

[Reishi](#) is known as the 'mushroom of immortality' because of its protective, anti-aging, and rejuvenating properties. It also helps to modulate the immune system by increasing or decreasing certain immune system functions.

As animals age, like us humans, the immune system can become weaker and they can get ill more easily. Adding a [medicinal mushroom such as Reishi](#) to your pet's daily mix can help keep them resilient, youthful, and healthy. Additionally, this mushrooms has been known to help with allergies!¹²

Reishi also has the power to regulate the digestive system.³ So, If your pet has issues with bowel irritation, you can use Reishi mushroom capsules to help keep him regular, decrease intestinal discomfort, and modulate the microbiome.¹¹

Our beloved pets are all unique and expressive in their own ways. Some dogs experience separation anxiety, while young dogs may have excessive energy or be active at night. Reishi is known for its capacity to calm the nervous system and induce restful sleep. Older pets may have trouble moving and might experience sleep disturbances. Reishi can help to regulate the sleep cycle and relax your furry friend. ⁷

2. Maitake

As with the other mushrooms on this list, [Maitake](#) helps to maintain proper immune system function. Maitake contains polysaccharides such as beta-glucans, compounds that encourage healthy immune function, blood sugar regulation, and modulate inflammation. This means that your pet's immune system will be in tip-top shape to fend off sickness.

Additionally, maitake regulates blood pressure and can help support the cardiovascular health of your pet. Again, similar to Reishi, it also promotes relaxation. Thanks to our fungi friends your fur friend will have the support he needs to keep his heart and circulation strong for daytime activities.

3. Turkey Tail

[Turkey tail's](#) primary function is to support the immune system of the person or pet who takes it. Essentially, this mushroom boosts the production of the cells our bodies rely on to kill invading microbes or abnormal cells, such as those that form tumors. This mushroom also stimulates the production of certain cytokines, which are important messenger signals for the immune system. Therefore, turkey tail helps support a healthy immune system and promotes longevity.

Back in 2012, vets were excited about a study out of Penn State University on a turkey tail based extract known as PSP. It looked at the effects on dogs with hemangiosarcoma, an aggressive and invasive dog cancer with few treatment options. The results showed that PSP can drastically extend the lifespan of a dog with hemangiosarcoma. Unfortunately, the extended lifespan is still relatively short because the average lifespan is less than a year for a dog with this disease.¹⁰

Turkey tail is a mushroom that we recommend for the natural immunity boost it gives pets. It is also ideal for its anti-aging effects. No matter how young and healthy your pet is, they can always benefit from a little immune system strength.

4. Cordyceps

[Cordyceps](#) is another one of the medicinal mushrooms that we are super excited to share. This mushroom increases the production of ATP, the compound that promotes cellular energy. It will help your furry friend increase their stamina to run and play. Cordyceps stimulates the production of ATP with precursor compounds like cordycepin. If your pet is lethargic, introducing Cordyceps extracts into his daily life could improve your pet's level of energy.

Additionally, [Cordyceps supports the respiratory system](#). It can lessen the severity of lung problems and can help diminish the symptoms of breathing-related issues, such as allergies or chronic lung disease.

As we mentioned in our [Cordyceps Mushrooms](#) post:

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For centuries the Chinese have known of this mushroom's ability to strengthen the lungs and kidneys and improve a person's essential vitality. A study from the Evidence Based Complementary Alternative Medicine journal in 2015 looked at the anti-fatigue effects of Cordyceps militaris (CM) supplementation on rodents. The rodents that received two weeks of Cordyceps militaris supplementation displayed greater levels of delayed fatigue compared to the rodents not given the mushroom. Additionally, the CM rodent group had higher levels of ATP, antioxidant enzyme levels, and lower levels of lactic acid. In simpler terms, these rodents were able to push longer and harder without tiring out.

5. Shiitake

Using shiitake mushroom extracts is a great way to improve liver function and decrease inflammation.⁴ Shiitake mushrooms are the most popular type of edible fungus in the world. Since the constitution of our canine friends is similar to that of our own, they can work well for them, too. Additionally, it can keep the liver functioning properly and shiitake mushroom capsules can help keep your pet's heartbeat regular and healthy.

6. Lion's Mane

[Lion's Mane](#) is a mushroom that is rich in beta-glucans, which have antitumor properties. Furthermore, it contains antioxidants and neuroprotective chemical compounds that aid in supporting healthy brain and nervous system function.⁵

The specific compounds in Lion's Mane promote the growth of neurons and it's taken by people to stave off cognitive decline.⁸ You can give Lion's Mane mushroom extract to your pet to help them stay sharp, alert, and youthful. Over time, it can keep them living with vitality so you can both enjoy the activities that you love.

7. Chaga

[Chaga](#) is a fungus that's incredibly rich in antioxidants and grows on birch trees in colder regions like Canada, Maine, Finland and Russia. Similar to other mushrooms on this list, it supports a healthy immune function.⁶ However, it also has potent compounds to help with digestion and skin health as well as being a potent anti-oxidant.

How to Give Medicinal Mushrooms to Pets

Medicinal mushrooms are an accessible, safe, and remarkable source of whole-health support for humans and pets alike. Mushroom supplements are a multi-benefit add-on to [create a better bowl of pet food](#). They will help your furry friends live a long life full of vitality and support their recovery from health challenges that may come up.

[Each medicinal mushroom variety](#) has a unique way of boosting your animal friend's health.

Conveniently, a mushroom blend like [5 Defenders](#) is a reliable and well-rounded supplement to choose if you are undecided or want the benefits of a combination of the mushrooms mentioned above. Whichever mushroom you decide on, the most important thing is selecting a quality organic product without fillers. Real Mushrooms has committed itself to produce some of the safest, purest, and most potent concentrations of mushroom extracts on the market.

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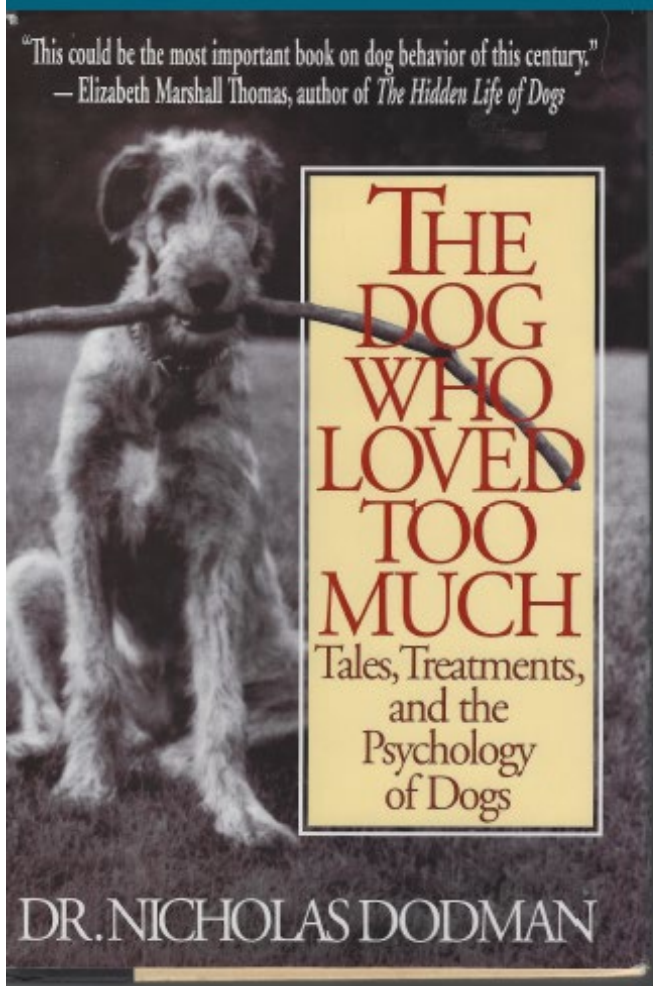
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Book Nook



Looking for something to read on a trip? Are you considering a fall vacation? Looking for EARLY Christmas Gifts? Here is a very Incomplete list of books for your reading pleasure. For a more complete list go to the [IWCA Website](#) and search for some really great reads!

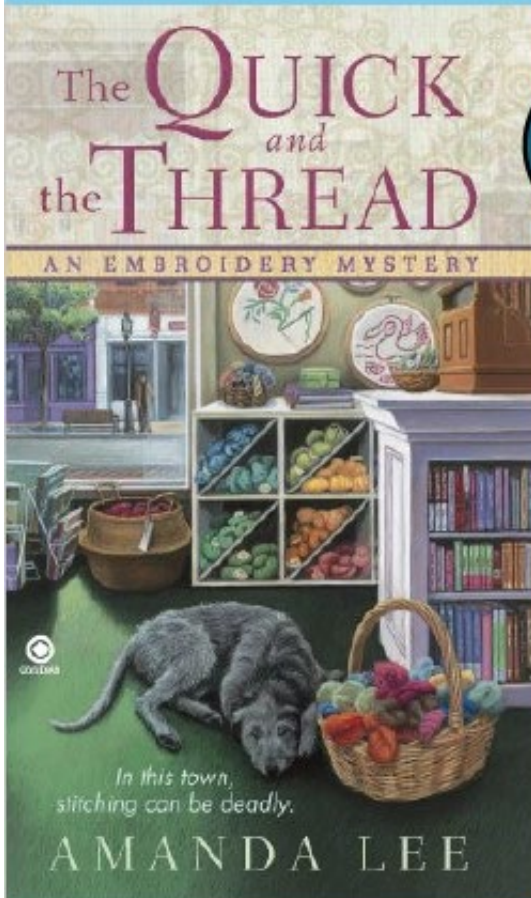
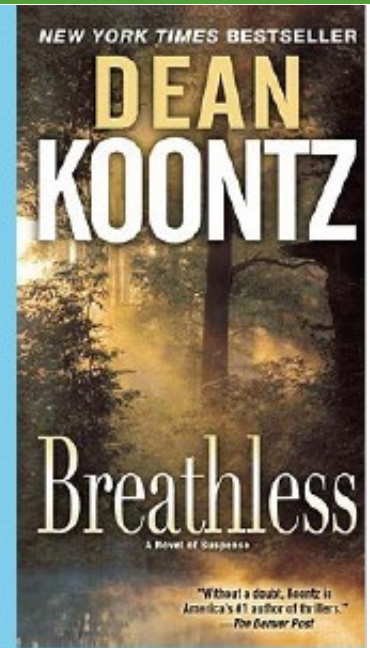


Little Dog
and
Duncan

Poems by Kristine O'Connell George
Illustrated by June Otani

Breathless by Dean Koontz

In the stillness of a golden September afternoon, deep in the wilderness of the Rockies, a solitary craftsman, Grady Adams, and his magnificent Irish wolfhound Merlin step from shadow into light...and into an encounter with enchantment.



The Quick and the Thread

By Amanda Lee

When Marcy Singer opens an embroidery specialty shop in quaint Tallulah Falls, Oregon, she throws a soiree and a Stitch-In. Soon, Marcy's sign-up sheet for embroidery classes fills up and everyone in town seems willing to raise a glass-or a needle-to support the newly-opened Seven Year Stitch.

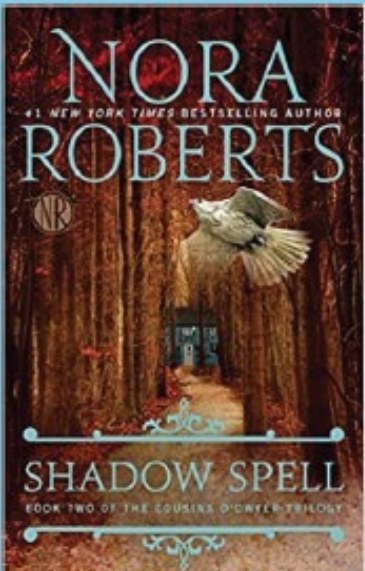
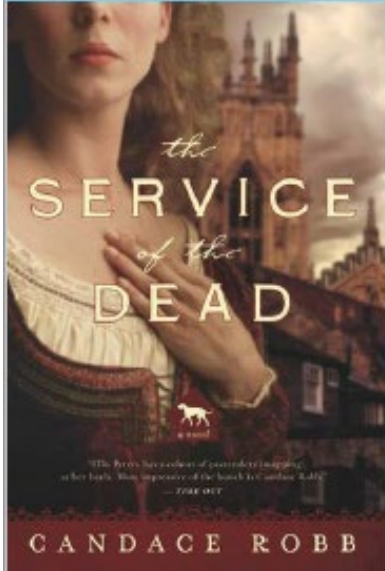
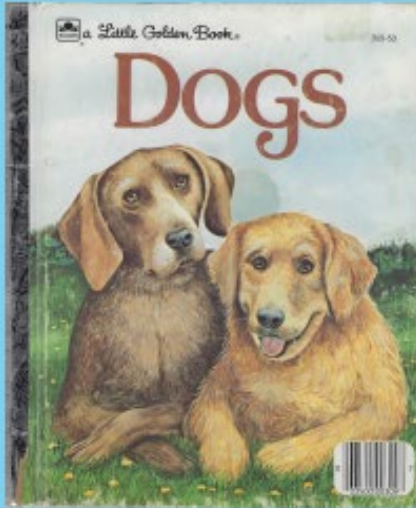
Then Marcy finds the shop's previous tenant dead in the store-room, a message scratched with a tapestry needle on the wall beside him. Now Marcy's shop has become a crime scene, and she's the prime suspect. She'll have to find the killer before someone puts a final stitch in her.





His Name Was Brownie
By Dr. Judi Roller

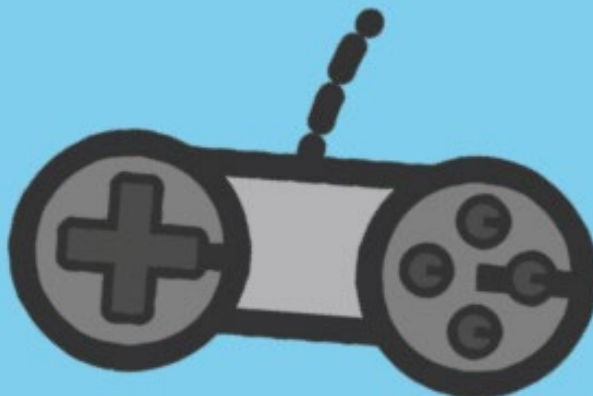
Dr. Judi Roller has been breeding and showing collies and Irish wolfhounds for many years, garnering AKC championships for her dogs and several group placements along the way. She has also enjoyed judging multiple AKC matches.



Scott Mitchell Jr.
Sent this one in:

Video
Gamers

I don't have any book suggestions handy, but here's a fun fact about wolfhounds in media: the recent video game Assassin's Creed: Valhalla has a section of the game in Ireland that allows you to summon wolfhounds to follow your character around, protect you, hunt game, and fight bad guys.





GLIWA 2022
Summer Picnic



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Thank YOU Pilcher Park, Your Staff and the Joliet Park District for once again allowing us to spend an after noon in your beautiful Nature Center Backyard!