

## WATER RULES

### ALWAYS GIVE AN OVERHEATED DOG **COOL WATER**

rather than ice water, which could cause the dog to cool down too quickly. Ice water can cause blood vessels to constrict, which slows blood flow to the brain and the cooling process

### TO BOOST WATER CONSUMPTION, **TRY BAITING WATER WITH LOW-SODIUM CHICKEN BROTH**

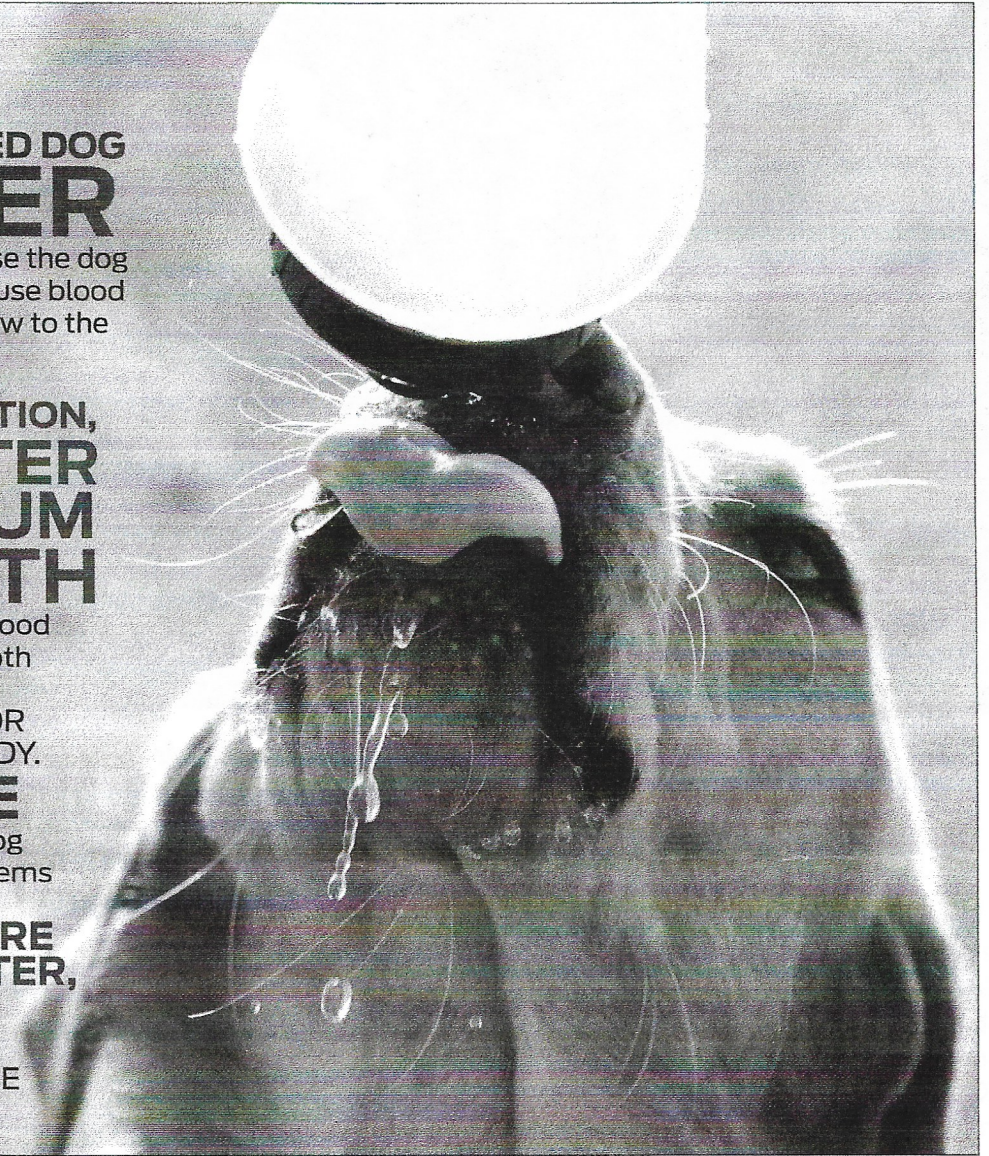
to encourage drinking or try mixing a few food kibbles with water and adding chicken broth

USE RUNNING WATER — A FAUCET OR HOSE — TO WET DOWN A DOG'S BODY.

### **NEVER SUBMERGE**

A DOG IN WATER, as this could cause a dog to cool too rapidly and lead to other problems

### **AFTER WORKING, MAKE SURE A DOG HAS ACCESS TO WATER, BUT WAIT UNTIL A DOG'S PANTING SLOWS DOWN BEFORE ALLOWING THE DOG TO DRINK A LARGE VOLUME OF WATER**



Dr. Brian Zanghi and his Labrador Retriever "Aspen"

## WATER AS A NUTRIENT

Did you know that water is the most essential nutrient? This is because water supports many physiological functions, helps to remove metabolic waste and establishes a complex body-fluid matrix that underlies all metabolic processes.

At the Purina Companion Animal Nutrition Summit held in May in Vancouver, Canada, Purina Senior Nutrition Scientist Brian Zanghi, PhD, explained that hydration is a dynamic process between water intake and loss in which there is no consensus on how to define optimal hydration in dogs.

"Many factors influence a dog's daily water loss and hydration," Dr. Zanghi says. "These include a dog's environment, health condition, age, physical activity, water availability, and diet. Without a doubt, a dog's body water is in constant flux, thus regulation of water balance and thirst-driven water intake is necessary to replenish the persistent evaporative loss of water through respiration, skin and coat, and urine, saliva and feces."

The bottom line, Dr. Zanghi advises, is that "dogs should always have fresh water available to help establish true hydration."