



# Mile High Great Pyrenees Club Newsletter

## “AS IT A’ PYRS”

Volume 2, Issue 2

April 2012

### ELLA’S WALK \* May 19, 2012 8:30 am

It is that time of year again for [Ella’s Walk](#) to help benefit the Longmont Humane Society, and to help our club with AKC requirements. :)

Last meeting we decided to participate again this year, so Karen set up a team for those of us who are planning to walk and collect donations!

***If you are not planning to walk, sit at the booth or even be there, but you want to participate by giving money, feel free to donate on the [MHGPC Team Page](#).***

We would like anyone who participates to wear the same color or a MHGPC shirt/sweatshirt.

Please email Karen at [kbuff72@gmail.com](mailto:kbuff72@gmail.com) with

any suggestions you may have! We need walkers, of course, but also people to help man the booth, chat with people, etc. and dress appropriately. If you plan to come to



the booth, please bring your own chairs and/or crates for any dogs you bring if you don’t want to hold them the whole time (if you bring any). Last year it was cold in the AM and hot by the afternoon, so also bring

plenty of water .

**Please remember that any animal that comes represents us as an organization. LHS asks people to only bring neutered or spayed animals as there will be a great number of dogs that attend. Also, because there are so many people involved, your K-9 friend should be friendly to other dogs and people.**

### Waiting for Spring!



Grand Junction KC Sept 30th  
Buckhorn KC Oct 27 (new date)  
Buckhorn KC Oct 28 (new date)  
So Colo KC Nov 10th  
So Colo KC Nov 11th

See this link for Onofrio’s full schedule

<http://www.onofrio.com/execpgm/index?index=PL>

### Special points of interest:

- GPCA Health Reports
- Ella’s Walk
- News in Dog Health
- Training for your dog
- Hip Dysplasia

### What’s next in showing...

#### 2012 Area

#### Show schedule

Terry-All KC 4-14-12  
Terry-All KC 4-15-12  
GPCA National Show 4-25 to 28  
Utah Valley KC May 3rd  
Utah Valley KC May 4th  
Inter Mtn KC May 5th  
Inter Mtn KC May 6th  
Sunflower KC May 11th  
Sunflower KC May 12th  
Sunflower KC May 13 th  
Durango KC May 18th  
Durango KC May 19th  
Durango KC May 20th

Central Wyo KC May 25th  
Central Wyo KC May 26th  
Laramie KC May 27th  
Laramie KC May 28th  
Flatirons KC June 2nd  
Flatirons KC June 3rd  
Colo Spgs KC June 9  
Colo Spgs KC June 10  
Greeley KC August 18th  
Greeley KC August 19th  
Cheyenne KC Sept 1st  
Cheyenne KC Sept 2nd  
MHGPC Specialty Sept 7th  
Evergreen KC Sept 8th  
Evergreen KC Sept 9th  
Grand Junction KC Sept 27th  
Grand Junction KC Sept 28th  
Grand Junction KC Sept 29th

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“Dedicated to Breed Excellence”

## Environmental Factors Can Affect the Incidence of Hip Dysplasia in Dogs

*Science Daily*  
(Mar. 26, 2012) —

Hip dysplasia (HD) in dogs is affected to a larger degree than previously believed by the environment in which puppies grow up. It is particularly during the period from birth to three months that various environmental factors appear to influence the development of this disease. During the puppy stage, preventive measures can therefore be recommended with a view to giving dogs disposed to the condition a better quality of life.

Randi I. Krontveit's doctoral research has studied the incidence of HD in four breeds of dog in Norway and examined factors in the environment where the dogs grew up that can have an affect on the number of cases. HD is a genetic disease which also occurs in several other species. Dogs are not born with HD, but genetically disposed puppies can develop varying degrees of HD. The degree of HD has an affect on when the dogs show symptoms and on how long they live. Five hundred privately owned dogs participated in the study and the four breeds investigated were the Newfoundland, the Labrador Retriever, the Leonberger and the Irish Wolfhound. The environment in which the dogs were born and grew up was registered by

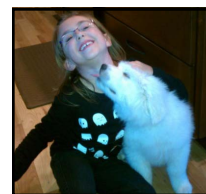
means of questionnaires filled out by the breeder and the new owner, and by examinations carried out by veterinary surgeons.

Findings from previous experiments and studies from other countries have indicated that rapid growth and a high body weight are factors that increase the likelihood of developing HD. Randi I. Krontveit's research has shown that rapid growth and high body weight in the first year of the puppies' life did not result in an increased risk of HD. On the contrary, she found that the breed that had the slowest growth rate -- the Newfoundland -- had the highest incidence of HD (36%). The Irish Wolfhound had the lowest incidence of HD (10%), yet had the fastest rate of growth.

Puppies usually live with their mother at the breeder's for the first eight weeks of their life. Several factors related to the living conditions at the breeder's were shown to have an influence on the incidence of HD. Puppies born in the spring or summer and at breeders who lived on a farm or small holding, had a lower risk of developing HD. After about eight weeks, the puppies began life with their new owner. The opportunity to exercise daily in parks up until the age of three months reduced the risk of HD, whereas the daily use of steps during the same period increased the risk. Overall, it would appear that daily exercise out in gently undulating terrain up until the age of three months gives a good prognosis when it comes to preventing HD.

The dogs in this study were followed up until they reached 10 years of age by means of annual questionnaires filled out by the

owner. Dogs seriously affected by HD were put down earlier than dogs with a milder form of the disease. This was particularly the case for Newfoundlands and Leonbergers. HD did not have such a large affect on the longevity of Labrador Retrievers or Irish Wolfhounds. Serious and moderate degrees of HD increased the risk of symptoms such as limping and hip pain and these symptoms occurred earliest in Newfoundlands. The Labrador Retriever was the breed in which symptoms appeared latest in life. Varied exercise had a positive effect and dogs that exercised on a daily basis on a lead and running free in different types of terrain were free of symptoms longer than dogs that were less active. Based on the findings of this doctoral research, preventive measures related to early canine life can be recommended. If HD in its most serious forms can be prevented, the life quality of dogs will be improved.



**When Dogs leap onto your bed, it's because they adore being with you. When cats leap onto your bed, it's because they adore your bed.**  
**Alisha Everett**

### Coming When Called by Eric Letendre

**FREEDOM!**...is the word is the secret to getting your dog to come back when called.

The dogs that get good at coming when called have a developed sense of freedom.

When an owner is having a difficult time teaching their dog to come when called, it usually has more to do with the dog wanting to party than understanding the command.

Think about a dog's life. They spend most of it under some type of confinement. They are in a crate, house, fenced in area, car, kennel, on leash, etc.

Who can blame them for refusing to come when called, why would a dog come racing back to the owner when they know the owner is going to put them back on leash or in the car or in the house?

The dog is going to maximize his freedom when he can unless.... your dog develops a sense of freedom.

can hear some of you saying:

"Okay, Mr. Amazing Dog Training Man, how the heck is my dog going to develop a sense of freedom when he takes off every time he is loose?"

Here's the rub: You don't let your dog off-leash, you never put your dog in a situation where he can take off and get lost or hurt.

All the best,  
Eric

P.S. You can also get my step by step method for teaching your dog to come when called at <http://dogtraininginnercircle.com>

Developing a sense of freedom is extremely important when teaching your dog to come.

Most dogs live under some type of confinement and will take off given the chance.

By helping your dog develop a sense of freedom, your dog's recall command (come when called ) will dramatically improve.

This has to be done safely and can be done very easily.

Here are two ways to do it:

1. Go to a large fenced in area like a softball field with gates and make sure they are closed and secured. In the field, let your dog run and sniff and play. No commands, just let your dog run around.

2. Invest in a long line and find a place to let your dog stretch her legs. I like fields and beaches because they are open.

The trick to the long line is to stay close to it. You don't have to stay close to your dog, but you do have to stay close to the long line.

I buy clothes line to do this.

Two safe ways to let your dog develop a sense of freedom. Once your dog has spent some time running, playing and sniffing, call your dog over to you and reward.

Here is the important part.

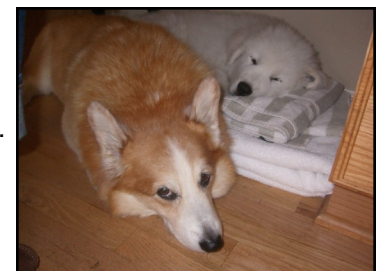
Once your dog gets to you and you reward, let your dog go back to what he was doing.

Remember - dog training is all about consequences. The recall command has to end with a positive consequence.

All the best,  
Eric



**A DOG CAN EXPRESS MORE WITH HIS TAIL IN MINUTES THAN HIS OWNER CAN EXPRESS WITH HIS TONGUE IN HOURS.**  
**ANONYMOUS**





Daisy—Sue Cole

## For our doggies that have passed... **THE LAST BATTLE**

If it should be that I grow frail and weak  
And pain should keep me from my sleep,  
Then will you do what must be done,  
For this- the last battle-can't be won.

But don't be sad I understand,  
But don't let grief then stay your hand.

For on this day, more than the rest  
Your love and friendship must stand the test.

We have had so many happy years,  
You wouldn't want me to suffer so,  
So when the time comes, please let me go.

Take me to where to my needs they'll tend,  
Only stay with me till the end,  
And hold me firm and speak to me  
Until my eyes no longer see.

It is a kindness that you do to me.

Although my tail its last has waved,  
From pain and suffering I have been saved.

Don't grieve that it must be you  
Who has to decide this thing to do;  
We've been so close-we two-these years,  
So don't let your heart hold any tears,

~Unknown~



Opie & Cathy



Button—Sandy McCrady

# We're on the web for the latest information!

## www.milehighgreatpyrenees.com

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### Cancer article

New study finds that short fasting cycles can work as well as chemotherapy, and the 2 combined greatly improve survival. Man may not live by bread alone, but cancer in animals appears less resilient, judging by a study that found chemotherapy drugs work better when combined with cycles of short, severe fasting.

Even fasting on its own effectively treated a majority of cancers tested in animals, including cancers from human cells.

The study in *Science Translational Medicine*, part of the Science family of journals, found that five out of eight cancer types in mice responded to fasting alone: Just as with chemotherapy, fasting slowed the growth and spread of tumors.

And without exception, "the combination of fasting cycles plus chemotherapy was either more or much more effective than chemo alone," said senior author Valter Longo, professor of gerontology and biological sciences at the University of Southern California.

For example, multiple cycles of fasting combined with chemotherapy cured 20 percent of mice with a highly aggressive type of children's cancer that had spread throughout the organism and 40 percent of mice with a more limited spread of the same cancer.

No mice survived in either case if treated only with chemotherapy.

Only a clinical trial lasting several years can demonstrate whether humans would benefit from the same treatment, Longo cautioned.

Results from the first phase of a clinical trial with breast, urinary tract and ovarian cancer patients, conducted at the USC Norris Comprehensive Cancer Center and led by oncologists Tanya Dorff and David Quinn, in collaboration with Longo, have been submitted for presentation at the annual meeting of the American Society of Cancer Oncologists.

The first phase tests only the safety of a therapy, in this case whether patients can tolerate short-term fasts of two days before and one day after chemotherapy.

"We don't know whether in humans it's effective," Longo said of fasting as a cancer therapy. "It should be off limits to patients, but a patient should be able to go to their oncologist and say, 'What about fasting with chemotherapy or without if chemotherapy was not recommended or considered?'"

In a case report study with self-reported data published in the journal *Aging* in 2010, 10 cancer patients who tried fasting cycles perceived fewer side effects from chemotherapy.

Longo stressed that fasting may not be safe for everyone. The clinical trial did not enroll patients who already had lost more than 10 percent of their normal weight or who had other risk factors, such as diabetes. Fasting also can cause a drop in blood pressure and headaches, which could make driving and other activities dangerous for some patients.

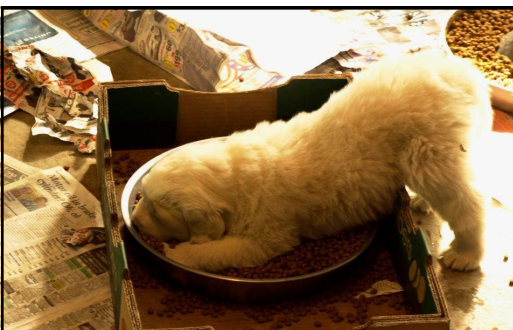
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In mice, the study found that fasting cycles without chemotherapy could slow the growth of breast cancer, melanoma, glioma and human neuroblastoma. In several cases, the fasting cycles were as effective as chemotherapy.

Fasting also extended survival in mice bearing a human ovarian cancer. In the case of melanoma, the cancer cells became resistant to fasting alone after a single round, but the single cycle of fasting was as effective as chemotherapy in reducing the spread of cancer to other organs.

For all cancers tested, fasting combined with chemotherapy improved survival, slowed tumor growth and/or limited the spread of tumors.

As with any potential cancer treatment, fasting has its limits. The growth of large tumor masses was reduced by multiple fasting and chemotherapy cycles, but cancer-free survival could not be



Continued on next page....

achieved. Longo speculated that cells inside a large tumor may be protected in some way or that the variety of mutations in a large mass may make it more adaptable.

But he noted that in most patients, oncologists have at least one chance to attack the cancer before it grows too large.

Longo and collaborators at the National Institute on Aging studied one type of breast cancer in detail to try to understand the effects of fasting.

While normal cells deprived of nutrients enter a dormant state similar to hibernation, the researchers saw that the cancer cells tried to make new proteins and took other steps to keep growing and dividing.

The result, Longo said, was a "cascade of events" that led to the creation of damaging free radical molecules, which broke down the cancer cells' own DNA and caused their destruction.

"The cell is, in fact, committing cellular suicide. What we're seeing is that the cancer cell tries to compensate for the lack of all these things missing in the blood after fasting. It may be trying to replace them, but it can't," Longo said.

The new study bookends research published in Proceedings of the National Academy of Sciences in 2008.

In that study, Longo's team showed that fasting protected normal cells against chemotherapy, but did not address the effect on cancer cells. The study also focused only on a single cancer and chemotherapy drug.

The new study on a range of cancers and common chemotherapy drugs extends the 2008 results by showing that fasting not only fails to protect cancer cells, but makes them more vulnerable.

Longo called the effect "Differential Stress Sensitization" to reflect the change in vulnerability between normal and cancerous cells.

Longo's interest in fasting and cancer grew from years of studies on the beneficial effects of fasting in yeast and other organisms. He showed 15 years ago that starved yeast cells enter a stress-resistant mode as they wait for better times.

By contrast, he said, the mutations in cancer cells come at a cost, such as a loss in adaptability to diverse environments. For example, Longo found that yeast genetically modified to resemble cancer cells become much more sensitive to several toxins.

"A way to beat cancer cells may not be to try to find drugs that kill them specifically but to confuse them by generating extreme environments, such as fasting that only normal cells can quickly respond to," Longo said.

Contact: Carl Marziali  
University of Southern California

Join Bayho Forum at:  
<http://www.bayho.com/forum/index.php>



## **GPCA Health Survey's still need to be sent in!**

The Great Pyrenees Club of America has revised a confidential health survey for GPCA Breeders and Great Pyrenees for the purpose of identifying diseases and health conditions (both genetic and otherwise) that affect the breed.

The survey will assist the GPCA Health Committee in determining the best use of GPCA donated Health fund for health research. In addition, it will serve as a tool to determine CHIC participation requirements. The 2009 Revised Survey still consists of only two pages—page one will remain with an independent tabulator for record keeping purpose and Page Two will go to the GPCA Health Database Manager—Catherine de la Cruz. The revised survey has been changed to offer information to the Health Committee as to which outreach efforts are resulting in responses and discourage any ancillary information that could compromise confidentiality.

Please download and print a copy for each dog you own and become a part of the solution to make our breed healthier. The Health Survey can be downloaded from our website.

[www.milehighgreatpyrenees.com](http://www.milehighgreatpyrenees.com)



RE/MAX Alliance 4770 Baseline Rd

# BethMason.NET

“Your Information Resource”

Dear Friends of Mile High Great Pyrenees Club:

I am pleased to announce a program that could potentially help provide funding o an organization that we mutually hold dear to our hearts.

The program is simple and easy! Here is how it works:

- 1. If you are selling or buying a home, give me a call. 5% of any commission I earn will go to the Mile High Great Pyrenees Rescue General Fund.
- 2. If you know of someone else who is buying or selling a home and you refer them to me, I will donate 5% of my commission to the fund.
- 3. If you know of **anyone** in the **United States** who is buying or selling a home, you can refer them to me, and I will set them up with an outstanding Realtor in their area. That would also result in a donation.

This is a terrific and easy way to help Mile High Great Pyrenees Rescue while receiving outstanding service from a leading Real Estate Company in the area! Call me today and we'll set an appointment to discuss how we can work together to make a difference.

Beth Mason

**303.589.5478**

**Toll Free 888.611.0953**



# BRAGS & CRIES



**Pam Bulter's -  
Champion Starmount Northern Star  
"Juno" X Champion Geysercreek's Chief Washakie  
"Chief" has EIGHT puppies! Born 3/10/12**

**<http://www.starmountpyrs.com/puppies.htm>**



**Eileen's  
Pyrpressure American Classic Moby Dick finished his  
Championship at the Denver Shows**



**Nubbikins and Freddie have their UKC titles—Sandy McCrady**



**Eileen O'Hara lost her beloved Golden on April 9th.  
It will be sadly missed by her family**