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Avoiding & treat genetic diseases.

By Dr. Becker

Genetic diseases are unfortunately quite common in many dogs - purebred and or mixed breed dogs.

Some genetic diseases in dogs are;

Allergic skin disease.

Hip dysplasia.

Cranial cruciate ligament disease.

It's important to realize that just because a dog is predisposed to a certain inherited disease, it doesn't mean they will get it, nor does it mean it can't be successfully prevented or treated.

[Genetic diseases](#) are unfortunately quite common in many dog.

Dr. Jerold S. Bell of the Cummings School of Veterinary Medicine at Tufts University explains that ... these diseases "... are typically associated **with evolutionarily ancient disease-liability genes that preceded the separation of breeds and are dispersed in the domestic dog genome.**"¹

The practice of veterinary medicine has sufficiently evolved over the last 100 years that many common diseases related to infectious, nutritional and environmental causes can now be prevented or successfully treated.

These advances have cleared the way for closer scrutiny of inherited diseases.

It's really important to keep in mind that just because some veterinarians insist certain disorders are inherited in certain breeds, it doesn't mean your dog of that breed is destined to acquire that condition.

Also, there are steps you can take to help prevent your dog from acquiring diseases to which they may be predisposed, and there are ways to successfully treat or effectively manage existing genetic conditions.

Allergic skin disease - [atopic dermatitis](#) .

Allergic skin diseases, including issues like **chronic ear infections and recurrent hot spots**, are among the most common reasons dog owners visit a veterinarian.^{2,3,4,5}

Skin disorders are prevalent in both mixed and purebred dogs, and some breeds are at higher risk than others.

Combine poor genetics with the myriad of terrible-quality, species-inappropriate pet foods on the market along with veterinarians that don't practice proactive medicine, and you have a recipe for genetic expression at its worst.

If your dog has allergic skin disease:

There are [lifestyle changes and natural treatments](#) that, in consultation with a [holistic or integrative veterinarian](#), **can significantly reduce how frequently your dog has flare-ups of atopic dermatitis.**

Because the condition is characterized by an overabundance of a pet's own natural bacteria, topical therapy and lifestyle changes have been advocated for a long time **in place of oral antibiotics for this condition.** Bathing dogs with natural anti-bacterial shampoos can offer the same benefits as oral antibiotics (killing off the bacterial overgrowth), without any detrimental, long-lasting side effects to your dog's gut and overall immune system.

You can use therapeutic baths and rinses for these dog patients with great success - disinfecting baths are one of the most underused therapies.

It is also recommended bathing your dog in peppermint or tea tree shampoo designed for dogs several times a week (followed by soothing rinses) to naturally help control bacterial levels on the skin. {*See info on these treatments on this website*}.

It is also recommended a weekly [coconut oil mask](#) to improve the integrity of the skin barrier.

Also consider talking with your veterinarian about [microbiome restorative therapy](#).

Hip dysplasia.

According to the Orthopedic Foundation for Animals (OFA), [canine hip dysplasia](#) (CHD) is the most common inherited musculoskeletal disorder, and is seen in both purebred and mixed breed dogs.

Since small dogs with the condition typically don't have the level of pain and discomfort larger dogs do, it's clear that size and weight contribute to symptoms.

(See articles about Hip Dysplasia on this website) also researchers and geneticists are developing tests that will hopefully help breeders better identify dogs with normal hips.⁸

If your dog has hip dysplasia: Surgery to repair early hip laxity or to replace all or part of a hip is an option for some dogs, however, not every dog is a good candidate for surgery, and not every dog parent can afford it, nor is it always the best option.

Conventional medical management involves the use of non-steroidal anti-inflammatory drugs (NSAIDs), buffered aspirin and corticosteroids, all of which have side effects.

If your dog is on medication for pain and inflammation try working with an [integrative or holistic veterinarian](#) to determine what alternative treatments might also be of benefit.

Often an integrative approach can reduce or replace the need for potentially toxic drugs.

The most important aspect of managing CHD is building and maintaining excellent muscle, tendon and ligament health.

Physical therapies like chiropractic, [massage](#), [stretching](#), laser treatment, acupuncture and aquatic therapy are extremely beneficial.

So is a naturally [anti-inflammatory diet](#).

It is strongly recommend to eliminating all **potato, corn, wheat, rice and all and other forms of starch from your dog's diet.**

Also talk to your holistic vet **about supplements that can provide the raw materials for cartilage repair and maintenance.**

It's really important **to provide both natural pain management and joint support (chondroprotective agents) at the same time.**

Some of these include **glucosamine sulfate with MSM, eggshell membrane and Perna mussel (green lipped clam), cetyl meristoleate,** as well as:

Homeopathic remedies, including Rhus Tox, Arnica and Bryonia (depending on symptoms)

Ubiquinol and other antioxidants

Supergreen foods (spirulina and astaxanthin)

Natural anti-inflammatory formulas (herbs like turmeric, proteolytic enzymes and nutraceuticals)

Adequan injections

Cranial Cruciate Ligament (CCL) Rupture.

CCL ruptures **aren't usually categorized as hereditary in nature,** however, studies show an inherited tendency in Rottweilers, Golden Retrievers, West Highland White Terriers, Yorkies, Staffordshire bull terrier, and certain mixed breeds.^{[11,12](#)}

In addition, two studies of CCL ruptures in Newfoundlands showed a 27 percent heritability tendency.^{[13,14](#)}

This leaves about three quarters of these dogs (the majority) that spontaneously tear their knee ligaments, which points to **other reasons, specifically their diet.**

If your dog has CCL disease: CCL disease is a huge topic that can't cover adequately here.

In a nutshell, if you have a breed that has a genetic predisposition to this **ligament issue**, it is strongly recommend transitioning your dog to a diet rich in specific food-based minerals (far above Association of American Feed Control Officials [AAFCO] minimums) to prevent the dog from becoming an injury statistic.

For a full discussion, please see "[What's Behind the Epidemic of Cranial Cruciate Ligament Disease?](#)"

A final word about nutrition and your dog's genetic destiny.

Nutrigenomics (*see article on this website*) is an emerging scientific concept that holds that the nutrition we need as individuals (both humans and animals) depends on our genetic makeup.

Genes and the expression of genes are controlled by individual nutrients, which means we need personalized, individualized functional nutrition.

It's important to understand how the nutrients we feed our dogs will affect their genes, and therefore, their health and longevity.

And in fact, if we know which nutrients are essential for individual dogs (and people), we can impact longevity, reduce the risk of chronic disease and heal from illness much more rapidly.

Nutrigenomics studies the effect of nutrition on the genome.

{See Clip on nutrition on the genome on this website}

The genome is everything to do with the body — how it functions metabolically and genetically.

The genes are only a small part of the genome, about 2 percent.

The other 98 percent has nothing to do with the genes, but with how the body controls what our genes do.

Every individual has a unique molecular dietary signature that determines which nutrients that individual should eat in order to thrive.

As veterinarians and pet owners, we can exert some control.

For example, if your dog is a breed genetically predisposed to a certain health problem, through nutrition we can suppress certain genes so they don't express themselves, or encourage other genes to do the opposite.

For more information on this exciting field of research, it is recommended to read/study a book co-written by *Dr. Jean Dodds*,

["Canine Nutrigenomics: The New Science of Feeding Your Dog for Optimum Health."](#)