

How To Spot Early Warning Signs of Illness

Lesson Summary

On the road, warning signs alert us to potential dangers ahead and caution us to take the appropriate actions. So it is with warning signs for your pet's health. In this lesson, you'll identify health issues that could indicate serious illness and the need for immediate veterinary care.

Lesson Objectives

After completing this lesson, you should be able to:

- Assess your level of anxiety regarding your pet's current health
- Identify any signs of illness in your pet and seek traditional medical treatment, if warranted

Lesson Roadmap

1. Watch the lesson **video** and fill in the note-taking guide below.
2. **Read about it.** Skim through the suggested resource:
 - a. *The Ultimate Pet Health Guide*, Part III – **Common Diseases, Their Causes, and Integrative Medical Treatment**. If you haven't already purchased this best-selling guide to pet health by Dr. Gary Richter, you should do it now. Part III covers every major illness, what to look for, and what to do next to treat your pet holistically.
3. **Think about it.** Take several minutes to reflect on the following questions:
 - a. How would you rate your current level of anxiety about your pet's health?
 - Concerned and highly anxious
 - Cautious and moderately anxious
 - Confident and not anxious
 - b. What is your number one worry?
 - c. Which of the warning signs described in the video, if any, have you observed in your own pet?

- d. According to *The Ultimate Pet Health Guide*, what is the suggested primary course of action for your pet's symptoms?
4. **Take action steps** to help your pet thrive.
 - a. If your pet displays any of the signs of serious illness, schedule an appointment with your veterinarian for further testing.
 - b. Jot down your reactions to this lesson and your action steps to improve your pet's health in the space provided below.
5. Take the **quiz** to advance to the next lesson.

Video Notes

Even if your pet seems relatively healthy, there are warning signs that should prompt you to seek medical attention right away. In this video, you'll discover what to look for and what action you should take.

Illness and disease are always better _____ than treated. And they are also better diagnosed _____ than diagnosed later.

Our pets are hard-wired to not show us they're ill, which can make early diagnosis difficult.

Look for subtle signs of problems:

- Is there a change in their normal _____ or routine?
- Eating more or less or at different _____
- Water consumption increase or decrease
 - _____ disease
 - Urinary tract _____
 - Hormonal or endocrine imbalances
- Vomiting
- Diarrhea
- Sleeping in a different _____
- Less interactive
- Lumps or bumps
- Limping
- Sore when being touched or groomed
- Changes in hair coat or skin _____
- Eyes look dull, _____, or red
- Bad breath
- Change in gums or teeth
- Growths in the _____

There is a lot of value in _____ care and keeping a close eye on your pet for subtle changes. The goal is keeping your pet healthy, _____, and feeling good for as long as _____.

Reactions and Action Steps

What did you learn in this lesson that was new to you or that you found intriguing? Based on what you learned, list any action steps you plan to take. What can you do right now to improve your pet's health? What can you do in the future? What are the major obstacles to taking your action steps, and how will you overcome them?