ANIMAL WORLD

FREE MINI-GUIDE



What you don’t see

7 things most dog owners miss, and how to check them at home in a few minutes

INSIDE

1. The bowl you refill “because he’s thirsty”
2. “Old age” that only shows up after a nap
3. Toothpaste, peanut butter, the gum in a guest’s bag
4. The hedge you walk past every day
5. Yawning that doesn’t mean tired
6. His breathing while he sleeps
7. A result “within range” that’s quietly creeping up

+ a printable “6 signs” card for your fridge

BEFORE YOU START

The hardest things to notice are the ones you see every day

Dogs often don't show for a long time that something is wrong. Early signs can be subtle and easy to put down to "age" or "personality".

And changes come gradually: the bowl empties a little faster, your dog gets up a little slower, yawns a little more. You see your dog every day, so you don't see the difference. This mini-guide shows you 7 of those places.

How to read each point

What you see
what almost every owner notices

What you don't see
what's going on underneath

Check today
one concrete thing that takes a few minutes

Where it continues
where to find the rest of the topic

AT THE END

A 2-minute quiz, "How well do you know your dog in numbers?", and a printable 6-signs card.

IMPORTANT

This is educational material. It isn't for diagnosing at home, but for knowing when to see your vet and what to tell them. If something worries you, don't wait: call your vet.

1 The bowl you refill “because he’s thirsty”

WHAT YOU SEE

The bowl is empty again. You refill it and think: it’s warm, dry food, lots of running around.

WHAT YOU DON’T SEE

Healthy dogs usually drink about 40–60 ml of water per kg of body weight per day (roughly 0.6–0.9 fl oz per lb), more in heat, after exercise and on dry food. A clear, lasting increase in thirst, especially above about 100 ml/kg (1.5 fl oz per lb) per day, is a reason for tests. Without measuring, you can’t tell which side of that line your dog is on.

☐ **CHECK TODAY**

In the morning, pour a measured amount of water. After 24 hours, subtract what’s left and divide by your dog’s weight. Write it down with the date.

WHERE IT CONTINUES →

In **“5 Quiet Mistakes in Dog Care”**, measuring water is just one of five steps in a monthly home check. The other four show things you won’t see on a walk.

2 “Old age” that only shows up after a nap

WHAT YOU SEE

Your dog gets up slower, the first steps look stiff, then he “walks it off” and runs normally. You think: age.

WHAT YOU DON’T SEE

Stiffness after rest can be an early sign of joint pain. Dogs rarely cry out. More often they simply do less: they avoid stairs, stop jumping onto the sofa, prefer a shorter walk.

☐ **CHECK TODAY**

After a long rest, film your dog’s first steps on your phone. Film again in a month and compare. Show the video to your vet if you see a change.

WHERE IT CONTINUES →

There’s also a habit that quietly loads the joints week after week, and it’s common among owners who care *a lot* about exercise. Mistake 2 in **“5 Quiet Mistakes”** explains it.

Educational material. Not a substitute for advice from your veterinarian.

3 Toothpaste, peanut butter, the gum in a guest's bag

WHAT YOU SEE

"Sugar-free" on the label. Sounds healthier, so nobody reads on.

WHAT YOU DON'T SEE

Xylitol (birch sugar, E967) is a sweetener that can cause a rapid drop in blood sugar and liver damage in dogs. Even a small amount can be dangerous for a small dog. It's found in chewing gum, toothpaste, sugar-free candy and baked goods, some peanut butters and chewable vitamins.

☐ **CHECK TODAY**

Read the label on the peanut butter you put in toys and on the toothpaste in your bathroom. Look for "xylitol", "birch sugar" and "E967". Put guests' bags up high.

WHERE IT CONTINUES →

Xylitol is one item. **"The Blacklist: What Never to Give Your Dog"** includes a food with no known safe amount, and a medicine from the home cabinet where even one tablet can be dangerous for a small dog.

4 The hedge you walk past every day

WHAT YOU SEE

A nice, dense, green hedge by the building or in the garden. Part of the scenery.

WHAT YOU DON'T SEE

Yew (Taxus) is a very common hedge. Needles, bark and seeds are highly toxic and can affect the heart. In spring, gardens add tulip, daffodil and hyacinth bulbs, which dogs love to dig up.

☐ **CHECK TODAY**

On your next walk, check what grows along your route and in your yard. Don't know the name? Take a photo and check it in a plant ID app.

WHERE IT CONTINUES →

The full list of plants (houseplants too), poisoning symptoms and what to do in the first minutes, including one thing you must not do, even though many people do it on reflex: **"The Blacklist"**.

5 Yawning that doesn't mean tired

WHAT YOU SEE

Your dog yawns, licks his lips, pants on the sofa. You think: sleepy, warm.

WHAT YOU DON'T SEE

Frequent yawning, lip licking and panting without exercise are typical signs of stress, as are excessive paw licking or pacing. The source can be something easy to overlook: an essential oil diffuser, air freshener, smoke. Some essential oils (e.g. tea tree) are toxic to dogs.

☐ **CHECK TODAY**

For 3 days, note when your dog yawns or licks his lips for no clear reason. Next to it, write what happened just before.

WHERE IT CONTINUES →

The chapter "Stress you can't see" in **"5 Quiet Mistakes"** shows 5 simple changes. One is about a moment most of us handle exactly the wrong way every day: coming home.

6 His breathing while he sleeps

WHAT YOU SEE

Your dog is sleeping peacefully. Nobody counts.

WHAT YOU DON'T SEE

Resting breathing rate is one of the simplest numbers you can know about your dog. A clear, lasting increase is useful information for your vet, especially for dogs with heart disease. The number is only useful if you've written it down before anything changes.

☐ **CHECK TODAY**

Tonight, while your dog is asleep or lying calmly, count breaths for 30 seconds and multiply by two. Write it down with the date.

WHERE IT CONTINUES →

"Dog Care System" covers the most common health problems: how to spot them and when not to wait, plus a master checklist of what to check daily, weekly, monthly and yearly.

7 A result “within range” that’s quietly creeping up

WHAT YOU SEE

The vet says: “results are fine”. The printout goes in a drawer.

WHAT YOU DON’T SEE

Creatinine, the classic kidney marker, rises only with fairly advanced damage. A newer marker, SDMA, may flag problems earlier. And a value that creeps up year after year, even within range, is easy to miss if you look at each result on its own.

- [ ] **CHECK TODAY**

Find your dog’s last test results and put them side by side, year by year. At the next blood test, ask your vet whether SDMA is in the panel.

WHERE IT CONTINUES →

The blood test chapter in **“Dog Care System”** explains the abbreviations on the printout (RBC, ALT, urea, SDMA…) and what to ask. The Excel planner has a test log where slow changes stand out right away.

Your numbers

Write down your results from the “Check today” steps. Do it again in a month and compare.

	TODAY	IN A MONTH
Water per day ml ÷ kg		
Weight kg / lb		
Resting breaths per minute		
First steps after a nap filmed: yes / no		

Educational material. Not a substitute for advice from your veterinarian.

2 MINUTES

How well do you know your dog in numbers?

Tick what's true for you.

- [ ] I know how much water my dog drinks per day.
- [ ] I know what he weighed in the last month.
- [ ] I know his resting breathing rate.
- [ ] I've checked toothpaste, peanut butter and treats for xylitol.
- [ ] I know what grows along our walking route and in the yard.
- [ ] I keep test results from different years in one place.
- [ ] I have an emergency vet's number saved.

0–2

Most of it happens outside your field of view. That's normal: nobody taught us this. Start this week with water and breathing.

3–5

A good start. What's missing is a steady routine that keeps track of the rest for you.

6–7

Great. Now it's about consistency: these numbers say the most when you compare them over time.

WHAT'S NEXT

This mini-guide shows what you don't see. The full guide shows what to do about it.



5 Quiet Mistakes in Dog Care

- ✓ 5 areas where mistakes are easiest: diet, exercise, signs, stress, home
- ✓ what each of the 6 signs means and when to see the vet
- ✓ a 5-minute monthly home check
- ✓ an 8-week plan: one step a week

See the guide →

https://zwierzswiat.com/en-en/products/5-quiet-mistakes-in-dog-care



The Blacklist: What Never to Give Your Dog
food, medicines, plants, chemicals and poisoning first aid



Dog Care System
guide + Excel planner: portions, tests, prevention calendar

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6 signs that are easy to miss

The sooner you notice a change, the more options your vet has. Tick what you see and write down since when.

	I NOTICE IT	SINCE WHEN
Drinking noticeably more e.g. you refill the bowl more often	☐	_____
Slower to get up, stiff at first the first steps after rest look stiff	☐	_____
Change in breath odor you notice it more than before	☐	_____
Change in appetite or weight on the same diet	☐	_____
Heavy shedding out of season, skin changes more hair, scabs, flakes	☐	_____
Change in behavior less interest in play or walks, withdrawal	☐	_____

GO TO THE VET RIGHT AWAY

Blood in urine or stool, sudden weakness in the legs, a hard, bloated belly after eating (especially in large dogs), seizures, collapse, breathing difficulty, suspected poisoning.

Dog's name _____ **Weight** _____

My vet _____ **Emergency vet** _____

What each sign means and how to check your dog in 5 minutes: "5 Quiet Mistakes in Dog Care" · zwierzswiat.com/en-en

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