



**Holistic Actions!**  
FOR COMPANION ANIMALS

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Preventing and Managing Respiratory Diseases Like Flu, Kennel Cough & Asthma



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MODULE 3

HMDM and Upper  
Respiratory Conditions

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## In This Session You Will Learn:

1. Introduction to Holistic Medical Decision Making (HMDM™) method for upper respiratory dis-eases
2. Recognizing and diagnosing the upper respiratory tract dis-eases
3. Deciding what to do using HMDM



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Breathe Freely!



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HMDM 1



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HMDM 2 - Research



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HMDM 3



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## Upper Respiratory Tract

- Nose and Sinuses
- Back of the Throat (palate, larynx, pharynx)
- Trachea



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## Upper Respiratory Tract Problems-1

- Foreign bodies
- Nosebleeds
- URTIs, Canine Flu and Kennel Cough
- Allergic rhinitis



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## Upper Respiratory Tract Problems-2

- Flat-nosed breathing problems
- Laryngeal paralysis
- Tracheal collapse
- Cancer and polyps



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Foreign Bodies in the Nose



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## Foreign Bodies

1. Discharges, sneezing, pawing at nose
2. Flashlight
3. BEAM helps put the symptoms in context
4. Veterinary - scope, anesthesia



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## Nosebleeds

1. Violent sneezing
2. Foreign body
3. Blood clotting problem
4. BEAM helps put the symptoms in context



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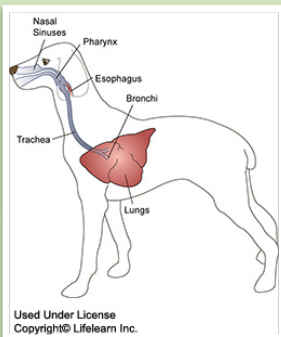
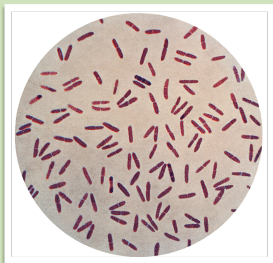
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## Upper Respiratory Tract “Infection”



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## Upper Respiratory Tract “Infection”

1. Discharges from noses and eyes, sneezing, maybe an occasional cough
2. There may symptoms in other parts of the body at the same time like diarrhea, runny eyes, poor appetite. (Concomitants)
3. BEAM helps put the symptoms in context



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## Conventional Treatment Options

1. Anti-biotics
2. Anti-histamines, decongestants,
3. Supportive care: fluids and rest
4. Holistic care



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## Downside to Conventional

1. Anti-biotics - change gut flora, often do not even kill the bacteria, resistance
2. Anti-histamines, decongestants - stopping discharge slows down healing process, long use may have rebound effect of worsening discharge



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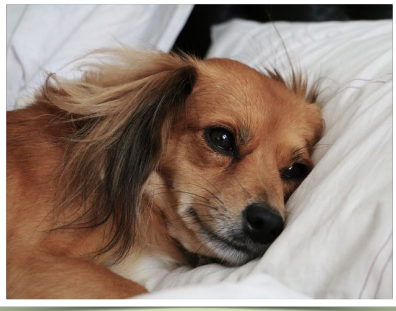
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## Canine Influenza Virus infection



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## Canine Influenza Virus Infection

### SYMPTOMS:

1. Hacking cough (like Kennel Cough) 1-3 weeks
2. Nose and eye discharge, sneezing
3. Fever, lethargy and decreased appetite
4. Pneumonia, and secondary bacterial infection
5. Deaths are from complications, not the virus itself



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## Canine Influenza virus infection

### DIAGNOSIS

1. Same as other bacterial and viral diseases. Diagnosis is usually made by diagnosis of exposure to other sick dogs.
2. There is no rapid test for specific diagnosis. Viral DNA can be detected from swabs of the nose and back of the throat in recent (<3 day) infections. The other possibility for testing is blood antibody titers taken after immune stimulation for > 1 week.



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## Canine Influenza virus infection

### HMDM FOR FLU

The main difference from other URTIs is to know that symptoms can worsen quickly and pneumonia may result.

Therefore close monitoring of your pets' BEAM symptoms and temperature is essential.



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## Canine Influenza virus infection

### CONVENTIONAL CARE

As with other URTIs, treatment is typically supportive, oxygen if needed and often anti-biotics.

If it has progressed to pneumonia conventional will suggest hospitalization.



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## Kennel Cough (Infectious tracheobronchitis)



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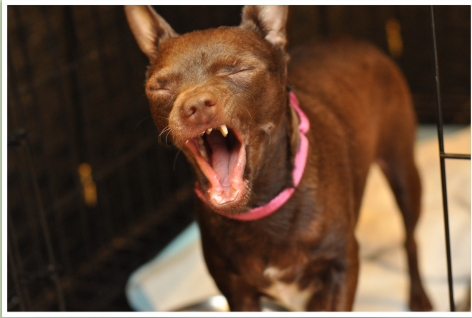
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A “yacking cough”?



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## Kennel Cough

### SYMPTOMS:

1. Sensitive throat. When you press on throat, it will trigger the cough. This is an « inducible » cough.
2. The cough is very characteristic and is often dry and hacking.
3. Other than the cough, there may be no other symptoms, and BEAM is often normal.
4. A similar sounding cough can occur from tracheal and neck trauma. This includes right after general anesthesia when a tube is inserted down your pet's windpipe and can irritate it.



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## Kennel Cough

### DIAGNOSIS

1. History is key to this diagnosis with onset 5–10 days after exposure to other affected dogs.
2. CBC and x-rays are helpful to help rule out other problems and pneumonias.
3. Inducible cough (press on trachea).



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## Kennel Cough

### CONVENTIONAL CARE

1. Cough suppressants containing codeine derivatives, are often prescribed to control persistent non-productive coughing.
2. Anti-biotics are also often prescribed even though this condition is usually self-limiting. Need Culture and Sensitivity
3. Vaccination is sometimes advised during a kennel cough outbreak in your area.
4. Rest, good nutrition, hygiene, and nursing care, as well as correction of predisposing environmental factors.



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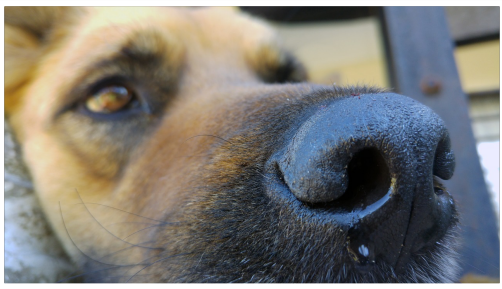
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## Allergic Rhinitis



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## Allergic Rhinitis

### SYMPTOMS:

1. Most common cause of watery discharges from your pets' noses and eyes, sneezing.
2. Other symptoms of allergy like itching.
3. Triggers - pollen, paint, chemicals etc.



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## Allergic Rhinitis

### HMDM GOAL:

Allergic rhinitis can progress to chronic rhinitis and sinusitis, even to autoimmune disease and cancer.

So your goal is clear for this condition - to work with your pets' bodies to achieve balance so the symptoms resolve and she feels better overall by building vitality and restoring balance.

Patience is often needed but long term health is worth it.



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## Allergic Rhinitis

### Diagnosis:

Primarily the presenting symptoms.

If persistent, internal symptom clues are used to differentiate chronic rhinitis from autoimmune diseases. Blood chemistry, CBC and other blood tests like the ANA (anti-nuclear antibody) are often needed.

X-rays and even a CT scan can also be useful.



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## Allergic Rhinitis

### Conventional Treatment:

Antibiotics, antihistamines, decongestants, anti-inflammatories.

They may effectively stop the symptoms of sneezing and discharging. However, they work against your pets' bodies and do not raise the allergy threshold.

If progresses - surgery that cuts open and drains their sinuses, and biopsy to reestablish definitive diagnosis. Radiation therapy is the most viable conventional treatment for intranasal neoplasia.



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## Brachycephalic Syndrome



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## Brachycephalic Syndrome

### SYMPTOMS:

These will vary based on the severity of the anatomic defect. For example, some of these pets have extremely narrow nostrils (stenotic nares). The more narrow they are, and the more the face is pushed in, the greater the symptoms of snorting, snoring, heat intolerance and dyspnea.



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## Brachycephalic Syndrome

### GOAL and CONVENTIONAL TREATMENT:

- Your goal is especially important with these pets.
- Anatomic features may not change so some noisy breathing may persist.
- When your pet becomes balanced and vital, she can usually have no symptoms in spite of the same anatomy.
- The only conventional treatment is surgery or drugs to lessen discharges and other symptoms.



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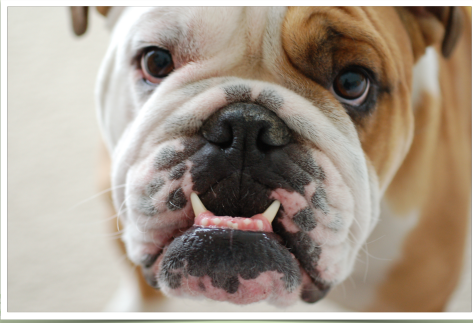
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## Overlong soft palate and narrowed trachea



 **Holistic Actions!**  
FOR COMPANION ANIMALS

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## Brachycephalic Syndrome

Overlong soft palate and narrowed trachea

### SYMPTOMS:

1. The size of the overlong palate and degree of obstruction. Both narrow nostrils and overlong soft palate increase the effort required to inhale (dyspnea).
2. Common symptoms include noisy breathing, especially with exercise, snorting when excited and snoring when relaxed or asleep.
3. Severely affected animals have more pronounced airway noise, tire easily with exercise, and may collapse or faint after exercise. Other symptoms may include coughing, gagging, retching and vomiting. Symptoms are often worse in hot or humid weather.
4. Total obstruction can stop breathing and you will see blue tongue and gums.
5. Another symptom clue is that pets with this syndrome are able to breathe more easily through their mouth than their nose.

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## Laryngeal Paralysis (LP)



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## Laryngeal Paralysis (LP)

### SYMPTOMS:

The nerves and muscles controlling the cartilage of the larynx do not function properly, usually in older dogs. Vocal cords open when inhaling and close to keep food and saliva out of trachea.

- Hoarse bark, even high pitched when panting
- Coughing, gagging when eating
- Exercise and heat intolerance
- Panting and noisy breathing on inhale
- Can be congenital in labs and retrievers.



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## Laryngeal Paralysis (LP)

### DIAGNOSIS AND TREATMENT:

- General anesthesia is needed to observe the movement of the vocal cords.
- Genetic testing so you can be more watchful for early hoarseness or other symptoms.
- Conventional treatment is surgery or drugs.



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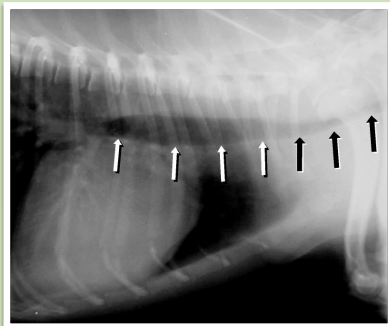
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## Tracheal Collapse



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## Tracheal Collapse

### SYMPTOMS:

1. Dry honking cough like that of kennel cough. There is no history of exposure to other dogs and it slowly worsens rather than naturally resolving.
2. Trouble breathing in or out (inspiratory or expiratory dyspnea) with secondary bluish colored membranes
3. Spontaneous loss of consciousness (rare).
4. Most common in obese miniature breeds.



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## Cancers and Polyps of Upper Respiratory Tracts



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## Cancers and Polyps

### SYMPTOMS:

1. NOSE. Discharges including severe bloody noses (epistaxis). These are usually one-sided.
2. THROAT. Eating and breathing problems that can become quite severe from obstruction of the windpipe. Bad breath from decay of or around the tumor.
3. SINUS. Discharges and bleeding similar to nasal tumors. These can deform the face and extend into the brain.
4. FUNGAL. Similar symptoms.



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