

Suggestions to deal with fear reaction to thunder/fireworks & other loud noises

(*See individual emails for detailed comments)

NAME OR EMAIL ADDY	Email Addy	Medications	Body Wraps /Ear Plugs			Training/Conditioning						
		Perscribed, O.T.C. and Herbs	T-Shirt	Lycra Body Suits and "Anxiety Wrap" anxietywrap.com	Ear Plugs	Nature/Hunting Music CD's/Tapes	Train w/loud noises	Crate during event	No hugging, and "making a fuss"	Conditioning Exercises	Play Activity During Storm	Misc. (Books, Tapes, etc)
Adams, Janine	jadams@jbma.com	L-theanine (Amino Acid)		X								
Alice, ?	Accordalice@aol.com							X	X			
Compton, Amy	amycompton@comcast.net		X							X		
Spitalotto, Angela	onlypoodles@yahoo.com	Melatonin		X								
Addison, Ann	canicheaa@earthlink.net		X									
Sanker, Clare	ANNCLARE3@aol.com										X	
Scardo, Arlene	Arlichpdl@aol.com		X									
Glew, Elizabeth	gleweliz@msu.edu	Rescue Remedy			X							Back ground noise
McGinnis, Cathy	pink1@mindspring.com				X		X					
Pendlay, Claudia	cpendlay@charter.net						X					
Raymond, Kim	CURLYTOP1976@aol.com	DAP-Dog Appeasing Pheromone and Clomicalm by Novartis				X						
Burch, Judy	sburch@indy.rr.com	Melatonin										
Robbins, Cynthia	cprobins@earthlink.net	Cooking Sherry :o)										
Whitehouse, Diane	cassie@lightspeed.net		X	X				X	X			
Cain, Emily	emily.cain@sympatico.ca									X		
Mace, Michelle	RICOPOOS@aol.com					X	X		X	X		"How Dogs Learn" by Mary R. Burch Ph.D., and Jon S. Bailey, Ph.D.- Operant and Respondent Conditioning
Roberson, Gayle	pocopoodles@comcast.net	Melatonin, Benadryl & Elm Esscense	X			X			X			
Webster, Jacqui	jacquiw@sbcglobal.net			X								
Gray, Jan	workingdogs@earthlink.net					X				X		"Calming Signals" By Turid Rugaas
Bates, Janis & Stan	sandhill@ns.sympatico.ca	Acepromazine										
McKelvey, Judy	jlm@pvandf.com	Rx-Mild Sedative					X					
Cullen, Kathleen	kathleencullen@hotmail.com					X						
Cassidy, Kelly	lostriver@completebbs.com	Rx-Mild Sedative										
Sawyer, Donna	KimsLdy@aol.com	Melatonin										
Soden, Leslie	lesticia@yahoo.com			X		X						
Danielson, Miki	mikidaniels@comcast.net						X		X			
Mary Ann, ?	Pudlelvr@aol.com											
Sally, ?	SjPoodle@aol.com	Banadryl										
Fleisher, Susan	slf373@earthlink.net	Valium		X		X						
Ross, Sue	SusiPoodle@aol.com	Rescue Remedy										
Tina & Char, ?	tinachar@worldnet.att.net		X									
Upton, Sande	victoriarose3@gbcdesignworks.com		X					X				
Kauffman, Vikki	kmandutwo@hotmail.com				X							
Lucy, ?	mango77@sbcglobal.net	"Calming Aid"			X	X						
			7	6	4	8	3	3	5	4	2	

1) Cuddling and making a fuss

- 1** Is the worst thing you can do. It reinforces the idea that something bad is happening. You need to be calm and very matter-of-fact about it.
- 2** You're saying "Oh, it's awful, and I know you're scared and you are right, it's very, very bad and we are all scared." You want to say "Silly boy/girl! Nothing to worry about!"
- 3** Any sort of attention is actually reinforcing the behaviour. Even negative attention is better than being ignored, to a dog, so first, IGNORE the behaviour. As I said before, it will probably require a combination of several things to extinguish the behaviour

2) Melatonin

- 1** I (Judy Burch) finally got in contact with Dr. Aronson, who presented the Melatonin cases at Dr. Jean Dodds' seminar here in MA. Her study will not be published until summer in the journal of veterinary medicine, but she did give me some further information.

She has found melatonin 80% successful in treating dogs with fear of loud noises, i.e., thunderstorms. She mentioned that it was also effective for epilepsy and a number of other conditions that allopathic vets use anti-depressants for. It produces the same results that an antidepressant does. Dr. Aronson said she doesn't see the need to keep up a regimen of anti-depressants when melatonin will work when needed.

A dog would have to have over 100 milligrams of Melatonin before there was any adverse effect. Suggested dosage is:
20lbs or less 1 1/2 milligrams 40lbs - 100 lbs 3 milligrams
over 100 lbs 6 milligrams This dosage can be given up to 3x's a day. When you know that a thunderstorm is approaching or there is the first sign of a "rumble" start the dosage. Results are very fast with no side effects.