

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

(\*See individual emails for detailed comments)

27-Jul-04

NAME OR EMAIL ADDY	Email Addy	Medications	Body Wraps /Ear Plugs			Training/Conditioning						
		Prescribed, O.T.C. and Herbs	T-Shirt	Lycra Body Suits and "Anxiety Wrap" <a href="http://anxietywrap.com">anxietywrap.com</a>	Ear Plugs	Nature/Hunting Music CD's, Tapes, and Noise Toys/Machines	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								
Addison, Ann	canicheaa@earthlink.net		X									
Alice, ?	Accordalice@aol.com							X	X			
Bates, Janis & Stan	sandhill@ns.sympatico.ca	Acepromazine										
Burch, Judy	sburch@indy.rr.com	Melatonin										
Cain, Emily	emily.cain@sympatico.ca									X		
Cassidy, Kelly	lostriver@completebbs.com	Rx-Mild Sedative										
Compton, Amy	amycompton@comcast.net		X							X		
Cullen, Kathleen	kathleencullen@hotmail.com					X						
Danielson, Miki	mikidaniels@comcast.net						X		X			
Fleisher, Susan	sif373@earthlink.net	Valium		X		X						
Glew, Elizabeth	gleweliz@msu.edu	Rescue Remedy			X							Back ground noise
Gray, Jan	workingdogs@earthlink.net					X				X		"Calming Signals" By Turid Rugaas
Hood, Laurel	Laurelio@aol.com					X						
Kauffman, Vikki	kmandutwo@hotmail.com				X							
Lucy, ?	mango77@sbcglobal.net	"Calming Aid"			X	X						
Mace, Michelle	RICOPOOS@aol.com					X	X		X	X	X	"How Dogs Learn" by Mary R. Burch Ph.D., and Jon S. Bailey, Ph.D. - Operant and Respondent Conditioning
Mary Ann, ?	Pudlelvr@aol.com											
McGinnis, Cathy	pink1@mindspring.com				X		X					
McKelvey, Judy	ijm@pvandf.com	Rx-Mild Sedative					X					
Pendlay, Claudia	cpendlay@charter.net						X					
Raymond, Kim	CURLYTOP1976@aol.com	DAP-Dog Appeasing Pheromone and Clomicalm by Novartis				X						
Robbins, Cynthia	cprobins@earthlink.net	Cooking Sherry :o)										
Roberson, Gayle	pocopoodles@comcast.net	Melatonin, Benadryl & Elm Esscense	X			X			X			
Ross, Sue	SusiPoodle@aol.com	Rescue Remedy										
Sally, ?	SjPoodle@aol.com	Banadryl										
Sawyer, Donna	KimsLdy@aol.com	Melatonin										
Scardo, Arlene	Arlichpdl@aol.com		X									
Soden, Leslie	lesticia@yahoo.com			X		X						
Spitaletto, Angela	onlypoodles@yahoo.com	Melatonin		X								
Tina & Char, ?	tinachar@worldnet.att.net		X									
Upton, Sande	victoriarose3@gbcdesignworks.com		X					X				
Webster, Jacqui	jacquiw@sbcglobal.net			X								
Whitehouse, Diane	cassie@lightspeed.net		X	X				X	X			
Winkles, Cathi						X						
34	TOTALS		7	6	4	9	3	3	5	4	1	

### **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 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.

### **3) "Thunder Tube" web site**

<http://sciencekit.com/search.asp?t=ss&ss=Thunder+Tube&sid=OvertureB&eid=OvtB>