

Popular Xylitol Products that can Poison Your Dog

By Dr. Nancy Kay, DVM, DACVIM

For some folks, the start of a new year is a catalyst to lose weight and this may mean switching from plain old sugar to lower calorie sweeteners, Xylitol is one such sugar substitute that is safe for human consumption, but is toxic for dogs. In fact, it can be deadly.

What exactly is xylitol?

Discovered by German chemist Emil Fisher in 1891, xylitol is found in fruit and vegetable fibers. The xylitol we consume is manufactured by beginning with a product called xylan found in hardwood trees and corncobs.

Xylitol was first put to use as a sweetener in Finland during World War II when sucrose was unavailable. The growth in xylitol popularity is attributed to its many beneficial properties. To begin with, xylitol is as sweet as sucrose, but with far fewer calories. Additionally, compared to sugar, it causes very little insulin to release in people and insulin is not required for it to be put to use as an energy source for the body. Lastly, xylitol has been shown to prevent mouth bacteria from producing acids that damage the surfaces of the teeth. For this reason, xylitol is commonly included in toothpastes, sugar-free gum and other oral care products.

Species-specific effects of xylitol

The effect of xylitol on insulin release varies dramatically between species. In people, rats, horses, and rhesus monkeys, xylitol causes little to no increase in insulin release or change in blood sugar levels. This is altogether different in dogs, cats, goats, rabbits, and baboons. In these species xylitol causes a marked increase in insulin release and drop in blood sugar and is the basis for xylitol toxicity.

Xylitol Toxicity in dogs

After a dog consumes a significant amount of xylitol, there is a massive release of insulin from the pancreas. This, in turn, results in a dangerously low blood sugar level and symptoms such as weakness, trembling, seizures, collapse, and even death.

At higher dosages, xylitol can cause massive liver destruction (known as necrosis) in which large numbers of liver cells die abruptly. This produces an acute health crisis and, in many cases, death.

Vomiting is often the first symptom of xylitol toxicity. Other symptoms related to the low blood sugar level develop within 30 minutes to 12 hours following consumption. When xylitol-induced liver damage occurs, blood liver enzyme values typically begin increasing within 12 to 24 hours.

The dose of xylitol considered to be toxic for dogs is 0.1 gram or more of xylitol per kg of the dog's body weight.

What about cats and xylitol?

While xylitol ingestion in cats does cause a drop in blood sugar, this rarely happens. This is because, unlike dogs, most kitties have very discriminating palates - they don't choose to eat products containing xylitol.

Treatment of xylitol toxicity in dogs

Emergency treatment is warranted after a dog consumes xylitol. If vomiting can be successfully induced within the first 30 minutes or so (before the xylitol leaves the stomach), the problem may be solved. Once xylitol leaves the stomach (the other way) and triggers the pancreas to produce insulin, intensive treatment is warranted in order to try to counteract the effects of hypoglycemia (low blood glucose) and liver damage. Treatment includes hospitalization with round-the-clock care, blood monitoring, and administration of intravenous glucose and liver-protective agents. In some cases, blood transfusions are needed to counteract the effects of blood clotting abnormalities caused by liver failure.

The prognosis for xylitol toxicity varies and depends on how promptly the dog receives treatment as well as the amount of xylitol that was consumed.

Species-specific effects of xylitol

Many foods and dental products contain xylitol. Some commonly used products that may contain xylitol include:

- Toothpaste
- Mouthwash
- Chewing gum
- Peanut butter
- Sugar-free candy
- Sugar-free breath mints
- Fruit drinks
- Jellies and jams
- Cereals
- Baked goods
- Sugar-free puddings and Jell-o
- Over the counter vitamin supplements
- And some cosmetics

Believe it or not, some products advertised specifically for dogs, such as toothpaste, contain small amounts of xylitol! What are these manufacturers thinking?!

Not all product labels clearly state if they contain xylitol. If a label states only, "artificially sweetened," presume that it contains xylitol. If you opt to use xylitol-containing products in your household, be sure to keep them completely out of your clever dog's reach.

What to do if your dog eats xylitol

If you believe that your dog has just eaten (as in you just watched it happen) something containing xylitol, contact a veterinary hospital staff member right away. You might be advised to induce your dog to vomit at home. This is accomplished by forcing your dog to swallow hydrogen peroxide.

If you're not really sure when the xylitol was consumed (you've just returned home from work and the remains of sugar-free gum wrappers are decorating the couch), transport your dog to a nearby veterinary clinic or 24-hour emergency hospital right away. Be sure to take the label of the consumed product with you. Time is always of the essence when treating xylitol toxicity.

Look around your house and see if you have any xylitol-containing products. What did you find?

If you have any questions or concerns, you should always visit or call your veterinarian - they are your best resource to ensure the health and well-being of your pets.

Here are just some of the common products that contain

XYLITOL



Xylitol can kill your pet.

Get the facts:

petsadviser.com/xylitol

Products containing XYLITOL



can be poisonous

TO DOGS!

Recent Adoptees!

Photo
Not
Available

Joey Bones (aka Ringo3)
Denver, CO



Barkley
Fredericksburg, TX



Els0
Kansas City, MO



Jason
Aurora, CO



Mocha
Orem, UT



Latte
New Braunfels, TX



Temy (aka Remy)
Princeton, MN



Sancho
Denton, TX

Attention Adopters!!!

If you haven't already submitted your Happy Beginnings story, PLEASE, PLEASE, PLEASE take some time to do it now!
Yes, I am begging. We really would like to have your stories on the website and make you a star here in the NewSpots!!
What are you waiting for? Submit your stories and a new photograph of your fur kid(s), and yourself if you want, to me today!
DalmatianRescueOfCO@comcast.net



#1 RECOMMENDED DRY MOUTH BRAND

Helps Maintain Oral Environment

- Helps Prevent Cavities
- Formulated to Not Irritate a Dry Mouth
- Glycerin Free (No SLS)
- Low Foaming, Mild Flavor
- Freshens Bad Breath

biotene Protein-Enzyme System
DRY MOUTH FLUORIDE TOOTHPASTE

Formulated to Not Irritate a Dry Mouth

NET WT 4.5 OZ (127.6g)

2 tbsp (32g)
Servings: 15
Calories: 206
Fat Cal: 126

Percent Daily Values are based on a 2,000 calorie diet.



Sodium	0mg	0%
Total Carbohydrate	6g	1%
Dietary Fiber	5g	24%
Sugars	1g	
Protein	14g	

Vitamin A 2% • Vitamin C 0% • Calcium 2% • Omega-3 3.9g • Omega-6 1.5g

Total Fat	
Saturated Fat	
Cholesterol	
Sodium	
Total Carbohydrate	
Dietary Fiber	
Calories Per Gram	

Ingredients: Peanuts, Flax, Whey Protein, Natural Sweetener (Xylitol), Cocoa, Canola Oil, Natural Extract.
Allergen Warning: Contains: Peanuts. May Contain Traces of Almond. No Preservatives Added. Whey



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You use the same account on Amazon.com and AmazonSmile. Your shopping cart, Wish List, wedding or baby registry, and other account settings are also the same. On your first visit to AmazonSmile (smile.amazon.com), you need to select the charitable organization (Dalmatian Rescue) to receive donations from eligible purchases before you begin shopping. Amazon will remember your selection, and then every eligible purchase you make at smile.amazon.com will result in a donation.

You can change your charity any time. Your AmazonSmile purchases after the change count towards your newly selected charity. To change your charity, sign in to smile.amazon.com on your desktop or mobile phone browser and simply select "Change your Charity" in "Your Account." You can choose from over one million eligible 501(c)(3) public charitable organizations. Look for Dalmatian Rescue of Colorado to make us your charity of choice!

KING SOOPERS/CITY MARKET COMMUNITY REWARDS



For Colorado supporters (or anywhere King Soopers or City Market operates), Dalmatian Rescue of Colorado has also enrolled in the King Soopers and City Market Community Rewards Program.

To Use the King Soopers or City Market Community Rewards Program, simply visit the appropriate link below.

For King Soopers Stores - go to <http://www.kingsoopers.com>

For City Market Stores - go to <http://www.citymarket.com>

Once logged in to your King Soopers or City Market account, search for Dalmatian Rescue of Colorado, Inc., either by name or FR415, and then click Enroll. New users will need to create an account which requires some basic information, a valid email address and a loyalty card.

*Customers must have a registered King Soopers or City Market loyalty card account to link to our organization. If you do not yet have a King Soopers or City Market loyalty card, they are available at the customer service desk at any King Soopers or City Market.

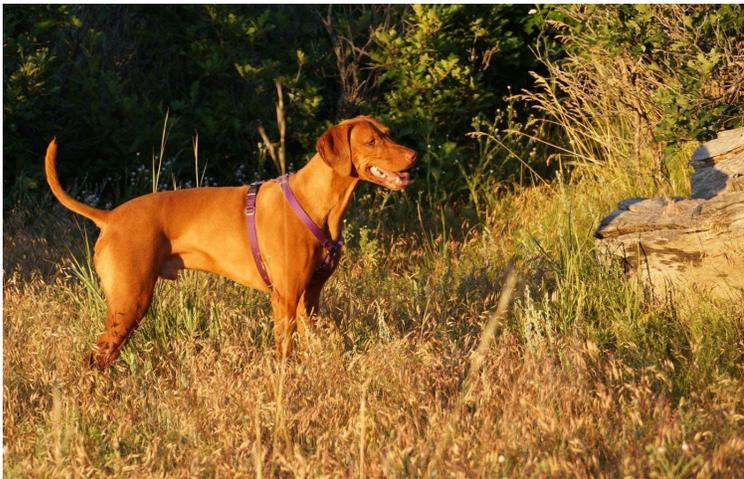
REMEMBER, purchases will not count for our organization until after you have registered your loyalty card (the same card that you use to build fuel points). You must swipe your registered King Soopers or City Market loyalty card or use the phone number that is related to the registered King Soopers or City Market loyalty card when shopping for each purchase to count. This does not affect your fuel points!



Trainer Tips

“Consequences For Off Leash Reliability Failures - A Romeo Story”

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Anyone who knows me, knows that one of my major goals with all of my dogs is off leash reliability. They must earn it by demonstrating the skills I require to have the privilege of being off leash.

Yes, it is a privilege not a right. It must be earned. And that privilege can be lost if you're not meeting my expectations. There are consequences to your actions.

We generally walk twice a day and love to go hiking whenever we can. Which is never as often as we'd like, of course. We prefer, when our dogs are ready, to walk off leash. Our dogs get much better exercise this way. But it needs to be done safely.

This is a story about Romeo. We lost him in 2018, but I have a million stories about him that I still share often.

Anyone who met Romeo early in his life knows that he was a handful! Smart. High energy. Intense. A handful, to be sure.

We worked very very hard on building the right skills for off leash reliability. We had to work very hard for the first two years of his life.

But he did well and we gradually worked up to the off leash reliability I wanted and needed for him to be able to walk off leash on our walks and hikes. He had earned his off leash privileges and we were both enjoying our walks and hikes.

One day we were on one of our usual walks on the trails on our property. We came up over a small ridge, and Romeo spotted the deer before I did. There were about a half dozen of them in our field. They took off. Romeo took off after them.

I called him, and he did NOT come back. He kept pursuing. The deer headed straight for the busy road we live on. At this point in time, we did NOT have gates/fencing on your property to prevent dogs from getting into the road. The deer disappeared over the ridge and behind the scrub oak heading to the road, and Romeo was in pursuit.

I ran too, but clearly I am no match for deer or a Vizsla in his prime. I thought for sure at least one of them was going to be hit by a car. We were just very lucky that no cars happened to be driving by at that moment.

Romeo actually came running back to me. He had NOT gone into the road and pursued the deer beyond our property.

While he did NOT come when he was called, he in fact DID respect our boundary training we had worked hard on. He knew where he was allowed to go and not. And despite the fun of chasing deer, he did stop and come back once they crossed our property line.

So, what did I do when he returned? Did I punish or scold him for not coming? No. Did I rejoice that he respected our boundary training and chose to come back to me once the deer left our property? You bet!

It was much too late at that point to scold him for not coming when called – too much had happened since that recall. He did make one bad choice, but followed it up with one very good choice.

What was the consequence though? Because he did NOT meet all of my expectations for off leash privileges, he did lose those privileges.

For the next TWO MONTHS, he was back on the long line for walks. We worked very hard for those two months to reiterate all the skills he did have but forgot on that one day. We worked hard on our recalls and all the other skills required to earn that off leash privilege back. And after two months, he did get that privilege back.

And for the rest of his life, he never lost that privilege again. For the remainder of his life, he was nearly perfect on walks. I almost never had to call him to COME for the rest of his life on walks. He checked in with me. He kept track of me. I rarely had to call because he was so tuned in, I rarely ever needed it.

Those first two to three years were a lot of work. But those remaining years were the BEST. I could not have asked for a more perfect dog on walks and hikes after that. He was amazing. But we worked hard to get there. And he learned that there were consequences to NOT making good choices when you are given a lot of freedom.

He was the best dog ever.

For additional training tips and information, you can read our blog at <https://thelightofdog.com/read/> or find us on Facebook and Twitter.

 <https://thelightofdog.com/>

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(This "Ask The Trainer" article is reprinted with permission of Sue Brown, co-owner of The Light Of Dog, a Certified Dog Behavior Consultant. The Light of Dog Training is located in Sedalia, CO and services the Denver Metro Area.

<https://thelightofdog.com/>).

National Take Your Dog To Work Day - June 26

NATIONAL TAKE YOUR DOG TO WORK DAY

Every year employees across the country bring their dogs to work the Friday after Father's Day. It's the National Take Your Dog To Work Day.

A celebration of the companionship between canine and human, National Take Your Dog To Work Day hopes to inspire others to adopt from rescue organizations, shelters and humane societies.

HOW TO OBSERVE

To find participating employers and to download a toolkit, visit [Pet Sitters International](http://PetSittersInternational.com).

Use #NationalTakeYourDogToWorkDay or #TYDTWD to share on social media.

HISTORY

Take Your Dog To Work Day originated in the United Kingdom in 1996. Then in 1999, Pet Sitters International founded the first day in the United States.



National Take Your Dog to Work Day
www.NationalDayCalendar.com

Friday After
Father's Day

#NationalTakeYourDogToWorkDay



Xylitol Toxicity

What You Need To Know To Keep Your Pet Safe!

What is Xylitol?
Xylitol is a sugar substitute or sugar alcohol that is popping up in many products. Xylitol is extremely toxic to pets but not people.

What Products Contain Xylitol?
Xylitol is hiding in many products such as:
*Candy *Some Peanut & Nut Butters
*Baked Goods *Diabetic Snacks
*Chewing gum & Mints *Lotions, Gels, Deodorants
*Medications & Vitamins *Supplements

What Do I Do If My Dog Eats it?
Seek Veterinary Help IMMEDIATELY
Xylitol Toxicity can be DEADLY



Bits & Pieces

Advertising in NewSpots! is FREE!!!

Do you have a business or a hobby that other adopters, fosters, and volunteers might be interested in? Let us help you spread the word by 'advertising' in Dalmatian Rescue of Colorado's monthly newsletter – NewSpots! We currently notify about 700 people of the new editions of NewSpots! That's a lot of word of mouth and print advertising for FREE!

Simply contact the editor, Karl Schill, at dalmatianrescueofco@comcast.net and he will work with you to provide your ad and place it prominently within the newsletter.

******** Be a Pal, Save a Dal ********

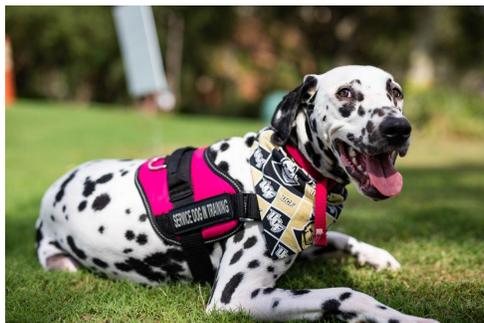
PLEASE – They need YOUR help!! Remember when your rescue Dalmatian came home with you, from the warmth of a loving foster family? If we hadn't had foster homes, you probably would not have gotten YOUR dog. PLEASE think about fostering a dog for the Dalmatian Rescue where you obtained your Dal, or the one closest to where you now live, so they can save lives like they saved your dog's life!! PLEASE give a warm home to a dog who can relax, show his true personality, enjoy a thick bed rather than a concrete floor in a shelter and get ready for a new home. PLEASE help rescues and the dogs so that others might have a dog that is well socialized, trained and ready to love. PLEASE think about this... Dalmatians are everywhere and are literally dying to meet you or someone willing to give them a "spot" to LIVE until their forever home comes along. PLEASE be a spot for rescue and for them?

We thank you and you know any dog you help your local rescue save will be eternally grateful! PLEASE submit a foster application if you can possibly help your local rescue and them! PLEASE take your cookie... good boy/girl!

Reader Recommendations and Tips

This is where we share recommendations and tips from and for our readers. Our newsletter is read by as many as 1800 people each month. That number constantly increases as we have more adopters and adopters recommend it to their friends and family as well. So, go ahead... share your tips and recommendations. Please send along any information you want to share with others, like products that you would recommend, dog toys, great pet insurance, good vets (or bad ones to avoid as well), etc. Is there anything you wish someone had told you about that you have found? Pass it along. Send your ideas, recommendations and tips to Karl at karl@dalmatianrescueco.org for inclusion in the next issue.

Sadly, There are no reader recommendations or tips this time around. If you have any that you think might be helpful or informative for our readers, please send them in and see your recommendations and tips in our next issue!



In The "Spot" Light...Our Featured Dalmatians

Tara 2

2 Years Old, Black Spayed Female

Reason Available: Stray

Foster Home: Farmington, MN

Tara is excited to be part of your family! She is a bundle of love and spunk at 40lbs, but don't let that fool you! She is young, therefore extremely active. Tug of war? YES! Snuggling? Double YES!! She is housebroken, loves walks, and befriends other dogs as long as they are her size or larger. Tara will do best with another dog since she loves to play tag in the yard for hours. She also likes to chase birds which means she will need a minimum of a 6ft fence so she doesn't end up part of the neighbors family (she's that lovable). She is an intelligent girl and attentive with a little peanut butter or training treat which has been a great tool to help her learn a lot in a short period of time. She should not be with cats or smaller dogs because she enjoys playtime but doesn't realize she's bigger than them. She has done very well with larger male dogs and would thrive in a home where she would not need to be crated often due to a bad previous experience. She will require an active owner who is willing to challenge her mentally with toys, treats, or activities. Tara is currently in Minneapolis, MN area. If you think Tara will fit your lifestyle, please contact Opal at opal.ellison@gmail.com Adoption fee is \$350.



Tesla

4 Years Old, Black Neutered Male

Reason Available: Owner Surrender

Foster Home: Bloomington, MN

Tesla is a handsome, active 4-yr-old male Dalmatian who is an owner surrender because the family's rented home was sold and they had to move. He is currently in Bloomington MN in foster care. Tesla's owner, a MN vet tech, and he were very strongly bonded. There were problems caused by Tesla strongly reacting to her husband's extreme anxieties, mirroring them and becoming quite anxious himself. While he has never bitten anyone, he can be fearful. When he gets enough exercise and feels safe, he is a joyous, playful and very loving dog. Tesla has the soul of a cuddle bug and he has seen a behaviorist. This boy will catch your squirrels for you too! Like most Dalmatians, Tesla is smart and learns very quickly. He is eager to please and loves receiving praise. For more information, contact Sandy at Sandy@dalmatianrescueco.org. Adoption \$350. Adoption application can be found at www.dalmatianrescueco.org.



Happy Beginnings Stories

Sadly, we have no Happy Beginnings Stories to share with you this month.

Adopters, we have adopted out many dogs in 2020, but have received no Happy Beginning Stories to share with other adopters, fosters and the general public.

PLEASE, PLEASE, PLEASE... IF YOU HAVEN'T SENT IN YOUR HAPPY BEGINNINGS STORY FOR YOUR NEWEST FURRY FAMILY MEMBER YET, PLEASE DO IT NOW!

It's never too late to see your story in print!

If you have adopted your pup from us, regardless of when, and have not submitted their Happy Beginnings story yet, please do it now while it's fresh on your mind.

These stories are the "pay" that fosters get for all their hard work!

About Us

NewSpots is published and released on the first calendar day of the month. The deadline for submissions for future issues of NewSpots is the 25th of the previous month. Submissions received after the deadline may be delayed in publication until the following month, subject to the Editor's discretion.

Send submissions to the Editor at dalmatianrescueofco@comcast.net.

Dalmatian Rescue of Colorado, Inc. is a 501(c)(3) Non-profit organization. Donations are tax deductible!

6828 Rim Rock Trail, Fort Collins, CO 80526

Rescue Hotline: 303-281-8963

Fax: 970-377-9509

Website: <http://www.dalmatianrescueco.org>