



by Juan Griñán

VET'S CORNER



The benefits of owning a pet



Classically it has been said that having a dog or cat for company, offering their loyalty, love and trust to the family, improves your lifestyle. But now this concept of companion pets goes further.

There is evidence to suggest that pets are a fundamental support for people living alone or for single parents; a situation that is becoming more common. In some cases, the social support offered by an animal is greater than the support another human could offer.

Several studies recommend pets for children and adults with psychological problems, elderly people and many other groups of people. Stroking the coats of cats and dogs has relaxing effects on humans.

Pet ownership can teach us responsibility as we must provide the animals with veterinary care, food, walks and satisfy their physiological needs, etc. A dog, for example, improves our sociability as we need to leave the house to take him for walks, which in turn tears us away from the TV, computer or work, encouraging us to make friends with

other dog owners.

Our pets also invite us to play; both children and adults alike, bringing smiles to our faces and encouraging laughter - which in turn keeps us feeling young.

Rare is the psychologist who fails to give this advice to his patient... "Buy your child a dog, a cat, a bird or an aquarium."

There are numerous foundations with the slogan "pets benefit your health." Scientific research testifies to this 'pet power' and budgies, gerbils, rabbits, cats, dogs and fish all have their part to play.

Contact with animals can bring real physiological and psychological benefits: reducing stress, helping to prevent illness and allergies, lowering blood pressure and aiding recovery.

In short, it is highly recommended to have a pet. You must however always try to find one that best suits your lifestyle.

Before bringing a pet into your life ask yourself the following questions:

■ Why do you want a pet?

■ Do you have time for a pet? • Can you afford a pet?

■ Are you prepared to deal with any special problems the animal may cause?

■ Can you have a pet where you live?

■ Is it the right time for you to get a pet?

■ Are your living arrangements suited to the animal you have in mind?

■ Who will care for your animal if you have to be away or die?

■ Are you able and prepared to care for and keep the animal for the rest of his life?

No one wants to see an animal end up in a shelter or abandoned, or being abused and neglected. So before anyone rushes off to get a pet, all the above questions should be answered as truthfully as possible.

The next step is to carefully choose the type of pet most suited to the individual, and match up the right animal to the right owner.

People wanting more security in their home has played a huge part in the popularity of

guard dogs. And although very effective for this purpose, the downside of this trend has been the increase of pit-bulls or rottweilers taught to frighten people. It is now fashionable to have 'aggressive dogs'. Bites from dogs whose owners have not obtained a 'guard dog licence' are becoming frequent.

It is also not uncommon to find a neighbour who hates dogs and complains they leave fur in communal areas, bark at night or that the elevator smells of dog. These people are precisely those who could most benefit from owning a pet!

The benefits of pet ownership to society are far greater than the problems it may cause - as this society is degenerating due to major stress which is often curable with owning a pet.

So you know, own a pet and see society change!

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JACK THE 6 YR old pointer has a reprieve for a few weeks. He has luckily gone to another foster home but they can only keep him for a while. He is such a good boy and his new fosterers say he is no trouble at all. He is castrated and free to a good home could you be the one to make his life settled at last. Maggie 965 744 449

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MANILA LAB MIX approx. 8 yrs 55cm This female was adopted from us about 4 years ago but her owner had to return to England and simply left her to run the streets.. Manila is now back here and she does not deserve this treatment since she is now an elderly lady. Should somebody want a female dog who is house trained, walks well on the lead and does not give any trouble whatsoever, we could recommend Manila. She likes other dogs. Only when she is eating she tends to become stubborn and this is no wonder as she had been fending for herself for quite a while. APASA JAVEA Maggie 965 744 449 or Mandy 639 603 880

REXO, SCHNAUZER MIX approx 4 yrs 54cm What a giant of a dog. He is not only big in size but also in character. Rexo would need a new owner who will tell him right from the beginning what he is allowed to do and what he should not try. He needs direction and somebody who would tell him "No, this does not work". In such a case he would immediately accept an order, because Rex is a good dog. A large plot and many walks would be a dream for him. APASA JAVEA Mandy 639 603 880 or Maggie 965 744 449

OCO, HUSKY MIX approx 1.5 yrs 70cm This "giant" was brought to us by his owner. He is friendly but unfortunately his owner did not even try to educate him and this is most probably the reason why Oco has outgrown his owner. We now have to work with him. He is very apprehensive and he would like to learn but since there is much of a Husky in him he would need an owner with a lot of time to work a lot with him and go to training lessons on a regular basis. Oco is house trained and he likes to walk on the lead. APASA JAVEA Mandy 639 603 880 or Maggie 965 744 449

3 ORPHANED KITTENS 2 months old seek stable loving home(s) with garden(s). Please phone Gabriela at 669 005 491

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BELLA FEMALE CAT 8yrs old vaccinated and neutered, found as a kitten in the garden with her two brothers who were rehomed when kittens. Quite a timid cat but loves to be brushed used to living outside and inside loves nothing better than sitting on your lap. Owners moving to Madrid city and Bella is a country cat for more information call Julie on 607 655 879

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Costa Blanca News

BLANQUITO is a handsome 19 month old fella who came to us last month. He is a friendly dog who loves being around people, enjoys his walks and gets on well with other dogs. He has had all his vaccinations and is micro chipped.

Please call the kennels on 966 710 047
www.satanimalrescue.com

ROTTWEILER CROSS

This young dog really deserves a good home, and not just as a guard dog, as he has suffered enough already! He is only a year and a half old, he is really loving, sweet & gentle even though he is a big dog. Who ever adopts him will have a super companion. Please call Concha on: 666 202 270

This little girl was so poorly when we found her, with little chance of survival - she has responded to her treatment and is now able to go out in the sunshine for a walk. She likes her food and is not afraid of people she knows we are helping her!

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