

# Pomeranian Health & Wellness Guide

PREVENTATIVE CARE FOR A LONG, HAPPY LIFE



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Proactive health care is essential for Pomeranians to live long, happy lives. Their small size and breed-specific sensitivities make regular prevention especially important, from puppyhood through the senior years. This guide covers preventative care, vaccines, parasite prevention, and wellness strategies to help keep your Pom thriving.

### Preventative Care Essentials

- **Regular vet visits** help catch small issues before they become serious health problems.
- **Early detection** can save lives by identifying concerns when treatment is most effective.
- **Build a relationship** with a trusted veterinarian who knows your Pom's history and needs.
- **Health records** should include vaccines, medications, test results, and changes in weight or symptoms.
- **Monitor body condition and weight** regularly so you can spot subtle shifts early.
- **Watch for behavior changes** such as lower energy, appetite changes, hiding, or unusual barking.
- Preventative care is often more affordable than treating advanced illness later on.
- Schedule annual exams for healthy adults and bi-annual visits when age or risk factors call for closer monitoring.

### Vaccination Schedule

Vaccine	Timing	Purpose
Distemper / Parvo	6–8 weeks	First core puppy protection against two serious viral diseases.
Distemper / Parvo	10–12 weeks	Booster to strengthen immunity during the puppy vaccine series.
Distemper / Parvo	14–16 weeks	Final puppy series dose for strong core disease protection.
Rabies	12–16 weeks	Required protection against a fatal zoonotic disease.
Bordetella	As recommended	Helps reduce risk of kennel cough, especially with grooming, boarding, or daycare.
Leptospirosis / Canine Influenza	Based on lifestyle and local risk	Non-core protection for dogs exposed to specific environments or outbreaks.
Booster Shots	Annual or every 3 years	Maintains ongoing immunity depending on the vaccine and veterinary guidance.

## Parasite Prevention

- Year-round flea and tick prevention helps protect against irritation, disease transmission, and infestations.
- Monthly heartworm prevention is a vital medication because heartworm disease can be life-threatening.
- Ask your vet about routine intestinal parasite screening to catch worms and protozoa early.
- Keep the yard and home environment clean with regular waste pickup and good landscaping maintenance.
- Check for ticks after outdoor time, especially around ears, toes, collar lines, and under the tail.
- Possible signs of parasite infection include itching, diarrhea, vomiting, weight loss, coughing, or low energy.
- Consult your veterinarian for the best prevention products based on climate, travel, and exposure risk.
- Small breeds need proper dosing so always confirm the right product and weight range before giving any prevention.

## Wellness Exams & Monitoring

- Puppies usually need exams every 3–4 weeks until about 16 weeks of age.
- Adults benefit from annual wellness exams to monitor overall health and prevention needs.
- Seniors 7+ should typically be seen twice a year so changes can be detected sooner.
- Wellness exam basics include a physical exam, weight check, dental evaluation, and heart/lung assessment.
- Blood work may be recommended to establish baseline health and catch hidden issues early.
- Early detection supports better outcomes for age-related changes and breed-specific concerns.
- Discuss any questions, symptoms, or behavior changes with your veterinarian at every visit.

## Genetic Testing & Breed-Specific Health

- Pomeranians can be prone to certain inherited conditions, so proactive awareness is important.
- Genetic testing is available for breeding dogs and can help reduce the chance of passing on disease risk.
- Luxating patella, tracheal collapse, heart disease, and eye problems are among the common breed concerns to discuss with your vet.
- Ask breeders for parent health testing results and any available screening documentation.
- Know your Pom's family history whenever possible so you can plan smarter lifelong monitoring.
- Proactive screening and regular veterinary follow-up can help identify concerns before they progress.

### Keys to Long-Term Health & Happiness

Balanced nutrition, regular exercise, mental stimulation, dental care, grooming, socialization, and lots of love create the foundation for a thriving Pomeranian. Consistency in daily care routines helps your Pom feel secure and supported through every life stage. A strong relationship with your veterinarian makes it easier to stay ahead of health needs and enjoy each year together.

## Emergency Preparedness

- Know the location of the nearest emergency veterinarian before you need it.

- **Keep emergency contact numbers handy, including your regular vet and a 24-hour clinic.**
- **Prepare a pet first aid kit with essentials like gauze, saline, a digital thermometer, and any prescribed medications.**
- **Emergency signs such as difficulty breathing, collapse, seizures, or bloating require immediate veterinary attention.**
- **Have a transport plan ready so you can leave quickly and safely if an urgent situation arises.**
- **Keep medical records, vaccine history, and current medication details accessible for fast decision-making.**