

## **True Grit Brits Recommendations regarding Spaying and Neutering**

in light of recent studies funded by the AKC Canine Health Foundation  
as presented by Dr Michele Kutzler.

Please consider not Spaying or Neutering since growing research shows removing your dog's reproductive organs and the hormones they produce can have significant long-term health and life-span consequences. Research studies confirm that chronically high levels of LH (luteinizing hormone) as a result of spay and neuter often lead to inflammation, injury, organ disease, tissue degeneration, higher risk of cancer and behavioral problems. Here are some of the findings:

- 30-68% of spayed or neutered dogs will become obese thru decrease in metabolic rates by reduction in muscle mass and increase in appetite due to reduced satiety.
- Urinary incontinence incidence in spayed females is 1 in 5 and more so in breeds weighing over 30 lbs. regardless of the age at time of spay. One study showed spayed and neutered dogs have 3 times the rate of developing bladder and kidney stones.
- 20% of spayed females will develop a "spay coat" or "puppy coat syndrome" in which the hair follicles fail to develop and then not shed properly.
- Cruciate Ligament Rupture risk is significantly higher in spayed and neutered dogs independent of co-existing obesity or age at spay and neuter.
- Cranial Cruciate Ligament Rupture risk increase thought to be the result of increase LH receptor activation. Dogs with poor hips that are spayed and neutered will likely experience symptoms.
- Neutering male puppies prior to 6 months was shown to result in hip dysplasia in 10 % as compared to intact males. That's 1 in 10 males!
- Recent studies reveal that spay and neuter can decrease inter-male aggression but actually increase dominance aggression, stranger directed aggression and owner directed aggression. Spayed females are 2 times as likely to be aggressive compared to intact females (68% as compared to 32%).
- Studies show that as a result of increase LH receptors present in the skin and blood vessel lining and lymph node tissue that spayed and neutered dogs experience increase rates of Mastocytoma skin tumors, Hemangiosarcomas and Lymphoma. Neutering males increase the risk of Lymphoma 3 times or 1 in 10!

**DON'T KEEP THINKING OF OVARIES AND TESTICLES AS MERELY REPRODUCTIVE! GONADS PLAY A CRITICAL ROLE IN REGULATION OF METABOLISM, IMMUNE FUNCTION, MOOD, COGNITION, MEMORY AND BONE AND MUSCLE HEALTH!**

**Some Viable options of preserving your dog's hormones and preventing unwanted pregnancies include:**

- **Ovary-Sparing Spay**
- **Vasectomy that leaves testicles intact**
- **Hormone Replacement Therapy**