



**Morris Animal  
FOUNDATION**  
Golden Retriever Lifetime Study



# **A Golden Opportunity** to Improve the Health of Golden Retrievers



Dear Golden Retriever Owner,

Welcome to Morris Animal Foundation's Golden Retriever Lifetime Study!

The Golden Retriever Lifetime Study is a groundbreaking effort to learn how to prevent cancer and other diseases in dogs. It is the largest and longest observational study ever undertaken to improve the health of dogs. In collaboration with scientists, veterinarians and dog owners, Morris Animal Foundation, a nonprofit organization, is working to prevent canine diseases and to create a brighter tomorrow for animals. We are pleased that you and your dog will be participating in this study.

This owner's manual provides useful study information and resources, including tools to help you keep records that will be valuable for the study. Please take a moment to familiarize yourself with its contents.

You may use this binder to store all of your dog's study records, veterinary reports, etc. You will also provide information for the study through your user account at **[www.CanineLifetimeHealth.org](http://www.CanineLifetimeHealth.org)**.

Please use the study website as your first resource: **[www.CanineLifetimeHealth.org](http://www.CanineLifetimeHealth.org)**. If you need further assistance, email the study team at **[grdogs@CanineLifetimeHealth.org](mailto:grdogs@CanineLifetimeHealth.org)** or toll-free at **855.4GR.DOGS (855.447.3647)**.

Thank you, and once again, welcome!

A handwritten signature in black ink that reads "Nancy Clark". The signature is written in a cursive, flowing style.

Nancy Kay Clark, BSB/M, CVT  
Study Participants Coordinator  
Canine Lifetime Health Project  
Morris Animal Foundation



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**OVERVIEW**



# Golden Retriever Lifetime Study Description



Morris Animal Foundation's Golden Retriever Lifetime Study, the most significant study ever conducted in veterinary medicine, is a groundbreaking effort to learn how to prevent cancer and other diseases in dogs. This study will identify genetic, nutritional, behavioral and environmental reasons for why Golden Retrievers may develop cancer and other health problems. It will be the largest and longest observational study ever undertaken to improve the health of dogs. This study is being managed by Morris Animal Foundation, a nonprofit organization that is a global leader in supporting science to advance veterinary medicine.

## STUDY GOALS

The goals of this study are to

- Determine the occurrence of cancer in this group of 3,000 Golden Retrievers in the contiguous United States
- Identify genetic differences that may lead to common cancers in Golden Retrievers
- Identify ways in which genetics, environment and nutrition may affect a dog's risk for cancer
- Determine the occurrence of other major health disorders in Golden Retrievers and identify possible risk factors for these diseases
- Create an information database and a warehouse of biological samples that can be used for future research
- Develop and evaluate strategies and guidelines for cancer screening and prevention



# Golden Retriever Lifetime Study Background

Cancer is the leading cause of death in dogs older than 2 years of age, and Golden Retrievers have a higher risk of developing cancer than most breeds. It is estimated that more than half of all Golden Retrievers in the United States will die of cancer. For this reason, Golden Retrievers were selected for the first Canine Lifetime Health Project study. Although this study involves Golden Retrievers only, the information collected will improve the health of all dogs.

## DIFFERENT TYPES OF CANCER AFFECT DIFFERENT BREEDS

Following are the four most common malignant cancers in Golden Retrievers:

### **Hemangiosarcoma**

This form of cancer originates from the cells lining the blood vessels; it occurs most frequently in the heart and spleen

### **Lymphoma**

This is a cancer of the lymphocytes, which are a type of white blood cell that is part of the immune system

### **Mast cell tumor**

This is a very common form of skin cancer in dogs

### **Osteosarcoma**

This aggressive bone cancer frequently affects large-breed dogs

In addition, the study will collect information on major health issues that frequently occur in Golden Retrievers, such as kidney disease, heart disease and hypothyroidism (a condition in which the thyroid gland does not make enough thyroid hormone).

**EXPECTATIONS**





# What Is Expected of You and Your Veterinarian



By joining Morris Animal Foundation in this groundbreaking study, you will be helping to create a brighter future for Golden Retrievers and all dogs.

## YOUR PARTICIPATION

Your enrollment in this study has already shown a high level of commitment to helping Morris Animal Foundation learn more about cancer and other diseases in Golden Retrievers. We appreciate and value the time and energy that you, your Golden Retriever and your veterinarian are giving to this study. If you are ever concerned about your ability to continue participating in the study, we would like to discuss your concerns. Please contact the study team at **grdogs@CanineLifetimeHealth.org** or **855.4GR.DOGS (855.447.3647)**.

## YOUR VETERINARIAN'S PARTICIPATION

By joining you on this journey, your veterinarian is also making a commitment to participate in the Golden Retriever Lifetime Study. **If at any time your veterinarian is unable or unwilling to perform the tasks required for this study, you will need to select another veterinarian to perform your dog's annual examinations and sample collection.** You can find a list of veterinarians who are registered with the Canine Lifetime Health Project by logging on to your user account at **www.CanineLifetimeHealth.org**. The veterinarian search tool is located on the Golden Retriever Lifetime Study tab of your dog's record.

## ANNUAL ONLINE QUESTIONNAIRES

You will complete your annual questionnaires online. These questionnaires will be similar to the owner questionnaire you completed during the application process. If you have any problems, please refer to the Frequently Asked Questions section of this manual or contact the Golden Retriever Lifetime Study team.

**We welcome your feedback on the requirements and processes of study participation. We hope you will let us know what we can do to make improvements. Please email us at [grdogs@CanineLifetimeHealth.org](mailto:grdogs@CanineLifetimeHealth.org).**

# Annual Study Veterinary Visits

Each year that your dog is enrolled in the Golden Retriever Lifetime Study, you will need to schedule a visit with your veterinarian for a comprehensive health examination and sample collection. You will receive an email reminder approximately four weeks before the date you will need to schedule your dog's annual examination. These visits require more time than a traditional annual visit, so discuss the requirements with your veterinary clinic's staff at the time of scheduling.

**It is important to update your new appointment date each year by logging on to your user account at [www.CanineLifetimeHealth.org](http://www.CanineLifetimeHealth.org). Please note that it may take up to 10 days from the time you update your appointment date for the veterinary sample kit to arrive, so please schedule accordingly.**

## VETERINARY APPOINTMENT GUIDELINES

Please schedule your dog's annual study visit within 30 days of the anniversary date of the dog's baseline screening examination.

Record the date of your initial screening examination here:

It is important that you enter the appointment date online at least 10 days before your appointment to allow adequate time for the veterinary sample kit to be shipped to you.

**Take the kit to your veterinarian several days before your dog's veterinary appointment.**

When scheduling the appointment, please follow these requirements:

- Schedule the appointment on a Monday–Thursday that is not the day before or on any major holidays (to ensure that samples will be received by the labs on a regular business day)
- Schedule morning appointments only (to decrease the fasting burden on your dog and allow your veterinarian time to process the samples for same-day shipment)
- Schedule a longer appointment time (45–60 minutes is recommended)



### **You may also wish to do the following:**

- Be prepared to leave your dog with the clinic after the scheduled appointment if additional time is required to acquire samples
- If you are working with a new veterinarian, encourage him or her to prepare for the appointment ahead of time by (1) registering on the study website, (2) linking to your dog's record (required for enrollment), and (3) reviewing the sample collection instructions
- Schedule appointments on separate days if you have more than one dog participating

### **Entering the appointment date online**

- Log on to your user account at **[www.CanineLifetimeHealth.org](http://www.CanineLifetimeHealth.org)** and go to your dog's Golden Retriever Lifetime Study tab
- Click ***Notify Current Veterinarian*** or ***Change Veterinarian***
- Enter your scheduled appointment date

**As soon as you schedule your dog's veterinary appointment, please log on to your user account at [www.CanineLifetimeHealth.org](http://www.CanineLifetimeHealth.org) to notify the study team of your appointment date. Your veterinary sample kit will not be shipped until you complete this step.**

# Annual Study Veterinary Visits **continued**

## ANNUAL VETERINARY SAMPLE KIT

As soon as you schedule your dog's annual veterinary appointment, please log on to your user account at **[www.CanineLifetimeHealth.org](http://www.CanineLifetimeHealth.org)** to notify the study team of your appointment date.

**Your veterinary sample kit will not be shipped until you complete this step.**

Each year, you will receive a new veterinary sample kit. When you receive the kit, **please open the outer box only**. If you notice any visible damage to the inside box, contact the study team to request a replacement kit. **Take the kit to your veterinarian several days before your dog's veterinary appointment.**

## VETERINARY APPOINTMENT PREPARATION

### Preparing for Toenail Trimming

Please avoid trimming your dog's toenails for up to four weeks before the appointment.

### Fasting Your Dog Before the Appointment

Please remove all food at least 12 hours before your scheduled appointment. Your dog may have access to water up until the time of the appointment.



## **Stool and Urine Sample Collection**

Please collect a fresh sample (less than 12 hours old) of your dog's stool in a clean, zip-closure bag.

If your veterinarian has supplied you with a collection container for urine, please collect approximately 1–2 tablespoons of your dog's urine. Otherwise, please try to keep your dog from urinating before the veterinary appointment so that the veterinary team can collect the urine sample.

## **VETERINARY APPOINTMENT COSTS**

**You are responsible for all costs associated with the annual examination, sample collection and laboratory tests.** After the study team verifies that you have completed your annual questionnaire and your veterinarian has completed the annual examination and sample collection, Morris Animal Foundation will reimburse you directly for up to \$75 toward these costs.

**Please make sure you retain your study reimbursement card.** Your annual reimbursements will be loaded onto your reimbursement card after each year's requirements are met. If you have lost your reimbursement card, please contact the study team to request a replacement card.

**Did you know you can donate your reimbursement back to the Golden Retriever Lifetime Study? Just log on to your user study account and update your reimbursement preferences.**

# Annual Study Veterinary Visits continued

## QUICK CHECKLIST FOR ANNUAL VETERINARY APPOINTMENT

- ☐ I updated my profile.
- ☐ I completed my annual questionnaire.
- ☐ I notified my veterinarian (or invited a new veterinarian to participate).
- ☐ I scheduled my dog's appointment at least 10 days in the future.
- ☐ I scheduled my dog's appointment on a Monday–Thursday.
- ☐ I entered my dog's appointment date on my dog's study record by logging on to my user account at **www.CanineLifetimeHealth.org**.
- ☐ I received the veterinary sample kit.
- ☐ I delivered the sample kit to my veterinarian a few days before my appointment.
- ☐ I removed my dog's food 12 hours before the appointment.
- ☐ I collected a stool sample within 12 hours of the appointment.
- ☐ I collected a urine sample on the morning of the appointment (at least 1–2 tablespoons).
- ☐ I took my dog to its appointment.
- ☐ After my dog's appointment, I updated the appointment status to **Completed** by logging on to my user account at **www.CanineLifetimeHealth.org**.



# Additional Veterinary Visits



The Golden Retriever Lifetime Study is an observational study. This means we are learning about canine health from the information you share with us. **Because of this, we ask you to notify us every time you schedule a veterinary visit for your dog, for any reason.** Please log on to your user account at [www.CanineLifetimeHealth.org](http://www.CanineLifetimeHealth.org) to complete an Additional Veterinary Visit notification.

Some appointments will require additional tasks for the Golden Retriever Lifetime Study. An example is tumor sample collection if your veterinarian suspects that your dog has cancer. Please read more about this and other topics in the sections that follow.

## TUMOR SAMPLE COLLECTION

If you find a mass on your dog and your veterinarian suspects that your dog has cancer, acquiring a tissue sample is essential for this study. We ask that your veterinarian (or a veterinary oncologist) take a biopsy (sample) of the suspected tumor tissue to send for examination by a veterinary pathologist.

Your veterinarian can read the most up-to-date sampling protocol on his or her veterinarian user account at [www.CanineLifetimeHealth.org](http://www.CanineLifetimeHealth.org).

Morris Animal Foundation provides a limited reimbursement for the costs associated with analysis of the tumor (histopathology). Please contact the study team at [grdogs@CanineLifetimeHealth.org](mailto:grdogs@CanineLifetimeHealth.org).

# Additional Veterinary Visits continued

## NECROPSY (POSTMORTEM EXAMINATION)

Everything we learn from observing your dog throughout its lifetime will be valuable. Additional valuable information can be gained after your dog's death.

You may request a **complete necropsy** or **cosmetic necropsy**.

- A **complete necropsy** allows access to all valuable tissue samples. This option gives the study researchers more detailed knowledge that may increase the value of the study findings. After the necropsy, you may request that your dog's body be cremated and that the cremated remains be returned to you. You will be responsible for all costs associated with cremation.
- A **cosmetic necropsy** is similar to a surgical procedure in which tissues are removed through incisions that are subsequently sutured closed. Although a cosmetic necropsy does not allow access to all tissue samples, this option is recommended if you would like to have your dog's body for burial.

A necropsy can be performed by a veterinary pathologist or by your veterinarian. Please remind your veterinarian to provide the information to the study team. Veterinarians can access further instructions on the tissues requested and handling requirements from their veterinarian user accounts at **[www.CanineLifetimeHealth.org](http://www.CanineLifetimeHealth.org)**. Please discuss necropsy options with your veterinarian to help you choose what is best for you.

If you are referred to a veterinary pathologist, the pathologist will need to work with your veterinarian to ensure that the study requirements are met and results are reported.

**At Morris Animal Foundation we love dogs, and we understand the love and companionship you share with your Golden Retriever. We acknowledge the magnitude of the decision to consent to a necropsy on your beloved companion. For these reasons, this decision is yours; however, we strongly encourage you to allow a complete necropsy on your dog. This will ensure that the information collected will have the maximum benefit for all dogs.**

FAQS





# Frequently Asked Questions



## What is expected of owners who enroll their dogs in the Golden Retriever Lifetime Study?

The success of this study depends on highly committed Golden Retriever owners. Participating owners must

- Agree to participate for the life of their dog
- Be at least 18 years of age
- Select a veterinarian who agrees to participate
- Complete online questionnaires regarding the dog's nutrition, environment, behavior and health each year
- Take their dog to its veterinarian for annual examinations and sample collection (blood, urine, feces, hair and toenail clippings)\*
- Agree to have a microchip implanted in the dog (or use an alternative form of permanent identification, such as a tattoo)
- When applicable, allow collection of tumor samples for evaluation
- Be willing to consider a necropsy (postmortem examination) when the dog dies

**\*Note:** The owner is responsible for all costs associated with the annual examination, sample collection, microchip/tattoo and laboratory tests. However, Morris Animal Foundation will reimburse owners \$75 toward these costs per year. Reimbursement occurs after the study team verifies that the questionnaire, examination and sample collection have been completed. If you choose, you may donate this reimbursement back to Morris Animal Foundation to help support the Golden Retriever Lifetime Study.

# FAQs **continued**

## Do I have to go to a specific veterinarian?

No. Owners are encouraged to use their regular veterinarian, but you may choose any veterinarian who is willing to provide health data and collect samples for the Golden Retriever Lifetime Study.

The chosen veterinarian must be willing to do the following:

- Register for the Canine Lifetime Health Project
- Agree to participate as the dog's primary veterinarian by linking to the dog's record online
- Accept the Golden Retriever Lifetime Study Veterinary Agreement
- Communicate online and by email with the Golden Retriever Lifetime Study team
- Perform a screening examination to determine the dog's eligibility and report the findings online
- Conduct annual physical examinations on the study dog and report the findings online
- Collect annual samples of blood, urine, feces, hair and toenail clippings from the study dog and send them to the participating laboratories
- Submit health information online from any additional veterinary visits that occur throughout the year
- When necessary, collect tumor samples from the dog and ship them for evaluation.
- Provide owners with information and guidance to help them make a choice about necropsy after their dog dies

## What is an “observational study”?

An observational study is a type of research study in which a group is observed over time, and information is collected on that group. The Golden Retriever Lifetime Study does not dictate how owners care for their dogs or how veterinarians provide medical care, but it does gather information on the dog's genetics, nutrition, health and environment.

## Now that my dog is enrolled in the Golden Retriever Lifetime Study, will I receive compensation for veterinary costs?

Owners are responsible for all costs associated with the annual examination, sample collection, microchip/tattoo and laboratory tests. However, Morris Animal Foundation will reimburse owners \$75 toward these costs per year. **Owners may choose to donate this reimbursement back to Morris Animal Foundation to help support the Golden Retriever Lifetime Study.**

## How will I receive reimbursement for my participation in the Golden Retriever Lifetime Study?

If you choose not to donate the reimbursement back to the study, you will be sent a reimbursement card. This card is similar to a pre-paid credit card. Please hold on to this card so your annual reimbursement can be added to it each year. Annual reimbursements will be loaded onto the card after the study team verifies that each year's requirements are complete (annual questionnaire, exam and sample collection).

**Note:** Please allow 4–6 weeks to process your reimbursement.

## Instead of receiving my reimbursement, can I donate the money back to the Golden Retriever Lifetime Study?

Yes. The Golden Retriever Lifetime Study is managed by Morris Animal Foundation, a 501(c)(3) nonprofit organization. You may choose to donate your \$75 reimbursement back to the study by selecting that option under your dog's record on your My Dogs page. You can change this option at any time, but any change made will only apply to future reimbursements.





**Morris Animal  
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Golden Retriever Lifetime Study

## FAQs **continued**

### Is my contribution to the Golden Retriever Lifetime Study tax deductible?

Yes. If you donate your reimbursement back or make additional donations to the Golden Retriever Lifetime Study, you will receive an annual tax receipt in the mail for your tax-deductible donations. Morris Animal Foundation is a 501(c)(3) nonprofit organization.

### My dog's regular veterinary visits are not at the same time of year as the annual study visits. Can I move the study visits to coincide with the regular visits?

Once you begin the study, the annual examinations need to occur at approximately the same time each year. Once you have started, you cannot make major adjustments to the time of year that your annual study visits occur. We suggest that you talk to your veterinarian about the possibility of adjusting the schedule for routine wellness visits to coincide with the annual study examinations.

## FAQs **continued**

### What must I do before the veterinary appointment?

**To help your dog's veterinary visit run smoothly, we recommend that you take the veterinary sample kit to the clinic a few days before the appointment date and ask your veterinarian about his or her preferred method for collecting the urine sample.** Your veterinarian may ask you to collect the urine sample. If so, he or she should supply an appropriate urine collection container, along with instructions on how to collect the sample. Alternatively, your veterinarian may opt to collect the sample during the appointment. If this is the case, please try to keep your dog from urinating for a few hours before the appointment.

The veterinary sample kit will be shipped to you after you invite your veterinarian online. If the box has been significantly damaged in transit, please request a replacement kit by calling the study team at **855.4GR.DOGS (855.447.3647)**.

Please remove all food at least 12 hours before your scheduled appointment. However, your dog may have access to water up until the time of your appointment. Also, avoid trimming your dog's toenails for up to four weeks before the appointment.

On the day of the appointment, please gather the following:

- A stool sample. Collect a fresh sample (less than 12 hours old) of your dog's stool in a clean, zip-closure bag.
- A urine sample (if your veterinarian has supplied you with a collection container). Collect approximately 1-2 tablespoons of your dog's urine to place in the container supplied by your veterinarian.
- Your dog's medical history. Bring any health information you have about your dog, such as vaccination records, current medications and any past medical conditions. If you know of any medical conditions that your dog's parents had, please bring that information, too.



## When will I receive my veterinary sample kit?

Your veterinary sample kit will ship after you inform us online of the scheduled appointment date. To allow adequate time for shipment, please allow at least 10 days between the date you informed us of the appointment online and the date of your dog's appointment. **We recommend that you take the kit to the clinic a few days before the appointment date.**

## What if I lose my veterinary sample kit?

Your dog's screening examination cannot be completed without the veterinary sample kit. Please call the study team at **855.4GR.DOGS (855.447.3647)** to have a new kit shipped to you. You may have to reschedule the veterinary appointment.

## What type of laboratory tests will be performed for the Golden Retriever Lifetime Study?

Some of the samples that your veterinarian will collect from your dog (blood, urine and feces) will be sent to a laboratory for blood chemistry analysis, complete blood cell counts, urinalysis, fecal analysis, thyroid test and heartworm test, and these test results will be sent directly to your veterinarian. These test results will provide valuable information about your dog's health; your veterinarian will interpret these results and report them back to you. Additional samples (blood, urine, feces, hair and nail clippings) will be sent to a long-term storage facility to be preserved for future analysis.

## How much blood volume is required for the Golden Retriever Lifetime Study?

Your veterinarian will collect approximately 55 mL of blood from your dog. Although this amount of blood is more than a routine blood draw, it is **less than 25% of the maximum safe amount** to draw from an average-sized Golden Retriever.

## FAQs **continued**

### Does this study require any experimentation or testing on my dog?

No. The Golden Retriever Lifetime Study is an observational study. We require that your dog receive annual health examinations and that all other veterinary appointments made for your dog are also reported to the study team. We do not ask you to try any products, medications or diets, nor do we suggest any lifestyle changes for this study. The information collected will help provide insight into the risk factors leading to cancer and other canine diseases.

### What happens if I spay or neuter my dog after it is enrolled in the study?

You can spay or neuter your dog at any time during its enrollment in the study. Your veterinarian will report the surgery on an **Additional Veterinary Visit** form online.

### What happens if my dog gets sick?

Because the Golden Retriever Lifetime Study is an observational study, you should care for your enrolled dog as you normally would and schedule additional veterinary visits at your discretion and with the guidance of your veterinarian. Please log on to your user account at **[www.CanineLifetimeHealth.org](http://www.CanineLifetimeHealth.org)** and list all scheduled appointment dates. If the visit is the result of an emergency, this information can be entered after the event.

## What if I suspect my dog has a mass or a tumor?

If you find a mass and your veterinarian suspects that your dog has cancer, acquiring a tissue sample is essential for this study. We ask that your veterinarian (or a veterinary oncologist) take a biopsy (sample) of the suspected tumor tissue to send for examination by an Antech Diagnostics veterinary pathologist. If you are referred to a veterinary oncologist for this task, the oncologist will need to work with your regular veterinarian to ensure that the study requirements are met and the findings are properly reported.

Have your veterinarian check the most up-to-date sampling protocol on their user account at **[www.CanineLifetimeHealth.org](http://www.CanineLifetimeHealth.org)**. When possible, please ask your veterinarian to request a biopsy sample kit at least 5 days before your dog's veterinary appointment.

## Who is Morris Animal Foundation?

Morris Animal Foundation is a global leader in supporting scientific research that advances veterinary medicine and improves quality of life for dogs, cats, horses and wildlife. Since its founding in 1948, Morris Animal Foundation has invested more than \$70 million toward more than 2,000 studies that have led to animal health breakthroughs in diagnostics, treatments, preventions and cures. Our research helps veterinarians and their teams provide the very best in animal health care. To learn more, visit **[www.MorrisAnimalFoundation.org](http://www.MorrisAnimalFoundation.org)**.

## What if I decide I no longer want to participate in the Golden Retriever Lifetime Study?

It is critical to the success of the study that dogs remain in the study for their entire lives. If you are considering withdrawing from the study, we would like the opportunity to discuss this decision with you and to answer any questions or address any concerns that you may have. Please call the study team at **855.4GR.DOGS (855.447.3647)**.



RESOURCES



# Resources

## MORRIS ANIMAL FOUNDATION WEBSITE

For information on financial and grief resources as well as how to find a veterinary specialist, visit **[www.MorrisAnimalFoundation.org](http://www.MorrisAnimalFoundation.org)**.

## ADDITIONAL READING

### *Pets Living with Cancer: A Pet Owner's Resource*

Robin Downing, DVM

AAHA Press, Lakewood, Colorado

ISBN: 1583260226

### *Speaking for Spot: Be the Advocate Your Dog Needs to Live a Happy, Healthy, Longer Life*

Dr. Nancy Kay

Trafalgar Square Books, North Pomfret, Vermont

ISBN: 1570764050

### *What Now? Support for You and Your Companion Animal*

Argus Institute

Colorado State University, Fort Collins, Colorado

ISBN: 978-0692001035

### *When Your Pet Dies: A Guide to Mourning, Remembering, and Healing*

Alan D. Wolfelt, PhD

Companion Press, Fort Collins, Colorado

ISBN: 978-1879651364



CONTACTS



# Contacts

## VETERINARIAN CONTACT INFORMATION

Please use the space below to record your veterinarian's contact information for future reference.

### Primary Veterinarian:

Clinic Name:

Clinic Address:

Clinic Phone:

Primary Contact Person:

Veterinarian's Email Address:

### Secondary Veterinarian:

Clinic Name:

Clinic Address:

Clinic Phone:

Primary Contact Person:

Veterinarian's Email Address:

### Emergency Veterinarian:

Clinic Name:

Clinic Address:

Clinic Phone:

Primary Contact Person:

Veterinarian's Email Address:



# Contacts **continued**

## STUDY TEAM CONTACT INFORMATION

### ***Golden Retriever Lifetime Study Team (Customer Service)***

**Website:** [www.CanineLifetimeHealth.org](http://www.CanineLifetimeHealth.org)

**Email address:** [grdogs@CanineLifetimeHealth.org](mailto:grdogs@CanineLifetimeHealth.org)

**Toll-free:** 855.4GR.DOGS (855.447.3647)

### ***Canine Lifetime Health Project Team***

Michael Guy, DVM, MS, PhD | Director

Erin Searfoss, BS, CVT | Project Manager

Nancy Kay Clark, BSB/M, CVT | Study Participants Coordinator

### ***Morris Animal Foundation Executive Team***

David Haworth, DVM, PhD | President/CEO

Wayne A. Jensen, DVM, PhD, MBA | Chief Scientific Officer

Dan Reed | Executive Development Officer

John Taylor | Chief Operating Officer

### ***Morris Animal Foundation***

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*Morris Animal Foundation is a nonprofit organization. | Tax ID: 84-6032307*

**ABOUT MORRIS ANIMAL FOUNDATION**



# About Morris Animal Foundation



Morris Animal Foundation is a nonprofit organization that invests in science that advances veterinary medicine for companion animals, horses and wildlife. We are a global leader in animal health science, and our funding helps more species in more places than that of any other organization in the world.

## OUR HISTORY

Dr. Mark L. Morris Sr. believed there was a need for a foundation that solely addressed the health and welfare of animals. He also knew science has the power to change the world. When he established Morris Animal Foundation in 1948, Dr. Morris envisioned a world in which scientific discoveries would lead to healthy lives for animals.

## OUR IMPACT

Since our founding, Morris Animal Foundation has invested more than \$70 million toward more than 2,000 studies, and these studies have led to significant breakthroughs in diagnostics, treatments, preventions and cures for animals. Some of the breakthroughs funded through the Foundation have become gold standards in veterinary care.

**Improved Cancer Treatments and Diagnostics:** Morris Animal Foundation has supported more than 200 animal cancer studies. These studies have led to more effective chemotherapy treatments and improved diagnostic tools for cancers affecting dogs, cats and horses.

**Vaccines for Preventing Disease:** Morris Animal Foundation funded preliminary work that led to the development of numerous vaccines, including those for parvovirus in dogs, leukemia in cats and valley fever in horses. These vaccines have saved the lives of thousands of animals.

# About Morris Animal Foundation **continued**

**Dietary Management of Health Issues:** Foundation-funded investigators have improved dietary management of diabetes in cats, kidney disease in dogs and tying-up in horses.

**Tools for Studying Genetic Diseases:** Foundation-funded researchers have developed tools for discovering genetic mutations and predispositions to feline diseases. Other studies have led to genetic tests for equine and canine diseases.

**Care and Protection for Endangered Species:** The Foundation established the Mountain Gorilla Veterinary Project in 1986 and was its sole funder for nearly 25 years. The project, now its own nonprofit organization, remains one of only a few conservation programs in the world to provide care and treatment to an endangered species in its natural habitat. Additional studies have led to state legislation that increased protections for endangered California sea otters.

Learn more about science that makes  
a difference in the lives of animals at  
[www.MorrisAnimalFoundation.org](http://www.MorrisAnimalFoundation.org).





# Golden Retriever Lifetime Study Journal



This section is provided as an optional tool to help you keep track of important information about your dog throughout each study year. We recommend that you use this journal to **record any changes** in your dog's typical routine.

Each portion of this journal parallels some of the information Morris Animal Foundation will ask for in your annual questionnaires. If you have any questions, please contact the study team.

Please take a moment to familiarize yourself with this section to help you identify the type of information you want to record throughout the year.

**You can log on to your user account at [www.CanineLifetimeHealth.org](http://www.CanineLifetimeHealth.org) to print additional journal pages.**

## WEBSITE USER NAME AND PASSWORD INFORMATION

You may keep track of your website user name and password information here. Both your user name and your password are case-sensitive. Your user name is your full email address. Passwords must be updated after six months and can only be repeated after five password changes.

USER NAME/EMAIL ADDRESS:			
DATE	CURRENT PASSWORD	DATE	CURRENT PASSWORD

## TRAVEL HISTORY

Record here any locations where you have traveled with your dog for one week or more (other than your primary or secondary residence).

DATE FROM	DATE TO	CITY/PLACE VISITED	STATE	ZIP CODE



## REPRODUCTIVE HISTORY

If your dog is an active breeding dog, you may record basic breeding records here.

SPAYED FEMALE		
<b>FEMALE WAS SPAYED</b>	<b>DATE:</b>	<b>REASON:</b>

Did your dog experience any heat cycles before being spayed? ☐ YES ☐ NO

If yes, please refer to the questions below if applicable.

INTACT FEMALE: HEAT CYCLES				
DATE FROM	DATE TO	BRED DURING THIS HEAT CYCLE?	PREGNANCY RESULT?	PREGNANCY TERMINATED?
		<input type="checkbox"/> YES <input type="checkbox"/> NO	<input type="checkbox"/> YES <input type="checkbox"/> NO	<input type="checkbox"/> YES <input type="checkbox"/> NO
		<input type="checkbox"/> YES <input type="checkbox"/> NO	<input type="checkbox"/> YES <input type="checkbox"/> NO	<input type="checkbox"/> YES <input type="checkbox"/> NO

HEAT CYCLES PREVENTED WITH HORMONE THERAPY		
DATE FROM	DATE TO	PRODUCT USED

LITTERS				
DATE BORN	NATURAL OR C-SECTION?	NUMBER OF LIVE PUPS	NUMBER OF WEEKS NURSED	NUMBER OF WEANED PUPS
	<input type="checkbox"/> NATURAL <input type="checkbox"/> C-SECTION			
	<input type="checkbox"/> NATURAL <input type="checkbox"/> C-SECTION			

## REPRODUCTIVE HISTORY

NEUTERED MALE		
MALE WAS NEUTERED	DATE:	REASON:

Was your dog previously active as a breeder? ☐ YES ☐ NO

If yes, please refer to the questions below if applicable.

INTACT MALE			
DATE	NAME OF FEMALE	NUMBER OF TIES	PREGNANCY RESULT?
			<input type="checkbox"/> YES <input type="checkbox"/> NO
			<input type="checkbox"/> YES <input type="checkbox"/> NO
			<input type="checkbox"/> YES <input type="checkbox"/> NO
			<input type="checkbox"/> YES <input type="checkbox"/> NO
			<input type="checkbox"/> YES <input type="checkbox"/> NO

FERTILITY CONCERNS		
DATE	DESCRIPTION	OUTCOME

## PHYSICAL ACTIVITY

Record your dog's physical activity here. Below are examples of some activity-related items you may want to note:

- General activity level (little activity, moderate activity, very active)
- How often your dog walks/runs on or off a leash
- Physical games your dog likes to play and the time spent playing (fetch, chase, etc.)
- If your dog swims and, if so, the type of water (ocean, swimming pool, lake, etc.)

MONTH/YEAR	ACTIVITY NOTES

## MEDICATIONS

Record here the over-the-counter and prescription medications given to your dog. Please include dewormers (such as heartworm preventives) and flea and tick treatments.

		DOSE			
START DATE	MEDICATION NAME	STRENGTH (e.g., 10 milligrams)	AMOUNT (e.g., 1 tablet)	FREQUENCY (e.g., once or twice per day)	DURATION (e.g., number of days, weeks, months)



## DENTAL RECORDS

Record any information on your dog's dental care here. Below are examples of some dental care items you might want to record:

- How often do you brush your dog's teeth?
- Do you give your dog dental treats?
- Do you give your dog other dental products, such as mouthwash, oral gel or drinking-water additives?
- What, if any, dental procedures (cleanings, extractions, etc.) were performed on your dog?

DATE	DENTAL NOTES

## GROOMING HISTORY

Record your dog's grooming history here. If your dog is professionally groomed, include that in your notes. Also, note the grooming products you or your groomer use, such as shampoos and coat conditioners (include brand names, if known).

DATE	GROOMING NOTES

## HOME ENVIRONMENT

Include any **changes** regarding your dog's environment and exposures.

LIVING SPACE			
DATE	DESCRIPTION OF DAILY ENVIRONMENT		DESCRIPTION OF SLEEPING ENVIRONMENT

FERTILIZERS		
DATE	PRODUCT NAME	WHERE USED

WEED CONTROL		
DATE	PRODUCT NAME	WHERE USED

PESTICIDE CONTROL		
DATE	PRODUCT NAME	WHERE USED

POISON EXPOSURE			
DATE	PRODUCT NAME	AMOUNT INGESTED	WAS A VETERINARY VISIT REQUIRED? (If so, what was the outcome?)

## DIET HISTORY

List any **changes** that are made to your dog's diet during the year. Include notes on food type (dry, canned, etc.), brand, quantity and frequency. List snacks and treats (including table scraps), the location where your dog eats and how the food is stored.

**Each year you will need to complete a detailed food diary for a four-day period (see following pages). Please complete this food diary near the time you fill out your annual questionnaire.**

DATE	DIET NOTES

# Daily Food Diary

## INSTRUCTIONS

This daily food diary is a tool to help you prepare for the nutrition section of your annual online questionnaire. About three weeks before you complete your annual questionnaire, select a consecutive four-day period and use this daily diary to **record everything** your dog eats. Before you start recording the food diary information, please review this page of general guidelines. If you have any questions, contact the study team at [grdogs@CanineLifetimeHealth.org](mailto:grdogs@CanineLifetimeHealth.org).

Daily Diary Start Date (*Day One*)

Daily Diary End Date (*Day Four*)

- If you feed your dog a variety of foods during the four-day period, use the diary to record details regarding each food type fed. To ensure that the measurements are consistent, only one person should record the food intake for this four-day period.
- **Be as specific as possible.** For commercial foods, it is extremely important to include the amount (8 ounces = 1 cup); the brand; and other details on the label, such as the flavor, breed size, formulation (e.g., weight control), life stage (e.g., puppy, adult or senior) and guaranteed analysis (percentage of crude protein, crude fat, crude fiber and moisture).
- If the dog eats something not represented in the table (e.g., cat food, table scraps, a rabbit), please note this on a blank piece of paper and include it in the food diary.
- If you use a recipe to make your dog's food during the four-day recording period, please record the recipe on the page for home-prepared foods.
- Please record the details in the diary as soon as you feed your dog.





Kami | Gloucester, MA | Study Participant



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# Daily Food Diary continued

DAY 1: Commercial Foods			TODAY'S DATE:			GUARANTEED ANALYSIS (from the label)			
BRAND NAME (manufacturer)	FORMULATION (exact name on the label)	FOOD TYPE	NUMBER OF FEEDINGS (per day)	AMOUNT PER FEEDING (in cups)	ESTIMATED AMOUNT EATEN (per feeding)	CRUDE PROTEIN (min %)	CRUDE FAT (min %)	CRUDE FIBER (max %)	MOISTURE (max %)
Example: Blue Buffalo	Basics Turkey and Potato Recipe for Adult Dogs	Dry	3	1 Cup	1 Cup	22%	12%	5%	10%

SUPPLEMENTS (vitamins and minerals)			
BRAND AND EXACT NAME ON THE LABEL	SIZE (indicate whether tablet, powder, liquid, etc.)	QUANTITY	ESTIMATED AMOUNT EATEN

TREATS			
BRAND AND EXACT NAME ON THE LABEL	SIZE (indicate whether tablet, powder, liquid, etc.)	QUANTITY	ESTIMATED AMOUNT EATEN
<input type="checkbox"/> HOMEMADE			
<input type="checkbox"/> HOMEMADE			
<input type="checkbox"/> HOMEMADE			
<input type="checkbox"/> HOMEMADE			

DAY 1: First Home-Prepared Food or Treat			TODAY'S DATE:
NAME OR TYPE OF FOOD	NUMBER OF FEEDINGS PER DAY	AMOUNT PER FEEDING (in cups)	ESTIMATE D AMOUNT EATEN
DETAILED DESCRIPTION/RECIPE:			

Second Home-Prepared Food or Treat			
NAME OR TYPE OF FOOD	NUMBER OF FEEDINGS PER DAY	AMOUNT PER FEEDING (in cups)	ESTIMATE D AMOUNT EATEN
DETAILED DESCRIPTION/RECIPE:			



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# Daily Food Diary continued

DAY 2: Commercial Foods			TODAY'S DATE:			GUARANTEED ANALYSIS (from the label)			
BRAND NAME (manufacturer)	FORMULATION (exact name on the label)	FOOD TYPE	NUMBER OF FEEDINGS (per day)	AMOUNT PER FEEDING (in cups)	ESTIMATED AMOUNT EATEN (per feeding)	CRUDE PROTEIN (min %)	CRUDE FAT (min %)	CRUDE FIBER (max %)	MOISTURE (max %)
Example: Hill's Science Diet	Healthy Advantage Puppy	Dry	2	2 Cups	1 Cup	31%	23%	3%	not listed

SUPPLEMENTS (vitamins and minerals)			
BRAND AND EXACT NAME ON THE LABEL	SIZE (indicate whether tablet, powder, liquid, etc.)	QUANTITY	ESTIMATED AMOUNT EATEN

TREATS			
BRAND AND EXACT NAME ON THE LABEL	SIZE (indicate whether tablet, powder, liquid, etc.)	QUANTITY	ESTIMATED AMOUNT EATEN
<input type="checkbox"/> HOMEMADE			
<input type="checkbox"/> HOMEMADE			
<input type="checkbox"/> HOMEMADE			
<input type="checkbox"/> HOMEMADE			

## DAY 2: First Home-Prepared Food or Treat

TODAY'S  
DATE:

NAME OR TYPE OF FOOD	NUMBER OF FEEDINGS PER DAY	AMOUNT PER FEEDING (in cups)	ESTIMATE D AMOUNT EATEN
DETAILED DESCRIPTION/RECIPE:			

## Second Home-Prepared Food or Treat

NAME OR TYPE OF FOOD	NUMBER OF FEEDINGS PER DAY	AMOUNT PER FEEDING (in cups)	ESTIMATE D AMOUNT EATEN
DETAILED DESCRIPTION/RECIPE:			





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# Daily Food Diary continued

DAY 3: Commercial Foods			TODAY'S DATE:			GUARANTEED ANALYSIS (from the label)			
BRAND NAME (manufacturer)	FORMULATION (exact name on the label)	FOOD TYPE	NUMBER OF FEEDINGS (per day)	AMOUNT PER FEEDING (in cups)	ESTIMATED AMOUNT EATEN (per feeding)	CRUDE PROTEIN (min %)	CRUDE FAT (min %)	CRUDE FIBER (max %)	MOISTURE (max %)
Example: Purina	PRO PLAN Savor Puppy Shredded Blended Chicken & Rice	Dry	4	0.5 Cup	0.5 Cup	28%	18%	3%	12%

SUPPLEMENTS (vitamins and minerals)			
BRAND AND EXACT NAME ON THE LABEL	SIZE (indicate whether tablet, powder, liquid, etc.)	QUANTITY	ESTIMATED AMOUNT EATEN

TREATS			
BRAND AND EXACT NAME ON THE LABEL	SIZE (indicate whether tablet, powder, liquid, etc.)	QUANTITY	ESTIMATED AMOUNT EATEN
<input type="checkbox"/> HOMEMADE			
<input type="checkbox"/> HOMEMADE			
<input type="checkbox"/> HOMEMADE			
<input type="checkbox"/> HOMEMADE			

### DAY 3: First Home-Prepared Food or Treat

TODAY'S  
DATE:

NAME OR TYPE OF FOOD	NUMBER OF FEEDINGS PER DAY	AMOUNT PER FEEDING (in cups)	ESTIMATE D AMOUNT EATEN
DETAILED DESCRIPTION/RECIPE:			

### Second Home-Prepared Food or Treat

NAME OR TYPE OF FOOD	NUMBER OF FEEDINGS PER DAY	AMOUNT PER FEEDING (in cups)	ESTIMATE D AMOUNT EATEN
DETAILED DESCRIPTION/RECIPE:			



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# Daily Food Diary continued

DAY 4: Commercial Foods			TODAY'S DATE:			GUARANTEED ANALYSIS (from the label)			
BRAND NAME (manufacturer)	FORMULATION (exact name on the label)	FOOD TYPE	NUMBER OF FEEDINGS (per day)	AMOUNT PER FEEDING (in cups)	ESTIMATED AMOUNT EATEN (per feeding)	CRUDE PROTEIN (min %)	CRUDE FAT (min %)	CRUDE FIBER (max %)	MOISTURE (max %)
Example: Iams	Proactive Health Adult Weight Control Large Breed	Dry	2	1 Cup	1 Cup	22%	9%	5%	10%

SUPPLEMENTS (vitamins and minerals)			
BRAND AND EXACT NAME ON THE LABEL	SIZE (indicate whether tablet, powder, liquid, etc.)	QUANTITY	ESTIMATED AMOUNT EATEN

TREATS			
BRAND AND EXACT NAME ON THE LABEL	SIZE (indicate whether tablet, powder, liquid, etc.)	QUANTITY	ESTIMATED AMOUNT EATEN
<input type="checkbox"/> HOMEMADE			
<input type="checkbox"/> HOMEMADE			
<input type="checkbox"/> HOMEMADE			
<input type="checkbox"/> HOMEMADE			

## DAY 4: First Home-Prepared Food or Treat

TODAY'S  
DATE:

NAME OR TYPE OF FOOD	NUMBER OF FEEDINGS PER DAY	AMOUNT PER FEEDING (in cups)	ESTIMATE D AMOUNT EATEN
DETAILED DESCRIPTION/RECIPE:			

## Second Home-Prepared Food or Treat

NAME OR TYPE OF FOOD	NUMBER OF FEEDINGS PER DAY	AMOUNT PER FEEDING (in cups)	ESTIMATE D AMOUNT EATEN
DETAILED DESCRIPTION/RECIPE:			

**STUDY QUESTIONNAIRES**





# Study Questionnaires

Please insert your printed-out questionnaires in this section for reference throughout the study.



## VETERINARY RECORDS





# Veterinary Records

Please insert copies of your veterinary medical records and related veterinary receipts in this section for reference throughout the study.

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***Golden Retriever Lifetime Study Team*** (Customer Service)

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**Email address:** [grdogs@CanineLifetimeHealth.org](mailto:grdogs@CanineLifetimeHealth.org)

**Toll-free:** 855.4GR.DOGS (855.447.3647)