

# Get **WORM WISE**

A simple guide to  
protecting your pet  
and you from worms



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*Bringing pets and people closer*

# Worms your pet and you

Your pet is a much-loved part of your life and family. So it's only natural that you'll want to do everything you can to look after its health.

That's where parasitic worms come in. These parasites can pose a serious health risk not just to pets, but to people too.

This booklet provides a guide to the risks and why it's vital to regularly worm your pet. It also includes a simple pet lifestyle assessment for you to fill in. Show this assessment to your vet and it will help them decide which worming plan is best for your pet.

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## Why worry about Worms?

You want your pet to live a long and happy life at the heart of your family. And one of the best ways you can help is with regular worming. The first step to effective protection is to know why worms are a problem.

### How your pet may become exposed to worms

Your pet can get worms that may exist in your own garden or your local park. Ultimately, it depends upon the lifestyle it leads.

### Worms can seriously harm pets

Worms are parasites that can live inside your pet, often without you knowing. Different worms pose different risks, but, if left untreated, some can seriously endanger or even result in the death of your pet.

### It's hard to spot if your pet has worms

Cats and dogs can look healthy on the outside, even when they have worms on the inside. You may not associate the symptoms with a worm infection until the infection is severe.

### Worms can affect people

Some worms can pass from pets to people through grooming, stroking or the environment. Children, the elderly and those with reduced immune systems are most at risk. And whilst most human infections cause only minor symptoms, rare cases can lead to serious conditions such as blindness and epilepsy.

# Your dog: what and where are the risks?

Experts recommend that you worm your pet **at least 4 times a year**<sup>1,2</sup>. However, young animals and those in a higher risk environment may require worming more regularly.














Read through this guide to understand the main risks facing your dog, then fill in the pet lifestyle assessment on page 8.



Always ask your vet for worming advice.



What kind of dog do you have?	Your dog may be particularly prone to:
<b>Puppy</b> 	 <b>Roundworm</b> (e.g. <i>Toxocara</i> ) is present in puppies from 2 weeks old. Roundworm causes lethargy, bloating, diarrhoea and weight loss. And whilst the disease is rare in humans, it can cause permanent eye damage which may result in blindness and has also been associated with epilepsy. Children are particularly at risk. <b>Tapeworm</b> – Fleas transmit a type of tapeworm ( <i>Dipylidium</i> ). If your puppy has ever had fleas, it may be infected.
<b>Adult dog living in the UK</b> (city or country)  	 <b>Roundworm</b> (e.g. <i>Toxocara</i> ) can be picked up from contaminated soil with risk greater in dog walking areas, like parks. As discussed above, this worm can cause disease in humans.  <b>Tapeworm</b> – Fleas transmit a type of tapeworm ( <i>Dipylidium</i> ). If your dog has ever had fleas, it may be infected. Dogs who scavenge or hunt may also become infected with <i>Taenia</i> tapeworms. Those living in Wales and Scotland are also prone to the sheep tapeworm ( <i>Echinococcus granulosus</i> ) – this worm can cause cysts in the liver or lungs in humans.  <b>Whipworm and Hookworm</b> (e.g. <i>Trichuris vulpis</i> and <i>Ancylostoma caninum</i> ) – Whipworms are seen more commonly in kennelled dogs and can cause diarrhoea. Hookworms can cause anaemia (leading to lethargy, breathlessness) and diarrhoea in dogs and skin disease in humans.  <b>Lungworm</b> – There are two main lungworms that affect dogs in the UK; <i>Angiostrongylus vasorum</i> and <i>Crenosoma vulpis</i> . Lungworm can be caught from slugs and snails, which means that young, curious dogs are the most likely to be at risk. Lungworm can severely affect breathing and blood clotting. It can also lead to paralysis and is sometimes fatal.
<b>Dogs travelling outside the U.K.</b>  As well as those mentioned above, travelling pets may come into contact with other worms only found abroad.	 <b>Heartworm</b> ( <i>Dirofilaria immitis</i> ) is spread by infected mosquitoes, causing coughing and appetite loss. Advanced stages can be fatal. Thankfully, the UK is currently free from heartworm, but it is found in southern Europe and places such as the USA and Australia. So if you plan to travel with your pet, it's important you consult your vet.  <b>Tapeworm</b> – The tapeworm <i>Echinococcus multilocularis</i> does not occur in the UK, but is present abroad. This worm can cause very serious liver disease in humans. Treatment for this tapeworm forms part of the Pet Travel Scheme. Speak to your vet about the scheme in plenty of time (several months) before you plan to travel.

# Your cat: what and where are the risks?

Experts recommend that you worm your pet **at least 4 times a year**<sup>1,2</sup>. However, young animals and those in a higher risk environment may require worming more regularly.






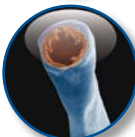







Read through this guide to understand the main risks facing your cat, then fill in the pet lifestyle assessment on page 8.



Always ask your vet for worming advice.



What kind of cat do you have?	Your cat may be particularly prone to:
<b>Kitten</b> 	 <p><b>Roundworm</b> (<i>Toxocara</i>) – present in kittens from 6 weeks old. Roundworm causes lethargy, bloating, diarrhoea and weight loss. Whilst the disease is rare in humans, it can cause permanent eye damage which may result in blindness and has also been associated with epilepsy. Children are particularly at risk.</p> <p><b>Tapeworm</b> – Fleas transmit a type of tapeworm (<i>Dipylidium</i>). If your kitten has had fleas, it may be infected.</p>
<b>Outdoor cat</b> 	 <p><b>Roundworm</b> (<i>Toxocara</i>) – Cats can pick up this worm from contaminated soil and from eating prey. As discussed above this worm can cause disease in humans.</p>  <p><b>Tapeworm</b> – Fleas transmit a type of tapeworm (<i>Dipylidium</i>). If your cat has ever had fleas, it may be infected. Cats who scavenge or hunt can also become infected with <i>Taenia</i> tapeworm. Segments of the tapeworm on the cats rear may sometimes be present with an infection.</p>  <p><b>Hookworm</b> (<i>Ancylostoma tubaeforme</i>) – Cats can acquire this worm from contaminated soil. It can cause diarrhoea in cats and skin disease in humans.</p>
<b>Indoor cat</b> 	 <p><b>Tapeworm</b> – Fleas transmit a type of tapeworm (<i>Dipylidium</i>). If your cat has had fleas, it may be infected. Segments of the tapeworm on the cats rear may sometimes be visible with an infection.</p>
<b>Cats travelling outside the U.K.</b>  <p>As well as those mentioned above, travelling pets may come into contact with other worms only found abroad.</p>	 <p><b>Heartworm</b> (<i>Dirofilaria immitis</i>) is spread by infected mosquitoes, causing coughing and appetite loss. Advanced stages can be being fatal. Thankfully, the UK is currently free from heartworm, but it is found in southern Europe and places such as the USA and Australia. So, if you plan to travel with your pet, it's important you consult your vet.</p>  <p><b>Tapeworm</b> (<i>Echinococcus multilocularis</i>) does not occur in the UK, but is present abroad. This worm can cause very serious liver disease in humans. Treatment for this tapeworm forms part of the Pet Travel Scheme. Speak to your vet in plenty of time (several months) before you plan to travel about the scheme.</p>

# Pet lifestyle assessment

Look at the descriptions of different pet lifestyles and tick the box that best fits your pet.

This can be passed on to your vet to help them decide which worming plan is best for your pet.



	Pet lifestyle: which one is your pet?	✓	Worming advice	Recommended worming frequency*
1	<b>Puppy or kitten</b> • Under 6 months		Your new family member is likely to be carrying roundworms, which can make them very unwell. To help your pet grow and stay healthy, it's important to worm regularly in these early months.	<b>Monthly</b> until 6 months old
2	<b>Adult house cat</b> • No young children in the family		Providing your cat is treated for fleas regularly, treating for worms every 3 months will keep them healthy. If you don't have a regular flea prevention plan in place, your cat will become infected with the flea tapeworm and will need monthly worming.	With regular flea control: <b>every 3 months</b> Without regular flea control: <b>every month</b>
3	<b>Adult cat who has access to outside</b> • No young children in the family		Your cat probably loves exploring the outside world and may bring you back the occasional gift! Birds and rodents can carry worms (both roundworm and tapeworm) so it's important to worm your cat regularly to protect them.	<b>Monthly</b>
4	<b>Adult dog</b> • Exercised in their own garden or short lead walks • No young children in the family		Providing your dog is treated regularly for fleas, treating your dog every 3 months for worms will keep them healthy. If you don't have a regular flea prevention plan in place your dog will become infected with the flea tapeworm and need monthly worming.	With regular flea control: <b>every 3 months</b> Without regular flea control: <b>every month</b>
5	<b>Adult dog</b> • Exercised off the lead outside the family home (may also scavenge while out) • No young children in the family		Your dog will love exploring the great outdoors and may chew or lick things he finds outside that smell interesting! As your dog may pick up tapeworm and roundworm, keep him healthy by treating for worms every month.	<b>Monthly</b>
6	<b>Adult cat or dog</b> • Young children in the family		Even dogs and cats that appear completely healthy can carry roundworm. Young children are most at risk from this worm; in some rare cases they can lose their sight or develop epilepsy. To keep the whole family healthy, it's important that you worm your pet monthly.	<b>Monthly</b>
7	<b>Adult cat or dog</b> • Travelling abroad		Your pet can enjoy a healthy holiday with you so long as they are protected from heartworm and tapeworm while you are away. Talk to your vet about the steps needed to take your dog or cat travelling safely.	<b>Monthly</b> – discuss with your veterinary surgeon all the needs for a travelling pet.

\*Please speak to your veterinary practice regarding the most appropriate worming plan for your pet.

# Regular worming is best

It's virtually impossible to stop your pet from coming into contact with worms during its life. No wormer will provide lasting protection, so the only practical way to look after the health of your pet and family is through regular, ongoing worming. Experts recommend that you worm your pet at least 4 times a year.<sup>1,2</sup>



Sign up online for free worming reminders and you could win one of six luxury breaks for you and your pet.\*



# 3 steps to effective worming



Once you have completed the pet lifestyle assessment Seek advice from your veterinary practice.



Ask your vet to recommend a regular worming regime that covers all the major worms your pet could be at risk of.



Visit [www.wormpatrol.co.uk](http://www.wormpatrol.co.uk) and sign up online for free sms or email alerts reminding you when each worming is due. Follow these 3 easy steps:

- 1 Go to [www.wormpatrol.co.uk](http://www.wormpatrol.co.uk).
- 2 See 'pet reminders' in the red box located in the bottom left.
- 3 Click on the 'sign up to the free pet reminder service that alerts you when your pet needs worming' link. You will then need to complete the registration form and click 'register' at the bottom of the form.

Once you have signed up, visit [www.wormpatrol.co.uk](http://www.wormpatrol.co.uk) and upload a profile picture of your pet and you could win one of six luxury breaks for you and your pet.<sup>†</sup>

One prize will be given away each week, so don't waste a moment, sign up to free worming reminders today!





**Your vet can recommend a tasty treat that will protect your pet against the worms that pose the biggest threats**

Tapeworm, roundworm, lungworm, hookworm, heartworm, whipworm and eyeworm – they're all just as nasty as they sound, and not only can they be fatal to pets, they can do lasting damage to human adults and children too.

Pets can pick up worms almost anywhere, and often you won't spot the evidence until it's too late – which is why it's absolutely vital to worm your pet regularly.

And if it tastes good as well, your pet will be doubly grateful.

**Ask your vet to recommend a broad spectrum wormer that your pet will enjoy taking.**



Advice on the use of this or alternative medicine must be sought from the medicine provider. Use medicines responsibly ([www.noah.co.uk/responsible](http://www.noah.co.uk/responsible)).

Reference: 1. BSAVA Worming Guidelines, BSAVA, 2006.  
2. Worm control in dogs and cats, Guidelines 1, European Scientific Counsel for Companion Animal Parasites (ESCCAP), 2010.

For further information contact the practice support line; in the UK call 01276 694402 or in Ireland call 051 372201, alternatively, write to Novartis Animal Health UK Ltd., Frimley Business Park, Frimley, Camberley, Surrey GU16 7SR United Kingdom. Milbemax **[POM-V]** in the UK and **[POM]** in Ireland contains milbemycin oxime and praziquantel. Milbemax® is a registered trademark of Novartis AG, Basel, Switzerland.

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