

## Companion pets: Management and health care



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Pets provide companionship, encourage exercise and increase social interaction. They give pleasure, teach responsibility, they love and are loved in return. Their owners are healthier and happier than non-owners.

Pets are good for our health and good for the health of our communities. The tangible benefits to the physical and mental wellbeing of pet owners have been confirmed by scientific research. The companion animals enrich our lives.

Research shows that pet owners have less illness, recover faster from serious health conditions, and tend to be more content than people who do not own pets.

The ASPCA (The American Society for the Prevention of Cruelty to Animals) believes that companion animals should be domesticated or domestic-bred animals whose physical, emotional, behavioral and social needs can be readily met as companions in the home, or in close daily relationship with humans.

A companion animal is indeed a serious responsibility. You must think carefully about which one is right for you and, if so, which type and breed best suits you and your household circumstances. When you buy or are given a dog or cat, there are a lot of things you need to do to look after it properly. You should ensure that it is healthy, well nourished, groomed, vaccinated, and properly exercised and socialized. Of course you will also want to make sure that it is happy and contented. A well-cared-for companion animal can provide great enjoyment and pleasure.

This edition provides information on how to keep and care for your pet with specialized guideline for veterinarians and that may be of interest for people being the owner of companion animals.