

Published based on [How To Recognize Heart Disease in Dogs](#)

# How To Recognize Heart Disease in Dogs

Have you just came home from the vet and got the sad news that he or she has found heart disease in your dog? When you heard this prognosis, chances are you felt your own heart sink as this is your beloved pet. Did you know that there is a lot you can do in order to change what might appear to be bleak news from your vet? As you read this article, you will find out how to prevent and treat heart disease in dogs.

Prevention is definitely better than cure when it comes to heart disease. Are you feeding your dog a [healthy diet](#)? If not this may be the cause of his deteriorating health. Don't get too upset about this, but it's time to get wise about healthy foods for dogs and what to feed your dog to improve his health and recovery.

Conventional medications for heart disease in dogs may have unwanted side effects. Make the effort to find a holistic vet who can prescribe herbal remedies such as hawthorn and dandelion which can both help strengthen the heart muscle and prevent fluid build up.

Make sure you take your dog to the vet for a yearly check up even though he seems healthy. If you notice your dog coughing, especially during the night time or after exercise, rush him to the vet straight away as this could be a symptom of heart disease.

If your dog lacks energy and can't seem to keep up while you are walking or if you notice a difference in the way he breathes, then you should take your dog in for a vet visit. Other serious symptoms of heart disease in dogs include weight loss for no apparent reason, labored breathing and fainting.

Gentle exercise is also important and is as simple as taking your dog for a walk a few times a week. If your dog already has heart disease you may have to let him set the pace. Slow down or stop if he seems very tired or starts to cough.

Your dog may have been diagnosed with cardiac ischemia, which is a reduced blood supply to the heart. Reperfusion is another possible heart problem which means actual damage to the heart tissue. Both these problems will respond well to CoQ10. CoQ10 will not only help to slow down the progression of heart disease in your dog, but it will also improve your dog's [general health](#). We all know that a happy dog is a healthy dog.

In order to prevent bad cholesterol (LDL) in your dog and to help your dog's heart health, then we recommend some good old Vitamin E. You should give your dog Vitamin E in 200-500 IU each day.

Another great supplement that will help your dog's heart is L-Carnitine. L-Carnitine prevents further deterioration of the heart muscle. If you combine L-Carnitine with another supplement called Taurine, it will help to improve your dog's life expectancy as well. This can be given in the amount of 500-2000 mg daily.

In conclusion there are many ways to improve your dog's heart health, as long as you pay close attention to his

health and take him or her to vet visits each year or straight away if something seems wrong. Remember, heart disease in dogs may happen without warning, so please be watchful for any of the above symptoms.

You can also find this article published on [How To Recognize Heart Disease in Dogs](#), and on the tag pages [dog health problems](#), [healthy food for dogs](#), [heart disease in dogs](#), [holistic vet](#).