What can I do at home?

Close monitoring is an important step in determining the state and progression of heart disease. This, together with regular reviews, is important in ensuring the current medical regime is working for your pet or if it needs to be altered.

A good way to monitor at home is to monitor your pet's "Sleeping/Resting Respiratory Rate (SRR/RRR)". This is an excellent way to monitor heart disease as well as responses to medications.

This should be started initially every 2-3 days in the initial phase followed by oncetwice weekly.

How to measure sleeping respiratory rate?

- 1. When your pet is sleeping or resting soundly, count the number of times he/she breathes in 1 minute
 - Inhale (chest up) & exhale (chest down) is counted as 1 breath
 - Alternatively, the breaths can be counted in a 15 second interval and multiplied by 4.
- 2. A normal SRR is less than 30breaths/minute. If your pet's value is higher than this, or if it is progressively getting higher than his/her normal value, a review is highly recommended.

Date	Time	Respiratory Rate (Breaths per min)	Sleeping (S) or Resting (R)

