

How Old is Your Dog in People Years?

The health of your pet can change rapidly as he or she ages.

Pet Health Network Contributors

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Beginning at around [age](#) 7, many [dogs](#) enter their senior years. At this stage, dogs often begin to develop [diseases](#) common to their senior-human counterparts, **such as** [diabetes](#), [heart disease](#), [hypothyroidism](#), [kidney disease](#) and [cancer](#). In fact, one out of ten pets that appears healthy, has an underlying disease.¹

First, identify your dog's real age using this chart. Then, discuss ways to keep your pet healthy with your [veterinarian](#). [[Find out what to expect from a senior dog checkup.](#)]

How old is your dog in people years?

[Download Chart](#)

Reference:

1. Rehm M. Seeing double. Veterinary Economics. 2007;48(10):40-48.

Chart courtesy of Fred L. Metzger, DVM, DABVP. The above ages are intended as general guidelines only. Be sure to ask

your veterinarian at what age she or he would consider your

pet a senior or geriatric.

If you have any questions or concerns, you should always visit or call your veterinarian – they are your best resource to ensure the health and well-being of your pets.