

Meta Title:

Maltese Life Expectancy—How to Help Your Dog Live Longer

Meta Description:

What's the Maltese life expectancy, and can you improve it? The factors influencing their lifespan and practical tips for promoting a long and healthy life.

Snippet:

We take a look at the factors that can impact Maltese life expectancy. And, offer practical tips for enhancing your furry friend's longevity. Such as:

- Emotional care.
- Regular exercise.
- Proper nutrition.
- Preventative healthcare.

Link to this page:

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1. Existing page URL:

<https://hypoallergenicdog.net/maltese-shih-tzu/>

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‘, which is not far off the [Maltese life expectancy](#) of 12 to 15 years.

every owner.

Do Malshis Bark a Lot?

In comparison to other breeds, the Malt Shih Tzu does bark a lot. If they're left unsocialized, anxiety could become an issue, leading them to warn off people passing.

Are Malshis Hard to Potty Train?

Potty training requires a lot of patience and routine. When they crack it, it's amazing, but until then, expect the odd accident.

How Much Does a Maltese Shih Tzu Mix Cost?

The Maltese Shih Tzu Price can vary from anything from \$400 to \$800. But this is quite a bit less than some other designer breeds.

How Long Do Maltese Shih Tzu Dogs Live?

The Maltese Shih Tzu dog has a lifespan of 12 to 14 years. This of course will depend on their general health and any inherited conditions.



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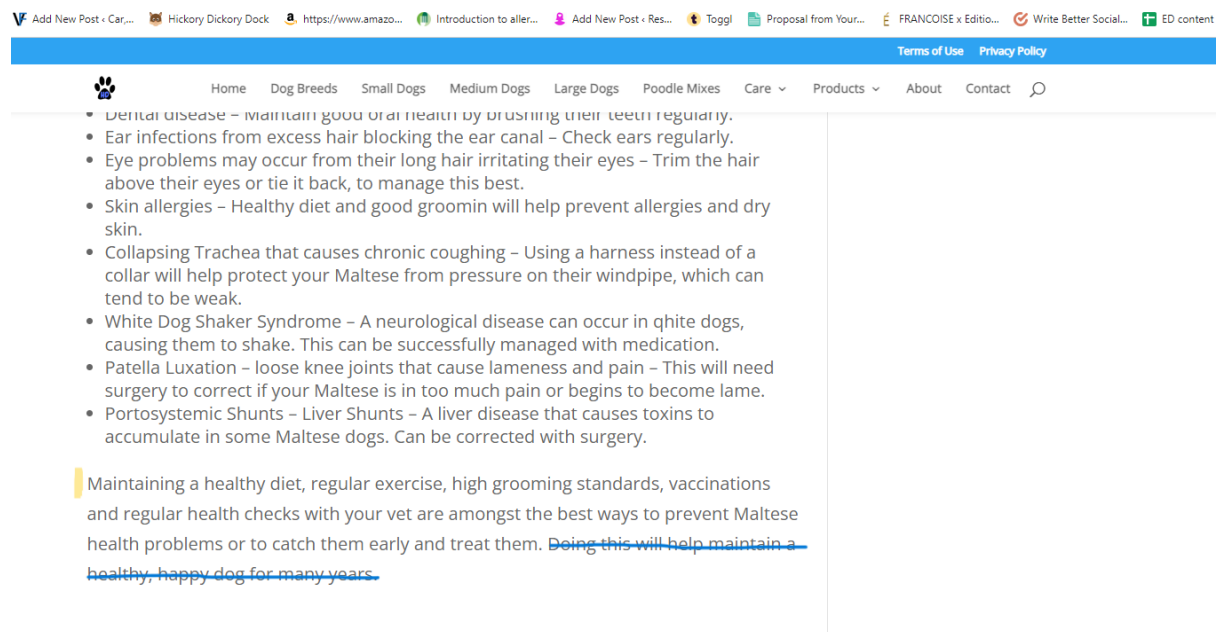
<https://hypoallergenicdog.net/are-maltese-hypoallergenic-dogs/>

Add the following sentences as highlighted below in yellow.

‘The [Maltese life expectancy](#) is around 12 to 15 years and — m’

Delete the sentence marked in blue and add the following

Allowing them to live a long and happy life.



• Dental disease – maintain good oral health by brushing their teeth regularly.

• Ear infections from excess hair blocking the ear canal – Check ears regularly.

• Eye problems may occur from their long hair irritating their eyes – Trim the hair above their eyes or tie it back, to manage this best.

• Skin allergies – Healthy diet and good groomin will help prevent allergies and dry skin.

• Collapsing Trachea that causes chronic coughing – Using a harness instead of a collar will help protect your Maltese from pressure on their windpipe, which can tend to be weak.

• White Dog Shaker Syndrome – A neurological disease can occur in qhite dogs, causing them to shake. This can be successfully managed with medication.

• Patella Luxation – loose knee joints that cause lameness and pain – This will need surgery to correct if your Maltese is in too much pain or begins to become lame.

• Portosystemic Shunts – Liver Shunts – A liver disease that causes toxins to accumulate in some Maltese dogs. Can be corrected with surgery.

Maintaining a healthy diet, regular exercise, high grooming standards, vaccinations and regular health checks with your vet are amongst the best ways to prevent Maltese health problems or to catch them early and treat them. ~~Doing this will help maintain a healthy, happy dog for many years.~~

Maltese Life Expectancy — How To Live a Fulfilling Life

The [Maltese](#) are one of the most popular [small hypoallergenic dogs](#). Their tiny Toy-group size and gentle and lovable lapdog nature are very appealing to dog owners. And, apart from being the cutest ball of fluff you’ve ever seen, the **Maltese life expectancy** isn’t bad either.

However, are there factors that can affect their lifespan? And, are there things that we, as dog owners, can do to help extend our time with our beloved pups?

The answer to both these questions is — yes. There are things that you can do, even before you choose your pup, to ensure they have the very best start in life.

What Is the **Maltese Life Expectancy**?

Being a small breed, it's quite respectable. They typically reach 12 to 15 years, with the **average lifespan of a Maltese** dog being around 13 years.

Naturally, there will be variations. Some Maltese dogs live well into their late teens, while others may not be so fortunate and have their lives cut short due to health reasons or accidents.

Factors That Affect **Maltese Dog Life Expectancy**

The **life span of a Maltese dog** can be influenced by a range of different factors, from hereditary conditions to the environment in which they live.

Genetic Predispositions

Like any other breed, Maltese are at higher risk of certain [health conditions](#) that can affect their life expectancy. Choosing a recognized and responsible breeder can help to eliminate many of these issues.

Nutrition and Diet

Poor diet is going to seriously impact your dog's life expectancy. They need to be eating a nutritionally balanced diet that's right for their stage of life — whether that be puppy or senior.

For example, to build healthy muscle and maintain many systems in their body, 25% of a dog's daily calorie intake needs to come from high-quality protein. If this is continually lacking, it can impact their health and their life expectancy.

Exercise

While they only weigh 7 pounds and reach a mere 7 to 9 inches tall, these Toy-sized dogs still need exercise.

Failure to meet their activity needs means weight gain can be a potential issue. The knock-on effect is other conditions relating to being overweight — mobility troubles, diabetes, and heart problems.

Healthcare

Not providing your Maltese with routine veterinary check-ups, parasite control, and vaccinations will most certainly shorten their lifespan. Not seeing a vet regularly means health issues may not be picked up quickly enough.

And, [research](#) has proven that choosing to leave your dog unneutered will shorten their life.

Environmental Factors

The environment your dog lives in can affect both their physical and mental health and, in turn, shorten the **lifespan for Maltese** dogs. Dogs need a safe, comfortable living space where they are free from potential hazards — this is more so the case for this tiny breed.

Extreme temperatures, exposure to toxins, and access to clean fresh water can all have an impact.

Older Maltese Problems

As Maltese get on and reach those senior years they go through lots of changes both physically and mentally, such as:

- Diminished hearing.
- Bad eyesight.
- Generally slowing down.
- Lack of tolerance.
- Sleeping more.
- Skin and coat become dryer.
- Loss of appetite.
- Less able to deal with temperature changes.

Maltese Health Problems That Affect Life Expectancy

All dog breeds have specific health conditions that they suffer from. Here are a few conditions that Maltese are at risk of:

- [Dental disease](#).
- [Ear infections](#).
- [Skin allergies](#).
- [Collapsing Trachea](#).
- [White Shaker Dog Syndrome](#).
- [Patellar Luxation](#).
- [Portosystemic \(liver\) Shunts](#).
- Hepatic Microvascular Dysplasia (liver abnormality).

How To Help Your Maltese Live Beyond the Average Lifespan

It's a bitter pill to swallow, but you'll outlive your furry best friend. Yet, while we can't do anything about that, there are things you can do to keep the inevitable at bay for as long as possible.

It's never too late to start introducing these steps into your pup's life.

Suitable Nutrition

Feeding your Maltese a nutritious and balanced diet will help to maintain their overall health and longevity.

Choose a food that has a high-quality protein content of at least 18% and is designed for small breeds. Their food should also contain good fats such as omega 3 as well as lots of vitamins and minerals.

What's more, there are a few things that you should try to avoid to keep your Maltese in tip-top condition. For example, foods that contain lots of fillers and artificial additives, and make sure treats are given in moderation.

For older Maltese, their meals should be easily digestible and contain a vital nutrient called beta-carotene. This has been shown to help with cataracts and heart disease. Plus, if your dog has arthritis, glucosamine and chondroitin will boost joint health.

Exercise Both Mental and Physical

Keeping your Maltese fit and healthy is essential to a long and happy life. Although they are a small breed, they still need regular exercise to keep both their mind and bodies healthy. Daily walks, play sessions such as fetch, along with games that keep their mind active and alert.

Regular exercise will help to reduce the risk of obesity, improve heart health as well as strengthen those little muscles and bones. Remember, as your Maltese gets older, ensure that their exercise is right for their stage of life.

Veterinary Care

Regular health checks with your vet will ensure health issues are picked up early on. Keeping up to date with vaccinations, parasite treatments, and prevention will all go along to helping your Maltese live their best life. Neutering your dog also plays a crucial part in ensuring that your dog lives as long as possible.

Neutering your dog is also considered to extend their life as it prevents them from developing diseases such as certain types of cancer. Studies have shown that neutering your dog can increase their lifespan by up to a quarter.

Recommended Health Tests

To prevent your Maltese's life from being cut short, it's recommended that a range of health tests are carried out, such as:

- Patella Evaluation.
- Cardiac Examination.
- Serum Bile Acid Test — for liver health.

Oral Hygiene

As a breed that often suffers from dental disease, making sure that their teeth are cleaned regularly from a young age can help prevent this. Plus you've got more chances of spotting any issues early on.

Use dental treats or toys that are designed to promote good oral hygiene. You might want to consider getting their teeth cleaned professionally by your vet.

Environment

For your Maltese to live the best life they can, they need to live in a safe and comfortable environment. These pups are small and relatively fragile compared to larger breeds, but there are things that you can do to ensure their environment is as safe as possible for them, such as:

- Not allowing your dog to jump down from heights.
- Teaching children how to handle them properly.
- Using correct restraints when traveling in a vehicle.

These will reduce the risk of accidents or stress-related health issues.

Emotional Care

Your Maltese wants to be with you as much as they possibly can — they're companion canines after all. Providing them with as many opportunities to socialize with people and other dogs will help keep them healthy, as well as offering them love and affection.

Conclusion

Having a clear understanding of what can influence your pup's lifespan can provide you with the tools to ensure that they live the longest and happiest life possible. Diet, regular vet check-ups, exercise, and emotional care all play a crucial role.

While the **Maltese life expectancy** is around 12 to 15 years, following our tips above will give them a good chance they'll reach it. So, get started — the sooner, the better.

Maltese Age Span FAQs

What Do Maltese Usually Die From?

Heart failure is among the leading causes of death for Maltese. [Mitral valve disease](#), in particular, is one condition Maltese appear to be predisposed to.

Do Male or Female Maltese Live Longer?

The average life expectancy for a Maltese is 12 to 15 years. But it is not uncommon for them to live a few years above this. The **Maltese life expectancy for females** is typically around one year more than the **life expectancy for males**.

*What Is a **Teacup Maltese Life Expectancy**?*

The average life expectancy of a hypoallergenic teacup Maltese should be the same as a regular-sized Maltese. However, they are also more likely to develop health problems, which could shorten their lifespan.

How Long Do Maltese Live in Human Years?

The lower end of a Maltese life expectancy is 12, which equates to 84 in human years. At the top end, 15 years is equal to an impressive age of 99.

Can a Maltese Live Longer Than 15 Years?

Yes. While the average is around 13 years, Maltese dogs reaching 16, 17, 18, even 20 years isn't unheard of.

*What Is the **Average Lifespan of a Maltese Shih Tzu**?*

The lifespan of the [Maltese Shih Tzu](#) is very similar to that of the Maltese — between 12 to 14 years.