



Our Fear Free Commitment to You and Your Pet

We are proud to have Fear FreeSM certified professionals on our team and are dedicated to caring for your pet's emotional well-being as well as his or her physical well-being.

We'd like you to know how we meet that goal. Is your pet showing signs of bad stress and anxiety before arriving at the veterinary office? Ask us if pre-visit sedation or supplements might take the edge off and keep your pet happy and relaxed.

Would your pet be more comfortable waiting in the car rather than the waiting room? Just let us know, and we'll be glad to accommodate you.

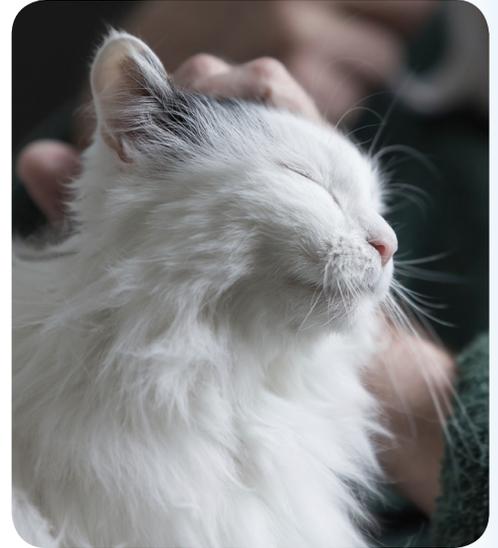
You'll be brought into the exam room a few minutes before your pet will be seen because we'd like the two of you to spend some calm time together. This will allow your pet to explore the room and relax a little first.

Special calming chemical signals, known as pheromones, are infused throughout the room. Only dogs and cats can smell them, and they find them relaxing. The music in the room is also specially created for canine and feline stress reduction.

We promise to keep our voices low and calm, and to never use force to examine, test, or treat your pet. We'll use gentle control techniques, innovative tools, and medication when necessary to ensure your pet's emotional health isn't sacrificed for the sake of medical care.

Unless it's medically inappropriate, we'll be giving your pet lots of treats during the visit. This is so he or she starts associating a trip to the veterinarian with good things! That will keep stress levels low. Bringing your pet into the appointment hungry can help this process along!

Some pets prefer to be examined up high, on the table, in your lap, in their carrier, or on the floor. We'll go where we need to go to make your pet comfortable during the exam. We'll also use specialized distraction techniques to keep your pet focused on good experiences while we perform procedures such as injections that might cause brief stress or pain.



Questions? Just ask! We want you to be happy, too!

Interested in learning more about Fear Free? Visit fearfreepets.com.

KITTEN MILESTONES

What to expect when you're adopting

Congratulations on your new family member! If this is your first kitten or even if it's been awhile since you've had a really young one in the household, here are a few milestones to help you track your cat's progress. Keep in mind these are general guidelines and can vary based on your kitten's breed and other factors.



4 KITTEN MILESTONES

1 2 WEEKS—The kitten's eyes start to open and its sense of smell begins developing. Fun fact: All kittens are born with blue eyes.

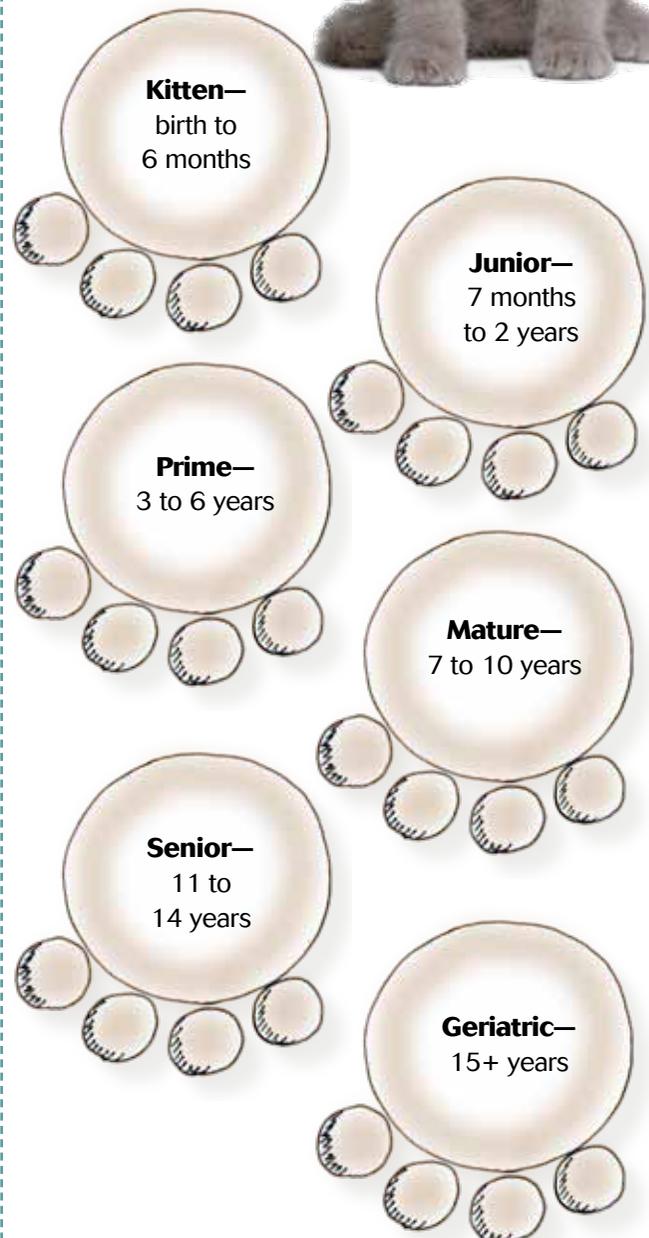
2 3 WEEKS—The kitten's sense of smell is fully developed, its ears become erect and baby teeth begin to appear.

3 4 WEEKS—The kitten starts to explore and will start grooming.

4 5 WEEKS—The kitten's sight is fully developed. It starts using a litter box.



LIFE STAGES



How cats say, 'I love you'

Because, c'mon cats aren't just going to outright say those three little words. Here are the telltale signs that your feline friend is giving you heart-eyes. *Elizabeth Colleran, DVM, DABVP (feline practice)*

Cats demonstrate their devotion to their humans in a number of important and obvious ways, if you know what to look for. There is even some reason to think that we misunderstand cats when they are asking for attention and mistake this for a desire to be fed. Here are just a few of the silent but sure ways your cat tells you that he loves you.

Territorial tenderness

Watch your cat move around in his territory (a.k.a., your house). He'll walk with his tail straight up in the air, perpendicular to his body, perhaps with a slight kink at the tip. This upright tail is a sign of affection between cats and, now, between us and our cats. Similarly, cats who like each other a lot will rub on one another mostly using their faces.

When your cat rubs his face against your ankles, he's expressing the same level of affection for you that he has for a trusted cat. Given the choice, he'd rub against your face but you're usually a bit too high up for that. We're often irritated by cats who jump on the counter, but they're often trying to get closer to us for a good face rub. They'll rub their faces on inanimate things: doorways, chair legs or other furniture more often when you're close by.

Friendly fondness

Cats who have been raised together have a few other ways of expressing their affection for each other. They may be found curled up together sleeping in a heap—even when it's warm and they don't need each other's heat. So when your cat hits your lap and curls up contentedly, you should know that this is love as well.

The bond between cats is further strengthened by grooming each other. Of course, doing that keeps them cleaner than they might otherwise perhaps be. More important, though, it's a mark of the power of friendship.

Your stroking is the same powerful bonding. They love that you have focused your attention on them, moving your hands

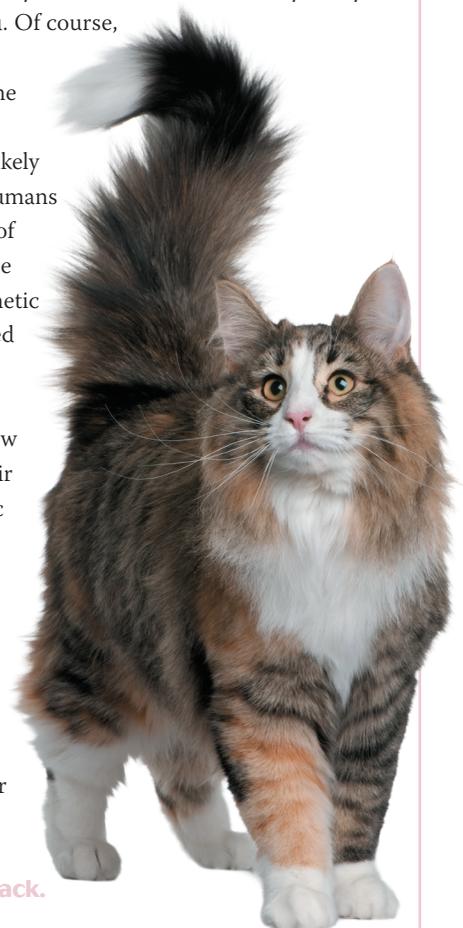
along their fur (particularly around their head and neck). It means that you two are family. Some cats will try to groom you back, but it may be annoying, given the barbs on their tongue that are helpful for efficient fur care. If you act as if it's unpleasant, he'll stop.

Sentimental salutations

Cats who care for one another often have a greeting that is made from a high-pitched sort of forced air between the upper and lower lip. You may find that this is commonly a way that your cat greets you. Of course, the truly loving cat will begin to purr as you come closer and closer.

Some cats are more likely to be bonded to their humans than others, a function of learning as a kitten, to be sure, but part of it is genetic as well. Kittens socialized between 3 and 8 weeks to multiple humans are much more likely to grow into adults that love their people. There's a genetic predisposition, too. It's commonly referred to as the "boldness gene." This gene is carried by males and conveys a willingness to become close to humans, to like them, and to prefer their companionship.

**Long story short,
your cat loves you back.**



How to habituate your cat to A CARRIER



Use this step-by-step guide to help your cat adjust to a cat carrier for her trip to the doctor.

Step 1: Cat, meet carrier

Place the carrier in a cat-friendly area and leave it open so your curious kitty can check it out when she's ready.

Step 2: Draw kitty close with food

Start by placing the food bowl near the carrier. If she's too shy to snack close to the carrier, move it as far away as necessary to get her to eat.

Quick tip: Add a special, tasty treat, such as a bite of canned tuna or chicken, to lure your kitty close.

Once your cat regularly eats from the bowl, begin moving the bowl closer and closer each day until she will chow down happily next to the carrier.

Step 3: Create a dining car

When your cat comfortably dines next to the carrier regularly, she's ready to dine in—inside the carrier, that is. Place the food bowl directly inside the carrier entrance so she can pop her head inside for a quick snack.

Quick tip: Never close the door on your cat. If you need to, you can prop it open and wire if necessary—just make sure it won't accidentally fall shut on the cat and startle her.

Step 4: Customize your kitty's cave

Place toys and treats in the carrier occasionally so your curious kitty discovers them there. You might try these fun options, depending on your cat's personal preferences:

- > Stuffed mice
- > Catnip toys
- > Feather toys
- > Cat grass

Spraying a synthetic feline facial pheromone in the carrier occasionally may also help.

Note: Never lure your kitty into the carrier and close the door for a trip to the veterinarian. You'll lose the progress you've made—and your cat's trust—and she'll fear the carrier more.

Step 5: Move dinner inside the carrier

When your kitty comfortably dines with her head inside the carrier for several days, you're ready to move the food dish further inside the carrier—a few inches every day until she steps completely into the carrier to eat.

Step 6: Watch and wait

This might be the toughest step, because you need patience. It may take several weeks or months, depending on your cat, but you should start to find your kitty lounging in the carrier sometimes and resting there.

Step 7: Shut the door

Once kitty's comfortable in the carrier, you can start to close the carrier door for a few seconds at a time with your cat inside. If your cat ever acts distressed with the door closed, release her immediately. And next time you close the door, only close it for as long as she tolerated the door closed on a previous session. When you can keep the door closed for long periods of time, you're ready to practice car rides with your cat. Remember, many cats only associate their carrier with a trip to the veterinarian. So your goal is to change your kitty's associations with the carrier and car rides to fun things and special food treats instead of terror and trauma.

Quick tip: Once you find your cat regularly spends time resting, playing and eating in the crate, then on the day you need to take her to the veterinarian, simply close the door and off you go. When you return home, be sure to continue offering food and fun in the crate. As long as more good things happen in the crate than scary things, it should always be easy to take the cat to the veterinarian when necessary.

How to create low-stress veterinary visits for cats



The ominous hissing, the mournful meows, the defensive scratching or biting, the upset bowels—feline stress is just plain unpleasant for cats and you. Many cats get stressed when it's time for a veterinary visit. Thankfully, there are ways to help cats relax and enjoy the ride—yes, even in the car. Here's what you can do.

1 Transport your cat in a carrier

Putting cats in a carrier on the way to and from the veterinary clinic is extremely important. Cats are often startled by loud noises or other pets, and, if you're carrying your cat in your hands, you might not be able to hold on if it abruptly tries to get away. Also, cats that are allowed to roam freely inside the car face the risk of more severe injury should there be an accident.



2 Choose a hard-plastic carrier with a removable top

Some cats might resist being put into a carrier. But removable tops make getting cats into—and out of—the carrier easier. Simply undo the screws or latches, lift off the top, set the cat in the bottom, and replace the top. This eliminates the need to force the cat inside, which makes the cat—and you—more relaxed.

3 Make the carrier a favorite place

Some cats come to love their carriers. When cats see their carriers as safe, enjoyable places, they're

happy to go into them and feel more safe in scary places, like the car. Use these strategies to create crate-fondness in your cat:

- Leave the carrier out in your house so your cat can access it at any time.
- Make the carrier inviting by putting a favorite blanket or toy in it.
- Every now and then, lay a few treats inside the carrier.

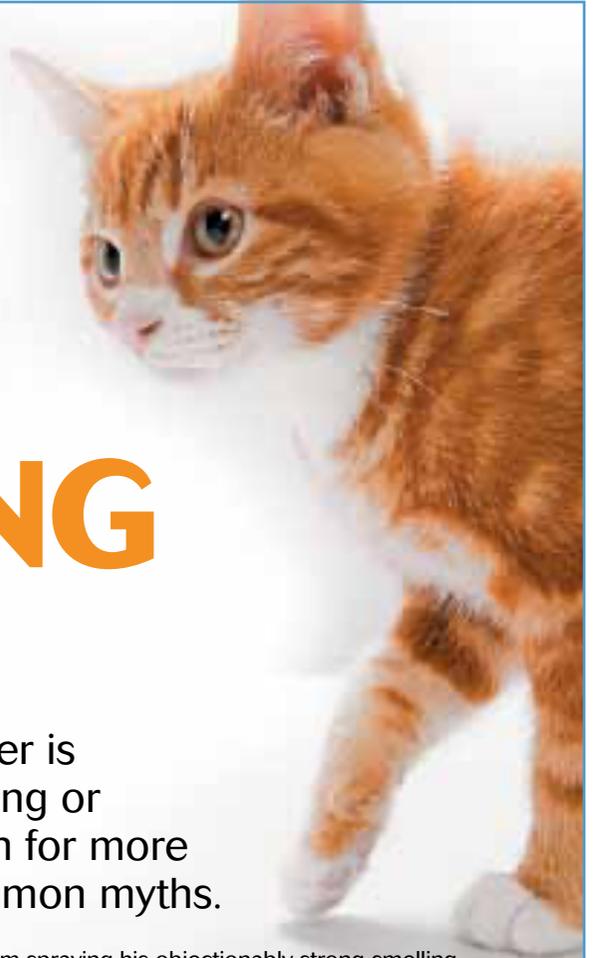
4 Head to the veterinary clinic for "happy visits"

Does your cat seem to bristle at the thought of visiting the veterinarian? Then take it on a few stress-free trial runs. Call the veterinary clinic to ask if the schedule would allow you and your cat to stop in for five or 10 minutes. You won't be making a medical visit, but rather a mock appointment that allows your cat to experience all the steps of a routine visit without the physical examination. This free-of-charge "happy visit" gives your cat the chance to get used to the sounds and smells of the clinic, meet the veterinary team members, and eat a few treats all while enjoying the safety of its carrier. After some canoodling, you and your cat will head back home.

If a car ride alone puts your cat in a tailspin, entice your cat into its carrier and start by going for a test drive around the block. Continue to take a drive every now and then, gradually increasing the amount of time you and your cat spend in the car. Remember to reward your cat with a treat for being a good passenger. Eventually, you'll work your way up to doing a drive that will allow you and your cat to make a "happy visit." Positive reinforcement is the best way to modify feline behavior, so making car rides and veterinary visits pleasant will help decrease your cat's anxiety.



SPAYING or NEUTERING *your cat*



Part of being conscientious cat owner is considering the importance of spaying or neutering your feline friend. Read on for more info and the truth behind some common myths.

Besides preventing unwanted litters, spaying or neutering your cat helps prevent many life-threatening diseases and can head off some irritating behaviors.

Spaying

Although it's commonly referred to as a spay, this surgery is actually a complete ovariectomy, or the removal of both ovaries and the uterus. Spayed cats are at much lower risk for ovarian cancers and cysts, mammary gland tumors, and uterine infections.

Unspayed females are also more likely to exhibit inappropriate urine marking during their heat cycles—not to mention their aggravating wailing and crying to be let outside. The urge to reproduce is amazingly powerful in cats. Those of us who have endured the company of a cat in heat know all too well the origin of the term caterwauling!

Neutering

Neutering is the removal of both testicles. It sounds worse than it is—and no, he won't miss them! Neutered males are less susceptible to prostate disease and testicular cancer.

Castrated male cats are often more affectionate and people-oriented, and neutering your cat usually keeps

him from spraying his objectionably strong-smelling urine in your home to mark his territory. Neutered males are also less likely to wander from home, so neuter your pet before his heart leads him into the path of an oncoming car.

Common myths

Often people worry that their spayed or neutered pet will get fat. However, the aging process probably affects weight gain more than anything—as many of us are painfully aware from our human experience. It's true that lowered hormone levels may decrease your pet's activity. The key to this problem is simple—give your pet less food and more exercise.

It's also a myth that females need to complete a heat cycle before being spayed. There is no medical reason for this old wives' tale. In fact, the fewer heat cycles your pet goes through before getting spayed, the better her protection against mammary cancer. Because cats are very efficient breeders, all it would take is her getting out once while in heat—and you'd have kittens.

Worried your male cat will lose his personality after neutering? Relax! If he loses anything, it will be his sexual impulses and the associated marking behavior.

All about microchipping *Information from your veterinarian*

What is a microchip?

The microchip is a tiny computer chip, about the size of a grain of rice, programmed with an identification number. The chip is enclosed in biocompatible glass and is small enough to fit into a hypodermic needle. Once an animal is injected with a chip, it can be identified throughout its life with this one-of-a-kind number.

What's the benefit of microchipping my pet?

Microchips are permanent and can't be lost, altered, or destroyed. Pet owners have been reunited with chipped pets that have been missing for years or that have traveled thousands of miles.

How does microchip identification work?

A special scanner is used to send a radio signal to the chip to read the identification number. The pet feels nothing when the scanner is placed over it. The number is displayed on the scanner, and the person reading the scanner can contact a national registry to find out who the pet belongs to.

How is the microchip implanted?

Microchips are implanted with a needle beneath the skin between the shoulder blades. They can't be felt or seen.

How early can puppies or kittens be injected with a microchip?

Young pets can be microchipped as early as 6 to 8 weeks of age.

How long does the microchip last?

The microchip has no power supply, battery, or moving parts, and it's designed to last the life of the pet. Once injected, the microchip is anchored in place as a thin layer of connective tissue forms around it. It requires no care and will not pass through or out of the body.

Does implanting the microchip hurt my pet?

Most pets react the same way to this shot as they do to any other. The microchip contains nothing that will burn or irritate tissue; it's completely biocompatible.

Does my pet have to be sedated to be implanted with a microchip?

No. Injecting a microchip is just like any other injection or vaccination. Anesthesia is not required or recommended.

Could my pet be allergic to the microchip?

The microchip is inert, smooth, nontoxic, and non-allergenic. Microchip companies say there is virtually no chance of the body developing an allergy or trying to reject the microchip.

If a veterinary clinic or animal shelter finds a microchip, how will they know who to call?

Animal shelters and veterinarians are finding chips in more and more pets. They are aware of the national registries and routinely contact them to obtain owner information regarding the pet. They then contact owners to advise them their pet has been found.

I have tiny toy breeds—can I still have them implanted?

Absolutely. The same size microchip and needle are used in pets even smaller than puppies and toy breeds, including mice, baby birds, and even fish.

How do I update information in the registration?

After your pet is chipped, you will be given information about how to contact the national registry to update your information. Remember to do this whenever you change your address or telephone number.

Do shelters scan animals for microchips?

Yes, scanning pets for microchips has become standard practice in animal shelters. Some municipalities, such as Los Angeles County in California, are even requiring pets to be microchipped, so local governments can cooperate with shelters to reunite pets and owners.

Source: Los Angeles County Department of Animal Care and Control

Tips for a quiet *car ride*

Noise is a major anxiety trigger for pets during car travel. Here's how you can help reduce your pet's stress.



What pets hear on their car ride influences their anxiety level before they ever enter the veterinary practice. You may not be able to avoid some car noises, such as highway noise—rumble strips are especially bad—and other environmental sounds, including sirens, construction equipment and dogs barking. Even so, if you can keep your pet calm on the drive to the hospital, your pet may be an easier patient than if she's already feeling amped up.

1. Use a matter-of-fact approach

It may feel natural to try to reassure your pet. For example:

"It's going to be OK... Momma (or Daddy) loves you."

"We're going to go see your veterinarian. It's not so bad. Don't be scared!"

While your pet may not understand your words, your pet may have learned to associate your tone and type of talk, along with body language, with the idea that something bad is about to happen.

To soothe your pet, use a matter-of-fact tone and relay instructions with confidence. For example:

"Bella, chew on your food puzzle."

"Champ, get in your crate."

Then offer a reward for the good behavior.

2. Distract with calming noise

You may also try playing calming music in the car to ease tension for you and your pet. Consider music designed for pets or classical music that offers calming qualities and drowns out excess road noise that may be nerve-racking for your pet.

Scratch that!

Use these tips to pick an appropriate scratching post to satisfy your cat's itch to scratch.

Pick the right post. Think about the places your cat scratches now. What's her preferred material? Scout out posts and coverings that mimic her favorite scratching surfaces, from sisal to cardboard to carpet-covered posts or even wood or leather.

Structure matters. Does your kitty crave vertical scratching surfaces or horizontal ones? Some cats will enjoy a mix of both.

How high? Does your cat stretch high and far above his head? He might like higher posts. Just be sure it's sturdy so it won't wobble, wobble or fall while you're cat's soothing his scratching urge.

Location matters. Just like real estate, where you place your scratching board counts. Your kitty craves your attention, so it's best to post her post in highly trafficked areas, where the family spends time together. This way her kitty "furniture" is on the scene, close to you—the one she loves best!



The pet food guessing game?

Once you get past the marketing and product claims, what are you *really* feeding your pet?

When it comes to the best nutrition for your dog or cat, always start at your veterinary clinic. There isn't one right food for every pet, but your veterinary team can guide you to what's best for you and your pet. Then use this quick guide to help decipher the vast array of marketing claims that often overwhelm the pet food aisle so you can make an informed decision about your pet's nutrition.



THE NAME GAME

What's in a name?

- > If an ingredient is used in the name of the pet food, such as "Salmon Dog Food," at least 95 percent of the product must be that ingredient. It should be the first ingredient that appears on the label's ingredient list.
- > If the name includes a combination of ingredients, such as "Chicken n' Liver Dog Food," the two ingredients must total 95 percent of the product, and there is always a higher percentage of the first ingredient included than the second.
- > If it's not an ingredient of animal origin, it doesn't count. Products such as "Lamb and Rice Dog Food" must still contain at least 95 percent lamb.



Ring the dinner bell!

- > When a pet food name reads "Beef Dinner for Dogs" or any fancy-sounding title that includes "dinner," "platter," "entrée," "nuggets" or "formula," the named ingredients must comprise at least 25 percent of the product.
- > A combination of ingredients, such as "Chicken n' Fish Dinner Cat Food," must equal a combined 25 percent. However, the second ingredient named only has to make up 3 percent of that total.
- > The "dinner rule" includes all ingredients, so if a pet food name is "Lamb and Rice Formula for Cats," lamb may be the predominant ingredient, but at least 25 percent is made up of both lamb and rice.
- > An ingredient named in pet food "dinners" may be the third or fourth ingredient on the product's ingredient list. Read the label to ensure the primary ingredients are ingredients you want to feed your pet.

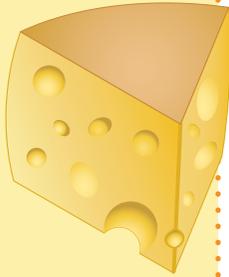


FROM YOUR VETERINARIAN

With cheese!

> When a pet food name includes “with,” the ingredient that follows, such as “Beef Dinner for Dogs—with cheese,” only has to be 3 percent of the product.

> Buyer beware: A can of “Cat Food—with Tuna” means tuna may only be 3 percent of the product, whereas “Tuna Cat Food” must contain at least 95 percent tuna.



Super-ultra-premium

> Label claims including the words “premium,” “super-premium,” even “ultra-premium” or “gourmet” are not required to contain any different or higher quality ingredients.

> “Natural” is usually assumed to mean a lack of artificial flavors, colors or preservatives, but it too is not required to contain any different or higher quality ingredients.

> Currently, there are also no official rules governing the use of the word “organic” in pet food labels.



Packed with flavor

> The use of the word “flavored” in a pet food means very little. As in, a pet food named “Chicken Flavored Cat Food,” only must have chicken “detectable” in the product. No specific percentage of the named flavor is required.

> Digests (materials treated with heat, enzymes and/or acids to form concentrated natural flavors), stocks and broths and whey are often used to flavor pet foods.



When in doubt, ask

✓CALL YOUR VETERINARIAN

Talk to your veterinary team about your nutrition questions and how to appropriately transition your pet to a new food. If you think your pet is showing signs of illness related to his or her pet food, call your veterinarian.

✓CALL THE MANUFACTURER

The “manufactured by” label statement identifies the party responsible for the quality and safety of the product, along with contact information. Don’t hesitate to contact the company with questions or complaints about a product.

A fluffy grey and white cat is sitting on a pile of trash, including plastic bottles, paper, and other debris. The background is dark and textured.

5 cat items to toss right now

We all want to do the best we can by our kitties. But did you know some of the cat accessories you currently own might be better off in the trash? Read on to learn more.

1. Scratched-up litter boxes

Most litter boxes are made of plastic. One bad thing about plastic? It scratches. Your cat paws at the bottom of her box every time she uses it. The tiny scratches in the floor of the box may trap odor and germs. The next time you clean her box, check it for micro-scratches too. If you find some, it may be time for a new litter box.

2. Plastic bowls

Plastic is naturally greasy and easily scratched when it is a feeding dish also. Cats can suffer from feline acne, and it's possible that the greasiness of plastic bowls contributes to oil buildup and clogged pores on your cat's chin and face. Perhaps better not to chance it because it is difficult for your cat to sufficiently clean her chin anyway. Ditch the plastic bowls and use ceramic or stainless steel instead.

3. Toys in disrepair or covered in real fur

Toys that are damaged can be dangerous if portions are swallowed. And tiny, fur-covered mice can be a major hazard for cats. Cats are motivated by their strong prey instincts to chase and hunt the toy, and it's not a large leap to eat the toy if it is covered in real rabbit or mouse

fur. Many cats have ended up on a surgery table because of these "harmless" fake mice. Don't take a chance. If you have a tiny toy that is covered with real fur, throw it out!

4. Dull nail trimmers

Cats' claws may be sharp, but they are fragile, too, especially if you try to trim them with dull nail trimmers. Unless the blade is sharp, it will crush and fracture the nail and this is not comfortable for your cat. Holding still for you to trim the nails is hard enough! Don't make it twice as difficult and uncomfortable. Keep your trimmer sharp by changing the blade or replacing the trimmer regularly.

5. Expired or inappropriate medications

It might be tempting to save every medication you get for your cat, just in case you ever need it, but don't do it! Medications are prescribed for the specific cat and the specific problem at that time and might not be safe or effective for something else. Just because you are sure it is the same problem, it is much better to ask your veterinarian and be safe. Inappropriate medications are not worth the risk and expired medications can be downright toxic.

Why flea preventives are just worth it?

Four reasons to question whether your pet needs flea preventive—and why the healthy answer is usually YES.



itcheeee!



1 **It's *not* a commentary on your cleanliness.** When we mention fleas, we don't mean your house is less-than-clean. Even the cleanest home can be the target of a flea infestation. In fact, infestations usually start because the fleas were picked up outside of the home and brought inside unknowingly. If a pet has access to a yard, dog parks, nature areas or kennels, he is at risk of picking up these pesky hitchhikers who make your home their next bed and breakfast.

2 **"Indoors-only" doesn't always work.** Your dog may almost always stay indoors, but unless he strictly uses pee pads and never goes on a single trip outside your home, he really isn't an "inside" dog. And even if this is the case, an indoor pet (whether dog or cat), is still at risk for a flea infestation. The chance is obviously lower, but there's no such thing as zero risk.

3 **"Seeing no fleas" doesn't mean "no worries."** When you never see a flea on your cat or dog, you might think a flea preventive just isn't necessary. But flea preventives do just that—prevent fleas. These products should be used before a flea infestation is seen so that it stays that way. Unfortunately, a flea problem can manifest before a single flea is even seen on a pet.

In the case of cats—who are notorious for their fastidious grooming—you might never see evidence of fleas. However, this doesn't change the statistics. A single adult flea can lay up to 50 eggs a day, so it's easy to see how fast an infestation can start. Once an infestation is present, each pet must be treated along with the home and yard. It's so much easier to prevent fleas than dealing with their consequences!

4 **We can find a perfect match.** We know you might have a bad experience with a preventive you've tried in the past, and that might turn you off to the whole idea of preventives. But now it's up to us to let you know the advantages and disadvantages of each product and find one that *will* work for your pet.

Don't want to use a "greasy" topical? We can recommend an oral product instead. Trouble remembering to apply preventives monthly? Many products are good for several months. Cat or dog have a sensitive stomach? Maybe you would like to go with a topical. There are even products with active ingredients that affect only the parasites themselves and are never absorbed by the pet. In most situations, at least one product can fit the individual needs of you and your pet.

Please ask us what flea preventive would work best for you, your pet and your home!



Check your pet for ticks at home

Don't be fooled by the size of ticks – even these small bugs can cause big problems for your pet. Because ticks feed on blood, they can transmit diseases such as Lyme disease, anaplasmosis, and Rocky Mountain spotted fever. Here are a few tips to help protect your pet from these dangerous pests.

Prevention:

- Talk to your veterinarian about starting a preventive product that is effective against ticks as well as fleas. It is important to use these products year-round, as ticks are often able to survive throughout the cooler months. Although tick-borne diseases are less common in cats, it is still important to use year-round preventatives to protect them from tick bites and infestations. However, be sure to check that the product is labeled for cats, as they can have severe reactions to products intended for dogs.
- There are several canine vaccines available to help prevent Lyme disease. These vaccines should be given even if you are using a preventive product. They can also be used to help prevent new infections in dogs that have already been treated for the disease.

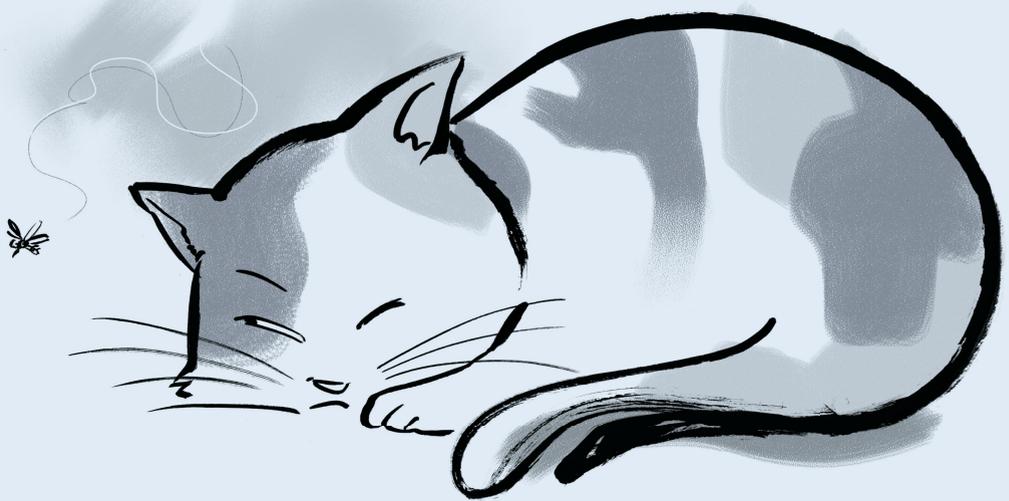
Manual scanning:

- Even when using a preventative product, manually checking for ticks is highly recommended. Some products are made to kill ticks, but not to repel them. This means they can hitch a ride on your pet and into your home. It is best to check for ticks daily, but it is especially important after your pet has been in a grassy or wooded area.
- The most efficient way to check for ticks is to start at one end of your pet and work your way down their body. Use your fingers to comb through their fur, paying special attention to their head as this is a favorite spot for ticks to hang out. Be sure to check their ears, between their toes and inside their limbs. Apply enough pressure to feel for any bumps or scabbed areas, especially on pets with longer fur. Remember that ticks can range in size, from a grain of sand to a large blueberry. The size can depend on their age, type, and whether or not they have had a recent blood meal.

If you find a tick, call your veterinarian for advice on tick removal.

7 fun—and not-so-fun—facts about mosquitoes

Head straight to No. 7 for the fact that scares veterinarians the most and makes them worry for the health of your cats and dogs.



1. Mosquito means “little fly” in Spanish

We would argue that mosquitoes are bigger than flies. And more annoying. You be the judge.

2. Mosquitoes have been around a long time

The oldest fossil of their current form is dated at 79 million years old. Persistent pests, aren't they?

3. Mosquito saliva is what makes your bites itch

Mosquitoes dose you up with a menu of special proteins, keeping your blood from clotting and fighting back your immune system's response to their blood-sucking invasion. Your unique allergic response to that saliva is what makes you a little itchy, moderately itchy or painfully itchy.

4. Mosquitoes spend three of their four life cycle stages in the water

That's right—mosquito eggs, larvae and pupae mostly stick to the water. Bet you wish they'd stay there too.

5. The mosquito's enemy is your friend

If you hate mosquitoes, get rid of standing water, keep the bug spray on, and try to be nice to some predators that love eating them: birds, fish, frogs (and tadpoles), turtles, dragonflies, spiders and bats (just make sure your bat friends aren't rabid).

6. Mosquitoes love to spread the love

And by love, we mean diseases—yellow fever, malaria, West Nile and Zika, to name a few. They pick those diseases up from one victim and share them with their next victim. Worst of all, for dogs, is our final fact ...

7. Mosquitoes spread heartworm disease to dogs

Did you know adult heartworms can invade the chambers of your dog's heart and your cat's lungs? And once they're fully grown, it can be very expensive and difficult to treat. Yikes. And where do they get it? Eggs spread by mosquitoes who've picked them up from other infected cats and dogs. Heartworm disease is a vicious circle, and mosquitoes play a crucial role in it. Luckily, your veterinarian has the tools to prevent. Ask about it today.

Cats and heartworm disease: A story you may not have heard



Mosquitoes don't discriminate. They bite you, they bite your cat. But when they sink their teeth into your feline friend, they might cause more than an itch. Mosquitoes can transmit heartworm larvae to cats. If these microscopic larvae settle in cats' lungs, they can cause big health problems. There's no cure for feline heartworm disease, but it is 100 percent preventable. Read below to learn more, then talk with your veterinarian about which prevention method is best for keeping your cat and its ticker heartworm-free.

Do cats really get heartworms?

Heartworms aren't just a dog problem. A Texas study conducted in the late 1990s found that 26 percent of cats had contracted heartworms at some point in their lives. And remember, those pesky mosquitoes will bite any animal regardless of whether its tail wags or flicks.

Just how do mosquitoes transmit heartworms to cats?

Mosquitoes are carriers of heartworm larvae. When a mosquito bites a cat, the larvae enter the cat's system through the bite wound. When these larvae develop into adult heartworms, they eventually die and cause severe heart inflammation that can be fatal. Even though the presence of adult heartworms is potentially deadly, the little larvae can be even more problematic. Most larvae don't make it to adulthood in cats, which means they die in the cat's lungs. The irritation leads to heartworm-associated respiratory disease (HARD). Studies show that 50 percent of cats infected with heartworm larvae have significant disease in the arteries that supply blood to their lungs. To learn more about HARD, see "Heartworms Can't Hide," below.

My cat doesn't go outside, so I don't need to worry, right?

Wrong. Indoor cats are at lower risk for heartworm disease than outdoor cats, but there's no guarantee a mosquito won't

buzz into your house through an open door or window—and it only takes one bite to do the damage. A North Carolina study reported that 28 percent of cats diagnosed with heartworm disease were inside-only cats, so prevention products are smart to use in indoor cats as well as free-roamers.

Mosquitoes aren't common where I live. Does my cat need prevention?

Yes. Cases of feline heartworm disease have been reported in all 50 states. The occurrence of heartworm disease is markedly lower in some states, but mosquitoes are resilient little fellas and they're showing up in more and more places. And don't forget that the game changes when you travel. Anytime you pack your cat's bags, especially if you're heading to lake or coastal regions, you need to arm him with heartworm prevention.

OK, so my cat needs heartworm prevention. What does it involve?

The good news is that heartworm prevention products are some of the easiest to use, least expensive, and most effective items on the market. Your veterinarian knows all about these products and will help you decide which one is right for you and your cat.

Heartworms can't hide

Heartworm larvae are virtually invisible, but if your cat is infected with them, they'll show themselves. Most cats with early-stage disease experience heartworm-associated respiratory disease (HARD) signs. Rather than affecting the heart, the larvae affect the lungs and cause breathing problems often mistaken for asthma or allergic bronchitis. If your cat exhibits any signs of HARD, which are listed to the right, schedule an appointment with your veterinarian.

Coughing	<input type="checkbox"/>	Appetite loss	<input type="checkbox"/>
Panting	<input type="checkbox"/>	Weight loss	<input type="checkbox"/>
Open-mouthed breathing	<input type="checkbox"/>	Diarrhea	<input type="checkbox"/>
Rapid breathing	<input type="checkbox"/>	Fainting	<input type="checkbox"/>
Gagging	<input type="checkbox"/>	Lethargy	<input type="checkbox"/>

(This form is adapted from information provided by the American Heartworm Society and KNOW Heartworms. Visit knowheartworms.org to learn more.)

Client handout: 7 myths about Lyme disease

Consider this list of common myths about Lyme disease and learn the facts to protect your pet:

Myth 1: I don't live in a wooded area, so my pet can't get ticks.

Even if you think your pets don't visit areas where ticks are commonly found, such as wooded areas and places with high grass or brush, remember that ticks are actually able to live out their entire life cycle within your home. Woodpiles near or inside a home provide the perfect environment for ticks to survive. And when your pets are inside, this improves the environment for a tick's survival because ticks need readily available hosts.

It's also important to know that when small rodents such as mice are infested with ticks, they can enter the house, assisting the tick's transportation indoors. Even if ticks don't make their way into your home, they can still live in low grass and trees—such as the back yards of most suburban homes. When pets play in these areas, they are at risk of tick infestation.

Myth 2: I haven't seen any ticks on my pets, so they aren't at risk.

You may find ticks on your pets once they're engorged and visible to the naked eye. However, the tick's life cycle includes two stages, larva and nymph, where they're not as easily noticed. While you can remove adult ticks from their pets, you can't be sure that ticks haven't already laid eggs on the pets, continuing the tick infestation. Ticks in the larva and nymph stage need blood meals to grow into adult ticks, and the pet's coat is the perfect place to grow.

Myth 3: I've only found a few ticks on my pet, so I'm sure he's fine.

The phrase "it only takes one" fits perfectly to describe the risk of Lyme dis-

ease. While you may be diligent about checking for and removing ticks, it still only takes one tick bite for a pet to contract Lyme disease. When you find ticks on your pet, there's a good chance the pet has had other ticks you've missed. And even if you only find one tick, your veterinary team wants to protect the pet's well-being by testing for tick-borne diseases in the months following the bite.

Myth 4: I apply a flea and tick preventive to my pet monthly, so I don't need to worry about Lyme disease.

That's fantastic! Just remember, no product guarantees absolute protection. Depending on the pet's habits and environment, you may need to take additional steps to prevent Lyme disease.

For example, because each product is different, the doctor may recommend different application schedules, depending on the product and the pet. The veterinarian may also advise reapplying the product if the pet has been swimming or bathed, so it's a good idea to check with the veterinary team if your pet gets wet after an application. And the doctor may also suggest routine testing for tick-borne diseases and vaccinations against Lyme disease.

Myth 5: During the colder seasons, I don't need to worry about applying flea and tick prevention.

Because most insect populations decrease once cold weather sets in, you may assume ticks will follow suit. In reality, ticks are much hardier—and their population even peaks during the fall season. Ticks can also survive through the entire winter even when frozen in the ground. And occasional



thaws during winter may release these frozen ticks for another blood meal. For the best protection, continuously apply preventives throughout the year, including the colder months.

Myth 6: My pet was treated for Lyme disease, so now she's cured.

Once a pet is diagnosed with Lyme disease, the doctor usually prescribes an antibiotic. Once the antibiotic course is finished, this doesn't guarantee the Lyme disease is cured and the pet is no longer at risk of experiencing Lyme disease symptoms. The infection in many pets is widespread, and in some cases it may take multiple courses of the antibiotic to successfully treat the Lyme disease. When the doctor diagnoses Lyme disease, he or she may require quantitative tests after treatment to ensure complete treatment. Your pet should also continue to be routinely screened for tick-borne diseases every year.

Myth 7: My pet has already contracted Lyme disease, so he can't receive a Lyme disease vaccination.

Pets that have been treated for Lyme disease run the risk of reinfection. So it's important to continue applying preventives and check your pets for ticks.

Another way to prevent Lyme disease is to administer Lyme disease vaccination. Although there are more benefits to giving the vaccine before exposure occurs, such as with puppies, adult or seropositive dogs can receive the vaccination to help prevent the pet reinfection.

Source: Ciera Miller, CVT

Rabies: Know the facts



An overview of the disease's signs and symptoms, how it's diagnosed and how you can keep your pets safe.

Signs and symptoms

In humans, symptoms of headache, fever and general weakness progress into insomnia, anxiety, confusion and hallucinations. As the disease advances, partial paralysis and difficulty swallowing become common. Once symptoms become apparent, death usually occurs within days.

Pets exhibit slightly different signs than humans. Most infected dogs develop clinical signs within 21 to 80 days after exposure. The disease has two main forms in animals: paralytic form and furious form.

Paralytic form

These pets will typically hypersalivate, lose the ability to swallow and may exhibit a dropped jaw. Animals with this form of rabies are typically nonaggressive and will not attempt to bite. Based on the clinical signs, owners may think the pet has something lodged in its mouth and conduct an examination, exposing themselves to saliva and increasing their risk of exposure.

Once signs begin to appear, they rapidly progress to paralysis in all parts of the body. Coma and death quickly follow.

Furious form

This is often what people think of when they hear the term rabies: a Cujo-style mad dog that froths at the mouth and lunges at terrified bystanders.

Paralysis is not the issue in this form. These animals may viciously attack with little provocation or warning. Infected animals become hypervigilant and anxious. Wild animals may lose their fear of humans, and nocturnal

species may be seen wandering around in the daylight. Ataxia and a change in vocal tone become apparent, as well as a change in temperament—quiet dogs become aggressive and rambunctious dogs become docile.

Diagnosis

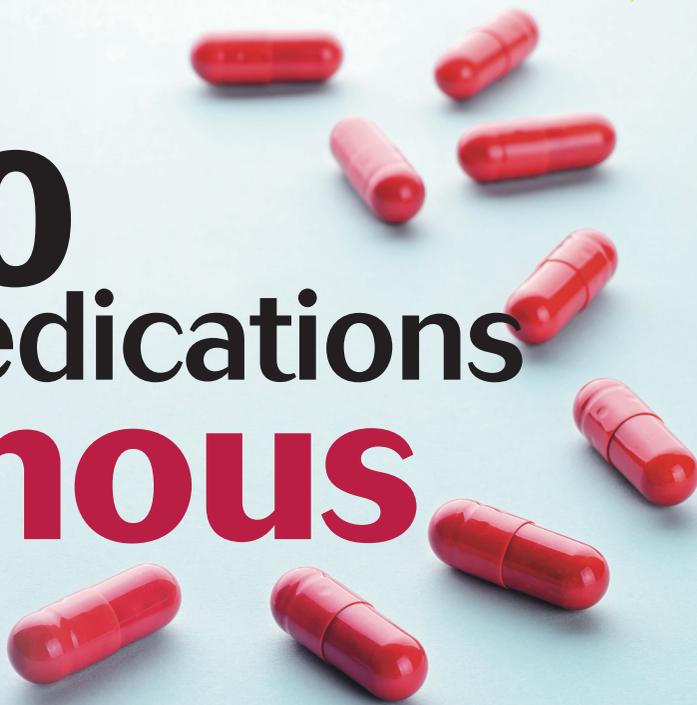
An animal must be euthanized in order for rabies testing to confirm diagnosis. Tissue from the cerebellum and brain stem must be sent to a lab for analysis. The test itself only takes about two hours, but it can take as long as 24 to 72 hours to collect and euthanize the animal and to prepare and send the tissue samples to the lab. At the lab, immunofluorescence microscopy is used to look for antibody-antigen reactions specific to the rabies virus.

Prevention

Rabies vaccinations for dogs are required by most municipalities. Required rabies vaccinations for cats are on the rise, and with good reason. Cats account for approximately three times the number of rabies cases as dogs.

Pets should receive their first rabies vaccination at 12 to 16 weeks old, followed by a second vaccination a year later. After that point, pets should be vaccinated at one- or three-year intervals, based on local public health recommendations.

Pet owners can also cut down on rabies risk by monitoring their pets when outdoors, by calling animal control to remove potentially unvaccinated stray animals from the neighborhood and by avoiding leaving food and water and easily accessible garbage cans outside where they could attract wild animals.



TOP 10 human medications poisonous to pets

The reality: Nearly 50% of the poisoning cases managed by Pet Poison Helpline involve human medications—both over-the-counter and prescription drugs. Often, the culprit is a curious canine that chewed into a bottle of pills, but cats can get into their share of trouble as well.

In fact, cats appear extremely attracted to certain types of human medications, notably a few antidepressants. Other poisonings involve mix-ups when pet owners accidentally give their pets their own medications or try to self-medicate pets with drugs that are safe for people but toxic to pets. How-

ever pet poisonings from human medications occur, they can result in serious illness or death.

Awareness is half the battle, so here is a list of the top 10 human medications pets most frequently ingest to make sure you keep your pets safely separated from these drugs in your home.

1. NSAIDs (e.g. ibuprofen, naproxen)

Topping this list are common household medications called nonsteroidal anti-inflammatory drugs, or NSAIDs, which include common names such as ibuprofen (e.g. Advil and some types of Motrin) and naproxen (e.g. Aleve). While these medications are safe for people, even one or two pills can cause serious harm to a pet. Dogs, cats, birds and other small mammals including ferrets, gerbils and hamsters may develop serious stomach and intestinal ulcers as well as kidney failure and potentially fall into a coma.

2. Acetaminophen, alone or in combination with cold and flu products

When it comes to pain medications, acetaminophen (e.g. Tylenol) is popular. Even though this drug is safe for children, it is not safe for pets—especially cats. One regular strength tablet of acetaminophen may be fatal to a cat by causing irreversible damage to their red blood cells, limiting their ability to carry oxygen. In dogs, acetaminophen leads to liver failure and, in large doses, red blood cell damage. Be sure to also look out for acetaminophen in medications designed to treat “cold & flu” symptoms.

3. Antidepressants (e.g. Celexa, Cymbalta, Effexor, Lexapro, Pristiq)

While some antidepressant drugs are occasionally used in pets, overdoses can lead to serious neurologic problems such as sedation, incoordination, tremors and seizures. Some antidepressants also have a stimulant effect, leading to a dangerously elevated heart rate, blood pressure and body temperature. Pets, especially cats, appear to enjoy the taste of Effexor and often eat entire pills. Unfortunately, just one pill can cause serious poisoning.

4. ADD/ADHD medications (e.g. Adderall, Concerta, Focalin, Strattera, Vyvanse)

Medications used to treat attention deficit disorder (ADD) and attention deficit hyperactivity disorder (ADHD) often contain potent stimulants such as amphetamines and methylphenidate. Even minimal ingestions of these medications by pets can cause life-threatening tremors, seizures, elevated body temperature and heart problems.

5. Thyroid hormones (e.g. Armour thyroid, Synthroid)

Pets—especially dogs—get underactive thyroid glands too. Interestingly, the dose of thyroid hormone needed to treat dogs is much higher than a person's dose. Therefore, if dogs accidentally get into thyroid hormones at home, it rarely results in problems. However, large acute overdoses in cats and dogs can cause muscle tremors, nervousness, panting, a rapid heart rate and aggression.

6. Beta-blockers (e.g. Coreg, Sektal, Tenormin, Toprol, Zebeta)

Beta-blockers may also be used to treat high blood pressure in pets; however, given their potent effect on blood vessels and the heart, the same doses given to people may cause life-threatening decreases in blood pressure and a very slow heart rate in pets.

7. Benzodiazepines (e.g. Ativan, Klonopin, Restoril, Valium, Xanax)

These medications are designed to reduce anxiety and help people sleep better. However, in pets, they may have the opposite effect. About half of dogs that ingest drugs like this become agitated instead of sedate. Severe lethargy, incoordination and slowed breathing in pets can also occur. In cats, some types of benzodiazepines can cause liver failure when ingested.

8. Albuterol

Dogs puncturing albuterol inhalers with their teeth results in the most common cause of albuterol poisoning in pets since a massive dose of drug gets delivered all at once. Albuterol, while helpful in appropriate doses, can cause vomiting, a dangerously elevated heart rate and severe weakness due to an intracellular shift of potassium in overdoses.

9. ACE inhibitors (e.g. Altace, Lotensin, Prinivil, Vasotec, Zestril)

Angiotensin-converting enzyme (ACE) inhibitors are commonly used to treat high blood pressure in people and, occasionally, pets. Although overdoses can cause low blood pressure, dizziness and weakness, this category of medication is typically safer than many other heart medications. Pets ingesting small amounts of this medication can potentially be monitored at home, unless they have kidney failure or heart disease.

10. Birth control and other estrogen-based drugs

Birth control pills often come in packages that dogs find irresistible. Thankfully, small ingestions of most birth-control medications typically do not cause trouble. Large ingestions of estrogen and estradiol, especially those formulated as topical creams, can cause bone marrow suppression.



Behind closed doors: Top 5 indoor plants poisonous to dogs and cats

As spring and summer finally approach, so do the risks of dogs and cats being accidentally poisoned by potentially dangerous plants. According to the ASPCA Animal Poison Control Center outdoor and indoor plants represented almost 5% of the calls to ASPCA Animal Poison Control Center in 2015. Here's what you need to know to keep your pets safe.

INSOLUBLE CALCIUM OXALATES

One of the most common plant poisonings in dogs and cats involves plants from the Araceae family.¹ These common houseplants contain insoluble calcium oxalate



crystals and typically include the *Dieffenbachia* genus of plants. Examples include philodendron, pothos, peace lily, calla lily, dumb cane, arrowhead vine, mother-in-law's tongue, sweetheart vine, devil's ivy, umbrella plant and elephant ear.

When dogs or cats chew into these plants, the insoluble crystals result in severe mouth pain. Signs of drooling, pawing at the mouth, swelling of the muzzle or lips and occasional vomiting can be seen. Thankfully, this poisonous plant—while commonly encountered—isn't too dangerous, and simply offering some milk or yogurt to your dog or cat can help minimize the injury from the insoluble calcium oxalate crystals. If signs continue or worsen, seek veterinary attention.

SOLUBLE CALCIUM OXALATES

The English shamrock is a beautiful, popular houseplant. These houseplants contain soluble oxalate-containing plants, which are very different from insoluble oxalate plants. Other examples of this type of poisonous plant include rhubarb (leaves) and the tropical star fruit.² While this is a rare cause of poisoning in dogs and cats, it can result in a life-threateningly low calcium concentration when ingested. It can also cause calcium oxalate crystals to form in the kidneys, resulting in acute kidney injury.² Clinical signs of poisoning include drooling, not eating, vomiting, lethargy, tremors (from a low calcium concentration) and abnormal urination. If your dog or cat ingests this houseplant, visit a veterinarian for blood work and intravenous fluids.





KALANCHOE

You may have purchased this common and beautiful houseplant in a supermarket or gift store. The thick succulent leaves and beautiful bunches of small flowers, which come in pink, red, yellow, and more, can be very



poisonous when ingested by cats and dogs as they contain cardiac glycosides. Signs of poisoning include gastrointestinal signs (nausea, drooling, vomiting), profound cardiovascular signs (a very slow or rapid heart rate, arrhythmias), electrolyte abnormalities (a high potassium concentration) or central nervous

system signs (dilated pupils, tremors, seizures).³ Treatment includes decontamination, if appropriate, along with intravenous fluids, heart and blood pressure monitoring, heart medications and supportive care.

CORN PLANT/DAGON TREE



This plant from the *Dracaena* species contains saponins. When ingested by dogs and cats, it can result in signs of gastroenteritis (vomiting, drooling and diarrhea), lethargy and dilated pupils. Thankfully, this plant poses a minor poisoning risk to your dog or cat, but it is still best to keep it out of reach.



SPRING FLOWERS

You might be looking for a bit of color in the house during the spring and plant spring bulbs as houseplants. Certain spring bulbs (such as daffodils, hyacinth and tulips) can result in mild vomiting or diarrhea. With massive ingestions, the bulbs can get stuck in a dog's stomach or intestines, causing a foreign body obstruction. Less commonly, with large ingestions, elevated heart and respiratory rates can occur. Rarely, low blood pressure and neurologic signs (tremors, seizures) can be seen. Thankfully, the greens and flowers are generally considered to be safe; it's the bulb itself that is the most poisonous. Spring bulb poisonings can be easily treated with decontamination, fluid therapy and anti-vomiting medication.

When in doubt, if you suspect your cat or dog got into a poisonous plant, contact the ASPCA Animal Poison Control Center at **888-426-4435**. You can also download their free app. While most plant ingestions in dogs and cats typically just result in mild gastrointestinal signs, some plant ingestions can be deadly without treatment and immediate attention by a veterinarian is important for best outcome.

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Out in the open: Top 4 outdoor plants poisonous to dogs and cats

As spring and summer finally approach, so do the risks of dogs and cats being accidentally poisoned by potentially dangerous plants. According to the ASPCA Animal Poison Control Center outdoor and indoor plants represented almost 5% of the calls to ASPCA Animal Poison Control Center in 2015. Here's what you need to know to keep your pets safe.

SAGO PALM

This outdoor landscaping plant is often found growing in the hot, humid temperatures of the southern United States. This plant can also be found in the house



as small bonsai plants or houseplants. All parts of the plant are poisonous, with the seed being the most dangerous. Unfortunately, as little as one to two seeds of a female sago palm plant can result in clinical signs of poisoning.¹ Exposure to sago palm can cause damage to the gastrointestinal tract (seen as anorexia, vomiting, diarrhea), the central nervous system (seen as an unsteady wobbly walk, tremors, seizures, coma) and the liver (seen as jaundice, black tarry stool, elevated liver enzyme activities).¹ This plant is considered potentially deadly in dogs, and immediate treatment is necessary. That treatment includes decontamination (inducing vomiting and administering activated charcoal to bind the poison) and hospitalization for intravenous fluids and administration of liver protectants, medication and supportive care.¹

LILIES

These beauties lurk outside, but you also might bring them into the house as fresh cut flowers from the garden or from a florist bouquet. Unfortunately, "true" lilies (from *Lilium* and *Hermercallis* species) are deadly to cats.² Examples of true lilies include the common Easter, tiger, Japanese show, stargazer, rubrum and day lily. As little as two to three leaves or petals (even the pollen or water from the vase) can be deadly to cats, resulting in severe acute kidney injury.² Clinical signs of poisoning include vomiting, not eating, abnormal urination, lethargy and progressive kidney damage. Treatment includes aggressive decontamination (inducing vomiting, which can only be safely done by a veterinarian; administering activated charcoal to bind the poison), anti-vomiting medication and aggressive intravenous fluids and hospitalization for 48 hours for successful treatment. Recent studies have found a 100% survival rate with aggressive decontamination and fluid diuresis if treated early.³



Source: Justine Lee, DVM, DACVECC, DABT



CARDIAC GLYCOSIDE-CONTAINING PLANTS

Several types of plants contain chemicals called cardiac glycosides, including dogbane, foxglove, milkweed, kalanchoe, lily of the valley and oleander.⁴ In fact, these plants led to the discovery of important heart medications that are used in both human and veterinary medicine.



Unfortunately, when accidentally ingested by dogs or cats, these glycoside-containing plants can potential result in life-threatening poisoning.

Signs of poisoning include gastrointestinal signs (nausea, drooling, vomiting), profound cardiovascular signs (a very slow or rapid heart rate, arrhythmias), electrolyte abnormalities or central nervous system signs (dilated pupils, tremors, seizures).⁴ Treatment includes decontamination, if appropriate, along with intravenous fluids, heart and blood pressure monitoring, heart medications and supportive care.

BLUE-GREEN ALGAE

While blue-green algae is a rare plant poisoning in dogs, it can be fatal with just a few licks. Cyanobacteria (known as blue-green algae), are microscopic bacteria that are found growing on top of freshwater or brackish pools of water.⁵⁻⁷ This type of algae blossoms during humid, hot summer conditions.⁵⁻⁷ Thankfully, most algae blooms are nontoxic; however, the toxic type is impossible to identify without analysis by a diagnostic laboratory.



Cyanobacteria contains the toxins microcystins and anatoxins that can result in severe liver failure and neurologic signs, resulting in acute death within hours of exposure.⁵⁻⁷ As a result, always be careful to keep your pets away from any water with algae on top. Even with aggressive treatment (including fluid therapy, plasma transfusions, liver support, dextrose supplementation and anti-seizure medication, etc.),⁵⁻⁷ the prognosis is grave to poor with this terrible toxicant.

When in doubt, if you suspect your cat or dog got into a poisonous plant, contact the ASPCA Animal Poison Control Center at **888-426-4435**. You can also download their free app. While most plant ingestions in dogs and cats typically just result in mild gastrointestinal signs, some plant ingestions can be deadly without treatment and immediate attention by a veterinarian is important for best outcome.

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What you should know about vaccines in your pets

The virtual eradication of polio in people is just one example of the vital power provided by vaccinations. And vaccinations are just as important in pets. Throughout their lives, your pets will likely be exposed to several infectious diseases that can cause severe illness or even death. But if you've taken steps to prevent infection through vaccination, you will greatly extend the life of your pets.

Which vaccines should my pet receive?

The veterinarian will recommend several core vaccines that all pets should receive in order to maintain their health and prevent serious disease. For dogs, these vaccines may include rabies, parvovirus, adenovirus, and distemper. For cats, core vaccinations may include rabies, panleukopenia virus, herpesvirus, and calicivirus. If you are boarding a pet, the facility may require vaccination against *Bordetella bronchiseptica*, a bacteria that causes a common and highly contagious disease known as kennel cough. The veterinarian may recommend other vaccines as well, depending on where you live, your pet's lifestyle and level of health, and the risk of your pet passing on disease to other pets or even you.

What should I be on the lookout for after my pet has been vaccinated?

Vaccines can cause side effects, but they are very mild in most cases. Your pet may experience a mild fever, have a decreased appetite, or be a bit sluggish for a day or two after the vaccination. In addition, you may note slight swelling or pain at the vaccination site. These are all normal reactions and do not require medical attention.

However, rarely, more severe reactions to vaccination can occur that may result in swelling in the face or limbs, generalized itching, difficulty breathing, vomiting, diarrhea, or collapse. If any of these more serious signs develop or you are concerned about any reaction in your pet, don't hesitate to contact the veterinary clinic immediately to schedule an appointment.

How often does my pet need to be vaccinated?

The frequency of vaccination will vary depending on where you live. For example, some states require a rabies vaccine once a year in all dogs and cats, while other states may allow less frequent rabies vaccination. The veterinarian can inform you about your state's regulations and the best timing of other vaccinations as well.





What To Expect After Your Pet's Vaccination



Congratulations. By vaccinating your pet, you have taken an important step toward protecting your pet and your family.

Vaccination is the most common veterinary preventive measure in history. It's a safe and effective way to protect pets and people from serious disease.

It's common for your pet to experience mild side effects from vaccination. Typically starting within hours of vaccination, any symptoms are most often mild and usually do not persist for more than a few days. This is a normal response by your pet's immune system during the process of developing protective immunity.

Common symptoms your pet may experience

- Mild fever
- Decrease in social behavior
- Diminished appetite or activity
- Sneezing or other respiratory signs with intranasal vaccines
- Discomfort or mild swelling at the injection site

Rare side effects, such as an allergic reaction, may occur. Your pet may experience symptoms of a more serious reaction to the vaccine within minutes or hours of the vaccination.

Rare symptoms could include

- Swelling to face and legs
- Repeated vomiting or diarrhea
- Whole body itching
- Difficulty breathing
- Collapse

If your pet experiences any of these rare symptoms, you should contact your veterinarian immediately, as your pet may require additional medical treatment.

BeVaccineSMART.com

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Welcome to Brodheadsville Veterinary Clinic

Date: _____

Owner's Name: _____

Home Phone # (____) _____

Co-owner/Other: _____

Cell Phone # (____) _____

Home Address: _____

Email Address _____

(City) (State) (Zip)

Previous Veterinarian: _____

How did you hear about our clinic? _____

Personal Recommendation? _____ Who can we thank? _____

We occasionally feature our patients on our Facebook page and other social media sites. Please check here to authorize Brodheadsville Veterinary Clinic to share your pet's photo in this way.

Yes No

Pet Information

Pet's Name: _____

Feline Canine

Breed: _____ Date of Birth/Age: _____ Color: _____ Sex: _____

Spayed/Neutered? Yes No Is your pet primarily: Indoors Outdoors

Does your pet have any allergies: _____

Has your pet ever had any vaccine reactions? _____

Is your pet currently on any Medications? _____

List any behavior problems you would like us to be aware of: _____

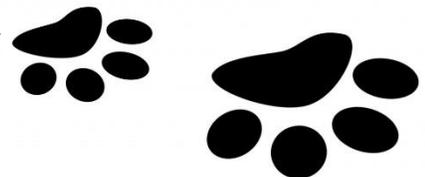
Before my appointment I prefer to wait in the: Lobby Car Exam Room Outside

Other: _____

My Favorite Treats are: _____

All payments are due at time of service. Please feel free to ask for an estimate prior to providing services. We accept Visa, MasterCard, Discover, American Express, CareCredit, Cash and check.

Signature: _____ Date: _____





Welcome to Brodheadsville Veterinary Clinic

Pet Information

Pet's Name: _____

Feline Canine

Breed: _____ Date of Birth: _____ Color: _____ Sex: _____

Spayed/Neutered? Yes No Is your pet primarily: Indoors Outdoors

Does your pet have any allergies: _____

Has your pet ever had any vaccine reactions? _____

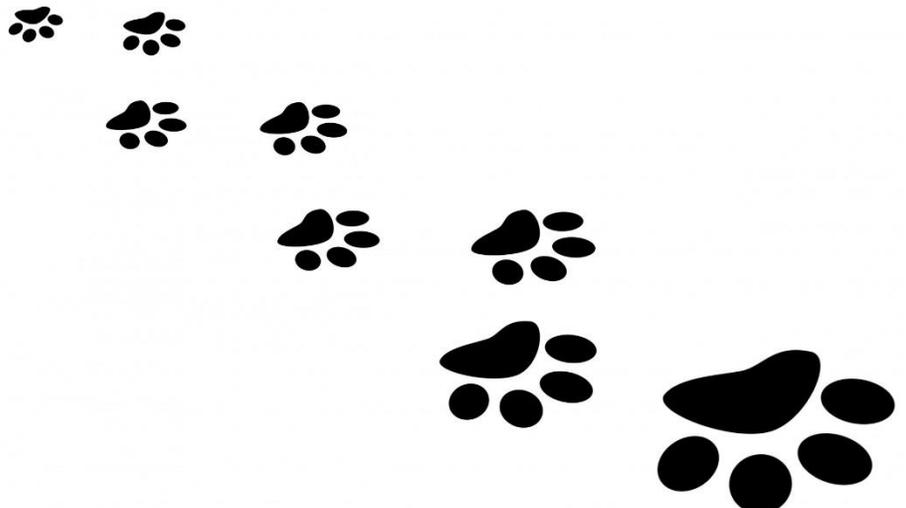
Is your pet currently on any Medicatons? _____

List any behavior problems you would like us to be aware of: _____

Before my appointment I prefer to wait in the: Lobby Car Exam Room Outside

Other: _____

My Favorite Treats are: _____



MEET THE STAFF AT BRODHEADSVILLE VETERINARY CLINIC



Janine Gusztaw, DVM

Dr. Janine Gusztaw comes to us with more than 20 years' experience serving pets and their owners in the Poconos and Lehigh Valley. She is a 1991 graduate of the University of Georgia Veterinary School. Excited to be part of the knowledgeable and compassionate family of Brodheadsville Veterinary Clinic. Dr. Gusztaw began working with us in the fall of 2013. Dr. Gusztaw shares her home with two high-energy rescue dogs and one interesting cat.



Stephanie Goldstein, DVM

Dr. Stephanie Goldstein was born and raised New York. She has wanted to become a veterinarian since she was seven years old. After going to college at the University of Connecticut in 2011, she received her Doctor of Veterinary Medicine degree from the University of Tennessee in 2015. She has many interests, which include weight management, dental care, behavior and geriatric care. She firmly believes that preventive medicine is the best medicine! Dr. Goldstein also enjoys giving back, by working with various local rescue organizations and shelters. When she is not working, she loves spending time with her two Dobermans, Peyton and Colt, and her cats, Bella and Duke. Her hobbies include doing puzzles, making candles, hiking and spending time with her family.



Jeremy Wentz, VMD

Medical Director Dr. Jeremy Wentz graduated from the University of Pennsylvania in 2003 and purchased Barton Heights Veterinary Hospital in 2009. Following closely after Dr. Jeremy Wentz purchased Brodheadsville Veterinary Clinic in 2013. He lives in the Poconos with his wife, Nicole, and their four kids, Jackson, Brielle, Colton, and Caleena (Colton and Caleena are twins) and their Golden retriever, Champ. When Dr. Wentz's children ask where he is going, he enjoys responding with, "To fix animals." He finds great satisfaction in helping pets recover and from the obvious appreciation shown by the pets and their owners. Since he was a young child, Dr. Wentz wanted to practice medicine. He is fascinated by how the body systems work and how we can alter or improve the

body by medicine or surgery. Dr. Wentz plans to continue to bring new and advanced services and specialists to the Pocono region. He explains, "My goal is to continue to offer the best veterinary care to our clients."



Phil Zeltzman, Board-Certified Surgeon

Dr. Phil Zeltzman is a traveling board-certified veterinary surgeon, serving Eastern Pennsylvania and Western New Jersey. Specializing in orthopedic, neurology, cancer, and soft tissue surgeries for dogs, cats, and small exotics, Dr. Zeltzman offers the best surgical care, safest anesthesia, and utmost pain management to all his patients. Dr. Zeltzman has been involved in mobile surgery since 1997, traveling full time to clinics since 2010. He is a Diplomate of the American College of Veterinary Surgeons, a Certified Veterinary Journalist, a frequent speaker and an award-winning writer. He considers himself a life-long student who is always looking for new ways to improve patient care and surgical techniques. His website is www.DrPhilZeltzman.com.

Michelle Bishop, DVM
What attracted you to vet medicine?



I was that kid who found the injured birds, chipmunks, and squirrels and brought them home to nurse them back to health. But I knew I wanted to be a vet when I found my grandparent's cat injured from a fishhook she was playing within the garage. My dad helped me remove the hook from the cat's foot and we nursed it until it was healed. I knew then it would be my lifelong ambition to help animals that were unable to help themselves.

What do you love most about your profession?

Of course, I love animals, but I also love people when they are with their animals. Somehow, they are softer and kinder. It is a joy to meet new people and their furry family members.

Do you have any special interests?

I am certified Fear Free which I believe is so important to the practice of veterinary medicine.

Most people understand what is happening to

them when they visit the doctor's office, but our pets do not. Making their experience a happy one, one that is as stress-free and as pain-free as possible, is a top priority during my exams.

Do you have other areas of vet medicine you love? I have special interests in ophthalmology and pain management. I am certified in canine rehabilitation, which can be helpful for those pets recovering from surgery and especially those older dogs whose mobility is starting to decline.

What are your goals when you meet clients and patients?

I strive to create a solid veterinary/client/patient bond that will begin at that first puppy/kitten visit and last throughout their lifetime.

What do you bring to Brodheadsville?

I bring 31 years of experience in Veterinary medicine, ranging from small animal medicine, surgery, ophthalmology, and canine rehabilitation,

What pets do you have?

My husband and I are the proud pet parents of a yellow Labrador Retriever, Aubrey, and a beautiful, rescued feline (the love of my life), Selah—which means “to Pause (paws) and give Praise”!



What To Expect After Your Pet's Vaccination



Congratulations. By vaccinating your pet, you have taken an important step toward protecting your pet and your family.

Vaccination is the most common veterinary preventive measure in history. It's a safe and effective way to protect pets and people from serious disease.

It's common for your pet to experience mild side effects from vaccination. Typically starting within hours of vaccination, any symptoms are most often mild and usually do not persist for more than a few days. This is a normal response by your pet's immune system during the process of developing protective immunity.

Common symptoms your pet may experience

- Mild fever
- Decrease in social behavior
- Diminished appetite or activity
- Sneezing or other respiratory signs with intranasal vaccines
- Discomfort or mild swelling at the injection site

Rare side effects, such as an allergic reaction, may occur. Your pet may experience symptoms of a more serious reaction to the vaccine within minutes or hours of the vaccination.

Rare symptoms could include

- Swelling to face and legs
- Repeated vomiting or diarrhea
- Whole body itching
- Difficulty breathing
- Collapse

If your pet experiences any of these rare symptoms, you should contact your veterinarian immediately, as your pet may require additional medical treatment.

BeVaccineSMART.com

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Parasite prevention and **YOUR INDOOR CAT**

Before you decide your indoor-only cat doesn't need parasite prevention, consider these important facts.

> Cockroaches, mice and flies all can carry roundworm eggs. Cats are natural hunters and will hunt them!

General Concepts in Zoonotic Disease Control, Lappin, 2005

> 15 percent of commercial potting soil contains roundworm eggs.

The Veterinary Record, February 18, 2006

> The Northeast has the highest prevalence of roundworms than any other part of the country.

National Canine and Feline Parasite and Vector-Borne Diseases Prevalence Survey, Blagburn et al, 2008

> Other animals in the household that do go outside—like dogs and people—can bring in different parasites that can affect the indoor cat.

> A study conducted in 2007 by the Centers for Disease Control proves that almost 14 percent of the U.S. population is infected with *Toxocara*—much higher than what was originally thought.

> The same study also states “Although most persons infected with *Toxocara* have no symptoms the parasite is capable of causing blindness and other systemic illness.”

CDC, 2007

> Children and immune-compromised people, such as cancer patients, people with HIV or AIDS and organ transplants, are more susceptible of being infected with these parasites.

> 40 percent of immune-compromised people have a pet at home.

Greene's Infectious Diseases, 2007

> Roundworm, or *Toxocara cati*, are prolific egg producers and are estimated to produce as many as 24,000 eggs per day.

> It is estimated that 3 million to 6 million people in the United States may be infected with *Toxocara* (roundworm) larva migrans each year.

Companion Animal Parasite Council (CAPC) Guidelines, 2005.

> In just 30 days, 25 female fleas can multiply to more than 250,000.

Noxon J. Fleas and Flea Control. February 8, 2005.

> All it takes is one adult worm in a cat's heart to be fatal. Cats that die from heartworm can be clinically normal one hour before death.

> More than 25 percent of cats with proven heartworm infection, according to their owners, are kept indoors exclusively.

Atkins CE, DeFrancesco TC, Coats JR, et al. Heartworm infection in cats: 50 cases (1985-1997) J Am Vet Med Assoc 2000; 217:355-358.

