

SPRING NEWSLETTER 2014



Gorham Animal Hospital

Veterinary Services

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APRIL 12, 2014

10:00am - 12:00pm

Family and friends are welcome as we celebrate Dr. Sime's first year anniversary with Gorham Animal Hospital.

Nail trims \$10, proceeds to change for change.

Test your veterinary skills! Be amongst the first to see our proposed renovations!

Refreshments, snacks and door prizes.

Pet photos taken with prizes for the best dressed. Draw for personalized framed pet sketch. See our website!!

For safety, all pets on leash please.

INSIDE

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- Heat Stroke
- Feline Kidney Disease
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'TIS THE SEASON: Mosquitoes, Ticks and Fleas!!!

The VERY long awaited spring is soon to arrive!!! With the warmth and beauty of spring, MOSQUITOES, TICKS and FLEAS are soon to follow. Annual Blood testing for heartworm routinely includes screening for some tick borne disease including Lyme disease, Anaplasma and Ehrlichia.



Dogs showing the symptoms of Heartworm disease will already have potentially irreversible heart, lung and liver damage. **We recommend that all dogs be blood tested prior to starting heartworm preventatives on June 1.** Geriatric blood screening is often simultaneously recommended during heartworm season to evaluate your pets overall health. 25% of animals over 7 years of age, with no symptoms, will have abnormalities detected in their routine screenings. Blood testing allows for early detection of disease and treatment, minimizing veterinary costs and prolonging the quality of a pet's life.

Heartworm preventatives are combined with internal parasite control, and some products also offer benefits in both flea and tick control. Talk to us about which products best meet your family's requirements.

Please contact us to book your heartworm/tick borne disease blood test. Remember to start flea preventatives for those outdoor pussycats!

Kennel Cough - is your dog protected?

Kennel cough refers to an airborne disease that causes an inflamed trachea (tube to the lungs) leading to coughing. Severe cases can lead to fever, loss of appetite and pneumonia. Dogs are at risk to this highly contagious disease when at doggie daycare, leash free dog parks, or while being groomed. If your pet is at risk, talk to us about vaccination. A new vaccine is squirted in the mouth, WAY more



comfortable than the traditional vaccine sprayed up the nose! Vets and dogs both appreciate the change. At Gorham Animal Hospital, this vaccine is **INCLUDED WITH YOUR ANNUAL WELLNESS EXAM** at no additional charge.

Winter Weight Gain?

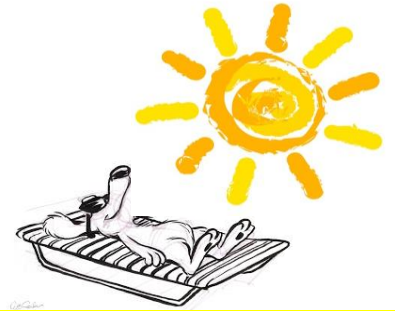
Excess weight is a serious health problem for dogs and cats. Like us, obesity is a consequence of too much food and too little exercise and may be a reflection of a disease process! Hypothyroidism (low thyroid levels) commonly affects dogs and can lead to obesity. Feel free to drop in and use our scales. **CHANGES IN BODY WEIGHT, UP OR DOWN, CAN REFLECT DISEASE.**

Obesity will shorten the time we are able to enjoy with our pet. It leads to an increase in cancer incidence. It will exacerbate arthritis and the associated joint pain. It places additional stress on the heart, liver, kidney and lungs. It leads to poor grooming habits and resultant skin and coat problems. Of special concern is the link between diabetes and obesity in cats. The incidence of diabetes in cats is now 1 in 200!



Weight loss in cats over 18 lbs is particularly challenging and **veterinary supervision is essential for success and safety. Overweight cats are at risk to developing 'fatty liver syndrome'. These cats mobilize body fat to their liver when their daily caloric requirements are not met, leading to liver disease. Inappetence in these cats should never be ignored, seek prompt veterinary attention.** Lifestyle changes and a weight loss program are essential.

Need to get the cat more active? Laser toys, cat dancers, climbing toys, balls which drop food and encourage movement, varying the location of the food all can help! Ohio State University, indoor cat initiative website is a GREAT resource for cat owners.



Heat Stroke

Heatstroke may kill or seriously injure your pet - but it can easily be avoided. Never leave pets in cars on warm days. Exercise should occur during the cool part of the day and monitor for rapid breathing; loud panting; or staggering. Professional help may be needed, but in the meantime quickly get the animal to a shady ventilated area, and sponge off with cool water.

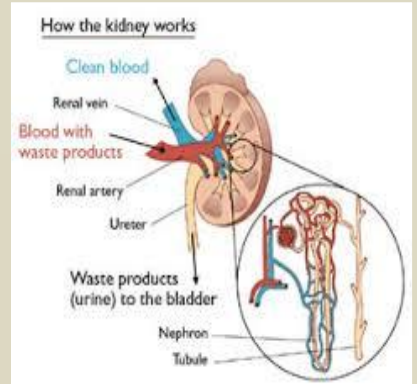
Feline Kidney Disease

Especially as cats get older, kidney disease is a common health problem. Recent advances in veterinary medicine emphasize the importance of early recognition to slow the progression of the disease and improving a pet's quality of life.

Our kidneys have several functions. They act sort of like a coffee filter removing debris from our body and aid in controlling hydration, influence electrolyte levels (calcium, phosphorus, potassium and sodium) and blood pressure. Normal kidneys will also stimulate bone marrow to make red cells, the cells responsible for carrying oxygen throughout the body.

Geriatric blood and urine tests are recommended to evaluate overall health.

A urinalysis aids in the diagnosis of early stage kidney disease. Earlier detection has been shown to increase both quality and quantity of life. Please refer to our website for more detailed information.



Symptoms of kidney disease include excessive drinking and urination. As the kidney disease progresses, nausea, vomiting, inappetence and WEIGHT LOSS can be seen. Hypertension and ultimately blindness may also be sequelae.

The regular blood and urine screening of older pets cannot be emphasized enough. Diabetes and hyperthyroidism (high thyroid is common in cats) can present with similar symptoms.

Allergies

Recurrent skin and ear inflammation with secondary infections are common manifestations of allergies in our pets. Like people, they often have not just one, but a number of allergies and it is often substances that cannot be eliminated from their environment. Although we cannot "cure" allergies, our aim is to manage them to maintain comfort. This is often accomplished by combining different treatment regimes to minimize side effects of each and maximize combined benefits. It has been our experience that pets first manifesting symptoms of allergies when under one year of age, become amongst the most challenging to control. It is thought that symptoms become apparent after a certain threshold of allergy exposure is obtained. Animals may have a food allergy, not being itchy, but when exposed to another allergen, they show symptoms. **A pet with a food allergy component may hence show seasonal clinical signs of itchiness despite being exposed to a food year round.**

Skin allergy testing involves shaving a pet and injecting various antigens and measuring the immune system's response. The identified substances creating an excessive immune response are then formulated into a series of injections to be administered over six to eight months. The aim is to try and fatigue the immune response to these substances. Dermatologists report about a 75% response rate to immunotherapy.

Hypoallergenic foods refer to novel protein sources or to diets with hydrolyzed proteins made so tiny as to not be identified by the immune system. It takes 3 months to clear residual diet ingredients from a pet's body so they must be kept exclusively on these diets for this long before their effects evaluated. Beef, chicken, lamb, milk products (yes cheese and yogurt), soy and wheat remain common food allergies. Remember do NOT give medications in cheese or we defeat the diet trial!!



Allergies remain one of most costly and frustrating diseases for a pet. We are unable to cure allergies, but with proper steps taken, they can be well managed and your pet can enjoy a high quality of life. Pets should be under the direct supervision of a veterinarian. They will provide individualized recommendations on what would be the safest and most effective treatments for your pet. Please see our website for details on modalities of treatment available.

The Aging Pet – What to watch for?

Does your senior pet appear to move more slowly? Are they drinking and urinating more? Are they eating less? Gaining weight? Acting confused? Any of these conditions could be a sign of an underlying condition.

It is recommended that a senior pet should have a geriatric blood screening done at least annually. One year in canine/feline years equates to approximately 7 years of people's aging therefore a lot can change in this time span!!

A urinalysis is recommended as part of a senior wellness profile to identify disease processes, in particular kidney disease in the early stages. ¾ of kidney function must be compromised before changes are evident in the blood, however we can detect signs of renal compromise in the urine earlier.

Age	Feline		Canine		
	0-20lbs.	0-20lbs.	20-50lbs.	50-90lbs.	<90 lbs.
1	7	7	7	8	9
2	13	13	14	16	18
3	20	20	21	24	26
4	26	26	27	31	34
5	33	33	34	38	41
6	40	40	42	45	49
7	44	44	47	50	56
8	48	48	51	55	64
9	52	52	56	61	71
10	56	56	60	66	78
11	60	60	65	72	86
12	64	64	69	77	93
13	68	68	74	82	101
14	72	72	78	88	108
15	76	76	83	93	115
16	80	80	87	99	123
17	84	84	92	104	131
18	88	88	96	109	139
19	92	92	101	115	
20	96	96	105	120	

Adult



Senior



Geriatric



THANK-YOU!

The Drs and staff at Gorham Animal Hospital continue to involve and educate our families to ensure that they make informed decisions specific to them. We are privileged to be a part of your pet's care and appreciate the continued referral of friends and family. A huge compliment, thank you.

CELEBRATE WITH US SATURDAY APRIL 12, 10:00am - 12:00pm

It's hard to believe a year has passed since joining Gorham Animal Hospital! I thank families, patients and especially my team for their patience, especially with our computers!!

A special thank you to Dr. Niki Low whose compassion and empathy remind us all why we choose this career path.

The internet can be a valuable resource for information, however, it can also contain misinformation. If there is a specific condition or topic that you wish more information on, or even reliable resources to search, please contact us. Both Dr. Niki Low and myself are members of the Veterinary Information Network, allowing us access to over 180 specialists online. We can forward articles written by board certified veterinary specialists to ensure accurate and up to date information.

Look to our website www.gorhamanimal.ca for helpful, reliable resources and articles.



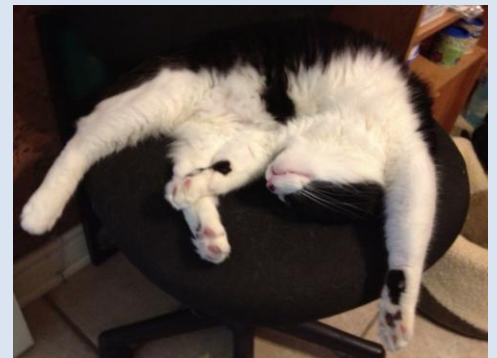
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CHANGE FOR CHANGE

Occasionally life is unpredictable and unforeseen illness or injury can affect our pets. Here at Gorham Animal Hospital, we have a "Change For Change" program (previously called Pennies For Pets) where donations provided by clients go towards veterinary services for animals who would otherwise go without treatment. We strive to provide the pet with both the necessary care and when needed, a loving home as well!



SYLVESTER "McCAT" - BOSS