



WINTER NEWSLETTER 2016

Gorham Animal Hospital

Veterinary Services

(905) 895-4552

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Website: www.gorhamanimal.ca

E-mail: clinic@gorhamanimal.ca



We wish you all a safe and joyous holiday season. PLEASE PRE-ORDER ANY FOOD, XMAS TOYS OR MEDICATIONS YOU REQUIRE EARLY. We find the supplier has limited hours and that orders are often delayed this time of year.

Holiday hours

Sat. Dec. 24	9:00am -12:00 pm
Sun. Dec. 25	Closed
Mon. Dec. 26	Closed
Tues. Dec. 27	7:30 am-7:00 pm
Wed. Dec. 28	8:00 a m-6:00 pm
Thurs Dec. 29	7:30-7:00 pm
Friday Dec. 30	8:00 am – 5:00 p.m.
Sat. Dec. 31	9:00 am- 12:00 pm
Sun. Jan. 01	Closed
Mon. Jan. 02, Tues Jan.03 and Wed Jan. 04	we are Open for over the counter sales only



Holiday Pet Photos. We had A LOT of fun. Thanks very much for the very generous donations to the change for change program. Cute emails we be sent to parents soon!

We are excited to have Dr. Danielle Jongkind join our practice, offering late night appointments on Thurs. nights. Dr. Jongkind comes with a wealth of experience and compassion. She worked with Dr. Sime at her previous practice for over 8 years.

The clinic is now open early on Tuesday and Thursdays at 7:30am for pet drop offs, and until 7pm to offer late night appointment time for your convenience.

Hectic schedule/life??? We offer a convenient pet drop off service. Our technicians and veterinarians will contact you with diagnostic and treatment recommendations and arrange a convenient pick up time. This service is offered at no additional charge above the regular examination fee.

Dr. Sime continues to offer house call services offering veterinary services in the privacy and convenience of your home. This service is offered within the Newmarket and aurora areas at an additional fee.

Webstore 'tis the season

Thousands of veterinary products are available online through our website. If the order is over 125.00 it can be delivered free of charge to the front door. All other orders can be picked up with no delivery fee to the clinic.

Please order extra and early. We are finding that the deliveries have been inconsistent with the courier services of late so order early to ensure you don't run out of food or medication.

In the event that we are closed during the holidays and you require emergency veterinary services.

After hours Emergency Vet Services

404 veterinary referral services at 905 953-1933
located a corner of Mulock and Harry Walker Pkwy south.



Aging pets

With regular veterinary care and maintenance, old age doesn't have to stop them from enjoying life to the fullest.

Prior to obvious gait changes or lameness, other signs of arthritis include behavioral changes, cats not using the litterbox, or stiffness, slowness, or a reluctance to jump up or down. Cats are particularly good at hiding any discomfort.

ARTHRITIS IS A PROGRESSIVE DISEASE MARKED BY INFLAMMATION, THE GRADUAL BREAK DOWN OF CARTILAGE AND NEW BONE FORMATION AT THE JOINT.

*Pets of any age can be affected. Obese pets, large breed dogs, pets over age 7 years or pets with a history of previous ligament damage, rupture or lameness are particularly prone to the development of arthritis. New joint diets have supplements to aid in joint health and protection. **Keeping your pet at an appropriate body weight leads to less stress on joints and a longer lifespan.***

Ramps or carpets can make steps or elevations more maneuverable, and baby gates can protect a pet from falls especially with decreased eyesight or mobility. Keeping nails trimmed and providing carpets for better footing are also helpful. Cats may stop using a litterbox that they have difficulty getting to or in.

Please refer to Gorham Animal Hospital website article on arthritis neuroceuticals/medications that can be utilized to improve the quality of a pet's life.

Physiotherapy and swimming can play a huge role in the management of osteoarthritis. Building stronger muscles to support joints and improve mobility and their quality of life.

Surgery, physiotherapy, diet, appropriate weight, and a combinations of joint supplements, neuroceuticals and anti-inflammatory drugs improve the quality of a pet's life. See our website article on arthritis for detailed options of management.

Hazards around the Christmas Season

To help keep our furry family members out of the emergency clinics over the holidays, we thought it important to go over some common holiday hazards.

Many holiday hazards pertain to the food that is around us during the season. In addition to the dietary upset caused by the diet changes, life threatening pancreatitis can result from the high fatty content foods. Bacon and gravies in particular. Although we see this disease throughout the year, tis the season. With ten people each giving a "little treat", it adds up quickly. Talk to house guests about ensuring that your pet is not fed anything without your consent.



Ensure that pets do not have access to items that are on countertops or under the trees. As many of you are aware my beagle Zelda is the Queen of stealing food. Zelda can pull the tablecloth over to display the buffet before her, and has even been known to step on levers to open up the garbage containers to help herself. The students try hard to hide their lunches from her!

Alcohol, chocolate, coffee (grounds, beans or chocolate covered), moldy foods, onions and onion powder, salt and yeast dough top the list of holiday food items ingested that are potentially harmful.

Additional electrical cords pose a chewing hazard, especially around new puppies. Batteries, ribbons, tinsel or glass ornaments as well as liquid potpourris can be harmful when ingested. String like objects often attract cats to them, leading to possible obstructions from tinsel, yarn, string and even dental floss.

Ensure that your house guests and family keep all prescription and over the counter drugs out of reach. **Prescription medications are now in the top ten of commonly seen pet toxins.** Pain killers, cold medicines, anti-depressants, vitamins and diet pills as well as anti-cancer drugs, even in small doses, can be lethal. During the holidays, with many veterinary clinics being closed, there is a temptation to medicate a pet. NEVER give your animal medications without being under the direct supervision of a veterinarian.

Acetaminophen tablets are especially toxic to cats and should NEVER be administered to a cat.

Toxic Plants of the season

-Lilies including Tiger, Asian, Japanese Show, Easter, Stargazer and Casablanca can cause kidney failure in cats.

-Poinsettias, can be irritating to the bowels but are over rated for toxicity. They can lead to vomiting/diarrhea.

-Mistletoe berries can lead to heart disease

Non-Traditional Medication

Over the past decade the use of supplements and neutroceuticals has increased dramatically. Similar to our own health, we look for products to aid in having our pets live longer and healthier lives.

Glucosamine/Chondroitin, and Green Mussel are used to help support joint health. These can help mild to moderate signs of arthritis.

Note caution with food allergy pets.

They are thought to have protective benefits to our joints or organs. NOT ALL PRODUCTS ARE CREATED EQUALLY.

Omega 3-6 fatty acids have some anti-inflammatory properties. Benefits for allergies, high fat levels in blood, kidney disease. Veterinary products contain the higher levels pets requires.

Lysine is an amino acid found to have anti-viral properties, especially to cats with the upper respiratory virus associated with herpes infection.

Milk Thistle has been found to support liver health. It has anti-oxidant properties. Often combined with SAME to protect both dogs and cats with liver and bile diseases.

Neutroceuticals are poorly regulated. Some commercially available products contain impurities may not even contain the ingredients listed on the package



Winter Hazards

-Antifreeze, this sweet tasting liquid can be very toxic in very small amounts. Ensure that it is stored along with gas and oil products in secure containers in an area that is not accessible to pets. Propylene glycol is a safer form of antifreeze.

-Ice melting products can be irritating to a pet's skin and mouth. Use pet safe products labelled as such whenever possible.



-Rat and mouse and baits can be directly ingested, or exposure to an affected rodent that is consumed by a pet. These baits can interfere with Vitamin K, and blood clotting. The effects can be seen for weeks with exposure to newer warfarin derivative products. Health Canada introduced new guidelines to reduce the risk of accidental poisons in children and pets. www.healthycanadians.gc.ca

Bring packaging, or any literature pertaining to ingested products with you to the veterinarian. The approximate amount and timing are important factors in determining both toxicity as well as treatment decisions.

During the holidays, changes to our regular schedules and house guests can be distracting. Consider having pets tucked safely away in a room with a closed door both to prevent them from being accidentally left outdoors as well as to help with anxiety from the disruption of their regular schedule.

Pet Insurance

With the development of referral clinics and veterinary specialists, advanced diagnostic and treatment options are available for our pets. Pet insurance can help pay for unexpected veterinary expenses and provide peace of mind but they account for only 5-20% of pet health insurance claims.

As a pet matures they are more likely to develop age related illnesses that can require initial diagnostics, and treatments as well ongoing management of their condition. Medical care can have a financial impact on the family budget. These challenges can results in compromises being made with a pet's health care.

Ethical and dependable pet insurance can ensure that the veterinary team can provide the best quality medicine and surgery options. The number of pet insurance companies has grown, and it can be quite confusing to choose amongst them. A useful tool for insurance comparison and the expected costs of pet care:

<https://www.ovma.org/pet-owners/pet-insurance/>

Lyme disease

We are hearing more about Lyme disease. Please refer to the CAPC website for accurate information on this tick borne disease. Note that the tick season encompasses weather above 4 degree Celsius, warranting preventative treatment longer than "heartworm season". Please ensure that lucky pets travelling during our winter season south are protected against both heartworm and Lyme disease. When blood testing is performed each spring, we are running a vector borne disease panel that includes tick borne diseases, including Lyme disease, as well as heartworm testing. Less than 5% of dogs exposed to the Lyme bacteria later develop disease, however 90% of people exposed become symptomatic. This year we have had positive cases of Lyme disease and some have even been dogs who have not travelled beyond our local area. Be sure to protect yourself.

Dr. Google

Medicine has changed as a consequence of the internet. I have immediate access to over 180 specialists on line as a member of the vet information network. Clients often have found lots of information, not necessarily accurate, upon which they try and make informed decisions on their pets care. We are here to help.

The client educational articles affiliated through www.veterinarypartner.com can provide up to date and accurate information on a variety of pet health related topics.

For dental products : www.vohc.org/

For parasites including ticks, fleas and heartworm:

<https://www.capcvet.org/>

Some other helpful websites include: for cats

<http://www.cathealthy.ca/>

<https://vet.osu.edu/vmc/companion/our-services/indoor-pet-initiative>



Cognitive Dysfunction

Cognitive Dysfunction is an aging process that our dogs and cats also experience. This can be slowed through the use of proper diet, and proper stimulation. As a pet's hearing diminishes, consider training with hand signals. Some pets present with mental confusion, sleep disturbances or even having accidents in the house.

The brain requires oxygen to properly function, and free radicals are produced which can lead to cell damage. The process can be slowed

Allergies

Did you know that one of the most common causes of recurrent ear infections is an underlying allergy? About 75% of pets have both a food as well as an environmental component. Although we cannot cure them, a multi modal approach to allergies means that by using several different protective measures, or products, so that we can minimize the dose, and hence side effects of them. **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.**

Preventing counter surfing.

SSSCAT is a motion detected aerosol can that works brilliantly. I will set it on the end of the kitchen island. Now, just having the cats see the can, keeps them off it. (Doesn't work at all with the teenagers) Back to basics, put everything out of reach and away. Note, that each time a pet is rewarded, the behaviour becomes stronger.

Gorham Animal Hospital

Regular Hours of Operation

Monday	8:00 am – 6 p.m.
<i>Tuesday</i>	<i>7:30 am- 7 pm.</i>
Wednesday	8:00 am- 6 pm
Thursday	7:30 am-7 pm
Friday	8:00 am – 5 pm
Sat.	9:00 am -12 pm



We would like to thank you for your continued referrals of friends and family.

We are privileged to be a part of your pets care.

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 other disease processes including infection, diabetes, liver or kidney disease.

A new blood test has been added to the geriatric panel at no additional costing, called SDMA allowing us to pick up kidney in the very early stages.

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



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Vaccinations should be individualized to a pet based on benefit versus risk. We recommend that indoor cats are vaccinated against both upper respiratory viruses as well as rabies.

We use a non adjuvanted vaccine specifically formulated for use in cats. There is now a non adjuvanted cat rabies vaccination with a 3 year duration of protection!! Annual wellness examinations are recommended to help identify and treat disease in the early stages.



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! Over the past year these funds have been utilized to ensure diagnostics, treatments and even surgery.

Thanks Again for the generous Donation received during the Santa Photos