

Gorham Animal Hospital

Veterinary Services

(905) 895-4552

We wish you and your family a joyous holiday season! We are privileged to be a part of your pets care.

Holiday Hours

Dec. 23 - 9-12pm

Dec. 24 to 26 - CLOSED

Dec. 27 - 8-6pm

Dec. 28 - 7:30-7pm

Dec. 29 - 8-5pm

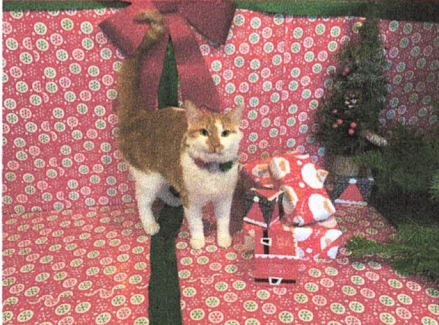
Dec. 30 - Jan. 1 - CLOSED

Jan. 2 - 7:30-7pm

Last day to place food and medication orders before Christmas: Thursday Dec. 21 before 12pm. Next order will be placed Dec. 27. Before New Years - Dec. 28.

Next order placed Jan.2.

Webstore orders available!



Holiday Veterinary Visits

By: Dr. Sime

Please pet proof your holiday this season for everyone's safety. The worst xmas eve included two dogs who shared a whole package of straight sewing needles between them!

Keep to your pets routine during the holiday season to reduce stress. Consider the use of "happy" pheromone sprays and diffusers, or just keeping pets in a quiet place while guests are present if this causes them stress.

We see illness over the holidays for the following reasons:

1. Ingestion of people food, holiday plants (lillies, hollies and mistletoe), and xmas tree water.
2. Diarrhea from ingestion of people food or BONES.
3. Colitis characterized by uncontrolled diarrhea, often with blood or mucus, from ingesting people food, or stress.
4. Pancreatitis, from eating people food especially fatty foods, including gravy, fried foods, and fat from meat.
5. Eating indigestible things, including tree decorations, ribbon and bones.
6. Bloody vomiting and diarrhea. From eating people food, foreign bodies, stress.
7. Chocolate toxicity, from eating chocolate left under the xmas tree...that would also be considered people food.

Furry Family Members Are Good for Your Health!

By: Dr. Jongkind

Our pets are our pride and joy, but did you know that they also bring us health benefits? Scientists are discovering all kinds of fringe benefits we get from adopting furry family members. Read on to discover some of the wondrous things your pet can do for you.

- **Pets reduce your stress levels.** Believe it or not but people asked to perform a stressful task experience less stress when their pet was with them, compared to having a friend or human family member supporting them. Studies have shown pets can help to reduce anxiety and blood pressure in people.
- **Pets may reduce the perception of pain.** A study in postoperative surgery patients showed that people who accepted pet therapy had lower requirements for pain medications than those who did not.

- **Pets can help lower cholesterol levels.** The CDC asserts that people who live with pets have lower cholesterol and triglyceride levels than people without pets.
- **Pets can improve your mood.** Pets are being used in therapy to treat all kinds of mood disorders, including post-traumatic stress disorder in veterans. Having a pet to care for gives people a purpose and a companion who loves them.
- **Pets help people socialize.** We all love to talk about our furry family members and who better to brag about them to than other people who have them?
- **Pets can prevent cardiovascular disease.** Cat owners are 30% less likely to have a heart attack and 40% less likely to have a stroke. Dog owners are more likely to still be alive one year after a heart attack than people without a dog.
- **Pets can help monitor blood sugar levels in diabetics.** The American Diabetes Association magazine ran an article stating that about 1/3 of pets living with diabetic people would show a noticeable behaviour change when the diabetic person's blood sugar dropped.
- **Pets can prevent allergies and improve immunity.** Scientists found that kids from 5-7 years old that live with pets went to school three weeks more per year than kids who had no pets. The more pets you have earlier in life, the fewer allergies you're likely to get.
- **Pets are good for child development.** Kids who grow up with pets have better emotional development and pets are very beneficial and calming for children with ADHD and Autism.

Don't forget to give your pets a hug this holiday season and thank them for all you didn't know they were doing for you.

The Receptionist...

By: Kerri

If you have been to, or called Gorham Animal Hospital, chances are you spoke to me. My name is Kerri, and I am Gorham's new receptionist. I am British, I love animals and I love people too, so a job working at an animal hospital on reception is the perfect job for me.

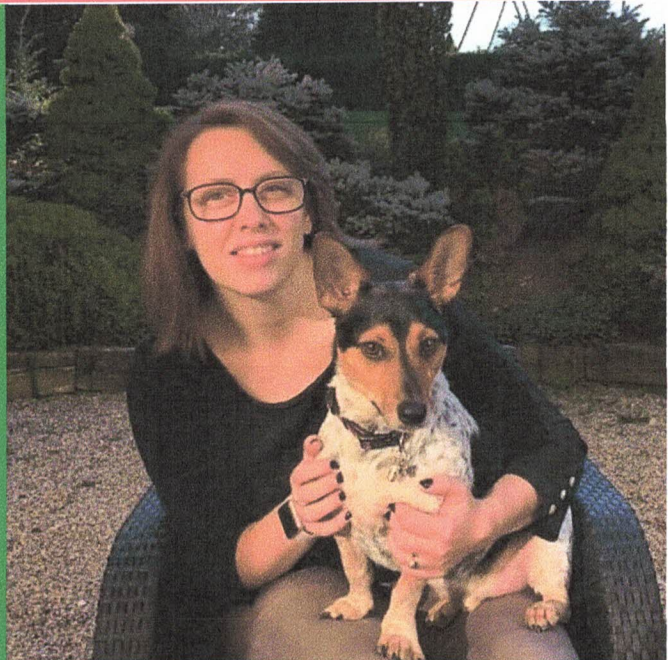
When I first started my new job at Gorham, I guess I had my own ideas of what it would be like to work at a vet hospital. I have spent my life as an animal owner, sharing my world, my home and my heart with many a cat, dog and horse. I worked with horses from a very early age, and have never considered living without animals.

So the day I started at Gorham I guess I only had ideas of how a vet surgery was ran by my own experiences. If I'm brutally honest, I think I saw veterinary work as a bit of a production line. I probably viewed the work that vets do as reactive, not preventative. I definitely didn't have any experiences of vets trying to build relationships - out of sight out of mind - and maybe that was how the vets I have been to in the past were.

I viewed veterinary care as vital but expensive. I'd walk in, say hi to a vet, they examine my pet - I pay a bill...

And then I became a receptionist for Gorham. I have worked for Gorham now for 4 months and I see veterinary work from the other side.

I see my colleagues faces light up when one of their favourite clients are coming in.



I see joyful moments of play and affections between an animal and the staff.

I see true understanding when an animal is fearful. I see tear filled eyes when a fur friend cannot be saved.

I see how much time is spent considering best practices and treatment plans.

I hear deep conversations between vets and techs about options and wellbeing of various animals and their owners.

I have watched surgeries. I have witnessed just how much work and effort and heart that goes into keeping animals healthy and safe and comfortable.

I have experienced such warm, kind and genuine people who come in to Gorham to not only see the vet, but to talk to their friends. The staff here knows their clients, they remember details and moments in lives. They will phone to find out how an animal is doing because they hadn't seen them in a while. I am proud to say that I love this part of my job. I get to not only see animals daily and talk to their owners - I get to build relationships in a way I didn't think vets did before I came to Gorham.

Urinalysis

By: Dr. Taylor

Why does my vet need to examine a urine sample?

The kidneys are an essential organ that filter the components of blood and decide what will be eliminated from the body in the form of urine. These components include salts, toxins, drugs and waste products from metabolizing nutrients in the body. Kidneys also play a large role in regulating blood pressure by dictating how much fluid is retained by the body or released as urine.

As such urine provides an excellent reflection on the health of your animal's kidneys.

What types of problems can be diagnosed with a urine sample?

Urine can assist in the diagnosis of:

- Urinary tract infections (UTI)
- kidney infections
- diabetes
- acidosis
- bladder stones
- chronic or acute kidney disease, kidney injury
- liver disease
- certain toxicities
- certain cancers
- ...and many more!

Many of these diseases can be caught at a much earlier stage before serious illness occurs. Many animals will not show overt signs of disease at first.

How is a urine sample collected?

There are two options for collecting urine: Free

Some of the sample is spun down to concentrate the urine so it can be examined under a microscope by a trained Veterinary Technician. The examiner is searching for evidence of bacteria, crystals, red blood cells, and other debris that can indicate an infection or damage to the kidneys.

If an infection is suspected, some of the sample can be sent off to a special laboratory for culture to properly identify bacteria, if present. This helps to direct treatment.

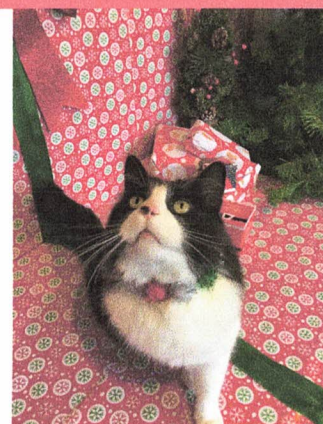
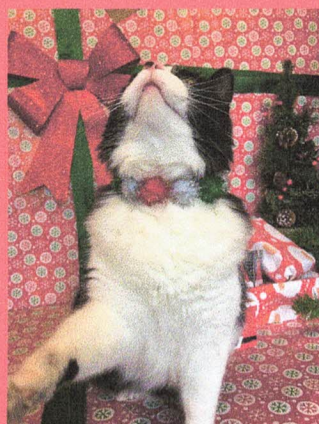
Urine must be examined within an hour of collection otherwise the sample will degrade and provide inaccurate answers.

Free flow samples are collected from a dog when they squat or lift a leg to pee and a container is used to catch a sample from the stream of urine. In cats, their normal litter is replaced by an artificial, non-absorbent litter and they use the litterbox as per usual. Free flow samples are appropriate in most situations.

Cystocentesis means a needle is used to collect urine directly from the bladder. This sample is considered 'sterile' as it has not been contaminated by the animal's genitals. Cystocentesis samples are useful when a UTI or kidney infection is suspected. The sample can be sent to a lab and any bacteria that grow can be identified and treated appropriately.

What do you look for in a urine sample?

First the colour, clarity and consistency of the sample is evaluated. Then, drops of urine are placed on a special strip of chemical indicators that tell us the concentration and pH. These chemical reactions can indicate the presence of certain components like protein, white blood cells or blood.



Cat Enrichment

By: Jaime

Cats are natural hunters. Their entire anatomy is put together in such a way that makes them perfect predators. They have claws that are capable of lifting them far up into trees. They have teeth sharp enough to tear through materials as strong as tin (This, i know for fact as my cat woke me up at 3am after biting into a soft drink can) Cats can jump an impressive 8 feet in just one pounce



All this combined with intelligence, stealth, speed and instinct makes for a very frustrated house pet.

The idea of having a cute, fluffy friend to share your home with is wonderful and completely doable with a cat, if you bear in mind that alongside cuddling and being treated like a king or queen, they also need to have their instinctual needs met.

If you find that your cat is destroying things in your house, then he is probably acting out through frustration.

Punishment rarely works with your feline friend, in fact you may cause anxiety which will also lead to even more destructive behaviour. Cats would prefer to avoid all stressful situations. In the wild they would run or hide. If they are in your house and facing 'punishment' and they cannot get away, may act out with aggression or anxiety.

The best way to deal with destructive behaviours is to implement 'distraction' or 'diversion' techniques.

For example; try adding some scratch posts or perches within the cats space. Both of these items will encourage natural behaviour and aid in your cats attitude.

Perches are a fantastic item as they allow a cat to get up high and away from anything they deem a threat. Cats also like to watch their surroundings so a perch is again perfect for this. There are many designs that can be viewed online or in pet stores.

A **scratch post** is a great way for a cat to exert another of their natural behaviours without destroying your favourite chair. Cats need to scratch to be able to stretch, to clean their claws, to shed old cuticles and to leave scent marks.

Toys. Cats love to hunt, to pounce and run. If they were outside they may spend hours hunting and catching bugs, birds and other unsuspecting wildlife. By adding toys in your home they can use up some of that instinct and energy chasing

It is just worth remembering that a cat harbors no natural instinct to tear up your carpet, or pluck threads one by one from your couch. A cat really doesn't mind if he chews your best blanket - what he does care about is being a cat. He knows nothing else. Instinct drives him to clean his claws, because one day a chipmunk may cross his path and he needs to be ready.

It is natural for him to scramble up onto your wardrobe and push things off so he can make himself a perch away from everyone. He doesn't care that grannie's 80 year old vase was up there.

The best thing to do is take a deep breath and make sure he has enough items within his space that keep him entertained enough to keep him from ruining your home.

For more information go to the Ohio State Indoor Cat Initiative - <https://indoorpet.osu.edu/cats>



The staff of Gorham Animal Hospital wish you all a joyous and healthy holiday season. We appreciate the ongoing support of families in our charity endeavours.

Jaime completed a 50km bike ride, and raised \$1100 towards the Farley foundation, in support of families in financial need for pet care.

We were overwhelmed by the donations from the bake sale and support towards a local cat rescue. We raised dollars \$405.

Santa Photo's were a great success. We raised \$155 for change for change. We are donating it to a client with a sick kitty.

Thank you for your continued confidence in the service we provide. The referral of friends and family is the greatest compliment.

