



TenderCare

Pet Tails

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WINTER 2011

www.TenderCareAnimalClinic.com

February is Dental Health Month!

According to the American Veterinary Dental Society, 80% of dogs and 70% of cats have signs of periodontal disease by age three. Dental diseases can cause pain, tooth and bone loss, and the resulting bacterial infections can enter the bloodstream, then spread throughout the body and cause permanent damage to the heart, lungs, kidneys and liver.

Tender Care Animal Clinic

DENTAL SPECIAL
\$10 OFF

During February, get \$10 off dental cleaning for dogs and cats. Schedule early — appointments fill up fast!

*Limit one coupon per household.
Cannot be combined with any other offers.
GOOD DURING MONTH OF FEBRUARY 2011*



Getting to the Point

Schnookie May is either the luckiest or the unluckiest dog alive. She was found abandoned on the side of the road several months ago with a severe respiratory infection. Because of her terrible physical condition, it was unlikely she would ever be adopted from a shelter, so the lady that found her decided to keep her.

After numerous tests and multiple rounds of medications, Schnookie still had trouble breathing. Her lungs were so scarred, and her airway so chronically congested, that it was doubtful she would ever breathe easily. As a last resort, Dr. Parr used acupuncture and the principles of traditional Chinese veterinary medicine to treat Schnookie May. That night was the first time in months she was able to sleep through the night without any sign of respiratory distress. She continues to receive acupuncture and herbal therapy for her condition.

Acupuncture has been used for over 4,000 years to treat humans and animals, yet only in the past few decades have scientists focused on how it works. The Chinese believe that life energy (Qi) flows over and into the body through pathways called meridians. Points on these meridians can be stimulated with needles to adjust and balance the flow of energy, allowing the body to heal itself. Studies have shown that insertion of acupuncture needles releases endorphins and other chemicals that have effects all over the body. These neurotransmitters help relieve pain, aid the immune system and improve organ function.

What types of problems can benefit from acupuncture? Osteoarthritis, joint pain, intervertebral disc disease, kidney failure, heart and lung disease, intestinal disease, and virtually any other chronic condition. Illnesses that are very acute in nature are likely to respond better to traditional western medicine. These include infections, allergies and traumatic injuries.

According to Dr. Parr, the goal of an acupuncturist is to be no longer needed.



Schnookie May gets an acupuncture treatment.

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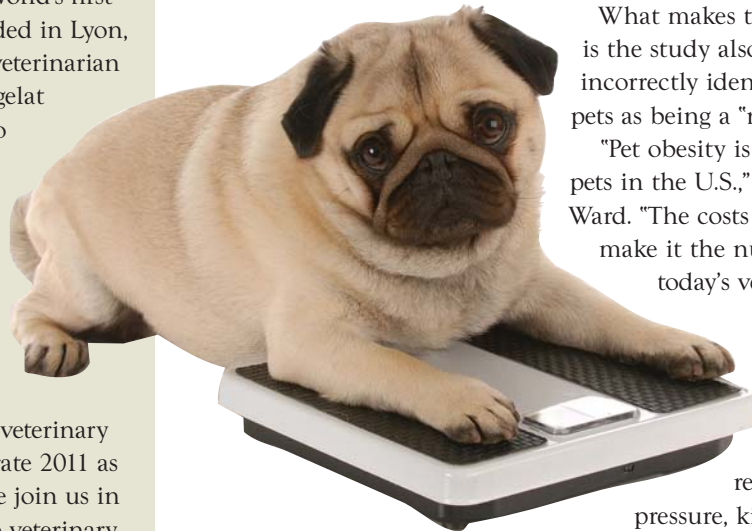


World Veterinary Year

2011 is the 250th anniversary of veterinary education. The world's first veterinary school was founded in Lyon, France, in 1761, by French veterinarian Claude Bourgelat. Dr. Bourgelat was also the first scientist to suggest that studying animal biology and pathology would help our understanding of human biology. In recognition of this anniversary, the American Veterinary Medical Association (AVMA) is partnering with veterinary leaders worldwide to celebrate 2011 as *World Veterinary Year*. Please join us in celebrating 250 years of the veterinary profession working to improve both animal and human health.

Resolve!

It's easy to let a few extra pounds creep on, especially during the holidays, but then it seems awfully hard to get them off. The same is true for our pets. In fact, according to a 2009 study by the Association for Pet Obesity Prevention, 45 percent of dogs and 58 percent of cats in the United States are overweight or obese. That's about 89 million overweight or obese dogs and cats!



What makes these numbers even more alarming is the study also found that many pet owners incorrectly identified their overweight or obese pets as being a "normal weight."

"Pet obesity is now the biggest health threat to pets in the U.S.," states lead researcher Dr. Ernie Ward. "The costs of obesity in illness and injury make it the number one medical issue seen in today's veterinary hospitals."

Obesity is truly a life-threatening condition. The implications for pets are the same as for people—excess weight increases the risk of diabetes, heart and respiratory disease, high blood pressure, kidney disease, osteoarthritis, ligament injuries, and many forms of cancer. Excess weight compromises the immune system, and may even put a pet at higher risk for surgical or anesthesia complications. In addition to those risks, overweight cats are also at increased risk for hepatic lipidosis (fatty liver disease), skin conditions and feline lower urinary tract disease.

How can you tell if your pet is a healthy weight?

- Ribs are easily felt
- The abdomen appears "tucked"—no sagging stomach
- The waist is defined when viewed from above

A "body condition score" (BCS) and a "body fat index" (BFI) are both evaluations of your pet's overall condition. If you suspect your pet may be overweight, ask your veterinarian for a BCS or BFI, along with recommendations to get your best friend started on a weight loss program. Now is the time to make a resolution to help your pet live a longer, healthier life!



ANTIFREEZE IS DEADLY TO PETS, and unfortunately it has an appealing taste and smell. Be sure to clean up any spills in your garage and driveway, and consider using products that contain propylene glycol rather than ethylene glycol. Antifreeze poisoning is a true medical emergency, so if you suspect your pet may have ingested even a small amount, seek veterinary attention immediately.



"I don't understand how I got so fat! Doesn't tail wagging count as cardio?"



Fat Cats

Cats are curious, intelligent, athletic creatures. To thrive in the wild, they develop finely tuned skills to hunt and avoid predators, and usually remain quite fit. Today, most of us have indoor cats that don't have to worry about predators or finding food, and studies have shown that indoor cats tend to live longer than outdoor cats. Without appropriate stimulation, however, indoor cats can become bored and sedentary, which can lead to obesity and behavior problems. Sadly, both obesity and behavior problems can significantly shorten a cat's expected lifespan.

Weight loss can be achieved in cats in the same manner as dogs and people: diet and exercise. Start with a wellness exam by your veterinarian to determine your cat's health status, including bloodwork to rule out hypothyroidism or other metabolic disorders. Rapid weight loss is not safe for cats, so your plan should be for gradual and consistent weight reduction.

"Free choice" feeding is not appropriate for an overweight cat, and it may be the leading cause of the feline obesity epidemic. Most cats do well on two meals per day of a measured amount of food. Recommended portions are only guidelines, and the ideal portion for your cat depends on factors including age and activity level.

Is it possible to exercise your indoor cat? Absolutely! Here are some tips to keep your indoor cat fit, amused and alert:

- 1. Consider another cat.** Some cats prefer living alone, but many are more likely to be active and play with a feline friend.
- 2. Set aside time for a "daily workout."** Ten minutes a day chasing a toy, such as a feather, flashlight or catnip mouse, can help your cat stay fit, and two 10-minute sessions is even better. Consider bringing out a toy and playing while you watch TV. The interaction will help increase the bond you share as well.
- 3. Train your cat!** They can learn tricks, such as sit up, roll over, jump up, or to walk on a leash.
- 4. Cat TV** – DVDs are available that have been designed just for felines.
- 5. Provide a scratching post** that allows your cat a full stretch.
- 6. Cat condos and towers** can provide climbing pleasure for your indoor cat.
- 7. If you feed kibble,** have your cat "chase" its dinner by rolling the first few pieces across the kitchen floor.

For more information on enriching the life of your indoor pets, check out www.indoorpet.osu.edu. You can help your cat live a longer, healthier, happier life by keeping it active and slim.



"Time spent with cats is never wasted."

– Sigmund Freud

Go For a Walk!

Have you resolved to make 2011 the year you get yourself in shape? Your dog may be able to help you do just that! (If you currently don't own a dog, you might consider volunteering to walk dogs at your local shelter.) Read on!

- A study of 916 participants showed that those who regularly walk their four-legged best friends reported fewer hours of sitting per day, lower body mass index (BMI), lower tobacco use, fewer chronic conditions and fewer depressive symptoms.
- Another study compared seniors who volunteered to walk shelter dogs with a control group of seniors assigned to walk the same number of days per week with a friend. The seniors who walked the shelter dogs showed significant increases in speed, balance and confidence over those who simply walked with a friend.
- A study in Japan concluded that "Walking a dog has potentially greater health benefits as a buffer against stress in senior citizens than walking without a dog."
- A study published in 2010 showed that shelter dogs participating in a daily dog walking program had better behavior, higher adoption rates and decreased euthanasia rates than dogs in a control group not in the walking program.

So, there you have it! Scientific studies have shown us that our health improves when we walk dogs, and dogs' health and behavior improves as well. So, grab a leash, and take a dog for a walk!

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"Though we may start out seeing the patient on a weekly basis, it should quickly decrease to monthly or quarterly visits. It's also important to remember that acupuncture requires patience. It will usually take four to eight visits to achieve the maximum benefits from acupuncture therapy."

If you would like to know more about acupuncture, please schedule a consultation at 867-0740.

Tender Care Animal Clinic



JANUARY-FEBRUARY- MARCH SPECIAL

Spay or neuter your feral and barn cats for only \$65.

No appointment needed. Just bring your cat in a carrier and drop it off. We'll "fix" it and tip its ear to ID it as a neutered feral cat and you can pick it up later. Call 867-0740 for more details.

GOOD DURING MONTHS OF JAN., FEB., MAR. 2011

Cats In Crisis

Just as obesity and diabetes are reaching epidemic proportions in humans, they are also becoming epidemic in cats. Many vets report that over 50% of the cats they see in practice are seriously overweight or obese. The result is chronic disease, overwhelming medical costs and early death. What is causing this crisis? Experts often cite the practice of feeding cats a dry, formulated diet and leaving it out all day. Dry diets are far higher in carbohydrate content than is ideal for cats.

All felines require a high protein diet and eat to fulfill their protein requirements. As a result, they chronically overeat dry diets trying to meet their nutritional needs, resulting in obesity and diabetes. More and more veterinarians are trying to educate their clients about the importance of feeding a measured amount of canned food to cats daily. It will help maintain proper weight and urinary health, reduce the incidence of diabetes, and cut veterinary bills in the long term. For more information, or to convert your "dry food addict" to a canned diet, check out catinfo.org!



Junior Wellness

How do you really know your pet is healthy? Most illnesses, especially heart and kidney disease, are undetectable until they are very serious. But treatment works best if started early in the disease! Consider giving your pet the gift of a Junior Wellness Exam. For a discounted price, your pet will be checked for

subclinical illnesses using some of the newest and most accurate tests available. Call for more details.



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