



# AMC Quarterly

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First Edition

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For more information on us or Articles in this Newsletter please visit these websites.

[www.animalmedical.org](http://www.animalmedical.org)  
Visit our website for additional topics and information regarding our clinic.

[www.skijor.org](http://www.skijor.org)  
Visit for more information Skijoring.

## Contact Us

Visit our website

<http://www.animalmedical.org>

Or email us

[frontdesk@animalmedical.org](mailto:frontdesk@animalmedical.org)

## The Doctor Is In

Our office opens at 8am, and we start seeing appointments at 9am. If you are early for your appointment come on in!

If we are seeing your pet for diarrhea or a possible urinary tract infection, you could aid us by bringing in a fresh sample of stool or urine. Ask us how to collect the sample when setting up your appointment.

We send our laboratory samples to Marshfield Laboratories, a Wisconsin based Laboratory with a national reputation.

We have many veterinarian specialists. We can refer you and your pet to a specialist if the need arises.

A normal dog or cat's temperature can be 102 degrees. That's why they make great bed warmers.

## Getting to Know our Staff

Everyone welcome Jenna Vickerman to the Animal Medical Clinic as a receptionist. To get to know her better we asked her a couple questions.

**Are you from the St. Paul area?**

"No, I was raised in St. Charles, MN and then came up here."

**Do you have any pets?**

"I have two cats and a Golden Retriever."

**What do you enjoy doing in your spare time?**

"I like to work out and go out with my friends."

## Let's Play

Just because it is winter doesn't mean you have to be cooped up inside! Most dogs love the snow and there are many games that you can play with them.

**Fetch:** Tennis balls, Kongs and snowballs are great toys for playing fetch.

Although it's more of a catch and chomp with the snowballs, it's a good way to exercise. So start making snowballs!

**Hide and seek:** This is a game that can be played out in the snow. Start with "find the ball" if your dog has a hard time understanding what you mean. Start with a cookie and hide it right under your pet's nose then say "find the cookie." "Where is..." "Find it..." and "look for..." are also phrases that work.

**Sports:** Cross-country skiing with your dog harnessed on a long leash, also known as skijoring, is a fun winter activity. You could also include your pet while snowshoeing or sledding. If you are interested in skijoring then [www.skijor.org](http://www.skijor.org) is a good website to learn more.

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## Cold Weather Care

Dogs that live outside should always have a heated or insulated shelter, a place where they can get away from the wind and snow. This shelter should be large enough to allow your dog to stand up and move around inside. Fresh water is a must, eating or licking snow will not provide your pet with a sufficient amount of water. Heated water dishes help keep the water from freezing.

Don't forget that our feline friends that are allowed outdoors need a nice and warm shelter during the winter months as well. Roaming cats and wildlife will often seek out warm places in the winter. Unfortunately, a common hiding place is under the hood of vehicles. Checking under the hood or honking the horn before starting your vehicle will prevent them from getting seriously injured.

**Hypothermia** is a condition that occurs when your pet is not able to keep its core body temperature from falling below normal. This can happen when your pet is outside for long periods of time. Warning signs include excessive shivering, depression, lethargy, and weakness. Sick, injured, older, or very small dogs have a higher risk of getting hypothermia. If you notice any of these signs, contact us right away.

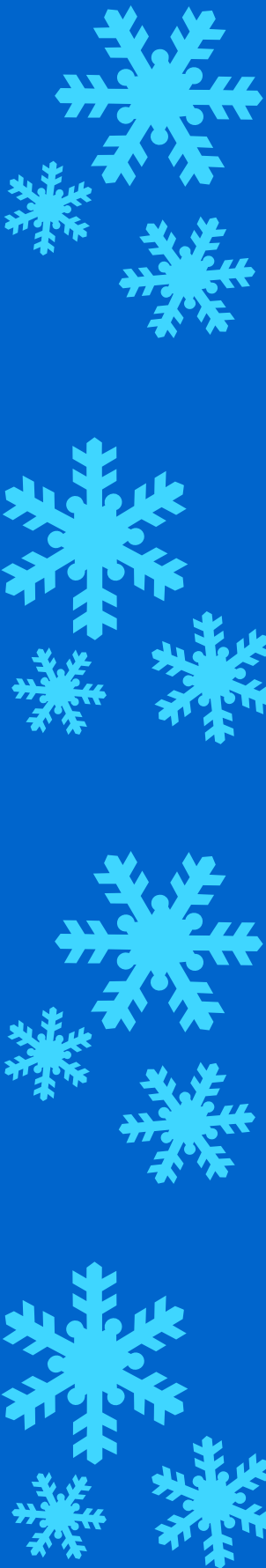
**Frostbite** is always a concern during the winter months. When your pet is outside for an extended period of time, the body gets cold; blood is drawn away from the limbs and is directed to the vital organs of the body. Therefore the ears, paws, and tail are most likely the first areas to get frostbit. In the event that your pet's skin does get frostbitten (looks red or gray), apply a warm (not too hot) moist towel to the affected areas until the skin appears flush. Contact us as soon as possible for further care.

To help prevent frostbite, remove any ice, snow or salt from your pet's paws after coming in from outside. There are also boots you can purchase for your dog's paws as well as a number of products that can be used to protect your dog's paws from the cold and salt. Musher's Secret® is a waxy balm we carry that can be applied to the pads of your dog's paws to prevent them from cracking.

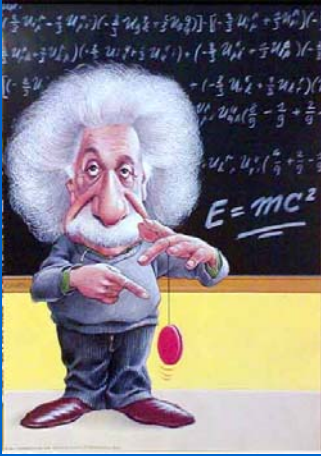
There are a number of products that are applied to sidewalks and driveways to melt the ice; however, many of these can be toxic to pets. Safe Paw is a non-toxic ice melting product that we carry that is safe for pets. As a general rule, it is a good idea to wash off your pet's paws after coming in from outside during the winter to clean off any salt, ice, or ice-melting products.

**Antifreeze or Ethylene glycol poisoning** Ethylene glycol is an ingredient in antifreeze and is extremely toxic to pets. It is colorless, odorless and has a sweet taste. As little as 1 teaspoon of antifreeze can be fatal for dogs and cats. The first signs of toxicity are nausea and vomiting, walking oddly or drunkenly and an increase in thirst and urination. Sometimes the only signs are seizures, coma and death. So be sure to clean up any antifreeze leaks on the garage floor and never have antifreeze in open containers.

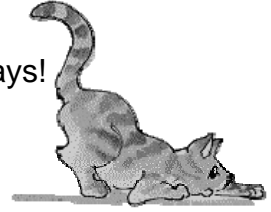
There is new antifreeze called Sierra, which is not as toxic. This brand contains propylene glycol rather than Ethylene glycol as an ingredient which is safer for your pet. If your pet does ingest some contact us right away because it can affect the brain, resulting in difficulty walking and sometimes seizures but unlike Ethylene glycol there is no life-ending damage done to the kidneys.



## Did You Know



A cat's jaw can not move sideways!



Cats have over one hundred vocal sounds, while dogs only have about ten!

A dog's sense of smell is 1000 times greater than that of a human!

## Holiday Hazards

- \* mistletoe (especially the berries)
- \* tinsel
- \* holly berries and leaves
- \* epoxy adhesives
- \* artificial snow
- \* antifreeze (ethylene glycol)
- \* tree ornaments
- \* alcoholic beverages
- \* chocolate



These are a few of the more common items that are toxic to pets. Try your best to minimize your pet's exposure to these items. Cats love to play with ribbon, tinsel and string. If cats chew and swallow these materials, it can cause severe problems with the stomach and intestine, and possibly a life-threatening situation. If your cat has ingested string or ribbon, please call us to discuss potential options.

**Chocolate** contains caffeine and theobromine. These ingredients can cause signs of intoxication at ½ oz per pound. Enough chocolate can cause shaking, panting, weakness, and seizures. There is no antidote for chocolate intoxication, only supportive care. Eating chocolate can be life threatening to your pets.

**Electrical cords** can also be a safety issue. Some dogs and cats chew on electrical cords, and there is a potential for severe injury. Keep glass decorations and lighted candles high and watch out for wagging tails. Please watch your pets carefully during the holiday season and feel free to call the veterinary clinic if you have any questions or concerns.



## Dental Corner

February is National Pet Dental Health Month and your pet's oral health is important to us. On average 80% of cats and 70% of dogs will develop gum disease by age 3.

Brushing your pet's teeth, feeding special diets and/or giving CET chews are ways to help keep your pet's gums and teeth healthy.

We recommend a dental checkup at least once a year so we can monitor your pet's progress on preventative care.

We offer a discount on Dental procedures during the month of February. Appointments fill up fast so hurry and reserve yours today!

## Diabetes: How it can affect your pet

### What is Diabetes?

Diabetes is caused by a deficiency of a hormone called insulin. When your pet eats, the food is broken down into small components, one of which is carbohydrates that are further broken down into a sugar called glucose. The pancreas produces insulin which allows the glucose to be absorbed from the blood stream into cells giving your pet energy. Without insulin, the sugar stays in the bloodstream and will eventually pass into the urine. As the disease progresses, chemicals called ketones will accumulate and cause vomiting and dehydration.

### What are the signs?

Some signs that you may see from your pet include an increase in thirst, urination, and appetite, weight loss and reduced activity, resulting in more numerous naps per day. If you notice any of these signs, contact us as soon as possible to set up an exam. Diabetes can be managed. Treatment usually requires insulin injections, diet change and regular blood tests.

### Who's at Risk?

**Dogs:** 1 dog out of every 500 develops diabetes. Although any dog can develop diabetes, the disease more commonly affects middle-aged to older, obese dogs, and spayed females.

**Cats:** 1 cat out of every 200 develops diabetes. The disease is more common for older, obese cats, and neutered males.

