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Welcome to our fall/winter 2007 newsletter! This addition features: cat grooming tips, holiday poisoning issues, and tips for traveling with your pets, a delicious recipe for homemade holiday pet treats and so much more. In order to serve our clients better, Ocean View Veterinary Hospital is continually improving our facilities. This fall we are installing a new lift table in our treatment area, increasing our efficiency and ability to treat your animals with state of the art equipment. We appreciate you, our wonderful clients, and your amazing animal companions for choosing Ocean View as your veterinary medical care provider. Happy Holidays and best wish's for the coming New Year from the entire Ocean View Staff!

Vaccine Clinic

Every 1st Saturday of the month we offer a low cost vaccine clinic from 1- 4 pm for healthy pets. You receive discounted vaccines and a free exam. You save a minimum of \$49 dollars. For more info go to ovvh.com.



Holiday Hazards

written by Vicki Peralez

The holiday season is a hectic time that brings a lot of excitement to humans and our furry friends. During these times we potentially expose our pets to hazardous environments.

Wrapping paper, ornaments, and holiday lights may be seen as chew toys to your pet. If these items are swallowed they may cause gastrointestinal (GI) upset including diarrhea, vomiting, and even intestinal blockage. Chewing on lights and electrical cords may cause electrical shock and fire hazards.

Accidental ingestion of chocolate products is a common reason for emergency visits during the holiday season. Signs of chocolate toxicity include GI upset and even death.

If you have a holiday pine tree in your house be aware of the potential problems. Ingestion of needles, tinsel, and chemicals in the water base can cause GI upset and irritation. Strong tails and climbing may also cause your tree to fall. Be sure all decorations are secured firmly.

Poinsettias and holly plants can cause mild GI upset. Mistletoe has more serious effects and should be avoided. Many types of lilies cause serious kidney damage in our feline friends.

Holiday house guests stress many pets out. Have a safe haven for your pets to escape to if they need to get away from the crowd. Guests may inadvertently let our pets outside. Keep identification tags on your pets at all times or consider microchipping your pet. With this information we hope you and your pets will have a happy safe holiday.

Pancreatitis: The Mystery Disease

written by Alison Holder

The term "pancreatitis" has only one standard meaning: inflammation of the pancreas. However, the causes and effects can differ greatly from patient to patient, causing this condition to be dubbed "the mystery disease."

The function of the pancreas is to create the enzymes lipase and amylase, which aid in the digestion of food and extraction of nutrients. To prevent the pancreas from "self-digesting," these enzymes remain inactive until mixed with activating enzymes from the upper intestine (duodenum). Veterinarians are perplexed as to why these enzymes sometimes become activated while still within the pancreas.

A number of different diseases and deficiencies can contribute to pancreatitis which makes testing difficult. Many cases of pancreatitis surface during the holiday season, typically the time of year when pets are fed large amounts of table scraps high in fat. Over the years, canine pets have evolved to manage a very consistent diet. A sudden change in diet, especially involving fatty foods, can disturb the function of the pancreas. Be kind to your family pet this holiday season and stick to their normal routines and diets.

OPEN ON SUNDAYS

Did you know we are open from 9:00 AM to 4:00 PM every Sunday? We offer all of our regular services, acupuncture, and emergency care.

WHY OBESITY MATTERS

Nutrition is a key factor in the health of aging dogs, and the nutritional needs of dogs change as they age. While obesity is a common health problem for all dogs, older dogs are more likely to be overweight due to decreased activity and reduced daily energy needs. Obesity increases the risk of serious diseases and health problems, such as diabetes, and cardiovascular, respiratory, and musculoskeletal disorders as well as contributes to the progression of osteoarthritis.

Although some medical conditions (especially metabolic diseases like an under-active thyroid gland) can cause obesity, over-feeding generally is the culprit. If you do not adjust the food intake of your dog, weight gain is likely to result. If your pet is already overweight, a weight loss program should be considered. First, however, have your dog thoroughly evaluated by your veterinarian to identify any medical problems that could be causing weight gain.

Generally, recommendations for weight loss in senior dogs are very similar to recommendations for people seeking to lose weight. Program steps include:

- ▶ limiting the amount of calories consumed
- ▶ increasing exercise to burn more calories
- ▶ modifying behavior to prevent regaining the lost weight.
- ▶ FDA approved drug options as part of overall program of diet and exercise



Thanks to recent advancements in senior nutrition, pet foods are now available that have been formulated with fewer calories, antioxidants, and vitamins to meet the specific nutritional needs of senior dogs, as well as an FDA approved appetite suppressant to aid in reaching your goals.

Exercise is an important part of a senior dog's weight management program. A simple walk may be just what your senior dog needs to help control weight and stay in shape. Exercise increases energy use and promotes more efficient calorie burning, as well as toning muscles.

Before starting any exercise program with your senior dog, check with your veterinarian to make sure your plans are suited to your pet's physical condition. Then begin slowly, and depending on your dog's condition, you can increase each week. And don't forget—your dog's exercise program can reap health benefits for you, too!

Keeping Your Furry Family Member Healthy Throughout the Year



Making sure your dog, cat, bird or exotic pet has proper medical care is a key component to responsible pet ownership and it's important to be aware of the costs. Americans spend almost \$8.6 million on veterinary services for their pets each year, according to a report by Packaged Facts.

Your pet can develop illnesses much like ones humans are susceptible to. Cancer-related claims were the third most common claim in 2004, according to Veterinary

Pet Insurance, the nation's oldest and largest provider of health insurance for pets. It's also not uncommon for pets to suffer from diabetes, periodontal disease, arthritis and dozens of other ailments you insure your family against. Fortunately, a VPI Pet Insurance plan can help you pay for preventive and medical costs, and helps remind you to take your pet for checkups at the veterinarian.

Medical plans that provide year-round coverage for pets span a multitude of conditions related to accidents and illnesses and helps pay for diagnostic tests, treatments, office visits, lab fees, prescriptions, hospitalization, X-rays, and surgical procedures. Unlike your health insurance, pet insurance doesn't restrict you to certain providers or networks. When your pet is ill or requires emergency treatment, you won't want the additional stress of worrying about how you will pay the veterinary bill. After each veterinary visit, a claim form is submitted to the company and the pet owner is then reimbursed.

Knowing that you have taken an extra step to keep your pet healthy will provide you with peace of mind. For more information or to enroll your pet, visit www.petinsurance.com.

Ocean View Veterinary Hospital ~ Pacific Grove, California 93950 ~ 831.649.4111 ~ www.ovvh.com

TIPS FOR TRAVELING WITH PETS

General tips

- Pack their paperwork just in case
- Feed a light meal 2-3 hours prior to travel
- Secure pet-friendly lodgings in advance
- For pets with severe anxiety consult your veterinarian



By Air

- Most airlines require health certificate within 10 days of travel
- Book non-stop flights with no layovers
- During warm weather book early or late flights
- During cold weather book flights during midday
- Make sure you have a secure kennel



By Car

- Take your pet on several short car rides to get them accustomed to car travel
- Bring a first aid kit for your pet
- Keep your pet cool while in the car

Written by Julie Clements

Motion Sickness in Dogs

If you want to take your dog along on trips, vacations...sometimes just to visit friends nearby—but can't because your canine companion gets sick when he travels, then read on. Now there's CERENIA, a new medicine that prevents vomiting caused by motion sickness.

Did you know?

Motion sickness is very common. Pfizer Animal Health talked to many dog owners and found that about 1 in 6 dogs gets sick from traveling. That's 17% of all dogs!

Just for dogs!

CERENIA was developed just for dogs. It is a safe and effective medicine that prevents vomiting caused by motion sickness, and it works very well — a success rate of up to 93%!



IMPORTANT NUMBERS

OVVH (831) 649-4111
Fax (831) 649-0455

Animal Poison Control Hotline
1-(888)-232-8870

Monterey Peninsula ER Clinic and Critical Care Services
(831) 373-7374

Animal Control:
Pacific Grove (831) 648-3143
Monterey (831) 646-3820

Home Grooming Cats

by Diane M. Blokker, RVT



Grooming a cat can be a pleasurable experience for both care-giver and the animal when sessions are short and done on a daily basis. It is best to start a brushing/combing regimen with your kitten, but even adult cats can learn to enjoy the process. If heavily matted, you may want to have a groomer strip your cat's coat and start your daily home grooming with the shorter coat. As the coat grows out, new mats won't have the chance to form.

For short-coated breeds, a comb and soft brush are all that is usually needed. For long-haired cats, a rake, wide tooth comb and a soft brush are the tools needed to maintain a mat free coat. Start with the rake to remove any mats, then progress to the comb. Use the brush for a glossy finish.

It is important for the owner to remain calm. Start with short intervals and gradually work up to 10 minutes daily. Reinforce with food treats. Stop the instant kitty appears agitated or stressed. Keep it short, sweet and happy!

Homemade Holiday Doggie Shortbreads

INGREDIENTS: 1 cup Soy Flour, 1 cup Rice Flour, 1/2 cup Quick Oats, 1/4 cup Corn Meal, 3/4 cup Dry Milk, 1 tsp. Brown Sugar, 1/3 cup Butter, 1 egg, 1/2 cup Hot Water, 1 Tbl. Chicken Bouillon Granules, Additional Soy Flour for dusting bread board. Optional: 1 Tbl. Bacon Bits.

Using fork, combine all dry ingredients in large bowl. Cut in butter until mixture resembles coarse sand. Add bacon bits, if desired, and toss with fork. Stir in egg. Dissolve bouillon in hot water. Pour broth into mixture a small amount at a time and mix well after each addition. Form dough into ball. Place on well floured surface. Knead 4 minutes, until dough is smooth, elastic, and not sticky. Divide dough into 2 equal pieces and form a 1 inch log from each. Using sharp knife, cut 1/2 inch slices from logs and arrange 24 cookies on 10 inch plate. Microwave at medium power 4-5 minutes, until firm. Turn cookies and cook an additional 3-5 minutes at medium power. Don't let them get too brown!! Cool on wire rack. Store in airtight container up to 2 weeks.

Note: If fancy shapes are desired, roll dough out to 1/2 inch thick and cut with small cookie cutters.

(Yields 4-5 dozen cookies) From Diane's Kitchen
BONE APPETITE!



Ocean View Veterinary Hospital
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PAWPRINTS

Fall/Winter 2007 Newsletter



Symptoms of Arthritis

Most arthritis symptoms revolve around pain and stiffness of the joints which show up as "morning stiffness", less activity in general, trouble climbing stairs or getting into your car or truck and so forth.

Often one joint will be worse than others, so your pet will be lame on one leg. Lameness can appear on those days when it's cold or damp or after an activity.

Cats typically develop arthritis during their senior years. Cats often will not want to be touched in painful arthritic areas and can be irritable due to the pain.

If you suspect your cat or dog has arthritis contact your veterinary for a consultation. The earlier your pet's condition is diagnosed the more effective treatment will be for the lifespan of your pet.

What's New in Joint Health Management?

From the makers of Cosequin K-9 and feline comes the new and improved Dasuquin. Dasuquin is now more potent than Cosequin. Dasuquin requires lower dosage than Cosequin and it cost less than Cosequin!

Dasuquin combines avocado/soybean unsaponifiables (ASU) and bioavailable decaffeinated green tea with Cosequin's glucosamine hydrochloride and low molecular weight chondroitin sulfate to provide the most comprehensive joint health management formula available for dogs and cats.

ASU plus glucosamine hydrochloride and low molecular weight chondroitin sulfate has been shown more effective in Vitro than the combination of glucosamine hydrochloride and chondroitin sulfate alone at decreasing expression of several mediators that cause inflammation and pain.

