



Victor's Mews TRURO VET'S NEWSLETTER



(Nadine, Joye and Dr. Julia)

Some of you may have met Joye last summer and fall while she was completing her AHT externship with us. Joye also graduates in May when she starts fulltime with Truro Vet but not before she takes her dream trip to Italy. Bon Voyage Joye!

Welcome Dr. Julia

Congrats Nadine and Joye!

If you've heard the term "y'all" at Truro Vet Hospital lately, then you have probably met Dr. Julia Gilkerson. Born and raised in South Carolina, Dr. Julia fell in love with the Maritimes many years ago. She graduated from AVC in 2005 and started with Truro Vet in May 2006. Her own furry family consists of 2 dogs - Nikko, a Border Collie Terrier mix and Tyra, a teaching beagle; 2 cats - Percival and Precious and one horse - Bonnie.

Nadine graduates from the NSAC in May after completing the Animal Health Technology (AHT) program. Many may remember Nadine as a receptionist, then as a groomer too. Now after 3 long years, she will be Technician Nadine. Its good to have her back!

Parasite Season Is Back

Did you know that in rural Nova Scotia alone, 19.5% of children less than 15 years of age tested positive for exposure to intestinal roundworm? For more info, see inside.

Whether its fleas, heartworm or intestinal worms, our pets are at risk.

Heartworm is a parasite transmitted to dogs and wildlife by the mosquito. Your pet can also pick up intestinal worms (round, hook and whipworms) and fleas from a casual walk in the park! This places our pets at risk for life threatening diseases. Fortunately, giving your dog a monthly deworming pill can easily prevent intestinal worms, heartworm disease and even fleas.

A simple blood test can detect heartworm early. If the test is negative, we recommend you give a parasite prevention medication such as **INTERCEPTOR** or **SENTINEL**. This monthly treatment prevents heartworm and deworms for common intestinal parasites that can be contagious to you and your family.

Cats are smarter than dogs. You can't get eight cats to pull a sled through the snow.

- **Jeff Valdez**



Top Pet Names

Planning on a new pet? Petplan Insurance has compiled a list of the 10 most popular names based on their policy holders.

Dogs	Cats
1. Bailey	Kitty
2. Max	Tigger
3. Buddy	Smokey
4. Molly	Max
5. Maggie	Shadow
6. Charlie	Charlie
7. Jake	Tiger
8. Daisy	Buddy
9. Lucy	Misty
10. Toby	Molly

Emergency Care



For more than 9 years now, the Truro Vet Hospital has shared

out-of-hours service with the other 2 vet hospitals in Truro. When a pet becomes ill or injured and your regular vet hospital is closed, you are referred to the hospital on call for emergencies. When you are away, we recommend you discuss emergency care with your petsitter or boarding kennel. For pets with a chronic illness, a list of medications and medical findings in the last year would be helpful to the emergency vet.

Parasite Control Recommendations

A recent study at the IWK in Halifax found that in Nova Scotia, 19.5% of children less than 15 years of age tested positive for exposure to roundworm. Roundworm is classed as a zoonotic parasite because it can be passed from pets to their people. Young, elderly and immuno-supressed people are most at risk to contracting roundworm. In cases where our immune systems fail to protect us, the roundworm's visceral larval migrans can cause blindness and skin lesions

Studies such as the one at the IWK prompted the Companion Animal Parasite Council (CAPC) to be formed. This independent council consists of expertise in parasitology, internal medicine, public health, veterinary law, and veterinary private practice. They have worked together to create guidelines for the optimal control of internal and external parasites that threaten the health of pets and their people.

The CAPC recommends:

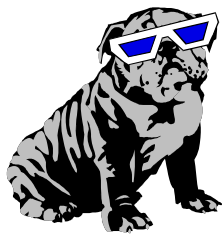
- ◆ Practicing good personal hygiene
- ◆ Cleaning up pet feces regularly
- ◆ Minimizing exposure of children to potentially contaminated environments
- ◆ Year-round treatment with broad-spectrum dewormers that have activity against parasites with zoonotic potential
- ◆ Thorough physical exam and complete history are important for diagnosis, treatment and control of most parasites and should be performed at least annually by a qualified veterinarian.
- ◆ Pets should be fed cooked or prepared food (they should not be fed raw meat) and provided fresh, potable water.
- ◆ Periodic (annual is ideal) retesting for canine heartworm.

For more information, check out www.capcvet.org.



If you are a dog and your owner suggests that you wear a sweater. . . suggest that he wear a tail.

-FranLebowi



Summer Hazards For Your Pet

The summer season is a great time to take advantage of the weather and spend some quality time outdoors with your furry and feathered friends. However, summer and its hot temperatures and unique conditions may lead to some hazardous situations for your pet.

Heatstroke is something we often hear about in relation to pets in parked cars. Many people do not realize how quickly a car can heat up inside. Even parking in shade and rolling the windows down part way is not safe. Pets experiencing heatstroke can show signs of panic, will often pant and drool excessively, and if in an advanced state (this can happen quickly!) seizures and death can happen. Please leave your pets in the comfort and coolness of their own homes in the summer months.

Heatstroke can also occur in an animal outside in their own yard. This can happen if the pet is left outdoors without an

adequate water supply and especially if they are not given access to shade. If your pet is tied or fenced outdoors, be sure they have a way to reach shade. If they are the type to spill their water bowl, try to use a spill-proof bowl or set the bowl in something that can not be tipped (i.e. a small tire).

For those of you with feathered friends, heatstroke is also possible in birds. Be careful not to place their cage in direct sunlight. If they get too hot, they have no place to escape from the heat.

Summer heat can also present a problem for pets that are not properly groomed, that have soiled fur, or that have wounds. An animal who is heavily matted can not keep cool. Fur can normally be raised and lowered by small muscles under the skin to allow the pet to regulate body temperature. If the fur is matted, cooling attempts are often ineffective. Mats are also painful and irritating to the skin. Pets that spend many hours lying down (i.e. older arthritic pets) and may have urine or stool soiling on the fur are susceptible to fly larvae (maggot) infestation. Flies are attracted to the soiled areas. Unattended sores or open wounds will also attract flies. If the wound gets fly larva contamination this leads to painful and serious wound infection. Please check your pets daily if they are at risk for this problem.

Summer barbecues are fun for everyone. Please do not feed the leftovers (especially bones!) to your pet and advise your guests on this matter, especially if your pet has dietary concerns. Pets also love to get into compost and this can cause dietary upset. Please be sure your compost is well contained or in an area which is inaccessible to your pet.

With the above tips in mind, have a safe and happy summer with your family and pets.

You can say any foolish thing to a dog, and the dog will give you a look that says, 'My God, you're right! I never would've thought of that!'
Dave Barry





Truro Vet Introduces Slim Fit

Weight control seems easy. If the amount of energy eaten equals the amount of energy burnt in the course of a day there will be no weight gain.

Recent studies suggest that 25-40% of our pets are overweight. Homemade meals, scraps, treats and snacks contribute more to weight control problems than nutritionally balanced diets. Weight control problems tend to increase with age. Neutering decreases the resting metabolic rate and, in cats, the lack of certain hormones causes a decrease in satisfaction from food, making them eat more.

A successful weight loss program consists of three things - Determination, Exercise and Diet. Determination is the hardest, because your pet does not care whether she can fit into a size 6 bikini or how much he can flex his biceps. So you, the owner, have to provide the determination. Regular weighing or measuring will help provide you with a sense of accomplishment and increase your success.

Regular exercise will increase the metabolic rate. Increased metabolism causes your pet to burn more energy or calories even when they are at rest. It is important to exercise regularly and gradually increase how much is done so the muscles, joints, and cardiovascular system can adapt and avoid injury. Make sure your pet does not get over tired or over heated and provide plenty of water.

For our full-figured feline friends, exercise is a bigger challenge. Putting the food and litter box on different floors of the house or providing toys with cat nip to encourage play will increase exercise. For the housebound cat,

taking them outside on a leash and harness (supervised) will also encourage some exercise. Since cats are snackers by nature, providing many food dishes with just a FEW pieces of food in each and scattering them around the house will cause your cat to explore for food more and not sleep all day.

Medi-Cal has foods designed specifically for the over weight pet. Reducing Formula for cats is lower in fat and calories but higher in protein as cats are true 'meat eaters'. The Calorie Control formulas for cats and dogs are highly palatable foods that are easily digested with lower energy content, normal fibre content and all essential nutrients are increased.

Beginning in the Fall of 2006 Truro Vet Hospital began the **Slim Fit Program**. Overweight pets are assessed by a Slim Fit counsellor. A body condition score is recorded along with the current weight of the pet. Food and exercise are discussed with recommendations. Repeat visits are scheduled for every 2 weeks for weigh ins and counsellors provide support to keep owners focused on the long term goals. Truro Vet's Slim Fit Counsellors are Lisamarie, Ashley, Carmen, Joye, and Valerie. If you have questions about your pet's weight, please call 893-2341.

