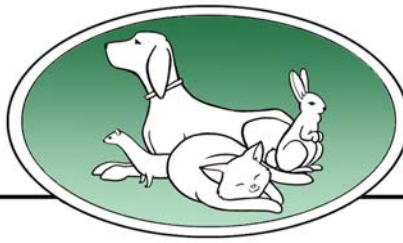


# EAST VALLEY

5049 Upper 141st Street West



# ANIMAL CLINIC

Apple Valley, Minnesota 55124



# Paw Talk



A professional publication for the clients of East Valley Animal Clinic

SUMMER 2013

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## Disaster Preparedness

The recent tornadoes that devastated Oklahoma are tragic reminders that disasters can occur anywhere, at any time. Disasters take many forms, from blizzards and hurricanes to fires and environmental hazards such as chemical spills. Experts say the best way to deal with a disaster is to plan ahead, and that's especially true when animals are involved.

To create your disaster plan, start by asking the following questions:

1. *How would you evacuate if you had to?* One-third of pet owners surveyed say they have no idea where they would go if they had to leave with their pet. After Hurricane Katrina, 40% of those who didn't evacuate stayed behind because of their pets. Knowing where you could go and how you'd get there allows you to safely evacuate if needed.
2. *Do you have supplies ready for your pets?* You may have only minutes to leave your home, or you may be stuck in your home with no way to get to the store for days. Keep a five day supply of food, medicine, sanitary supplies (litter, etc.), leashes

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## Pretty To Look At ...but deadly for your pets.

This is a true story about Diver, a curious little cat that got himself into some trouble. It all started with a bouquet of flowers that his owner had received as a Mother's Day gift. The bouquet contained lilies, and Diver found them very tasty. Diver's owner noticed that he stopped eating and was drinking a lot of water. When she brought him to see Dr. Pam at East Valley Animal Clinic, his kidney values were ten times the normal value. Diver was hospitalized and given IV fluids and medication to support his kidneys, and luckily, he responded well to the treatment. His kidney values are still elevated and it may be months before he completely recovers.



These lilies (like the ones shown here), and their toxic relatives, include Easter lily, day lily, Asian lily and tiger lily.

We don't know what in the lily makes it poisonous, but we do know that a cat's kidney values can be elevated within 18 hours after ingestion. There is no antidote, just supportive care. This is why it is critical to have your pet examined by a veterinarian immediately if you suspect exposure to lily plant.

Diver's story has a happy ending, but not every cat is so lucky — some die from ingestion of even a couple bites of the plant. Since cats are so prone to chewing on plants, it is important to ensure your cat does not have exposure to any of these plants.



Diver



**Home Repair & Remodeling**

***Call someone you can trust for your household maintenance projects.***

***Dave Ranzinger***



# Longevity

## In Pets

A 27-year-old black and white British cat named Wadsworth may be the world's oldest living cat (as of the time this newsletter went to print). "Waddy" was adopted by Ann Munday in Bedfordshire, England, in 1986. She told the BBC that he was a tiny, sickly kitten, but she nursed him back to health. He's received regular veterinary care since then, and his veterinarian has confirmed his age.

According to the Guinness World Records, the oldest cat ever recorded was named Crème Puff, and she lived to the ripe old age of 38 years and three days old.

Wikipedia.org lists 16 dogs who lived to be over 20 years old, although a number of those ages were not verified. Three of the dogs on that list lived an amazing 29 years, including Max, a terrier; Bella, a Labrador cross; and Bluey, an Australian Cattle Dog.

## And People

*"Owning a pet, particularly a dog, could reduce your risk of heart disease."* That sentence is the first line of a scientific statement recently released by the American Heart Association.

The AHA convened a panel of experts to review data collected over many years from numerous studies on the influence of pets on human health. While the studies are not definitive, it appears that dog ownership is related to a reduction in risk factors associated with heart disease, and increased survival rate of heart attacks.

Studies show that pets have a positive effect on humans' reaction to stress, and may be related to lower blood pressure and cholesterol levels. One study of more than 5,200 adults showed that dog owners tend to get more physical exercise than their non-dog owning peers.

The authors stated that more research is needed, and that "people shouldn't adopt, rescue or buy a pet solely to reduce cardiovascular risk."

# Pet Age Chart

You've probably heard the old adage that dogs age seven years for every one calendar year, and wondered if it is accurate. Pets age much more quickly than humans, but the 7:1 ratio isn't a good method of estimating their relative age. In general, pets' rate of aging varies according to size. Other factors, such as breed, gender, weight and living conditions also play a role. Pets' lifespans vary greatly as well; small dogs often live fifteen or more years, while giant breeds only live eight to ten years.

This chart shows approximate relative ages for pets (in human years), versus calendar years.



Calendar Years	Cats	Under 20 lbs	20-50 lbs	50-90 lbs	Over 90 lbs
6 months	10	10	10	10	10
1	16	15	15	14	12
2	21	23	24	24	20
3	25	28	29	29	28
4	28	32	32	34	37
5	32	35	37	40	43
6	36	40	42	45	50
7	40	44	47	51	57
8	44	48	51	57	65
9	48	52	56	61	73
10	52	56	60	68	80
11	56	60	65	72	86
12	60	65	69	77	93
13	64	70	74	82	101
14	68	74	78	88	108
15	72	78	83	93	110

**"Blessed is the person who  
has earned the love of an old dog."**

– Sydney Jeanne Seward

# Puppy and Kitten Care

Few things in life are more endearing than puppies and kittens. Starting yours off on the right paw will help ensure a lifetime of companionship.

## Physical Examination

A nose-to-tail exam allows your veterinarian to determine your pet's overall health, detect any congenital defects (such as a heart murmur), check for parasites and give your pet crucial early vaccinations. Pets experience remarkable growth in the first few months of life, and some puppies and kittens reach sexual maturity as early as five months of age. Because of this rapid growth, it's appropriate to have several veterinary exams during this short period.

## Vaccinations

Puppies' and kittens' immature immune systems are at a high risk of invasion from disease-causing organisms found in the environment. Vaccinations help to prepare them to fight off disease. A series of vaccines is required, spaced several weeks apart. Puppies are at risk from fatal diseases such as distemper and parvovirus, while kittens are susceptible to equally dangerous diseases such as rhinotracheitis and panleukopenia.

## Parasites

Healthy adult dogs and cats are sometimes carriers of a small number of



intestinal parasites such as roundworms and hookworms. These can be passed to their puppies and kittens, whose bodies are less able to resist the potentially damaging effects. External parasites such as fleas, ticks and ear mites can cause discomfort and disease. Your veterinarian will advise you about deworming during your youngster's wellness exam, and make recommendations for parasite prevention appropriate for your pet's tender age.

## Nutrition

Growing bodies need special nutrition, and because different breeds and sizes of dogs grow at different rates, their nutritional requirements vary as well. Young mouths may be sensitive when pets are losing their "baby," or deciduous teeth, so kittens especially may benefit from eating canned or wet food rather than kibble. Ask your veterinarian for feeding and nutrition recommendations tailored to your pet's needs.

## Behavior

Your veterinarian can also give you guidance on potty training, socialization and teething, all of which are important to address during your first few weeks with your new bundle of joy.

# Senior Pets

If your pet was a human, would it qualify for AARP membership? Many people are surprised at how early some pets are considered seniors. It is an important milestone, because seniors are at increased risk of health problems, but the signs of issues may be subtle at first.

**The signs you can see** provide important clues about your pet's well-being. In addition to her graying muzzle, has your senior dog become reluctant to climb the stairs? Has your cat stopped jumping to a once favored perch? Watch for changes, such as eating or drinking more or less than usual, altered potty habits, changes in coat or skin condition, decreased mobility, irritability or other behavior changes. This information can help your veterinarian determine if there is an underlying condition that should be addressed.

**The signs you can't see** are sometimes more important than those you can. As your pet ages, her heart, lungs, kidneys and liver may become less efficient and more prone to disease. Many ailments have a gradual onset, and some may not become symptomatic until they are in advanced stages, and so they are often referred to as "the silent killers." For example, kidney disease can be fatal, but you may not notice symptoms until 70% of kidney function has been lost. Cats are especially adept at hiding signs of illness.

Fortunately, many diseases can be detected with veterinary examinations and diagnostics early enough to be successfully managed or treated. The treatments are often inexpensive, and can greatly improve your pet's quality of life during her golden years.



"If we measure time in dog years, shouldn't we get fed 21 times a day?"







## Meet Dr. Pam

Dr. Pam Takeuchi has been practicing at East Valley Animal Clinic since the summer of 2005. Dr. Pam is well-liked by both clients and staff for her friendly, easygoing manner that puts her patients and clients at ease.

"I enjoy the interactions and relationships I develop with our clients," says Dr. Pam, and with her outgoing personality, this is easy to understand.

Originally from southern California, Dr. Pam and her husband Ken have been Minnesotans since 1999. She has adjusted well to the colder climate, as she enjoys many winter sports and activities.

When not at the clinic, Dr. Pam is kept very busy by her two active boys, Kyle and Owen. Her free time is spent watching hockey, baseball, swimming and karate. When she gets time for herself, she enjoys biking and exercising. They also share their home with their two dogs, Mochi and Molly, and a rat named Einstein.

Pictured at left: Dr. Pam with Eleanor, a hamster that belongs to one of our technicians.



PRSRT STD  
US POSTAGE  
**PAID**  
PERMIT #375  
NASHUA, NH



Hi, I'm  
Wilson,  
and I need  
a home!



This is **Wilson**, a cat that has fallen on hard times and ended up at East Valley Animal Clinic. He is a sweet, healthy boy that loves people. He is an active kitty that would be a welcome addition to any home. He has adjusted well to living at the clinic, but he would be happier to find his forever home.

Please contact us if you or someone you know could give Wilson the home he deserves.

### DISASTER PREPAREDNESS *continued from pg. 1*

and pet carriers ready to go. Keep a list of your pets' medications in a water-proof container. Remember, if you need to evacuate, your veterinarian may need to as well.

3. *Does your pet have identification?* It is possible you may become separated from your pet. Always keep an ID tag on your pet. Having your pet microchipped will ensure they are identified, should they lose their collar. Keep current photos of you and your pets to help prove ownership should you become separated.

Don't forget to revise your plan as you add new pets to your household, or your current pet's situation changes. There are a number of websites that detail what you can do to prepare for a disaster. Visit the ASPCA website at <http://www.aspc.org/pet-care/disaster-preparedness/>.

A disaster can happen in a matter of minutes, and can have devastating consequences. A bit of planning on your part can ensure that you and your pet will be safe if the unthinkable happens.