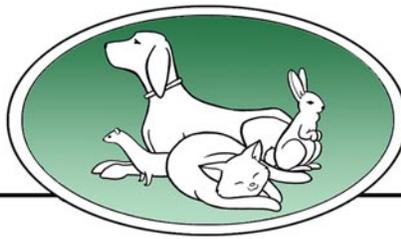


EAST VALLEY



ANIMAL CLINIC

5049 Upper 141st Street West

Apple Valley, Minnesota 55124



Paw Talk



A professional publication for the clients of East Valley Animal Clinic

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Happy Valentine's Day

from all of us at East Valley Animal Clinic! While enjoying this delectable holiday, be sure to keep your chocolate treasures away from your pets. Chocolate is irresistible for many of us, but it is potentially fatal for our pets. Chocolate contains a naturally occurring compound called theobromine, which is toxic to dogs and cats. The symptoms of theobromine poisoning begin with nausea, vomiting and diarrhea, increased urination and incontinence, and can progress to cardiac arrhythmias, seizures and even death. Beware of candy sweetened with xylitol as well! This natural sweetener is highly toxic to dogs and cats.

Anesthesia and Your Pet

Many owners are frightened of the thought of their pet undergoing anesthesia, either because of a bad experience with another pet, or things they have heard from other pet owners. Many pet owners decline or postpone procedures for their pets because they are afraid something bad will happen while their pet is under anesthesia.

The truth is, there is always a risk with anesthesia, for any pet of any age. But thankfully, that risk is often very small. A study by Dr. David Brodbelt and associates looked at over 98,000 pets (dogs, cats and rabbits) and found that in healthy dogs, the risk of death from anesthesia was 0.05% and 0.11% in healthy cats. This very low number is due to several factors, including better anesthetic protocols, sophisticated monitoring and trained professionals overseeing your pet.

The first step to ensuring safe anesthesia is a thorough pre-anesthetic examination by your veterinarian. This is performed on every patient undergoing anesthesia. We also recommend blood work prior to anesthesia, which can identify underlying disease that may make anesthesia more risky. It may be better to postpone an elective procedure until we can determine if an abnormality in blood work is not a concern.

We place an intravenous catheter on every patient that is undergoing anesthesia to allow us to deliver fluids to help maintain hydration and blood pressure. At East Valley Animal Clinic, we have monitors that tell us about your pet's heart rate, breathing rate, blood pressure, body temperature, amount of oxygen and carbon dioxide in the blood, and a constant ECG reading. We use a warm air blanket when the pet is under anesthesia and in the post anesthesia period until the pet's body temperature has returned to normal.

All of these things are very important, but the most important monitoring equipment we have are our certified veterinary technicians. They have extensive training and experience in anesthetic protocols and equipment, but most important, their training helps them know what is normal and what is not. They are with the pet from the beginning of the procedure until the pet is awake.

With any anesthetic procedure, a certified veterinary technician is assigned to your pet and their only job is to monitor that pet, whether it is a dental cleaning, spay, neuter or a complex orthopedic surgery.

Of course, if you have concerns, please discuss them with your veterinarian. We want you to be comfortable with the choices you make for your pet.





Understanding Vaccines

The immune system is the body's defense network against infection. It is made up of a combination of cells, tissues and organs that work together, each performing an important function. The immune system must detect potential threats (such as viruses and bacteria), distinguish them from normal, healthy tissue, and attack and fight off the threats.

The first time the body encounters a specific pathogen, it can take days for the immune system to recognize the threat and start to fight. After an infection, the immune system creates "memory cells," which are able to respond quickly if that same type of pathogen invades the body again. Antibodies are large proteins created by the immune system to attack a specific threat.

A vaccine is a biological preparation that is designed to stimulate the immune system to develop immunity to a disease. Vaccines usually consist of weakened or killed forms of disease-causing microorganisms. When they are administered, it stimulates an immune response so that the body will recognize that pathogen in the future.

Most vaccines require at least two initial doses to provide immunity. The first dose "primes" the immune system, and the second dose, administered two to six weeks later, stimulates the body to create a protective immune response, which typically takes about seven more days. This is why puppies and kittens initially require a series of vaccines. Very few vaccines provide lifelong immunity, so pets must receive booster shots at intervals throughout their lives for continued protection. Efficacy varies from one vaccine to another, depending on many factors, such as the type of vaccine and the age and overall health of the pet.

When puppies and kittens are born to healthy dogs and cats who have been vaccinated, they acquire what is known as "passive immunity" to disease from their mother. That passive immunity only lasts a short time, and when they stop nursing and start exploring the world and being exposed to pathogens, they are at a high risk for infection. "Active immunity" is acquired from vaccines.

Vaccines are an important aspect of protecting your pet's health, and they're very safe. As with all medications, however, adverse reactions can sometimes occur. Common side effects are lethargy and possible hair loss or a small lump at the injection site. If the lump lasts longer than a month, becomes red or inflamed, or if

you are concerned, please contact us.

Rarely, pets may experience a more severe reaction to vaccines. These will generally occur within 30-60 minutes after vaccination. Please call your veterinarian or an animal emergency clinic immediately if you notice any sudden onset of the following symptoms: multiple episodes of vomiting, diarrhea, hives, loss of consciousness, swelling of the eyes or face, or difficulty breathing.

Protect Your Pet

For many veterinarians, there is almost nothing more heartbreaking than diagnosing a pet with a fatal illness that could have been prevented with a simple vaccine. Vaccines for diseases like distemper and parvovirus are highly effective, yet unvaccinated pets still die from those illnesses each year.

Vaccines are an important component of every preventive health care protocol for both humans and pets. There are many vaccines available, and not every pet needs to be vaccinated with each one. "Core" vaccines are those which are recommended for all cats or dogs. "Non-core" vaccines are those which may be recommended based on a pet's life stage, lifestyle, environment, exposure risk, geographic region and other factors. Combination vaccines that protect against several diseases are common for both dogs and cats.

Here is an overview of some diseases we can prevent using core and non-core vaccines:

Rabies is one of the most deadly zoonotic diseases that threatens pets and humans. Rabies is caused by a virus; it attacks the nervous system and is almost always fatal once clinical symptoms appear. The virus is secreted into the saliva of an infected animal and is usually transmitted by bites, although it is possible to transmit the disease when infected saliva comes in contact with an open wound, the eyes, nose or mouth. The rabies vaccine is considered a core vaccine for both dogs and cats.



"Election season is very stressful for me. I love people and I want to vote for everyone, whether they are running or not!"



FELINE DISEASES

Rhinotracheitis is a viral respiratory disease that causes sneezing, conjunctivitis, coughing, nasal discharge and fever. It is highly contagious and can be fatal.

Feline calicivirus is a contagious respiratory disease that causes fever, sneezing, nasal discharge and stomatitis (ulceration of the mouth). Some cats may show no symptoms but still shed the virus and spread it to others, so it is a dangerous problem for shelters and catteries.

Feline panleukopenia virus (FPV), also known as feline infectious enteritis and feline distemper, is a highly contagious virus that attacks the gastrointestinal tract, causing bloody diarrhea, dehydration and anemia. It is often fatal.

Feline leukemia virus, or FeLV, is a contagious virus. Some infected cats show no symptoms but still shed the virus. It is the most common cause of cancer in cats, and it also suppresses the immune system, opening the door for many other problems, such as chronic infections.



Canine parainfluenza is a contagious respiratory virus that causes a low-grade fever, coughing, nasal discharge, lethargy and lack of appetite. This virus is one of the most common pathogens that causes tracheobronchitis, or canine cough. The symptoms of parainfluenza and canine influenza are similar, but the viruses are different and require separate vaccines.

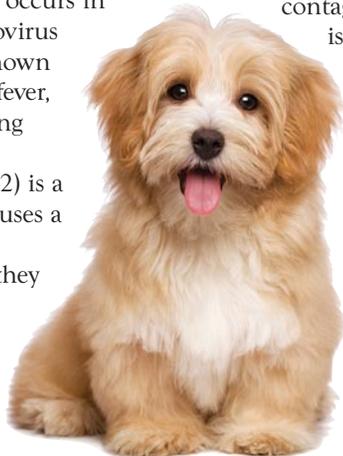
Canine parvovirus is one of the deadliest diseases in dogs. It is highly contagious, and is especially dangerous for puppies. Early symptoms of parvo include lack of appetite, depression and lethargy. Parvovirus attacks the intestinal tract, causing fever, vomiting and severe, often bloody diarrhea. Death can occur within 48 to 72 hours after onset of symptoms. The virus can also damage the heart, and in animals that survive, it can cause long-term cardiac issues.

Bordetella (kennel cough) is a highly contagious respiratory infection. This vaccine is typically required for any dog that will be going to obedience training, a boarding kennel, dog parks and most grooming facilities.

Lyme disease is spread by ticks, and can cause fever, lethargy, painful lameness and neurological symptoms.

Leptospirosis is a deadly disease that is transmitted by ingestion of contaminated water. Signs include vomiting, diarrhea, fever, abdominal pain, refusal to eat, muscle pain, weakness and depression. The disease can quickly damage the kidneys and liver, and can be fatal.

Canine influenza virus is a highly contagious respiratory disease, and is easily spread between dogs by direct contact, airborne particles or by touching any contaminated surface, such as toys or bowls. Signs include fever, coughing, nasal discharge, lethargy and loss of appetite. Most dogs experience only mild infections; however, some dogs may develop pneumonia or other serious complications. The disease is sometimes fatal.



CANINE DISEASES

Canine distemper is a highly contagious viral disease. It attacks the respiratory, gastrointestinal and nervous systems, and is often fatal. Signs include fever, nasal discharge, coughing, vomiting and diarrhea. Transmission can be either by direct contact with bodily secretions or via airborne particles from coughing or sneezing.

Canine adenovirus occurs in two forms: canine adenovirus type 1 (CAV-1) is also known as hepatitis, and causes fever, abdominal pain, vomiting and diarrhea. Canine adenovirus type 2 (CAV-2) is a respiratory virus, and causes a dry cough, retching and conjunctivitis. Because they are closely related viruses, CAV-2 is used in vaccines and provides protection against CAV-1.

Food Warning Alert!



A natural sweetener that is safe for humans but deadly for dogs is showing up in more and more products these days. The latest threat is peanut butter. Several brands, including Nuts 'n More, Krush Nutrition and P-28 Foods, make peanut butter and nut-based spreads containing xylitol.

Xylitol is a low-calorie sugar substitute that is found in many products, including sugarless chewing gum, mints and baked goods. Unfortunately, xylitol is toxic to pets.

At low doses, xylitol causes hypoglycemia, or low blood sugar. This can make your dog seem weak or disoriented and potentially lead to seizures and death. Higher doses of xylitol can prove fatal as a result of liver destruction. Other signs of xylitol poisoning include vomiting, depression and coma.

In most cases, peanut butter that is sweetened with sugar is safe to feed your dog in moderation. It's a common misconception that xylitol is an artificial sweetener, and some pet parents feel safe if they reach for products labeled "natural," but xylitol is a natural sweetener. It's crucial for pet owners to be diligent about reading labels before feeding their pets any human foods. Avoid any products that list xylitol, and if a product doesn't specify the sweetener used and just says "naturally sweetened" it's best to avoid that as well.

“What a beautiful world it would be if people had hearts like dogs.”

– Unknown



Staff Spotlight

East Valley Animal Clinic is happy to welcome Dr. Tessa Lundgren to our staff. Dr. Lundgren is a 2005 graduate of the University Of Minnesota College Of Veterinary Medicine. She and Dr. Wagner were classmates.

Prior to joining East Valley Animal Clinic, Dr. Lundgren worked at a variety of small animal clinics in both Minnesota and Wisconsin. After starting a family, Dr. Lundgren wanted to cut back her hours so she could spend time with her children. She feels very fortunate to have found a position here that allows her to have a balance between her home and her career.

Dr. Lundgren lives in Afton with her husband, Mike, their son, Teig, and daughter, Teyha. They share their home with Maisy, a Boxer, and Snort, an aptly named Pug. When she is not working, Dr. Lundgren enjoys spending time at state parks, biking, reading and playing with her children!

Please join us in welcoming Dr. Lundgren to the East Valley Animal Clinic family.



Dr. Tessa Lundgren with Snort and Maisy



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Mac, slightly embarrassed by the whole ordeal.

He Ate What?

If you have a dog, they probably have eaten something they shouldn't have at some point.

Mac really got himself in trouble recently. Mac wasn't feeling well, and had been vomiting occasionally. His owners brought him in and Dr. Pam was concerned because he had lost some weight. She recommended taking x-rays and it was apparent that Mac had something in his stomach. She recommended surgery.

The following day, Dr. Ranzinger took Mac to surgery. As she felt his stomach, she could tell there was something in there, but we were all surprised when she opened his stomach and removed an entire, intact men's t-shirt! Aside from this remarkable finding, the surgery was uneventful and Mac went home that same day.

Mac has recovered well and his owners are keeping their clothes out of his reach!