

# Paw Prints Newsletter

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## Summer Care Tips for your Pet

**Weather:** Provide plenty of fresh drinking water at all times. Keep your pet's kennel well-ventilated and positioned near a well-shaded area where your pet can avoid midday sun and heat. Avoid excessive exercise during hot weather. Over-exertion can cause heat stress or stroke. Safe outdoor temperature for pets can vary by breed and size.

**Warning:** If you suspect heat stress or stroke (e.g., collapse, extremely heavy panting, excessive drooling), wet your pet thoroughly with cool (not cold) water by immersion or spray your pet with a garden hose and call or rush to your veterinarian or the nearest emergency center.

**Skin and Body:** Keep your pet well-groomed. Long hair and hair mats can decrease your pet's ability to keep cool and contribute to skin disease. Regularly brush

and trim hair as needed. Vaccinate your pet against infectious diseases (e.g., canine parvo virus or feline leukemia). Pets usually have more contact with other animals during warmer months and disease can spread more easily.

**Motor Vehicles:** The temperature inside a car can easily climb to 120 degrees when a vehicle is parked in the summer sun. Never leave your pet unattended in a vehicle.

**Parasite Prevention:** Use flea, tick and heartworm preventatives monthly. Pets should take these year

round. Remember, it's often easier and cheaper to prevent parasites than treat them when a pet is infested or infected. Take your pet for fecal exams (for internal parasites) at least yearly. To reduce your pets' access to parasites, and to discourage breeding, keep your yard clean of feces and leaf litter. Trim bushes, trees, and dump any standing water.

**Toxic Substances:** The poisons that kill common pests, like rodents, snails and slugs, are also lethal to pets if consumed. Please limit your pet's access to places where these poisons are stored in and around your home.

Lawn herbicides can also poison pets, so keep your pet out of the yard while spraying herbicides and off the grass for three to four days afterwards. Washing your pet's paws thoroughly before coming back inside will help remove herbicidal residue.

## DID YOU KNOW...

- ▶ that stroking a cat can lower one's blood pressure
- ▶ that cats age ten years in the 1st six months of life
- ▶ that the oldest known dog lived to be 29
- ▶ that the Taco Bell dog is actually a female called Gidget



## Disaster Preparedness Checklist



Wishing one and all a happy and safe July 4th!

A well-thought-out plan for different types of disasters can potentially save your pets' lives. Here are some general tips for planning:

- ▶ Each pet needs at least two current forms of identification. Consider a microchip implant and collar tags.
- ▶ Install permanent, waterproof "Pets Inside" stickers on your front and back doors or windows of your home. If possible, list the number and types of animals in your household.
- ▶ Start a buddy system with your neighbor to check on your pets if you're not at home.
- ▶ Assemble an emergency pet kit.
- ▶ Keep vaccinations up to date.

- ▶ Prepare for two types of scenarios: evacuating your home or riding it out at home.

### Evacuating your home

Plan for a safe place to take your pets in an emergency. Advance research will save precious time.

Keep a list of:

- ▶ Friends/relatives willing to help
- ▶ Pet friendly hotels/motels
- ▶ Boarding, grooming and veterinary facilities
- ▶ Local animal shelters that provide emergency pet shelter, government shelter and non-profit animal shelters.

### Riding it out at home

Identify the safest place in the house for your pets

where they cannot escape. Never leave pets unattended.

- ▶ Place your emergency pet kit in a safe, accessible location
- ▶ Separate dogs and cats
- ▶ Stay clear of windows, fireplaces and appliances and keep out of the kitchen.

We hope this article was helpful and that you and your pet will be safe in the event of any disaster.



## Your Emergency Pet Kit Should Include

### Food and Water

- ▶ One to two-week supply of dry or canned food of the brand your pet usually eats.

Replace food according to its expiration date. Include a spoon, food dish, water bowl and can opener. Record your pets eating habits (amount and times), as well as any allergies

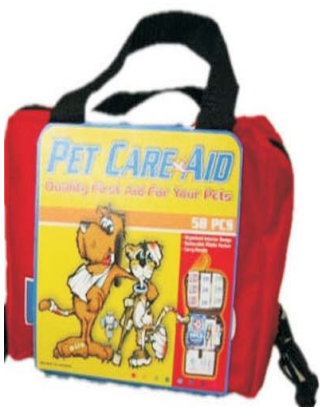
they may have. Store food in a waterproof and protected bag or case.

- ▶ One to two-week supply of water in gallon-sized plastic containers.

Replace water regularly to ensure freshness. If gallon-sized is not available, cases of bottled water is a great substitute.

### Animal Necessities

- ▶ Cleaning supplies for crates and or litter boxes.
- ▶ One to two-week supply of cat litter, a litter box and litter scoop.
- ▶ Pet bedding or blankets, brushes and or combs, grooming supplies and toys.
- ▶ Animal crates or carriers: Label with your contact information,



## Your Emergency Pet Kit Should Include (continued)

ensure the crates or carriers are safe and secure, and that pets have room to move around.

- ▶ Spare or extra collars, harnesses or leashes.

### Paperwork

- ▶ Photographs of your pet
- ▶ Vaccine records and or medical history
- ▶ Veterinary Pet Insurance information which



includes a release statement authorizing emergency medical treatments

- ▶ Proof of ownership/animal information-microchip, proof-of-

purchase, tattoo or other Identification information

- ▶ List of emergency contacts
- ▶ Identification Tags: if possible, include your temporary location or contact info
- ▶ Medication: List each pet and include the dose and frequency. Keep a two-week reserve supply. Replace according to expiration date.

### SPECIAL OFFER

Dentals are 10% off through the month of July. Take advantage of this great offer today.

## Common Toxicities (Part 2)

### Toxic Food

Food that are toxic to animals include avocado, all forms of chocolate, onions and onion powder, garlic, grapes, raisins, macademia nuts, alcoholic beverages, moldy/spoiled foods, salt, fatty foods, gum/candy sweetened with *xylitol*, tea leaves, and raw yeast dough. These foods should be avoided as even small amounts can cause your animals distress.

### Harmful household items

Items found around the home that are potentially toxic include home insect products, rat/mouse bait, slug/snail bait, fly bait,

bleach, disinfectants, fabric softener, lead, lighter fuel, moth balls, paint thinner, drain towels, and wax.

Ensure these items are properly put away so your pet's game does not turn into an emergency visit to the veterinarian.

Cleaners, potpourri, lime scale remover, and tobacco products may also cause harm.

Pets also enjoy playing with many common household items that can cause obstruction or severe damage to the gastrointestinal tract if swallowed.

These include balls, batteries, bread twist ties, buttons, coins, cotton swabs, glass, hair pins, jewelry, nylons, paper clips, plastic wrap, socks, rubber bands, and strings/yarn/dental floss.

### What to do in an emergency

If your pet has come into contact with any of the above products or you are concerned about something your pet has been exposed to, contact Cherrydale immediately.

The Animal Poison Control Center can also be reached 24 hours a day at 1-888-426-4435.



## Dealing with Pet Behavioral Problems

Cherrydale Veterinary Clinic is concerned not only about your pet's physical health, but their mental health as well. Dogs and cats suffer from a range of behavioral disorders that not only affect their physical health, but make them difficult to live with.

Examples of behavioral problems commonly seen in pets include house soiling/litter box problems, canine/feline rivalry, separation anxiety, destructive behavior, fears/phobias/anxiety, excessive vocalization, aggression, adjustment difficulties (i.e., new baby in the home), depression, eating disorders/pica,

post-traumatic stress syndrome, and obsessive-compulsive disorders (OCD).

This time of year, storm phobias and fear of fireworks are prevalent in many households. Mild forms of these disorders can usually be handled by placing the animal in a room with closed blinds and turning on a television or music loudly to drown out the noise. It can also be useful to give a dog a special bone or toy to occupy their attention.

More severe forms of these phobias often manifest in animals hiding, self mutilating, or being destructive to the home. In

these instances it may be helpful to consult with an animal behaviorist or to discuss anti-anxiety medications or sedatives with your veterinarian.

Behavioral problems in general can be remedied with a combination of techniques including behavioral modification training, diet changes, exercise regimens, and medications.

A consultation with an animal behaviorist is generally the first step towards correcting these problems. These professionals have advanced degrees in education, a background in animal training techniques, and an extensive history with behavioral problems in cats and dogs. A good animal behaviorist will work with your veterinarian to determine what is the

best course of action for your particular case/problem. They will discuss the pros and cons of altering a pet's diet, exercise routine, and do a risk/benefit analysis of potential medications to ease your pet's anxiety.

An in-home assessment is done in order to properly document and observe the troubling behavior. This allows for a specific plan of action or each case. With many behavioral problems there is not a cookie-cutter remedy, nor a magic pill that will spontaneously resolve the issue. Solving behavioral problems can be labor intensive on the part of the owner, but there are truly many problems that are not fixable.

For more information on reputable animal behaviorist in your/our area, contact us.



### Clinic Hours

M-F: 7:00 am - 9:00 pm  
 Sat: 8:00 am - 5:00 pm  
 Sun: 10:00 am - 5:00 pm

### Cherrydale Veterinary Clinic

4038 Lee Highway, Arlington, VA 22207  
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#### Our doctors

Robert C. Brown, DVM (Director)  
 Farid Boughanem, DVM (Medical Director)  
 Jackie Keenan, DVM  
 Sunny House, DVM  
 Dharati Szymanski, DVM  
 Laura Whitehead, DVM

*Serving the community since 1972*

DOG	HUMAN
3 months	5 years
6 months	10 years
1 year	15 years
2 years	24 years
4 years	32 years
8 years	48 years
10 years	56 years
15 years	76 years
20 years	98 years



Pets age faster than humans. To keep them healthy and disease free, have them examined twice a year.