

# Sault Ste. Marie Animal Clinic

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## Welcome New Puppy!

At Sault Ste. Marie Animal Clinic we know pets are very important members of your family. Our goal is to provide your pet with compassionate, top quality medical, surgical and preventive care.

We strive to combine our years of practical experience with cutting edge technologies and the latest advancements in veterinary medicine.

We believe top quality veterinary care requires an active and informed partnership between the pet owner and the veterinary clinic. **You** are an important member of your pet's health care team!

Please find enclosed some basic information we would like every new pet owner to have. For more detailed information, visit our website: [www.ssmanimalclinic.com](http://www.ssmanimalclinic.com).

We look forward to a long and healthy relationship with you and your new pet!



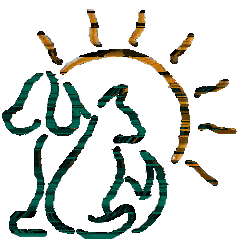
"You are an important  
member of your pet's  
health care team!"

Get to know us on-line: [www.ssmanimalclinic.com](http://www.ssmanimalclinic.com)



Please feel free to call us any time you have questions - we look forward to hearing from you!

**705-759-8888**



# The First Year

## First Appointment (Recommended at 6-8 weeks of age):

General Physical Examination and weight

**Distemper, Hepatitis, Parvovirus, and Parainfluenza Virus (DHPP) Vaccination** (Puppies from the Humane Society or a breeder may have had this needle already)

**Fecal Examination**

Parasite Control - for Fleas/Heartworm/Intestinal Parasites depending on Fecal results and time of year

*Tip: This is a good time to think about applying for pet insurance!*

## Second Appointment (Recommended at 10-12 weeks of age):

General Physical Examination and weight

**DHPP 2nd Booster Vaccination** (+/- Lepto)

**Fecal Examination**

Parasite Control - if not dispensed at previous visit

*Tip: This is a good time to look into obedience classes!*

## Third Appointment (Recommended at 14-16 weeks of age):

General Physical Examination and weight

**DHPP 3rd Booster Vaccination** (+/- Lepto)

**Rabies Vaccination**

**Fecal Examination** (if not done at least twice previously)

Parasite Control - if not dispensed previously

*Tip: This is a good time to book the appointment for spaying or neutering!*



**Spay or Neuter:** Spaying or neutering is the surgical removal of your dog's reproductive organs to prevent pet over population as well as avoid some health and behavioural issues as your puppy gets older. Most dogs will reach puberty between 7-9 months of age - but we will take several factors such as breed, size, and lifestyle into consideration when recommending the best age for your pet to have the procedure done. Ask us if your female puppy is a candidate for "Laparoscopic Ovariectomy"...a new and less invasive way to sterilize female dogs.

*This is the ideal time to have your puppy microchipped!*

**Let us know if your puppy will be going to the boarding kennel or groomer...  
we may recommend additional vaccinations for "Kennel Cough"**

**General Physical Examination and Vaccinations** - Recommended at approximately 16 months of age then annually. You will receive reminder notifications for:

General Physical Examination and weight

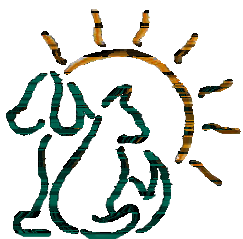
**DHPP/RABIES/ Lepto/ Kennel Cough** Booster Vaccinations as needed

**Fecal Examination**

**Heartworm Test**

Dispense Flea/Heartworm/ Intestinal Parasite Control as required

**This is an example only - your puppy's schedule will be tailored to his or her specific needs**



# Leptospirosis

**Leptospirosis is a complicated and devastating disease** caused by spiral shaped bacteria called spirochetes that can affect all mammals (humans included). It is unique in that there are over 200 different serovars (strains or subtypes) and each serovar will have a preferred “host” species (for example rats or raccoons) that it will most commonly infect. **In the host species, it can cause mild illness initially but then go on to live in the kidneys with the host animal being relatively unaffected.** These host species are responsible for spreading the bacteria throughout their environment, usually in their urine.

When a “non-host” species (for example, a dog) encounters the bacterium by drinking or running through urine contaminated water or damp soil (puddles, ponds, swampy areas) they can become very ill. **Clinical signs range from mild flu like symptoms to severe disease including kidney and liver failure.** Antibiotics can be used to treat the disease but recovered animals might shed the bacteria in their urine intermittently for years.



**Dogs that have been infected with Leptospirosis can be a potential source of infection for their owners during the initial infection and potentially for several years afterwards.**

## Is there a vaccination available?

Because there are so many different serovars or subtypes

- 1.) Vaccination against one serovar does not guarantee protection against other serovars
- 2.) It is impossible to completely protect any pet against all the different subtypes of Leptospirosis. However, a vaccination is available that will protect your dog from four of the subtypes most commonly associated with Leptospirosis in dogs.

It is important to recognize that *vaccination will only protect your pet against the subtypes or serovars of Leptospirosis included in the vaccine.* Also, *vaccination will not stop a dog who has been previously infected with Leptospirosis from shedding the bacteria in it's urine.* Older versions of Leptospirosis vaccines were sometimes linked to “vaccine reactions”. Recent improvements to the new version of the vaccine including extra steps to “purify” the vaccine have reduced the risk of reactions.

## Should my dog be vaccinated against Leptospirosis?

While Leptospirosis infections have not been common in dogs in this area, there is a growing concern that the disease has become more prevalent in Ontario over the last few years. This is thought to be caused by urban or city areas growing into areas traditionally inhabited by wildlife such as raccoons, skunks and rats. Also, climate changes that favour warm, wet weather are thought to be a contributing factor.

**Because of the health risks posed by Leptospirosis to both your pet and yourself, we recommend that your dog receive the vaccination.** We strongly recommend it for dogs that frequent areas that might be contaminated with wildlife urine, such as hunting dogs or dogs who hike and go camping with their owners.

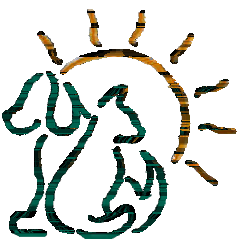
## What's involved with getting my dog vaccinated?

Puppies can receive this vaccination along with their puppy boosters. Puppies and dogs over nine weeks of age will need an initial vaccination (this can be given at the same time as his or her other vaccinations) followed by a “booster” 3-4 weeks later.

**Annual (once a year) vaccination is recommended thereafter.**

**Please let us know if you would like your puppy vaccinated against Leptospirosis**





# Parasites

Parasites are very common in puppies. They are often infected with **intestinal parasites** (i.e. worms) by their mother before they are born or shortly after birth. They can also be infected with **external parasites** (i.e. fleas, mites, ticks) by their early environment..

**It is very important that all new puppies are checked for parasites since they can cause serious health problems for the puppy and can pose a significant risk to human health as well.** We check for external parasites by giving all new puppies a thorough physical examination. To check for intestinal parasites, we need to perform a test on a sample of your puppy's stool (poop!) called a "Fecal Floatation" to check for microscopic parasite eggs.

Since the parasites only pass eggs in the stool at certain stages of their development, **it is important we perform fecal floatations on each puppy at least twice during their early months and then at least once a year as adults.** Many people choose to put their puppies on treatment that will prevent/treat some of the more common parasite infections as a precaution even if the fecal exam is negative.



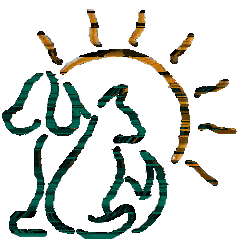
## Heartworm Disease

**Heartworm Disease** is caused by a parasite (a worm) that lives in the heart of infected dogs. **The disease is not transmitted directly from dog to dog but is spread by mosquitoes.** A mosquito bites a dog with Heartworm Disease and picks up some of the immature or larval form of the parasite called microfilaria. The mosquito then bites a new dog and transmits the heartworm larvae into the new dog. Over a period of about six months, the larvae migrate to the heart and mature into adult worms. **This can cause serious debilitating disease and even death for the dog.**

Many Heartworm preventives have the added benefit of preventing intestinal parasites infections and several are combined with flea preventives for broad spectrum parasite control.

Fortunately, we have easy to give, once a month medications that will prevent your dog from developing heartworm disease even if he or she is bitten by an infected mosquito. These medications are referred to as **heartworm preventives** and work to prevent the disease in healthy dogs. Dogs that already have the disease (i.e. adult worms in the heart) need different medication. Therefore, it is important to perform a blood test, called a **Heartworm Blood Test** on all dogs periodically for the disease to make sure there are no adult worms present.

Since it takes six months for the adult worms to grow in the heart, **puppies less than six months old do not need a blood test but should be put on preventive medication.** We will be recommending that your puppy have a blood test for Heartworm next year and then approximately every three years after that. Since the parasite is carried by mosquitoes, preventive medications are given June-December in Canada and year round for dogs who travel to warmer climates like Florida during the winter months.



# Parasite Prevention

























There are many products available on the market that claim to treat for various parasites such as flea, ticks and intestinal worms. We recommend only using products prescribed by your veterinarian.

We are able to advise you as to which product will best suit your pet's individual needs. Some "over the counter products" are either ineffective or are too harsh (especially for cats). We carry a variety of products that are safe, cost effective and guaranteed by the manufacturer when used properly.



Sault Ste. Marie Animal Clinic's Guide to

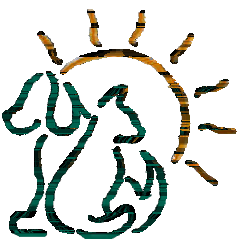
## Parasite Preventives For Puppies/Dogs 2017

ORAL PRODUCTS		TOPICAL PRODUCTS	
 <b>BRAVECTO<sup>®</sup></b> (FLURALANER) One beef flavoured chew = 12wks protection	  FLEAS TICKS	 <b>revolution<sup>®</sup></b> (selamectin) Small tube of liquid applied to back once a month	     FLEAS TICKS HEART ROUNDWORM MITES WORM (EAR, SARCOPTES)
 <b>NexGard<sup>™</sup></b> (afoxolaner) Chewables Once a month flavoured chew	  FLEAS TICKS	 <b>K9 advantix<sup>®</sup> II</b> ★ CONTAINS PERMETHRIN - USE WITH CAUTION NEAR CATS! Small tube of liquid applied to back once a month	   FLEAS REPELS TICKS REPELS SOME MOSQUITOS & BITING INSECTS *May lose some efficacy with repeated bathing/swimming
 <b>Heartgard<sup>®</sup> Plus</b> Use in conjunction with NexGard or Bravecto Once a month flavoured chew	  HEART ROUNDWORM WORM HOOKWORM	 <b>advantage multi<sup>®</sup></b> ★ Small tube of liquid applied to back once a month	    FLEAS HEART ROUNDWORM MITES (EAR, WORM HOOKWORM SARCOPTES, WHIPWORM DEMODEX) *May lose some efficacy with repeated bathing/swimming

Parasite prevention for your pet is not only important their health but for your entire family as well. Some parasites which infect pets can pose a "Zoonotic Risk" - which means that

- 1.) They can in some cases be associated with serious illness or disease in people.
- 2.) Young children, the elderly and people with compromised immune systems are at the greatest risk.

Treating your pet with an effective parasite preventive on a regular basis can help to minimize the risks for everyone.



# Socialization

Puppy training should begin from the moment you bring your new pet home - it will go much faster and smoother when your pet is young! **Exposing your young puppy to a variety of environments and experiences in a safe, controlled manner while young (ideally less than 12-16 wks old) will make them more adaptable and less fearful as adults.**

Having the chance to learn appropriate play behaviour from other dogs will help your puppy develop good "dog" social skills as an adult. Of course, your puppy's safety is the top priority so when arranging "play dates", try to find dogs who are healthy, well vaccinated, even tempered and of an appropriate size. All interactions should be supervised.

When making new two legged friends, puppies should learn to sit quietly and wait for petting and treats rather than jumping up or biting the new acquaintance.

Puppies should also learn to accept having their feet handled (for nail trims) and accept routine grooming/examination of the eyes, ears etc.

**For everyone's safety and comfort all dogs should know how to walk properly on a leash, sit on command and to not jump up on people.**

**We believe training methods focused on positive reinforcement, i.e. rewarding good behaviours, clicker training, are more effective and humane than methods relying on punishment and dominance.** Some suggested resources include: [www.HealthyPet.com](http://www.HealthyPet.com) (By the American Animal Hospital Association...an excellent resource on crate training/house training) and [www.drsophiayin.com](http://www.drsophiayin.com) (Dr. Yin is a veterinarian who specializes in animal behaviour using positive reinforcement to teach pets good manners)

## Obedience Training

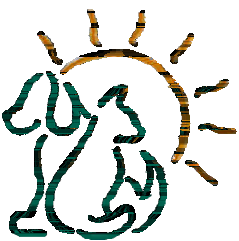


**Investing in obedience training for your puppy is time and money well spent.** Teaching your puppy some manners will help create a bond of trust between you and your pet and **both you and your puppy will be happier if you know how to give your pet clear consistent guidelines for acceptable behaviour.** There are several options available ranging from structured classes and private lessons to books and DVD's.

Many people and puppies enjoy obedience classes so much they choose to go beyond the basics and participate (or even compete) in more advanced activities like agility training and flyball. These are wonderful ways to stimulate your puppy both mentally and physically and to enhance the pet-owner bond., not to mention lots of exercise and fun for you!

Puppies tend to thrive and have fewer behaviour problems when they receive adequate mental and physical stimulation. Crate training is a wonderful way to house train your puppy and give them a 'Safe Place' but it needs to be balanced with adequate exercise and social interaction.

**Adequate exercise, social interaction, and mental stimulation are crucial to any dog's mental and physical well being.**

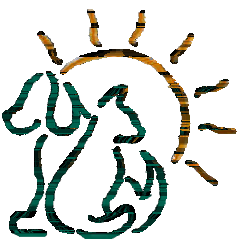


# House Training

One of the biggest challenges new puppy owners face is house breaking - or in other words, teaching their puppy to urinate and defecate in the appropriate place. While some puppies seem to almost train themselves, rarely having accidents, others can be a little more challenging!

- **Choose a preferred area and surface** (such as on the grass in your back yard) for your puppy to eliminate on as much as possible. If possible, we prefer to have puppies eliminate outside from the very beginning rather than paper or pad training.
- **Try to feed your puppy on as regular a schedule as possible** - puppies have what we call a gastro-colic reflex - they usually need to have a bowel movement shortly after eating. If we get them eating meals on a regular basis, we can predict when they will need to have a bowel movement! Take away uneaten food between mealtimes.
- **Keep your puppy under supervision at all times!!** This may mean using a crate (more on that later), a play pen (wire pen with linoleum remnant underneath) or 'safe room' such as a small puppy proofed bathroom or laundry room with a non porous floor whenever you can not adequately supervise your puppy. Some people find the umbilical cord technique useful - essentially attaching a short leash to your belt loop so that your puppy stays right with you. If you don't want the puppy underfoot, try looping the leash over a door knob of the room you are in so that you can still see the puppy and the puppy can see you. Don't let them sneak off to another room!!
- **Learn to read the signs!** Puppies will usually signal that they are about to eliminate by sniffing the ground. They may also get fidgety or whimper and whine a bit - especially if they are right next to you and unable to wander off.
- **Set your puppy up for success!** Take them outside frequently (once an hour while very small) and set them in the desired location - give EFFUSIVE praise every time they eliminate in the appropriate area.
- **When accidents happen, clean the surface well** - puppies can smell where they have gone before and it will stimulate them to go there again. With carpeting, it is very difficult to clean sufficiently that the puppies sensitive sense of smell can't detect it - so try to avoid carpeting initially. **Do not scold puppies for mistakes - calmly remove them from the scene while you are cleaning up.** Never "put a puppy's nose in it!" you will just bewilder them and make them frightened of you. If you happen to catch them "in the act" you can say something like "Uh-uh-uh" (in a warning, not scary tone), pick them up and rush them outside where they are once again praised effusively for finishing the job.
- **Assume that your puppy has a full bladder and or bowels EVERY time you take them out of the crate or confined area** - take them to the appropriate elimination spot before setting them down inside.
- **You can "pair words" to the act of eliminating** - every time your puppy is posturing to urinate or defecate in the right area say your chosen word "Go Pee", "Go Poop", "Hurry Up" then praise effusively. Eventually your pup will learn to go on command which is very handy!
- **Be patient!** Just like kids, some puppies learn the whole business a lot faster than others but eventually they all get there. If you have any questions or concerns about how your puppy's house training is going please feel free to give us a call - we are happy to help!



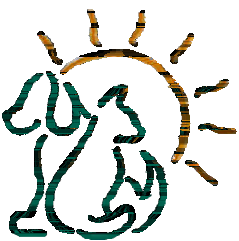


# Crate Training

At Sault Ste. Marie Animal Clinic, we recommend crate training for all puppies. It is important for all dogs to know how to settle themselves calmly in a confined, safe space for their own safety and mental well being.

- **Crate training works with a dog's natural instincts.** They are "den" animals by nature and tend to feel safe in a small confined area. They will also not soil where they sleep (if they can help it) so crate training can help tremendously with house training.
- **A crate should become a puppy's "safe place".** Like a child with their own room, properly crate trained puppies will often seek out their crate at bedtime or when there is too much noise and confusion about.
- **A crate should NEVER be a place of punishment** - if you use a temporary "time out" when your puppy is being particularly rowdy or unruly, use another puppy proofed place like a small bathroom or laundry room. The crate should be in a quiet area but the puppy should not feel banished - it is probably a good idea to keep the crate in your bedroom at night where your puppy can still see and hear you. Even if you would like your dog to sleep on the bed with you as an adult, it is good to crate train them as a puppy.
- **A puppy should always be rewarded with a treat and verbally praised for going into the crate.** Close the door softly - don't slam it and wait until the puppy has turned around and is facing you before giving the treat so they don't feel tricked. Simple praise should suffice, too much praise can elevate their arousal level and create a separation anxiety issue.
- **Don't leave the puppy in the crate for too long** - a reasonable time frame is their age in months plus one hour - so an 8-12 week old puppy should be able to hold their bladder and bowels for approx. 3 hours, a 12 to 16 week old puppy 4 hours - provided they have been given the opportunity to empty their bladder and bowels before hand. Some puppies will be able to "hold it" over night while others may need a potty break throughout the night when they are very young.
- **WAIT for a quiet moment before you go to them.** Puppies should not feel abandoned in their crate but they must learn that creating a racket doesn't get them out! You, the pet owner will have to balance and use your judgment to learn when the puppy really needs to go outside. If your puppy does need a potty break in the middle of the night, never go to them or open the door while they are yelping, barking or whining. When you take them out of the crate, try to be as calm and non-committal as possible (again to avoid excessive arousal for your puppy) - take them out to do their business then put them back in the crate - it is not play time!
- **Crate time needs to be balanced with adequate and good quality exercise and social interaction** with you and/or other dogs. It can be helpful to have highly prized treats or toys (safe chew toys) that the puppy only gets while in the crate.
- **For house training purposes the crate needs to be small enough for the puppy to stand up, turn around and not much more** - if the crate is too big, they will urinate and defecate in one end and sleep in the other. You may need to borrow a small crate initially or try to barricade off a small area within a larger crate.
- Ideally, a crate should be made of a durable material and come apart for cleaning or fold for storage. It should be kept in a relatively quiet area with adequate room for ventilation. Wire style crates may need a blanket over part of it to make it more quiet and reduce external stimulation. Bedding should be clean, resistant to chewing and free from strong smelling perfumes.
- **Besides housetraining, the biggest advantage to crate training is safety** - puppies that are in a crate cannot engage in destructive chewing of shoes, furniture or clothing. They are also kept safe from dangers such as electrical cords, household toxins, falls from furniture etc.





# Preanesthetic Blood Screen

## What is a Preanesthetic Blood Screen (PABS)?

A preanesthetic blood screen is a series of laboratory tests performed on a blood sample to help identify patients who may be at a higher risk of complications during general anesthesia and surgery. It screens for abnormalities in liver and kidney function, protein levels, red cell and platelet numbers, all of which could adversely affect a patient's ability to respond to the demands of general anesthesia and surgery. Since the frequency of these kinds of abnormalities tends to increase as pets age, a preanesthetic blood screen is mandatory for all pets over the age of 7 who are scheduled to receive a general anesthetic or surgical procedure. The testing is usually optional for younger pets in good health.

## My pet is scheduled to be spayed or neutered. Does he or she need a PABS?

It is not mandatory to perform a PABS on a young healthy animal undergoing elective general anesthesia and surgery. Fortunately, anesthetic or major surgical complications in this age group are relatively rare. It is however sometimes possible to have subtle or early changes in a patient that appears to be perfectly normal and healthy on physical exam. Performing a PABS can help to identify a pet who might be at a higher risk of complications and take steps to help minimize these risks.

## I think I would like the extra "peace of mind", how do I get a PABS for my pet?

For healthy, young pets undergoing spay or neuter procedures, we generally obtain a blood sample the morning of their surgery and have it analyzed within the hour. For older pets undergoing dental or other procedures, the blood sample may be drawn a few days prior to the procedure.

## Are there any other extra precautions we can

At Sault Ste. Marie Animal Clinic, we do not believe in "cutting corners" when it comes to the care of your pet. **Your pet's well being and safety are our primary concern.** We use complete, balanced, safe anesthetic protocols that incorporate effective pain relief for your pet. Pets are placed on a specialized warming pad during surgery and monitored using an assortment of specialized respiratory, heart and blood pressure monitors as well as being closely monitored by the veterinarian and veterinary technician/assistant. We use individually sterilized surgical packs and always open a "fresh" pack for each patient.

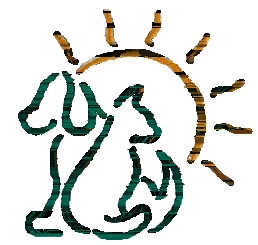


## take to minimize the risks?

Older pets and pets who have been identified with health issues that may be of concern during general anesthesia or surgery will be put on intravenous fluids (through an intravenous infusion pump) for the procedure. Intravenous fluids or an "IV" support the patient and help them cope with the stress of surgery. An IV also provides a way to administer drugs quickly and effectively should any complications arise. While it is not mandatory for most young pets undergoing routine spaying or neutering, intravenous fluids do provide an extra margin of safety.

**"At Sault Ste. Marie Animal Clinic, we do not believe in "cutting corners" when it comes to the care of your pet. Your pet's well being and safety are our primary concern."**

We use premium surgical supplies such as individual packs of suture material and the majority of surgeries are performed using a state of the art surgical laser.



# Spaying and Neutering

**We strongly recommend that all puppies be spayed or neutered!** For female puppies this involves either an ovariectomy (surgical removal of the ovaries) or an ovariohysterectomy (surgical removal of the ovaries and uterus) commonly referred to as a "spay". For male puppies, it involves surgically removing the testicles (neuter). The ovaries and testicles are the source of sex hormones in the body and are responsible for many undesirable behaviours and health issues in un-neutered adult dogs.



**There are many health and behavioural benefits to spaying or neutering including decreased risk of mammary and reproductive cancers, decreased marking territory, decreased aggression towards other dogs, decreased roaming and prevention of unwanted pregnancy.** These procedures require general anesthesia and may require an overnight stay in the hospital. Traditionally, spaying or neutering was done at 6 months of age (prior to puberty at 7-9 months of age) however, current studies suggest that there may be some health benefits to waiting in some cases - particularly for larger breed dogs.

**We will make a specific age recommendation for YOUR puppy based on life style and expected size at maturity.**

**Laparoscopic Ovariectomy** is an exciting new technique for sterilizing female dogs that we are pleased to offer at Sault Ste. Marie Animal Clinic. Using specialized video and surgical instruments, the ovaries are visualized and removed through one or two tiny incisions. Laparoscopic surgery is used more and more in human medicine for procedures such as gall bladder removal and tubal ligations.



**The advantages of Laparoscopic Surgery over traditional surgical methods are smaller**

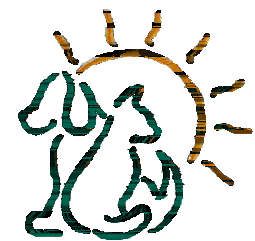
## Laser Surgery

At Sault Ste. Marie Animal Clinic, we use a Surgical Laser when performing most surgical procedures. **"Laser Surgery" involves using a sophisticated instrument that focuses high frequency light energy to cut tissue instead of using a traditional scalpel.** This cutting edge technology offers several

advantages over traditional surgery techniques. The high energy light beam seals blood vessels and nerves as it cuts so it results in significantly reduced bleeding, swelling and pain at the site of incision. This translates into **increased comfort and a more rapid recovery for your pet.**

**PATIENT SAFETY** is our top priority for any pet undergoing General Anesthesia and Surgery

- **Premium injectable and gas anesthetic agents**
- **All patients are intubated** (a breathing tube is placed in the windpipe)
- Heart rate, pulses, breathing, anesthetic levels and oxygen concentrations are **monitored continuously** using a combination of high tech monitors and good old fashioned, hands on clinical skill
- **Liberal but judicious use of pain killers (analgesics)** help ensure a safe, comfortable experience for your pet
- **Warming pads**
- **Individual surgical packs and suture materials packs** for each patient
- **State of the art surgical equipment** is sterilized in our **state of the art sterilizers**
- Enrolled in **quality assurance program** through outside lab to ensure proper functioning of our sterilization equipment.



# Pet Health Insurance

There are several companies offering **Pet Health Insurance** to help cover the cost of unexpected veterinary expenses. Many plans do not cover routine veterinary care such as vaccinations and spaying but will reimburse the owner for unexpected veterinary costs incurred as a result of illness or trauma. The cost and the amount of coverage varies from plan to plan. We have included some pamphlets in your folder but further information is available in pet magazines or on the internet.

We strongly recommend pet owners review and consider insurance options - especially for young pets BEFORE they have any health issues that could result in exclusions being placed on their policy.

## Microchip ID

**Microchipping is a safe, effective and permanent way to identify your pet.** A microchip is a small (about the size of a grain of rice) chip that is injected under the skin of your pet between the shoulder blades. It is encoded with a number that becomes registered to your pet. Information such as your address, phone number and some medical information (such as the pet is diabetic or epileptic) is stored in a computerized central data bank by the microchip company. Most Humane Societies and Veterinary Clinics are equipped with scanners that can read these chips and by contacting the microchip company they can identify your pet even without a collar or tattoo.



We recommend having your pet "microchipped" when they are in for their spaying or neutering.

The cost includes your initial registration in the data bank. It is the owner's responsibility thereafter to keep the Microchip Company notified of changes of address, phone number and health status.

## Diet Recommendations

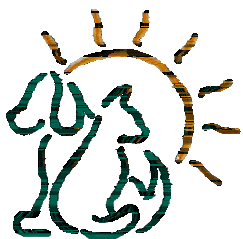
The diet you choose for your new pet will play a crucial role in your pet's overall health and development. Proper diet will help maintain healthy teeth, skin, urinary tract and weight. Unfortunately, all pet foods are not created equal and there is huge variation in both the cost and quality of pet foods on the market. "Bargain Foods" may end up costing more in the long run! Beware of pet food labels that make impressive claims - the pet food industry is not as well regulated as you might expect and some of those impressive claims may not be backed by valid science or research!

**At Sault Ste. Marie Animal Clinic, we carry premium pet foods available only through Veterinarians (at comparable prices to pet store brands) that provide optimal levels of nutrition backed by extensive scientific research.** Please ask for a specific dietary recommendation for your pet.

**Beware of pet food labels that make impressive claims. Be aware that some of those impressive claims may not be backed by valid science or research.**

Cats can be prone to developing crystals in their urine which can lead to life threatening urinary tract blockages ...in the majority of cases, this can be avoided by feeding your cat the appropriate diet. Ask us what diet best suits your cat's needs!





# Fit For Life

There are many factors which will affect your puppy or kitten's overall long term health and quality of life. Some things, such as genetics and breed predispositions, you will have little control over. In other areas such as nutrition, vaccinations, parasite control, spaying or neutering, dental care and the judicious use of a leash, the choices you make as an owner can have a huge impact on your pets health!

**Of the factors you can control, preventing obesity is probably the single most important thing you can do to help your pet live a long and good quality life!**

- Feed **good quality pet food** with appropriate calorie density (your average lap dog does not need a "performance" diet....we can help you make an appropriate choice
- Invest in a **measuring cup!** Feeding guides refer to 250 ml measuring cups....not coffee mugs or margarine containers.
- Know your pets weight and **monitor** it both "hands on" and by the scale. Feel free to drop in any time with your pet to weigh them on our scales. There is no charge for this and it is a good way to monitor for changes.
- **Exercise** your pet. Dogs love leash walks, off leash play in a safe environment and activities like fly ball. Cats can be encouraged to play with toys like lasers and some can be taught to walk on a leash as well. Exercise is crucial for both your pet's physical and mental well being
- **Limit treats** and avoid table food altogether (we can recommend tasty low calorie treats).
- Make your pet **"work" for food** by using kibble dispensing toys or maze feeding dishes. This makes

## Conditions Associated with Obesity:

- **decreased life expectancy** (one study showed a **two year** difference in life span for overweight Labs vs. lean Labs)
- **decreased quality of life**
- **joint/musculoskeletal problems and osteoarthritis** (not only does it cause wear and tear on the joints but obesity is associated with an increased inflammatory substances implicated in osteoarthritis)
- **heart and lung disease**
- **exercise and heat intolerance**
- **compromised immune function**
- **pancreatitis**
- **hyperinsulinemia, glucose intolerance, and diabetes mellitus**
- **hepatic lipidosis (fatty liver)**
- **increased risk to undergoing anesthesia**
- **decreased fertility/increased dystocia**

**Keep it in Perspective!** Did you know that a 1oz cube of Cheddar cheese is the equivalent of eating one and a half hamburgers for a 20 lb dog or 3.5 hamburgers for a 10lb cat!

A 5lb weight gain for a 30lb dog is the equivalent of a 120lb person gaining 20lbs and a 2lb gain for a 10 lb cat is the equivalent of a 120lb person gaining 18lbs.



Generally speaking,

Your pet is at a **healthy weight** if...

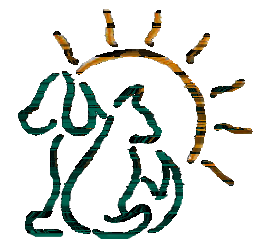
- ✓ Ribs are easily felt
- ✓ Tucked abdomen
- ✓ Waist is easily noted when viewed from above

Your pet is **overweight** if...











- ✗ Ribs are difficult to feel under the fat
- ✗ Stomach sags
- ✗ Back is broad and flat
- ✗ Waist is barely visible or absent

## Calories in Pet Treats






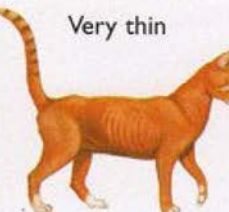
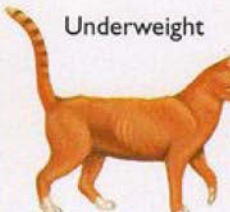



<i>Milk Bone (S,M,L)</i>	<i>20,40,115</i>
<i>Feline Royal Canin Treats</i>	<i>1,5</i>
<i>Pounce for Cats</i>	<i>3</i>
<i>Soft Ice Cream 1/2 Cup</i>	<i>113</i>
<i>Hills Prescription Treat</i>	<i>15</i>
<i>Canine Royal Canin Treats</i>	<i>13</i>
<i>Chocolate Chip Cookie</i>	<i>180</i>
<i>Bone (s/m)</i>	<i>70</i>
<i>Meaty Bones(S,M,L)</i>	<i>27, 60, 93</i>
<i>Denta Bone (S,M,L)</i>	<i>105, 188, 300</i>



# Body Condition Score

<b>Fit</b>				
1	2	3	4	5
				
Very thin	Underweight	Ideal	Overweight	Obese
				
Ribs are easy to see or feel. When viewed from above, there is an accentuated waist.	Ribs are easy to feel. When viewed from above, there is an hourglass shape.	Ribs can be felt. There is a slight waist when viewed from above.	Ribs are difficult to feel. There is no waist when viewed from above.	Ribs are very difficult to feel. When viewed from above, there is no waist and a broad back.

1	2	3	4	5
				
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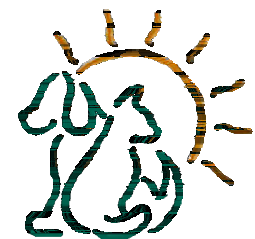
## The Fist/Knuckle Test

How do you know if your pet is overweight?

A good example to go by is your own hand. Run your finger over the back of your hand with your fingers straight. This is the ideal amount of body cover over the ribs.

Now, make a fist with your hand and run your finger over the knuckles. This pet would be under-weight.

Finally, turn your hand over and take your finger over the palm of your hand. If your pet feels like your palm, then they are overweight



# Dental Care for Pets

**Dental diets are an effective way to help prevent plaque and tartar accumulation in pets.** The shape, size and texture of the kibble encourages more chewing action by the pet and work somewhat like a "squeegee" to scrape the surface of the tooth clean. Some diets also contain Tartar Reducing Agents which help prevent plaque from forming into tartar.

**We recommend Hill's T/d or Royal Canin Dental diets and treats to help prevent plaque and tartar accumulation in healthy adult dogs and cats.** These diets are extensively researched, clinically proven and guaranteed - if your pet won't eat it, you can return it for a full refund.

**Dental care is an important part of your pet's overall health care!**

Appropriate **chew toys** such as "Dental Kongs" (available at most pet stores) can be helpful but be careful not to give your pet anything too hard. They can actually chip or break teeth with overzealous chewing. Avoid real bones as they can cause broken teeth, can splinter, be swallowed and they can be a source for significant bacterial infections.

We carry a raw-hide chew treat called **Denta Pro Dental Chews** that not only encourages good chewing but are coated with an enzyme that will help prevent tartar formation.

**Brushing is an effective way to prevent plaque and tartar from accumulating.**

Use **pet toothpaste** and a **pet toothbrush**. Human tooth paste foams and is not designed to be swallowed; most pets don't know enough to "spit". There are many different models of pet toothbrushes available, you might have to try a few to find what works best for you. Start brushing early in your pet's life before plaque and tartar have a chance to accumulate. Aim to brush everyday but even twice a week will make a significant difference.



Puppies and kittens have deciduous or baby teeth that start to fall out around four months of age. By six months of age they will have their full set of adult teeth.

"Home Care" ideas are great ways to prevent or significantly reduce plaque and tartar accumulation, however they will not remove existing tartar or treat established gingivitis and periodontal disease. The only way to effectively treat *established* dental disease is with a professional cleaning of the teeth under general anesthesia. Some pets may require additional treatment such as a root canal or extractions. Your pet's annual physical examination includes an assessment of oral and dental health and recommendations for appropriate treatment.

Without intervention, the majority of pets will accumulate plaque (a sticky, yellowish substance made up of bacteria and food debris) on the teeth. Plaque hardens into tartar which is followed by gingivitis, an inflammation of the gums. Left untreated this will progress to periodontal disease or a loss of the bony structures around the tooth.

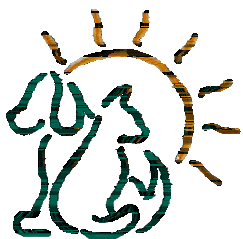


Not only is dental disease associated with bad breath and tooth loss, it can be a significant source of pain and infection for your pet. Bacteria associated with dental disease can travel elsewhere in the body through the bloodstream and can cause life threatening infections in organs such as the heart and kidneys.



**Remember to "Flip the Lip" of your pet on a regular basis!**





# Emergency Care

The veterinarians of the seven Sault Ste. Marie Ontario Veterinary Hospitals work together to provide twenty-four hours, seven days a week emergency service for their clients. If you require emergency service for your pet please

**DO NOT COME DIRECTLY TO THE CLINIC - CALL (705)-759-8888 FIRST!!**

If our clinic is not open, an answering machine will give you directions for contacting the answering service who will take your name and phone number and a brief description of the problem. The "On-Call" veterinarian will be paged and they will call you right back. They will help you to decide whether or not your pet needs to be seen on an emergency basis. If your pet does need to be seen, please pay attention to which Veterinary Hospital the "On-Call" veterinarian is calling from so that you go to the right one!

"If you require emergency service  
for your pet

**DO NOT COME DIRECTLY TO  
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**705-759-8888**

(We might not be there and  
valuable time could be lost)

There is an additional fee called the "Emergency Fee" to see a veterinarian on an emergency basis or if you and the "On-Call" veterinarian decide that the problem does not require immediate medical attention, you may be charged a fee for the telephone advice.

The "On-Call" veterinarian will provide us with a summary of the treatment your pet received and the follow-up care required.



## Appointment Booking

We try very hard to schedule appointments according to the urgency of the problem, at your convenience and according to availability.

Please call at least two to three weeks in advance to schedule routine preventative care appointments such as vaccinations and one to two months in advance for elective surgeries such as spaying and dental cleanings. Office appointments for examinations and routine vaccinations are scheduled weekday mornings and afternoons. Saturday morning appointments are available approximately once a month.

Appointments for surgery or diagnostic procedures such as taking x-rays and some blood tests will require that your pet be dropped off at the hospital between 8:00 and 9:00 in the morning (usually fasted) and most surgical procedures require an overnight stay in the hospital.

Given the busy nature of our practice, we are unable to accommodate walk-ins. If your pet requires medical care please call and we will try our best to accommodate you. If you are unable to keep a scheduled appointment, please give us twenty-four hours notice. Clients who miss more than one appointment without notification will be charged.

## Payment Policies

Payment is due at the time of service. For pets admitted to the hospital, payment is required at the time of discharge. A deposit may be required at the time of admission.

For your convenience, we accept Visa, Mastercard, Debit and Cash. We will accept personal cheques from regular clients with appropriate identification.

## Feeling a little overwhelmed?

Adopting a new puppy or kitten is exciting and fun but it can also be challenging and a lot of work. It is perfectly normal to feel a little exhausted and overwhelmed at times!! There is a lot to learn and the new pet owner/pet parent is flooded with (often conflicting) advice from well meaning breeders, pet stores, friends, neighbors, family members, and a multitude of online resources.

**Don't worry, trust your instincts and you will be a terrific pet owner/pet parent to your new addition!**

At Sault Ste. Marie Animal Clinic we are all pet lovers and over the years have had many, many pets between us - so we've all been there! To the right is Hudson, Dr. Palmer and Dr. Lewis-Palmer's Portuguese Water Dog as a puppy.



# Hudson's 'Take Home' Tips

**You are an important member of your pet's health care team!** We rely on you to both bring your pet to us when you feel something is out of the ordinary and to follow through with our recommendations. Please feel free to ask questions at any point in time and ask for clarification when needed. There is no such thing as a stupid question!! We want both you and your pet to enjoy coming to see us so please let us know if there is anything we can do to make visits more comfortable for you and your pet. Feel free to stop by any time to weigh your pet or just pop in for a treat - the treat jar is always full!

**Join our on-line community** by liking us on Facebook and following us on Instagram, Twitter and Google+. We love to share pictures of our adorable patients as well as provide timely information, updates and helpful tips. Our website [SSMAnimalClinic.com](http://SSMAnimalClinic.com) provides more detailed information about us plus a comprehensive library of pet health articles for our clients. We would encourage you to register using the password "ssmac" on our website to have access to the complete library.

**Regular check-ups are an important part of your pet's overall healthcare.** We give every pet a complete physical exam every visit - this is particularly important since pets can't talk so we must rely on both our observations and the owners observations to identify changes and potential problems. Vaccine schedules will be tailored to your pet's lifestyles and risk factors.

**The biggest decision you as a pet owner will make for your pet every day is What you put in their bowl.** Feeding the appropriate diet for your pet can prevent a multitude of problems and health issues. The diets we sell are made with premium ingredients and backed by extensive research - they are also cost competitive with many pet store/grocery brands that may not have the same degree of research and quality control behind them. The second part of this statement is **How much you put in the bowl.** Keeping your pet at a lean healthy weight is probably the single biggest thing you can do to help them enjoy a long and healthy life.

**"An ounce of prevention..."** At Sault Ste. Marie Animal Clinic, we emphasize preventive medicine and care. **Routine vaccination and parasite prevention for your pet are an important part of keeping both you, your human family members and your pets healthy.** Investing in proper nutrition can prevent a multitude of health problems and save you significant amounts of money in the long run. Keeping a cat indoors and a simple \$5.00 leash for your dog can prevent future expense and heartache.

Spending time training and/or socializing in your new puppy or kitten will pay off in the long run. Obedience classes for puppies/dogs are time and money well spent. **Teaching your puppy basic manners will help him or her grow into more secure and confident adult, will strengthen your bond with them and will make him or her much more welcome in a variety of situations.**