



Congratulations on your new puppy and welcome to Webster Lake Veterinary Hospital. We are honored that you have chosen us to care for your new family addition. Our team is highly trained and dedicated to the health and well-being of your new furry friend. We are all animal lovers who treat pets with the compassion and respect that they deserve. Your pet's health is our number one priority and excellent service to you is our goal.

Our professional and courteous team seeks to provide the best possible individualized medical, surgical, and dental care for our highly-valued patients. We are committed to promoting responsible pet ownership, preventative health care, and health-related educational opportunities for our clients.

In addition to preventative medicine, we offer soft-tissue surgery, dentistry, radiology, ultrasounds, and K-Laser treatments. We have a full in-house diagnostic laboratory as well as relationships with reference laboratories and specialists for additional diagnostic testing.

Enclosed you will find valuable information on what is needed to care for your new pup. Our website www.websterlakevet.com is another great resource to get to know us better. We love pictures and updates on the happy times with your new addition. Feel free to share them on our Facebook page.

Please do not hesitate to contact us should you have any questions or concerns regarding your new pet. Our office hours are Monday, Tuesday and Thursday 8am - 7pm. Wednesday and Friday, 8am - 5pm and Saturday 8am-12pm. We all look forward to serving you and getting to know you and your pet moving forward.

The Staff at Webster Lake Veterinary Hospital



What to expect after your pet's vaccination

It is common for pets to experience some or all of the following mild side effects after receiving a vaccine, usually starting within hours of the vaccination. If these side effects last for more than a day or two, or cause your pet significant discomfort, it is important for you to contact our office:

- Discomfort and local swelling at the vaccination site
- Mild fever
- Decreased appetite and activity
- Sneezing, mild coughing, "snotty nose" or other respiratory signs may occur 2-5 days after your pet receives an intranasal vaccine

More serious, but less common side effects, such as allergic reactions, may occur within minutes to hours after vaccination. These reactions can be life-threatening and are medical emergencies. Seek veterinary care immediately if any of these signs develop:

- Persistent vomiting or diarrhea
- Itchy skin that may seem bumpy ("hives")
- Swelling of the muzzle and around the face, neck, or eyes
- Severe coughing or difficulty breathing
- Collapse

A small, firm swelling under the skin may develop at the site of a recent vaccination. It should start to disappear within a couple weeks. If it persists more than three weeks, or seems to be getting larger, you should contact our office.

Always inform your veterinarian if your pet has had prior reactions to any vaccine or medication. If in doubt, wait for 30-60 minutes following vaccination before taking your pet home.



Common household toxins

- ❖ Alcohol
- ❖ Antifreeze
- ❖ Chocolate
- ❖ Coffee
- ❖ Garlic
- ❖ Glow jewelry and Glow sticks
- ❖ Grapes / Raisins
- ❖ Heart / Zodia (flea and tick products) causes seizures in cats
- ❖ Human medication such as antidepressants or heart medications
- ❖ Ivy Plants
- ❖ Lilly House Plants
- ❖ Liquid potpourri
- ❖ Marijuana
- ❖ Mothballs
- ❖ Mushrooms
- ❖ NSAIDS (non steroidal anti-inflammatory) such as Advil or Tylenol
- ❖ Onions
- ❖ Pathos Plants
- ❖ Pesticides
- ❖ Poinsettias
- ❖ Rat Poison
- ❖ Tinsel
- ❖ Tobacco
- ❖ Xylitol (sweetener in sugar free gums etc.)

For a complete list of Toxins please visit the ASPCA website at www.asPCA.org. Keywords household toxins and/or nontoxic plants

If you think your pet has consumed any of these products please call us immediately or contact **Poison Control at 800-213-6680**



There are several types of intestinal parasites that can cause problems for your pet. The most common are Tapeworms, Roundworms, Hookworms, Whipworms and Giardiasis. Here is some information on each of them.

Tapeworms

Tapeworms are the most common parasite found in cats and dogs. Animals usually become infected by eating a flea, bird or some type of rodents. Tapeworms can appear in the stool or around the anus and look like small pieces of white rice. Treatment is relatively simple, a parasiticide is given orally or topically. Flea control is the key to preventing tapeworms.

Roundworm

Roundworms are a common intestinal parasite found in cats and dogs. Pets become infected by swallowing roundworm eggs or larvae found in contaminated soil or feces or by eating infected rodents, birds and certain insects. Puppies and kittens are commonly infected by the mother while still in the uterus. Human infection with roundworm is possible but does not occur frequently if good hygiene is practiced, since eating contaminated stool or soil is necessary for infection.

Hookworm

Hookworms are another relatively common intestinal parasites of dogs, cats and other animals. Adult worms live in the small intestine, and their eggs pass out with the stool. Animals become infected with hookworms by eating infective eggs or larvae, penetration of the skin or footpads by larvae, or transmission of larvae from the mother while the fetus is still in the uterus. Hookworm larvae can penetrate human skin and cause painful irritations. This infection is not common, but anyone who develops a skin rash after being in contact with an infected pet, should consult a physician.

Whipworm

The whipworm is a small, thin worm that lives in the large intestine. Whipworms can cause diarrhea, bloody feces and poor general health. It takes about 3-4 months after infection until eggs are passed in an infected pet's stool, so they may not always be found in a fecal check. Effective medication can cure your pet of whipworms. Stools should be properly disposed of daily.

Giardiasis

Giardiasis is an infection caused by a parasitic protozoan called Giardia Lamblia. These parasites are found in the intestines of many animals, including dogs and humans. Usually an infected animal will not lose their appetite, but they may lose weight and often times have diarrhea. There are many different treatments available, make sure you consult with your veterinarian before use of any medication.



Veterinarian Opinion on Grain Free Diets

Recent studies have shown that grain free diets have been linked to gastrointestinal issues, weight gain, and heart failure. Below is a list of veterinarian recommended diets.

- ✓ Eukanuba
- ✓ Hill's
- ✓ Iams
- ✓ Purina Pro Plan
- ✓ Science Diet



How to Pick a Good Pet Food

True or False? A pet food that costs more is better than a cheaper food.

Answer: False, in many cases. There are some pet foods that are inexpensive but still good quality and are wholesome. Some of the most expensive foods are NOT necessarily the best foods.

Here are some things to look for and ask about a pet food when considering different brands to purchase for your pet.

1. AAFCO Feeding statement: Foods that have undergone feeding trials are considered by nutritionists to be superior to foods that are only formulated to meet the standards put in place by the American Association of Feed Control Officials. This is because foods that are being tested in a test tube sometimes act differently in the actual pet's body, so it is always a good idea to feed a food to the target animal first to ensure it is balanced and wholesome.

Example of a AAFCO statement from a food that has done feeding trials	Example of a AAFCO statement from a food that has just been formulated to meet AAFCO
Animal feeding trials using AAFCO procedures substantiate that Product X provides complete and balanced nutrition for the maintenance of adult cats.	Product Y is formulated to meet the nutritional levels established by the AAFCO for cat food nutrient profiles for all life stages

2. Larger companies that have the resources to test both their incoming food items and their outgoing products are more desirable because they know the products being put into their foods are good because they have tested them. Many smaller companies cannot do these tests, usually due to financial constraints. Because of that they tend to have more recalls than the larger companies who usually catch contaminants and batches that have imbalances prior to even being shipped out to the consumer. Go to the official FDA pet food website to see for your self:

<http://www.fda.gov/AnimalVeterinary/Products/AnimalFoodFeeds/PetFood/default.htm>

3. Dogs and cats are not miniature humans. They both have their unique nutritional requirements that can be very different from humans. Any pet owner knows that while chocolate is a nice treat for humans, it is very toxic to cats and dogs! Because of this, pet food companies that employ a veterinary nutritionist to help formulate their pet foods are considered superior to companies that do not employ board certified veterinary nutritionist. You can call a pet food company to ask if they employ a nutritionist and whether or not that person is also a vet.

Common Myths

Myth #1: Animal digest is made from the digestive tract of animals. This is FALSE! Animal digest refers to the process of hydrolyzing the animal protein or muscle tissue into a liquid or powder that is pure protein and is much more shelf stable than muscle meat left as is. It is used because it is extremely palatable to pets and it is an excellent source of protein.

Myth #2: Animal by-products are poor quality ingredients. This is also FALSE! Animal by-products are what are left over from a clean carcass after the muscle meats have been removed. It includes liver, spleen, lungs and bones. It does not include teeth, hooves, feathers and intestinal contents. Diets that include muscle meats alone and no by-products often have to add in additional calcium and vitamins, as muscle meats are deficient in many things. Not all by-products are the same. Some companies purchase poor quality ingredients, so make sure that your pet food company is purchasing from good, clean, wholesome places that are USDA inspected.

Myth #3 Wheat and gluten are common food allergens in dogs and cats. FALSE! Food allergies in general are a lot less common than we think, accounting only for 10% of allergic skin disease in dogs. Of that 10%, most common proteins allergies are beef, dairy, and soy. Wheat allergy or Celiac disease has only been documented in one family of Irish Setters. Wheat is a wonderful protein source and provides many essential amino acids.

Myth #4: Corn is a filler in animal foods. This is FALSE. A filler is defined by the AAFCO as an inedible additive with little to no nutritional value. Corn is a valuable addition to any pet food as it provides carbohydrates, proteins and essential fatty acids for both dogs and cats. It also has lots of antioxidants like vitamin E and beta-carotene. Corn gluten meal is an excellent source of protein and it is very easy to digest. Corn is definitely not a cheap filler because the price of corn keeps going up due to the increased costs of animal feed and because of the bio-fuel industry. Corn allergies are also very rare.

Myth #5: When it comes to pet food, “natural”, “organic” and “holistic” all mean the same thing. This also is FALSE. Many companies use these terms on their labels to imply that their food is healthier or better than another diet. There is no legal term for holistic in pet food and just saying organic can mean very different things in pet food. Look for the USDA organic seal to ensure the food you are paying for is actually 95-100% organic. Natural does have a definition and it means a pet food has only naturally derived products in it. This means it must be from a plant, animal or mined source and not synthetically made. This is very difficult to do and many “natural” products have “with added vitamins and minerals” in its label in small print. It is also legal for companies to state they are “natural” but can have chemically synthesized vitamins, minerals and other trace nutrients in it without any labeling. Remember that there is no guarantee that natural, organic or holistic products provide any additional benefits for your pets.

Here is a list of helpful websites to answer any further questions you may have about pet foods

AAFCO website- good for regulations, labels and facts: <http://petfood.aaeco.org/>

FAQs about pet foods: www.tufts.edu/vet/nutrition/faq/general_pet_nutrition.html

Pet Food Institute: <http://www.petfoodinstitute.org/Index.cfm?Page=Consumers>

Handout compiled by Dr. Blair, DVM

Recommendations taken from Tufts Continuing education workshop October 2012 and Purina's website.



The Goodness of Grains

Veterinary nutritionist Cailin Heinze weighs in on "grain-free" pet foods

Q: Is a grain-free diet healthier for my dog and cats?

A: Grain-free diets are one of the largest-growing segments of the pet food market. More and more pet owners are choosing these diets, which are billed as more natural and less likely to cause

health problems and allergies. It all sounds great—except that those claims are not true.



Whole grains contain valuable dietary nutrients, including vitamins, minerals, essential fatty acids and fiber. Some grain products have protein that is easier for your pet to digest than some meat protein. Even refined grains, such as white rice, can be beneficial for your pet's health, depending on the type of diet and the pet.

The vast majority of dogs and cats are very efficient at digesting and using more than 90 percent of the nutrients from grains in the amounts typically found in pet foods. While food allergies in pets are uncommon, allergies to grains are even rarer. The small number of pets that have allergies are most often allergic to animal proteins, such as chicken, beef and dairy. Gastrointestinal symptoms caused by consuming gluten have been confirmed in just one inbred family of Irish setters.

Grain-free diets can vary widely in terms of their nutritional profiles. Some are lower in carbohydrates, which means that they can be quite high in both fat and calories. Other grain-free diets merely substitute similar amounts of highly refined starches, such as those from potatoes or tapioca (also called cassava), in place of grains. These ingredients may provide fewer nutrients and less fiber than whole grains, and foods containing them can cost more.

Other pet food companies use such ingredients as peas, beans or lentils instead of grains to provide carbohydrates, but these ingredients are not necessarily any better for your pet than grains and may cause digestive upset in some animals.

The bottom line is that "grain-free" is a marketing concept designed to sell pet food, not an evidenced-based solution for helping your pet live a long, healthy life.

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Most Vegetables or fruits do the trick! Vegetables and fruit are low in fat and carbohydrates. They are a much healthier treat than the store bought treats. Veggies and/or fruit can be fresh, frozen or canned. Veggies and/or fruit can be raw or cooked. If canned beware of salt and sugar content. Always buy low sodium and ensure NO xylitol “an artificial sweetener” are in the product.

Top 10 Veggies:

- 1) Carrots
- 2) Green beans, white or any long beans
- 3) Cucumbers
- 4) Corn (off the husk!)
- 5) Peas alone or in the pod
- 6) Broccoli (may have a stinky effect)
- 7) Celery
- 8) Cauliflower
- 9) Pumpkin (canned or peeled)
- 10) Squashes (canned or peeled)

Top 5 Fruit:

- 1) Watermelon (No Seeds!)
- 2) Cantaloupe/Honeydew Melons
- 3) Apples (no cores!)
- 4) Pears (no cores!)
- 5) Bananas

Things to **NEVER** feed to your pet:

- 1) Onion
- 2) Grapes
- 3) Raisins
- 4) Chocolate
- 5) Alcohol
- 6) Caffeine (Coffee, tea, sodas, etc.)

***** Do NOT feed corncobs, husks, rinds, thick skins, or cores. These are not digested well and can cause an intestinal blockage or poisoning. *****



VOHC APPROVED PRODUCTS

*The Veterinary Oral Health Council (VOHC) is the animal version of the American Dental Association (ADA).



Help your pet keep a healthy mouth when you can't get them to brush!

While Brushing is the optimal form of home dental care, we understand it is not always feasible for pet parents to do. Some pets just won't let it be done. With this in mind, we have other options that we can recommend to help you and your pets keep their mouths in the best health possible.

VOHC products have been proven through testing to aid in reducing or inhibiting the amount of Plaque and Tartar (Calculus) buildup on pets teeth.

Here are some of the most popular items on the approved list of products and where you can purchase them:

- Science Diet T/D original and small bites - sold by Veterinary Hospitals by Prescription
- Purina Dental Chewz - sold at Veterinary Hospitals
- Hill's Dental Care Chews - sold at Veterinary Hospitals
- Milk-Bone Brushing Chews - Sold at grocery stores, superstores and online
- Pettura Oral Health Dental Care gel - Sold online
- All Healthy Mouth brand products such as: - Sold online
 - Water Additives
 - Tooth wipes
 - Oral sprays



Dental Hygiene

Brushing your pet's teeth *daily* is a very important step in keeping your pet healthy and happy. Imagine what it would feel like not to brush your teeth for a week, let alone a year or more. Dental disease is the most common disease in pets today. Brushing helps to decrease tarter and bacteria on and around the gum line, along with helping to prevent tooth decay. Bacteria can have adverse effects on many of the major organs of the body including heart, kidneys, and liver. Dental disease including gingivitis, abscessed or fractured teeth are very painful for your pet and they may not show pain until the problem is severe. You do NOT have to brush the inside of your pets' mouth. Most tarter forms on the outer side of the teeth and the tongue helps to keep the inner sides cleaner. You can actually hold your pet's mouth closed, and insert your finger or toothbrush inside the cheek between the gums, and teeth, and wipe/brush along the base of the tooth and gum line (top and bottom). Here are some tips for successful brushing:

- ❖ Make it fun
- ❖ Do it every day
- ❖ Build up tolerance gradually, 30-60 seconds at first.

Steps to getting started:

- ❖ Week 1 - pet and play with your pets mouth, and work up to touching the teeth and gums



- ❖ Week 2 - Use a face cloth or gauze wrapped around your finger, to rub teeth and gums, with pet friendly toothpaste. They come in flavors like poultry and peanut butter.



- ❖ Week 3 - Finally, use a finger brush or a soft veterinary tooth brush with pet friendly toothpaste to brush the teeth. Hold the toothbrush at a 45 degree angle and brush in circular motions from the gum line to the tip of the tooth. It's ok if the tooth brush is being lightly chewed on. In fact it actually allows the pet to brush its own teeth. Make sure to do both sides and the incisors. A difficult pet may take a little more time to get comfortable with the process, so be patient.



Recommendations:

- ❖ Brushing teeth daily for best preventative measures
- ❖ An oral exam as part of your pets annual exam
- ❖ Dental prophylaxis as needed to keep teeth clean and healthy
- ❖ Hills prescription T/D diet which is specially formulated to help remove tartar from tooth surfaces and lengthen the time between professional cleanings
- ❖ Other tools would be Greenie, Carrots, CET Chews, Oral rinses etc. --- ***Look for the VOHC Seal of approval on all products***

Do NOT use human toothpaste with pets, the fluoride can make them sick if swallowed.