



Hello everybody! Hope everyone had a nice holiday and are ready to start the New Year. I know I am ready for a New Year and a whole new set of New Year's resolutions. ☺ New Year's resolutions are our topic for this month. Your pet cannot make his or her own list of resolutions so I am here to make one for your pet. We are going to discuss some important things that you can start doing for your pet this year.



VETERINARY EXAMINATIONS:

A thorough physical exam is probably the most important thing you can provide for your pet. We recommend any pet under the age of 8 should have a yearly check-up. The yearly check-up is important. At this visit the doctor weighs and thoroughly

examines your pet. This is important because it could show any changes that have occurred with your pet in the last year. At this visit yearly vaccinations can be given. Vaccinations are important because they protect your pet against many viruses that are prevalent and could cause serious illness. At this time, we recommend a fecal examination. Your pet can easily come into contact with internal parasites, without the yearly fecal exam it is not likely the parasites; would be detected and treated. For a pet after the age of 8, we recommend an exam every six months. This is important because your pet is considered geriatric after the age of 8, and this is the time when your pet's body changes. Just like humans, when pet's age they become prone to various problems. We recommend that your geriatric pet have blood work done yearly. Blood work helps the doctors see how the internal organs are working. Any problems can be caught early and addressed, in order to prolong the quantity and quality of your pet's life. Vaccinations may not be as important at this time, due to the immunity your pet has built up, but the thorough doctor exam becomes more important.



MONTHLY PREVENTATIVES:

We highly recommend preventative medicines. Preventative medicines are a good way to keep your pet healthy and to keep your pet from only seeing us at the once or twice yearly visits. Heartworm prevention is extremely important. A mosquito transmits heartworm, so we recommend year-round heartworm

preventative. Heartworm disease can cause extensive heart and lung damage that may not be reversible. The prevention is also far less expensive than the treatment. Flea medicines we recommend for at least $\frac{3}{4}$ of the year. Fleas are very hardy and can easily come indoors and live in the wintertime. So we recommend monthly flea treatments up until it gets cold and stays cold for at least 1 month. Regular use of monthly treatments will prevent your pet from coming to see us with a skin allergy or loss of hair. Preventing fleas also helps with preventing tapeworms.



EXERCISE:

Just like in humans, exercise is very good for your pet. Exercise not only keeps your pet physically active but also keeps your pet focused on you. We recommend $\frac{1}{2}$ hour of exercise a day. With dogs the exercise can be leash walking or playing fetch. In either case make sure you are the leader. If you are walking make sure you use a leash. If you are playing fetch make sure your pet drops the toy in order to keep playing. With cats you can also take walks if your cat is leash-trained, or you can play with a toy or a laser pointer.



DIET:

Diet is very important and just like in humans can be a really hard New Year's resolution. Measuring your pet's food is a must. Depending on your pet's weight and your pet's lifestyle, your pet should only have a certain number of calories per day. If your pet has too many calories per day he or she will rapidly become overweight. Weight is harder to take off your pet than monitoring your pet's diet to begin with. Here are some facts about feeding your pet and giving them treats:

Daily Caloric needs:

10-lb cats: 275 calories

10-lb dog: 300 calories

20-lb dog: 500 calories

50-lb dog: 1,200 calories

That is all the calories your pet needs in one day. When you feed your pet treats you need to take into account the calories from the treats and subtract it from their actual food.

Calories in common pet treats:

Medium sized Milk-bone®: 40

Purina Beggin' Strips®: 30

Busy Bone small/medium chew dental treat: 309

DentaBone® medium: 188

JumBone® large: 624

Temptation® cat treat: 2/treat



TEETH MAINTENANCE:

Maintaining your pet's teeth is very important. To ensure your pet still has teeth when he or she gets older, it's imperative to monitor your pet's teeth. The doctor or a veterinary technician will gladly show you what to look for when you are examining your pet's teeth. Daily or weekly brushing is very good and if you can't do that, dental bones or chew bones work well too.

Most pets need dental cleanings at some point in their lives, some earlier or more often than others. Dental health can be genetic just as in humans. The doctor will let you know at your pet's yearly or six month examination if it's time for your pet to have a dental cleaning.

DR. TIDBIT BY DR KELLEY J OWEN:

As our pets age he/she can start to develop anxieties and stresses that he/she did not have before. For example, a dog or cat that was previously unaffected by storms or fireworks suddenly develops unusual behavior when those noises occur.

There are medications and other modalities to help your pet deal with his/her anxieties. The bottom line is, let us know when your pet's behavior changes so we can intervene early.

ADOPTIONS:

We are happy to report that 5 of our kittens got adopted this past month. Cynthis from Animal Friends took Seth and Horus to the Animal Friends shelter to be adopted, because they didn't have many kittens and lots of lookers for the holiday season.

Thanks Cynthia! I would like to thank Kristin Tennant for adopting Pig Pen, Tara Melgary for adopting Lucy, Holly Damron for adopting Charlie, Jamie Reese and family for adopting Sally, Taryn Light for adopting Pepper and Natalie and Rebecca Sybolt for adopting Linus and Schroeder. Thank you for giving them all good homes.

We have a beautiful white female cat approximately 2 years old. She is very affectionate and just loves to sit on your lap. She has been spayed, felv/fiv tested and vaccinated. Her adoption fee is covered if she goes to a good home.

UPCOMING EVENTS:

We don't have any events coming up this month. Please remember to save your aluminum cans! If you ever need them picked up please call the clinic and ask for Megan.

RECIPE:

Here is a good pet recipe to use up all your leftover frozen turkey!

Turkey Treats:

2 cups cooked turkey- cut up
2 cloves garlic
4 tsp grated cheese
1 T parsley- freshly chopped
2 eggs
2 cups whole-wheat flour
2 T brewer's yeast
2 T vegetable oil

Combine turkey, garlic, cheese, and parsley and mix well. Beat the eggs in a bowl and pour over turkey mixture. Add the flour,

yeast, and oil. Stir until thoroughly mixed and all ingredients are coated. Drop into small lumps onto ungreased cookie sheet. Bake on 350° for about 20 minutes, until brown and firm. Store in refrigerator.

That is all we have for January's newsletter. If you have any questions or comments, please feel free to e-mail us or call us. Suggestions are always welcome for newsletter ideas!