

# RACC TIMES

FIRST QUARTER  
2008

ALL FEATURES GREAT AND SMALL

[www.riversideanimalcare.vetsuite.com](http://www.riversideanimalcare.vetsuite.com)  
6924 Riverside Dr. Dublin, Oh 43017

[racc@riversideanimalcare.com](mailto:racc@riversideanimalcare.com)  
614-766-1222 Fax 614-766-7904

## ANNOUNCEMENTS

We are sad to announce the departure of Dr. Kim West. The three years that she has been part of the Riverside family have been wonderful and she will be greatly missed.

Please help us welcome our new doctor, Dr. Michelle Wisecup. Dr. Michelle Wisecup is a 2005 graduate of the Ohio State University of Veterinary Medicine. She continued her education by completing an internship at Red Bank Veterinary Hospital in Red Bank, NJ, one of the largest private practices in the US. She worked with board certified specialists in every field of veterinary medicine. Since then she has been practicing small animal medicine in London, Ohio. Her veterinary interests include emergency/critical care and soft tissue surgery.

Dr. Wisecup spends her free time wakeboarding, golfing and hiking with her black lab, Abby. Michelle and her husband are expecting their first child in March 2008.



## SENIOR DOGS

### Veterinarian Care Guidelines for Senior Dogs

- 10 Years and Above for Small Breeds
- 7 Years and Above for Medium Breeds
- 5 Years and Above for Large Breeds

Regular health care is essential throughout your dog's life, but it's particularly important as your dog gets older. No matter what the life span of your breed may be, identifying and understanding the needs of your aging pet will give you a head start on beating the life expectancy odds. In general, healthy senior dogs should visit the veterinarian every six months.

As an easy reminder to keep on track with the bi-annual veterinarian exams, you may want to schedule the six-month check-up six months into the new year.

### Senior Dogs

**At the Vet-** Regular health checks are advisable every six months

1. Review of all previous disorders.
2. Complete physical examination
3. Complete blood chemistry profile/blood count
4. Complete Urinalysis
5. Cardiac Evaluation
6. Weight Evaluation
7. Blood Pressure

## WHAT IS A WELLNESS SCREEN?

More than 10 percent of pets brought to veterinary clinics for check-ups have some type of underlying disease or abnormality, according to published research. Many of these pets appear normal upon physical examination, and their abnormalities would go undetected without a wellness screen – a blood test designed to detect these silent problems.

The process of disease development in pets can be slow and insidious. When an organ system starts to fail, that organ will compensate to bring function back to normal. Over time, this compensating mechanism will fail as well and the pet will become ill. Once the pet is in organ failure, treatment options are limited and the prognosis is poor.

Our staff can perform a simple in-house blood test that will check your pet's:

- √ liver
- √ kidneys
- √ pancreas
- √ electrolytes
- √ minerals
- √ blood sugar

The test can also alert us to infection, inflammatory disease and anemia. Early detection of the disease is key. Once a problem has been identified, we can make appropriate treatment recommendations at a point when treatment will make the most difference. Often, a simple diet change is all that's needed to avoid major health problems.

Our wellness screen is a simple blood and possibly urine test. We usually have results in 20 – 30 minutes. If you have any questions, please talk with a team member.

## WEIGHT MANAGEMENT

Obesity is the number one nutritional disorder among dogs in the U.S. It can shorten a dog's life span, impair heart and breathing functions, contribute to digestive distress and lead to musculoskeletal disorders such as arthritis. And it doesn't take much in the way of pounds for obesity to become a problem. For instance, a dog that is 10 pounds over his/her ideal weight of 50 pounds is the equivalent to a woman whose ideal weight is 120 weighing 144 pounds. Recent research has shown that dogs and cats that attain a healthy weight are generally more mobile, have less stiffness and discomfort.

- Preventative measures - Avoid feeding table scraps and excessive treats
- Exercise - in order to keep extra pounds off, dogs must burn the calories they consume through regular exercise or play
- May need to consider switching to a lower-calorie food if your dog's activity level slows down
- Make sure every member of the family knows and complies with these rules

Riverside Dr. Animal Care Center's team members are dedicated to helping your pet reach and maintain a healthy weight by establishing a clinic supervised weight management program. Please see one of our team members for more information on how to achieve your pet's weight loss goal.

## Understanding Your Dog's Body Condition

### Too Thin

- 1 Ribs, lumbar vertebrae, pelvic bones and all bony prominences evident from a distance. No discernible body fat. Obvious loss of muscle mass.
- 2 Ribs, lumbar vertebrae and pelvic bones easily visible. No palpable fat. Some evidence of other bony prominence. Minimal loss of muscle mass.
- 3 Ribs easily palpated and may be visible with no palpable fat. Tops of lumbar vertebrae visible. Pelvic bones becoming prominent. Obvious waist.



### Ideal

- 4 Ribs easily palpable, with minimal fat covering. Waist easily noted, viewed from above. Abdominal tuck evident.
- 5 Ribs palpable without excess fat covering. Waist observed behind ribs when viewed from above. Abdomen tucked up when viewed.



### Too Heavy

- 6 Ribs palpable with slight excess fat covering. Waist is discernible viewed from above but is not prominent. Abdominal tuck apparent.
- 7 Ribs palpable with difficulty; heavy fat cover. Noticeable fat deposits over lumbar area and base of tail. Waist absent or barely visible. Abdominal tuck may be present.
- 8 Ribs not palpable under very heavy fat cover, or palpable only with significant pressure. Heavy fat deposits over lumbar area and base of tail. Waist absent. No abdominal tuck. Obvious abdominal distension may be present.
- 9 Massive fat deposits over thorax, spine and base of tail. Waist and abdominal tuck absent.



### Treat Your Dog Responsibly



The answer is treat your dog responsibly. The way to do this is by considering treats as part of your dog's total diet plan. For example, choose treats that are low in fat and calories, as well as nutritionally sound. And don't forget to count the calories that treats add to your dog's diet. To compensate for the calories treats add, reduce the amount of dog food you normally offer.

Treats should not exceed 10% of the pet's daily intake of calories.

Food Item	Kilocalorie Content per Unit
Butler Lean Dog Treats – Small/Medium/Large	7
Royal Canin Treats for Dogs	14
Bonz for Small & Medium Dogs	70
Science Diet Canine Lite Treats	15
Milk Bone Dog Biscuits - Small	20
Milk Bone Dog Biscuits - Medium	40
Milk Bone Dog Biscuits - Large	115
Pounce for cats	3
Whisker Lickin' for cats	3
Carrot (medium baby-sized)	3
Green Beans (canned, drained, 1 cup)	25
Air-popped popcorn (0.5 oz.)	54
Pizza Hut's Hand-tossed Cheese Pizza (1 slice, medium) <b>NR</b>	259
Arby's Cheddar Fries (small order) <b>NR</b>	399
Chocolate Chip Cookie <b>NR</b>	180
Soft Serve Ice Cream (1/2 cup) <b>NR</b>	113
McDonald's Quarter Pounder with Cheese <b>NR</b>	525
<b>NR</b> Not recommended as an appropriate treat for pets	

### Daily caloric needs

- 10 pound cat.....275 calories
- 10 pound dog.....300 calories
- 20 pound dog.....500 calories
- 50 pound dog.....1,200 calories

**A DAY AT THE OFFICE**

**Dr. McGuffin and Allison getting ready for surgery**



---

*We're on the Web!*

*Visit us at:*

[www.riversideanimalcare.vetsuite.com](http://www.riversideanimalcare.vetsuite.com)

---

When you finish reading our newsletter, give it to a friend. The highest compliment you can give us is the referral of your friends and family. Thank you for your trust in our hospital.

---

**Dr. Hanson in treatment**



**Dr. Burdick and Dr. Wisecup saving lives**

