



## Centre Street Animal Hospital *Communicate*



### THE HOLIDAY SEASON

The holiday season can bring new hazards to our homes. Here are some things to keep in mind.

Wrapping paper may conceal the box of chocolates from your friends and family but your pet may still be able to smell the food inside. Chocolates, cigars, candies and meats and cheeses are common gifts that can cause serious trouble for your pets.

Your family may have seasonal favourites but too much change can be hard on your pet's stomach. That special treat of people food may trigger diarrhea and/or vomiting. Give a little extra love, exercise and attention rather than food treats.

Decorations such as tinsel, scented candles and Christmas trees can create a dangerous playground. Tinsel can damage your pet's intestines and be life threatening. Christmas trees can pose a danger when cats try to climb them or when dogs try to eat or play with fragile ornaments. Many Christmas decorations are scented and our pets may try to eat them.

Your open house party may be an open door invitation for your pet to escape. Keep a watchful eye on them.

Gifts such as toys for your pet require supervision. Even the "indestructible" ones, may break apart. Swallowed toys and rawhide bones can cause serious intestinal damage and may result in an emergency trip to the vet.

Welcome to Winter!

I love winter because it's during this time of year that our pets like to snuggle-up to us as my Siamese, Princess, demands (with no argument from me). My mother tells me that was one of my wishes as a kid. I'm sure that we each have wishes and stories to tell during this season and throughout the year that are enriched by our pets. This issue of *Communicate* reminds us of the potential hazards to our pets' health during the winter months. It aims to help us ensure that all of our memories with our pets are joyous ones.

I wish Season's Greetings to you all and a safe vacation to those of you who are traveling.

Dr. Martin Slome

### REGULAR EXAMS

Our pets age differently than we do. For this reason, it is important that we ensure regular visits to the veterinarian more often than we would visit our doctors for ourselves.

At your pet's examination visit, we perform a thorough physical exam and a variety of laboratory tests as indicated by your pet's age and physical condition.

### Petcare

#### EXERCISE IDEAS

These activities can improve your pet's overall health and help manage weight gain and obesity. It is important to progress at a rate that is comfortable and won't put undue strain on their heart, joints and muscles. Talk to your vet about a plan that is right for your pet. You may also want to discuss low calorie foods and treats.

#### Swimming

Not all dogs like to swim; but, many do! Contaminated water and cold temperatures don't make for a great experience but more and more facilities are offering indoor pools for dogs, and even horses. Some of these facilities are used primarily for physiotherapy but many also offer time just for fun. Swimming is a low impact sport for pets that can be especially beneficial for older pets with arthritis concerns and pets recovering from injuries.

#### Agility

Agility is a canine sport that involves training dogs to navigate obstacle courses complete with jumps, tunnels and teeter-totters. The dogs are off-leash and learn to respond to their owner's verbal commands and hand signals. This kind of activity provides exercise, socialization and mental stimulation for our canine companions.

#### Flyball

This organized canine sport provides the opportunity for our canine friends to chase balls to their heart's delight. This relay style team sport also involves jumping over hurdles, and a ton of fun.

#### For Cats

While most of us don't walk our cats, setting aside 15 minutes for play once or twice a day can help manage obesity. Try feather toys, balls, laser pointers and catnip toys for an interactive play date. Small things, like keeping your cat's food dish and litter box on separate floors or in separate rooms can increase the amount of activity they get each day too.

### A bit about Your Pet's Healthcare Team

We are proud to announce a new member of the family. Tracy's new baby boy - J.J. - born November 1, 2007.

At your next visit you will meet our newest veterinary assistant; Paulie. Paulie brings a love of pets and a commitment to exceptional customer service.

Michelle has been promoted to hospital coordinator. This new role will support Michelle in implementing some great ideas in areas of efficiencies and increased communication with you; our clients.

### IS YOUR PET OVERWEIGHT?

#### Can you feel your pet's ribs?

With gentle pressure you should be able to feel along your pet's sides and count the ribs. While we don't want to see them or feel them too easily, you should be able to find them.

#### Is your pet grooming properly?

Overweight cats might have trouble reaching around to groom themselves properly, especially the lower back near the tail. The fur may appear greasy or matt easily.

#### Does your pet have a fat pad at the base of the tail?

A small fat deposit at the base of the tail is fine, when thick fat deposits or roll appear, your pet is too heavy.

#### Does your pet have a waist?

You should be able to see a narrowing near the hips when viewing your pet from above, a slight tuck should also be seen when viewing from the side. Hanging bellies and rectangular shapes indicate your pet is overweight.



### We're Listening!

Please give us a call, strike-up a conversation, drop us an email, write us a letter; let us know if you have any suggestions, concerns or kudos.

### Let's Communicate

Centre Street Animal Hospital  
Promenade Village Shoppes  
7700 Bathurst St.  
Thornhill, ON L4J 7Y3

(905) 771-9855

centrestreetanimalhospital.com