

KEEPING COOL – HEAT STROKE AND HOW TO AVOID IT

The recent tragedy in Langley has reminded us, you should never leave your pet in the car on a warm day, as heat stroke can kill in a surprisingly short period of time. But did you know that dogs and cats can get heat stroke at home or in the park, too?

Signs of Heat Stroke

- Unusually heavy panting
- Raspy, fast breathing
- Body temperature over 40 C
- Vomiting or Diarrhea (sometimes)
- Weakness or Collapse

Who Is At Risk?

- Any pet left in the sun or in a hot room or car
- Short-nosed breeds like bulldogs or pugs
- Dogs with collapsing trachea or asthma
- Dogs with thick, heavy overcoats

How To Avoid It

- Never leave your pet in a car (even for 10 minutes with windows open!)
- Always provide shade for your pet
- Leave a fan or air conditioner on for your pet when you go out.
- Thoroughly remove your long-haired pet's woolly undercoat (NOT same as shaving!)
- Keep cool water available at all times
- Know how to check your pet's temperature
- Keep paws cool by providing a wet towel to stand on or wetting down the paws on a hot day

If you suspect that your pet may be suffering from heat stroke, call us immediately. Heat stroke is an emergency!



TRAVELLING PAWS

If you are planning a trip this summer and you are considering having your furry family member join in the fun, we have a few things to share with you! Traveling with your dog or cat can be loads of fun if you make all the right preparations ahead of time - don't let poor planning ruin the vacation for everyone! We're here to help!

Here is Healing Paws Travel Guide to help you make the most of your summer vacation.

Identification

Ensure your pet wears a collar at all times and be sure to record license numbers, tattoo numbers, and microchip numbers of your pets and bring this list with you. It's important, too, that your contact information is up-to-date.

A recent photo - If your pet is lost while you are traveling, a photo will help you describe her to others.

Kennel/Carrier

Some places ask that you kennel/crate your pet if you are going out and leaving her in the room. The kennel is also a safe way for your pet to travel and a cozy, comfy 'den' for your pet to feel secure in once you reach your destination. Don't forget familiar blankets or bedding for comfort and a reminder of home.

Accessories

Leash (bring an extra just in case!), food & water bowls, toys, grooming supplies (if needed), and waste bags. Bring a litter box, litter scoop, and waste bags if you are travelling with a feline companion and don't forget stain remover & cleaning supplies - just in case your furry friend has an 'oopsie'!

Food/Water

Keeping your pet on the diet he or she is used to will help prevent stomach upset when you need it least of all! If your pet has a sensitive stomach or immune system, you may also want to bring bottled water. If you are travelling outside of Canada or if your pet is on a raw diet please contact a Healing Paws Vet Team Member for additional information on how to plan for your pet's vacation diet. Don't forget a can opener if your pet is fed canned food.

Health Check up & Records / Travel Document

Ensure your pet has had a recent health check in advance of your trip - a health certificate and vaccination or titer certificate should be packed in your pet's suitcase

Medications & First Aid Kit

Pick up refills of any medications your pet will need while you are away Find out whether or not there are any concerns about the area to which you are traveling - Many of our patients are treated with Revolution during the summer months to help protect them against fleas, ticks, heartworm and other concerning parasites.

We are offering 25% off our First Aid Kits until August 31st this year! Make sure you are prepared and pick one up before you leave!

Veterinary Care on the Road

Emergencies do not only happen close to home, they can also happen while traveling with your pet. Before the trip, make a list of veterinary hospitals in the area where you will be staying, along with a map.

Travel Anxiety

Some pets experience anxiety when travelling away from home. It's important to help prepare your pet ahead of time if this is an issue for him. Try taking him for short, frequent car rides that end up at the park, pet store (where he will get a toy or treat), or another pleasant place - Healing Paws is certainly a hot spot for cookies & belly rubs!

Some pets may travel more calmly with the help of a natural anxiety remedy or anti-anxiety medication.- We will be offering 25% off our favorite all natural calming product, Bio-Calm until August 31st to help our travellers 'chill-out' a little this summer!



Happy Travels from Healing Paws!

OR, STAYING...

With summer fast approaching we find ourselves faced with some difficult decisions, can we take our fur kids with us or do we need to make alternative arrangements? If you choose to travel without your pets there are many things to consider, the main being where will they stay?

Boarding facilities these days are a far cry from the “concrete cells” stereotype. Today they are like Resorts and Spas for pets. Your beloved fur kid will enjoy fitness regimes, grooming and pampering, oodles of affection and supervised socialization with other pets (if that is what you desire, if not, they will accommodate that too).

Different people have different expectations for their pets, so it's a good idea to go to the boarding facility and check it out. We always suggest showing up unannounced (during business hours of course) and having a peek around, this way if there's anything that you don't like the look, hear or smell of you have time to choose somewhere better suited to your pets needs. However you must remember that good places tend to fill up rather quickly so make sure you are organized well in advance.

Perhaps you have **friends or family** that will take care of your pet. The first thing to think about is if they will come to check on your pet at your house or will your pet go and stay with them? This is important as many cats will not tolerate the change in lodgings and many dogs will not tolerate being left alone for long periods. You must come to an agreement that suits everyone's needs and lifestyle.

Professional Pet Sitters are becoming a lot more common today. If you choose this route make sure you get some references from your sitter, is this someone you trust to stay in your home with your babies? It's also a good idea to plan an introduction between your sitter and your pets before you leave so that they are acquainted and both feel secure.

Whichever option you choose this summer make sure you plan well ahead.

We have put together a **check list** of things you may wish to have ready so that your pet is correctly cared for the way you, yourself would:

- Your pets food with directions for feeding (amounts/ times/ treats/ allergies)
- Any medications your pet may be taking with clear, precise directions.
- Emergency contacts numbers including; regular vet, emergency vet, your hotel, friends and family if you are unable to be reached.
- Food bowls, blankets and toys that your pet likes to make them feel more secure.
- Instructions on when your pet likes to use the potty and include some poo-bags!
- Current ID tag to go on your pets collar (you may want to include the number of where they are staying or your vet incase you cannot be reached).
- Recent pictures of your pet, just in case they go missing. It's a horrible thought but best to be prepared.
- Extra money incase they need more food, treats, medication
- Make sure that your pets' Daycare/ dogwalker/ groomer know what you are doing, this way if they can accommodate someone else in your pets place they have time to make arrangements.





FLEAS

Fleas are parasitic insects that feed off warm blooded creatures like our unsuspecting furry friends. With our mild temperatures humid climate, fleas can be pests year-round. They can be picked up from all of their favorite (and not so favorite) places such as daycares, groomers, boarding kennels, the dog park, communal bathroom and play areas, etc. If one pet has fleas, assume they all do. While they are annoying, fleas are easy to prevent. A simple test will be a good tool in catching the problem before it gets too big: Take a fine toothed comb and comb closely to the skin at the tail base of your pet. Put the acquired debris from the comb onto a white paper towel and add water. Should this turn red (digested blood from flea feces) you have...fleas! But don't panic just yet...there is treatment available. At Healing Paws most commonly recommend Revolution as it not only helps to prevent fleas, but also ticks, lice, mites and intestinal parasites.

FACTS ABOUT FLEAS

Fleas can survive outside of the host (dog, cat or other animals) for six or more months, feeding only on debris and dander. These critters have been found in carpets of homes that have stayed vacant for many, many months.

Cats are the preferred meal for an average flea, followed by dogs and humans.

Pets eating diets that are rich in carbs and fillers, such as wheat, corn and glutens, are likely to become a preferred host for flea infestation. Fleas have a "sweet tooth"!

Not every pet requires a year round flea protection. This entirely depends on your pet's life style, age and any concurrent medical condition. An easy and safe alternative to flea preventative medications are flea combs and natural flea dips and baths infused with some essential oils. For pets that are social bugs and like to play with others, we recommend flea medication, such as Revolution, at least during flea peak activity periods early spring and fall months. For more info on all products, please visit us at Healing Paws.

UPCOMING EVENTS & PROMOTIONS

Splash and Refresh - Client Appreciation Day - meet us and other families for fun & refreshments!
July 30, 10am - 12pm, Buntzen Lake Dog Beach

Car Free Day - stroll to our booth, for demos, games and prizes!
August 20, 12pm - 7pm - St John Street between Elgin and Grant, Port Moody
www.portmoody.ca/index.aspx?page=1538

Healing Paws Veterinary Care offers:

50% off

of the consulting fee,
on your 1st booked appointment!

(Applicable to new clients only. One per family.)

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