

AUTUMN HEALTH TOPICS

With our lovely summer behind us it is time to enjoy the Autumn season, along with the pretty leaves and cooling temperatures there are also a few seasonal topics that we would like to remind our pet owners about this time of year...

Fall Fleas! Early fall (Sept/Oct) is actually our peak time for flea infestations, so please make sure your pet is on a preventative treatment such as Revolution or Comfortis/Trifexis until late fall when temperatures are consistently colder.

Fertilizers – Protect your pets paws from the fertilizers that are often laid on grass, this time of year, to prepare lawns for the winter months. These products can cause severe skin irritation! Protective booties & Paw Repair Cream can save the day! Rinse your pets' paws with water, right away if exposed to lawn fertilizer.

Be Bear Aware & Salmon Savvy! It is fun to welcome & celebrate the return of the Salmon to our local creeks, but be aware that this also attracts an increased number of bears to our neighborhoods and local trails. Keep dogs on a leash and use a bear bell when enjoying local trail walks. Many dogs will also eagerly snarf down a smelly, rotting fish, if found, and this can lead to severe gastroenteritis, or even poisoning in some cases.

Halloween Howls – Many dogs can face severe anxiety at this time of year, with firecrackers/fireworks being active in late October. Natural anxiety remedies and products can be helpful for many pets that are affected. And a friendly reminder to keep Halloween candy and chocolate treats securely away from your pet!

Allergies and yeast infections – With the return of our trusted Vancouver rainy season, comes a wave of allergy symptoms and yeast infections, for many of our pets. Watch for signs of scratching, licking, head shaking and unusual odors. Paws and ears are often the primarily affected areas.



PROMOTIONS & UPCOMING EVENTS

Complimentary complete joint supplement with purchase of a **Laser package**, October 1st to November 30th, 2018

Howl-n-Win photo contest - Send us photos or come in and trick-or-treat, October 1st - 31st, to enter! Costumed pets get a baggy of treats on the Halloween day!

Thanksgiving by Healing Paws - receive double PetMiles, Oct 1st - 6th

NEW CLIENTS - 50% off of the consult fee on 1st appointment (one per family)



Zylkene® - A CALMING ALTERNATIVE

At Healing Paws, we love more natural alternatives to prescription medications, and lately Zylkene has been grabbing our attention as an excellent alternative to sedative drugs in pets with chronic or short term stress. What is Zylkene?

Zylkene is an over-the-counter, safe nutraceutical with potent stress-relieving properties. Its active ingredient, Alpha-S1 Tryptic casein, is derived from mother's milk and highly concentrated. It has been proven to relieve stress related symptoms in both animal and human patients. For example, in 2004 an independent study on humans found that people who had been given tryptic casein had lower blood pressure and lower cortisol levels in their blood. This milk derivative is lactose free, safe to combine with all medications and has absolutely no known side effects. It isn't a sedative, either – many patients actually seem perkier when taking it, because they feel so much more confident! Who could benefit from Zylkene?

Zylkene is great as a short term treatment for patients going through a stressful period, whether that is Hallowe'en fireworks or a long car trip. Zylkene is also very effective as a long term treatment for patients with chronic anxiety or fear issues, including obsessive compulsive behaviours and separation anxiety. However, behaviour problems take a holistic approach, and a nutraceutical on its own will not fix the problem permanently. Studies show that any behavioral medication, whether it is Zylkene or a prescription sedative, only really work in the long term when combined with an effective behaviour modification program. That means that you should work with a trainer or visit us for a behaviour consult if you are interested in using Zylkene to help your pet's behaviour problems.

Holidays - ANXIETY

This time of the year, communities gather around to celebrate various festivities. Often we light the sky with bright explosive fireworks. Unfortunately this tradition, although fun for us, isn't always the most positive experience for our furry kids. Many pets become distressed when they hear loud noises such as thunder and other types of storms, fireworks, and vacuum cleaner noise which can cause them to become extremely fearful. Common reactions include hiding, shaking and occasionally destructive behaviours like chewing through screen doors to escape to safe territory. Let us help you try and calm your pet's anxiety with a few of our helpful techniques.



Plan ahead:

- Plan an active day for your pet with plenty of exercise and one on one time. This will help to create a tired and relaxed atmosphere
- Create a safe place for your pet (they may have already chosen a location they prefer) with a soft bed and a special favourite toy
- Some herbal calming remedies will aid in taking the edge off in mild cases. Plug in sprays and dog appeasing pheromone collars will also help
- Consider familiarizing yourself with other options such as thunder-shirts for anti-anxiety

During the event:

- Food distractions such as treats and playing favorite games that your pet enjoys to distract them from the noises. This will also associate something good and rewarding with the event

- Use a soothing tone of voice to calm your pet with a gentle massage. Be careful not to over do this as it can heighten the anxiety
- Remember your energy can be picked up by your pets. Try and remain calm and your pet will feel secure and at ease

Feel free to visit us at Healing Paws to discuss further techniques to help with holiday nuisances. Remember, helping your pet work through their fear-related issues will take time. There is no “quick fix”. Patience will be an important factor in the success of your pet's adjustment. We hope all of our clients and patients get to start off this season with a bang by enjoying all of the festivities this tradition brings, including fireworks.

SEASONAL PANCREATITIS

It is once again the season for family gatherings, gift giving, and FOOD, FOOD, FOOD!! And the family pooch is drooling over potential leftovers & scraps that his favorite relatives may be willing to share it is the season of giving & sharing after all, right??!!

Unfortunately, if Fido is successful in his endeavor to enjoy either too many or the wrong kind of those tasty foods, you may be in for a trip to the family veterinarian as part of your holiday festivities!!



The reason? Well, because this is also the season for canine pancreatitis - inflammation of the pancreas - a painful and potentially life-threatening condition most commonly caused by overindulgence in foods that are particularly rich or fatty.

The pancreas is a thin, delicate-appearing, boomerang-shaped organ that resides in the abdominal cavity, tucked up against the stomach and small intestines. It is responsible for the body's production of insulin and enzymes necessary for food digestion. When the inflammation of this important little organ is chronic or particularly severe, it can sometimes cause permanent damage, resulting in diabetes and/or exocrine pancreatic insufficiency.

In addition to rich or fatty foods, certain drugs, hormonal imbalances and inherited defects in fat metabolism can also cause pancreatitis. For some dogs, an underlying cause is never found. Classic pancreatitis symptoms include vomiting, abdominal pain, and decreased appetite and activity levels.

There is no cure for pancreatitis - the inflammation must resolve on its own. This is best accomplished by allowing the pancreas to rest, which means giving nothing orally (not even water) to prevent digestive enzyme secretion. Treatment consists of hospitalization for the administration of intravenous fluids; injectable medication to control vomiting, pain and stomach acid secretion; and antibiotics to prevent secondary infection or abscess formation. Patients must be monitored for life-threatening complications that sometimes accompany pancreatitis, such as kidney failure, heart rhythm abnormalities, respiratory distress and bleeding disorders. Small amounts of water and a fat-free diet are typically offered once vomiting has stopped, abdominal pain has subsided, and there is blood test and/or ultrasound confirmation that the inflammation has calmed down. If your dog has pancreatitis, count on a minimum of two to three days of hospitalization, and be sure to ask who will be caring for your dog during the night.

Long-term treatment for pancreatitis typically involves feeding a low-fat or fat-free diet. This may be a life-long recommendation, especially if your dog has been a “repeat offender.” Most dogs fully recover with appropriate therapy; however, some succumb to the complications associated with this disease.

The moral of this Happy Holiday 'Tail'?! be aware and cautious what your canine companion partakes in this season!!

THERAPEUTIC LASER

Excerpts from: "Laser Therapy - many applications for many conditions" by Robin Downing, DVM, DAAPM, DACVSMR, CVPP, CCRP | IVC Journal

Laser therapy is finding its place in mainstream veterinary medicine. Clinical case reports, and systematic study results have become available. Therapeutic laser has been incorporated into treatments that address diverse conditions, including:

Skin wounds, Tendon and ligament injuries, Trigger points, Edema, Lick granulomas, Muscle injuries, Nervous system injury and neurologic conditions, Osteoarthritis, Post-operative incisions and tissues, Pain

Laser Fundamentals

The term "laser" is an acronym that stands for "light amplification by stimulated emission of radiation", and describes a device that emits radiation in the form of a low of photons of light energy. Therapeutic laser has been referred to as "low level" laser and "cold" laser, terms intended to distinguish from surgical lasers.

Therapeutic lasers help modulate cellular functions through a process called photobiomodulation, a photochemical process in which photons from a laser source interact with the target cells via a non-thermal mechanism to cause either stimulation or inhibition of biochemical pathways.

Laser light is monochromatic (one wavelength), coherent (all photons travel in the same phase and direction), and collimated (minimal divergence of the laser beam over a distance). These three properties allow the therapy laser light to be focused on a specific area of the body, to penetrate the skin without heating or damaging it, and to interact with tissue with few side effects. The optimal wavelength range for tissue photobiomodulation appears to be 650nm to 1,300nm. Superficial wounds and joint injuries can be treated with shorter wavelengths, while longer wavelengths are better suited to treat muscle injuries. The power of the therapeutic laser matters in terms of the dose delivered, and the time needed to deliver the treatment dose. The most commonly used therapeutic lasers in veterinary medicine are Class III lasers, which may deliver energy from 1mw to 500mw, and Class IV lasers, greater than 500mw.

A lower power laser is better suited for treating superficial structures because of the limited power density to drive photons into the deeper tissues. A higher watt laser allows the treatment to be delivered over a shorter period and involves administering the laser energy with a sweeping motion over the affected area. This sweeping motion may provide more complete coverage of the treatment area and may cover surrounding areas that could be causing secondary or referred pain.

Benefits Of Therapeutic Laser

Therapeutic laser has been demonstrated to relieve both chronic and acute pain by modulating peripheral nerve function and nerve conduction velocities. Laser energy increases the speed of tissue repair by increasing local microcirculation as well as stimulating the immune system and reducing inflammation. Laser energy also enhances collagen and muscle tissue development, which in turn enhances healing.

There are several important tissue effects from the application of laser: Neovascularization; Angiogenesis; Collagen synthesis which enhances wound healing; Stimulation of nerve healing, Enhanced healing of tendons; cartilage, and bones; Reduced swelling from injury; Modulation of degenerative tissue changes; Mitigation of CNS damage following traumatic brain injury and spinal cord injury

Laser Safety

Protective glasses with lenses rated to the specific wavelength of the treatment laser are important for both humans and patients, in order to protect retinal tissue. Laser energy should not be applied over a pregnant uterus, over tumors, over an open fontanel, over the growth plates of immature animals, or over the thyroid gland.