



**FISHER GLEN**  
ANIMAL HOSPITAL

# WELCOME TO FISHER GLEN

## ADULT PET INFORMATION KIT

We are very pleased to have your pet as a patient! There is lots to know when it comes to your pet's healthcare. That's why we have developed this kit: to give you the information you need to ensure your pet lives a long, healthy life!

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# Welcome to Fisher Glen

We are very pleased to have your pet as a patient! Please enjoy this information kit, and if you have any questions about your pet's healthcare needs, don't hesitate to contact us!

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613 228 7008



We are so pleased to welcome you to Fisher Glen Animal Hospital! We are a small but full-service clinic, with an emphasis on preventive medicine and personalized care. Consequently whether it's a simple checkup, help caring for an aging pet, or a life-saving surgery, we'll be there for you every step of the way!

Here at Fisher Glen we recommend that all adult pets have a full examination once per year. That's because many diseases, such as diabetes, early kidney failure, cancer, dental disease and thyroid abnormalities can be picked up by your veterinarian through a physical exam and screening tests, even before your pet seems ill. Parasite control for heartworm, fleas, ticks and internal parasites is also important for their health as well as yours. Additionally, a vaccination program tailored to your pet will help prevent infectious diseases. By budgeting to provide regular checkups for your cat or dog, you can often avoid costly and unnecessary visits for more serious illnesses later on.

Treating you as a member of our family is a top priority for us. We will always find a way to fit you in if your pet is ill. Chances are we'll know your voice on the phone, your face when you arrive, and even your pet's favourite treats!

**If you have any questions about your pet's healthcare, don't hesitate to call or visit us online at [www.fisherglen.ca](http://www.fisherglen.ca)**

## **Choose a Diet Carefully**

When choosing food, look for the certification that it has been tested by AAFCO. Beware of fad diets such as grain-free or organic, as these are often scientifically unproven, as well as diets that say appropriate for all life stages. Your pet's needs change as they age! If you change foods, remember to do so slowly, over a week or so, by mixing old and new to avoid digestive upset.

## **Free-Choice vs Meal Feeding**

Free-choice feeding tends to lead to obesity, so it's best not to keep a bowl full all day. Measure out portions each morning and serve it in several small meals, keeping the daily quantity the same. If your pet has a tendency to put on weight there are a number of weight-control food options available.

## **Can I Feed my Pet Human Food?**

Many people choose to avoid this habit, however the reality is some of us like to give a little special extra here and there. Lean meat and veggies are best. Remember, these are extra calories for your pet, so their daily meals should be adjusted accordingly. Do not feed raw meat, as it can carry bacteria such as salmonella, causing illness.

## **Healthy Treats**

There are lots of treats marketed for pets, however many of these are actually high calorie junk food. If you want to use treats, we can recommend a number of healthy options pets love!

# **What to Feed Your Pet**

Good feeding habits should begin as soon as you bring your pet home! Obesity in pets is very common today, and bad habits begin early on. Investing in a high-quality pet food and feeding properly will help ensure that your pet leads a long and healthy life.





## Pet to Human Years: A Guide to Your Pet's True Age

Age	Dog Weight in Pounds				Cats
	0-20	21-50	51-90	90+	
5	36	37	40	42	37
6	40	42	45	49	41
7	44	47	50	56	45
8	48	51	55	64	49
9	52	56	61	71	53
10	56	60	66	78	57
11	60	65	72	86	61
12	64	69	77	93	65
14	72	78	88	108	73
16	80	87	99	123	81
18	88	96	109	139	89

### Relative Age in Human Years

Important note: Dogs are considered senior if they are above 60 in human years, and geriatric at over 78. Most cats are considered seniors at between 8-10 years old. The oldest recorded age for a cat is 34 years old.

**In the US between 3 to 6 million people a year are infected with roundworms. In some areas it is as much as a quarter of the population!**

The larvae of these parasites can travel through the body and cause serious illness, including blindness. Children, the elderly, and people who are immunosuppressed are particularly at risk. That's why it's vital to make timely deworming a priority!

Virtually all pets have intestinal parasites that were passed to them via their mother's milk or the placenta. Even if they are dewormed they can be reinfected from the environment, and more importantly, they often harbour larval forms of the parasites.

Regular deworming is the safest way to protect yourself, your family, and your pet. Adult pets should be dewormed a minimum of four times per year. (It is generally recommended that dogs be on a year-round monthly dewormer that also kills heartworm, ticks, and fleas.) Medication can be picked up at the clinic and administered to adults orally, and a fecal test should be done at least once per year, including indoor cats. Ask us today about a treatment plan that's right for you!

Remember, this is an important human health issue. We can decrease human infections by keeping our pets free of parasites, too. For more information visit [www.fisherglen.ca](http://www.fisherglen.ca)

## Parasites: A Human Health Concern

Not only are parasites harmful to pets, many of them can cause severe infection in humans as well. That's why it's vital to routinely deworm our pets; not just for their own health, but the wellbeing of our families too.





# Heartworm Disease in Pets: What You Need to Know

## **What is Heartworm Disease?**

Heartworm is a large worm (from 5 to 14 inches long) that lives in the heart and blood vessels. Pets acquire it from a mosquito bite by an infected insect. Heartworm is present in most of North America, including the Ottawa area.

## **What Does Heartworm do?**

When the mosquito bites your pet, larval heartworms are transmitted which mature into adults in the bloodstream. Adult worms live in the blood vessels of the lungs and heart. With significant infection, blood vessels are damaged and a pet may have heart failure. Clinical symptoms include exercise intolerance, cough, and nose bleeds. Sudden death may occur. Cats and dogs can get heartworm, although cats are not a natural host for the disease.

## **How is it Diagnosed?**

Infection is typically diagnosed via a blood test. X-rays and ultrasound may be used to confirm infection and the degree of damage being caused by the worms. Dogs should be tested each spring, 5-6 months after the end of the previous mosquito season, allowing

time for the infection to develop far enough along to be detected. This is important even if you gave ALL of your preventive medication diligently the year before, as not all of the preventives are 100% effective, and even dogs who enjoy getting the pills may vomit them or spit them out later.

Early diagnosis gives your pet a better chance of being treated successfully, should they have become infected while on their preventive medication.

## **Can it be Treated or Prevented?**

Luckily, the disease is preventable, and also treatable if necessary. Prevention is best, as treatment of heartworm is costly and dangerous to the pet.

There are several different formulations of preventive medication, ranging from chewable or flavoured tablets, to topical drops applied to the skin. It is recommended that all dogs exposed to mosquitoes use a preventive medication from June to November of each year. For pets travelling to the southern US it is best for them to be on preventive medication year round. Contact us for more information.

# Lyme Disease and Pets, an FAQ

Lyme disease is spread to dogs by infected ticks, caused by a spirochete called *Borrelia Burgdorferia*. Only certain types of ticks carry the disease, however in recent years these ticks have been increasing in number in the Ottawa area.



## **Why should I test every year?**

Lyme disease is one of three tick-borne diseases that occur in this area. The others, anaplasmosis and erlichia, are less common. By testing your dog each year we may be able to catch and treat an infection if your pet has symptoms. It also gives you a good idea of whether you yourself may have been exposed to infected ticks, as lyme disease is much more serious in humans.

## **What if my dog gets Lyme disease?**

If your dog is bitten by an infected tick there is a 5 to 10% chance that they will become ill. Most commonly they will develop fever, joint pain and swelling, and general malaise, however some dogs will also develop life threatening kidney disease. A sick dog will generally be effectively treated with a course of antibiotics. At this time it does not appear that cats become clinically ill from lyme disease, although this is still

being researched. They will pick up ticks outdoors though, so protection is recommended for outdoor cats.

## **How can I prevent it?**

There are two ways to keep your pet lyme free. There is a vaccine which is very efficacious, so if you are concerned about your pet getting sick, get the vaccine. The other important part of the equation is tick control. There are a number of products now that can be used monthly to quickly kill any tick that bites your dog, usually before they have had time to transmit the disease. Tick control also helps to protect the human population, and saves you from having to remove the ticks yourself, which can pose a risk to you. We recommend year-round tick control, since ticks are active about 4°C, and we are seeing them even during the winter in Ottawa. Contact us or visit [fisherglen.ca](http://fisherglen.ca) for more information.





# Dental Disease in Pets: Assessment and Prevention

## Why is Dental Care Important?

Pets get the same types of dental disease we do! Approximately 90% of dogs and 70% of cats over 5 are affected. With your own teeth, the dentist has a small but critical role in your oral hygiene, but you still have to do all the daily brushing and flossing required to slow the progression of periodontal disease. It's the same with your pet - your dog's dental hygiene is primarily in your hands! Dental disease is painful for pets, so we need to ensure we're taking proper preventive care.

## What is Periodontal Disease?

Periodontal disease is the result of bacterial infection. As it progresses, the structures supporting the teeth are weakened, leading to painful, loose and lost teeth. The infection also showers bacteria into the blood to areas like the heart, joints and kidneys, which can cause or exacerbate disease.

## Does my Pet Have Dental Disease?

With dental disease, you are likely to notice a foul smell from the mouth, brown tartar on the teeth, red gums, and an unwillingness to play with certain toys. (They may have trouble with kibble.)

The smell is a sign that all is not well, and the tartar is dental plaque that has become mineralized. Plaque is the enemy! It's essentially like a slime blanket of food, saliva, bacteria and other germs that coat the teeth, filling the area between the tooth and gum.

## What Can I Do About it?

Have your veterinarian perform regular oral health examinations, and follow a home-care program. (See our section on dental home care.)

## Dental Assessments

If the gums are diseased, or there are broken or infected teeth, it is critical to have the teeth x-rayed, assessed and cleaned before you try home care, because your pet's mouth may be too sore for brushing, and you can damage the inflamed tissues. Only an x-ray can tell us what lies below the gum line, and disease can exist even if the teeth appear normal.

Although it would be nice if our pets would sit still and hold their mouths open for a cleaning, the reality is the only way to properly assess your pet's mouth is under general anaesthetic.

# Getting Started With Dental Home Care

Dental care is an important part of your cat or dog's overall health, and it's best to start as soon as possible! By brushing once or twice weekly, you can get your pet used to the dental home care process.



## 1. Start as soon as possible.

Ideally, eight to twelve weeks old is great. By brushing once or twice weekly you help get them used to the idea early so that they are familiar with the process by the time their permanent teeth erupt.

Once they are an adult you want to be brushing at least four times weekly to have an effect. But if your pet is older, use the following guidelines to make the process as easy as possible.

## 2. Make it Fun!

When it comes to dental home care, make it fun! Use lots of love, praise and treats. Keep sessions short at first and, if possible, at the same time everyday, to set up a routine. If your pet is food motivated you can brush before a meal so that the meal is the reward.

Start by handling the muzzle and lips, then rubbing teeth and gums. You can put a bit of beef broth for dogs or tuna juice for cats in their mouth as a treat.

Next, use a gauze, washcloth or piece of pantyhose flavoured and wrapped around your finger. Begin gently rubbing the teeth and gums.

Finally, try a soft toothbrush or proxy brush with your broth or juice. Hold the brush at a 45 degree angle to the tooth and brush back and forth from the gum to the tip. Brushing the tongue side is less critical. (cont)

(cont) You can then add a veterinary toothpaste or gel (human pastes cause stomach upset) but remember, it's the mechanical action of brushing that removes most of the plaque, which is the culprit in dental disease.

You will not be successful in removing the mineralized plaque, (called tartar or calculus) from the teeth by brushing, but that's okay. Your veterinarian has the tools to do this part!

### **3. Use Abrasive Food and Toys**

It can help a lot to use abrasive foods and toys such as dental kibble, pressed rawhide, dense rubber chew toys or dental chews to reduce plaque accumulation. Avoid natural bones, dried cow hooves and hard nylon toys, as these can be hard enough to break teeth and are not recommended.

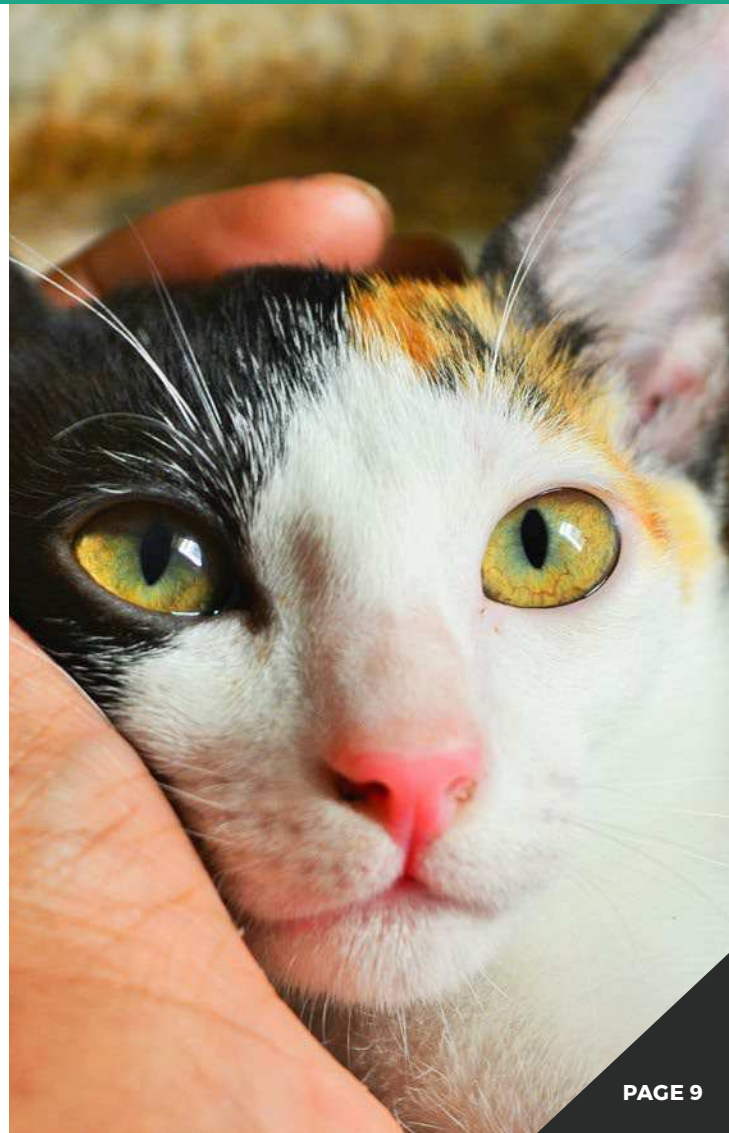
### **4. Keep at It!**

By following a consistent home-care program you will greatly improve your pet's overall dental health (as well as their doggy or kitty breath). It can also potentially be a pleasant bonding experience for you both.

But ultimately, it will mean fewer professional cleanings and a happier, more pain-free pet. Good oral hygiene has been shown to extend your pet's life by up to two years! But remember, these practices are no substitute for the professional assessments and cleaning at your veterinarian, the same as your trips to the dentist.

## **Getting Started With Dental Home Care (cont)**

You want to be brushing an adult pet's teeth at least four times a week in order to have an effect in the prevention of dental disease. Be patient, keep at it and don't hesitate to ask if you have any questions!





## Adult Wellness Plans From Fisher Glen Animal Hospital

At Fisher Glen Animal Hospital we believe that preventive medicine and timely checkups are the key to a long and healthy life. That's why we recommend pet insurance be considered by every owner, and it's also why we offer animal wellness plans for our clients, designed to give your pet the best quality of care at the most affordable price.

### **A Note on Pet Insurance**

Injury and illness in pets can lead to medical bills in the thousands of dollars, since much of the treatment parallels that which is available in human medicine. It is heart-wrenching to have to make a decision based on finances. This is where insurance comes in. Pet insurance is available from a number of different companies. We will be happy to discuss the different options with you and make a recommendation!

### **Wellness Plans from Fisher Glen**

When you sign up for one of our adult wellness plans, we will provide all the routine care needed for one year. In addition to a discount on veterinary services, you also get peace of mind

knowing you can bring your pet in for 1 free extra exam at any time, plus a discount on all pet foods.

### **Adult Wellness Plans**

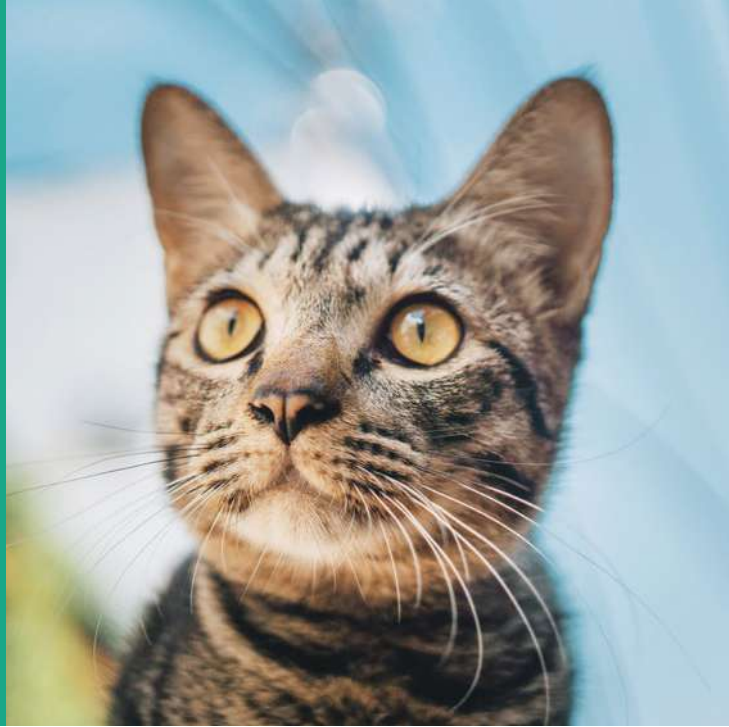
#### **What's Included:**

- ◆ Annual Examination
- ◆ Core Vaccinations
- ◆ 1 Wellness Bloodwork
- ◆ 1 Fecal and Urinalysis with Collection
- ◆ 1 Year Deworming and Tick & Heartworm Prevention for Dogs
- ◆ 1 Bordetella or Lyme vaccine for Dogs
- ◆ Free Monthly Nail Trimmings
- ◆ 1 Free Bag Hill's Canine Dog Food or TD Dental Diet
- ◆ 10% Discount on All Food Purchases
- ◆ 1 Free Extra Exam at Any Time
- ◆ NEW Optional Dental Plan Add-on

**If you have any questions, contact us at [fisherglen@fisherglen.ca](mailto:fisherglen@fisherglen.ca) or call us at 613 228 7008! We would be happy to answer them for you. You can also learn more about these and other wellness plans at [www.fisherglen.ca](http://www.fisherglen.ca)**

# Signs of Illness In Your Pet

Knowing the signs and symptoms of illness in our pets is vital to ensuring they have a long, happy and pain-free life. If your pet is acting strangely or exhibiting any of the following symptoms, don't hesitate to contact us right away!



## A Note About Preventive Care

Here at Fisher Glen Animal Hospital we believe that preventive health care is very important for your pet, especially because unfortunately they can't tell us what's wrong. Sadly, many dogs and cats are also very good at hiding illness until they are quite unwell.

That's why the best approach to pet health includes timely checkups and evaluations of your pet's health risk factors. Consequently, we can detect diseases early and intervene before they have been allowed to progress. Remember, it is always easier to successfully treat a disease if we catch it in its early stages!

With that said, it is vital to know and understand the signs of illness/disease in your pet so that you can get them checked up as soon as possible.

## The Signs of Illness in Pets

### What to Watch Out For:

- ◆ Blood in the stool or urine
- ◆ Not eating or drinking (this is especially important in cats)
- ◆ Drinking more than usual
- ◆ More frequent urination
- ◆ Bleeding from the mouth or rectum
- ◆ Vomiting or diarrhea
- ◆ Pale or bluish gums
- ◆ Difficulty breathing
- ◆ Seizures or episodes of unexplained collapse
- ◆ Difficulty exercising
- ◆ Abdominal swelling
- ◆ Hiding (especially in cats)

**If your pet experiences any of these symptoms, contact us right away at 613 228 7008 or [fisherglen@fisherglen.ca](mailto:fisherglen@fisherglen.ca)**