

# Welcome to the Family

## Feline Educational Packet





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## **WELCOME TO CEDAR GROVE VETERINARY CLINIC**

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Cedar Grove Veterinary Services is committed to the highest quality of care and personalized attention to all our patients. We have our own assortment of pets and undergo the same experiences of being a responsible pet caregiver as our clients. These shared experiences help us make our clients' journey through these moments as satisfying as possible.

When difficult cases present themselves, the Doctors of Cedar Grove Veterinary Clinic work together and consult one another to provide our clients with the best options available. We strive to fulfill our clients' and their pets' needs with the best health care possible. If the need for even more experienced care and treatment is necessary, we gladly refer our patients to local veterinary referral centers.

Companion animals (dogs, cats, ferrets, rabbits, and pocket pets) are treated by Drs. Baker and Dommer. In addition to serving the companion animals all four doctors as well as Drs. Pionek, Reilly and Wimmeler serve the agricultural community, treating a variety of animals - dairy, beef, pigs, sheep, goats, and llama's.



Dr. Robin Baker



Dr. Diane Dommer



Dr. Lindley Reilly



Dr. Dana Pionek



Dr. Collin Wimmeler

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# WELCOME TO CEDAR GROVE VETERINARY CLINIC

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## Clinic Information

Address 23 Hwy. RR  
Cedar Grove, WI 53013  
Phone Number (920) 668-6212  
Fax Number (920) 668-8716  
E-Mail [info@cgvet.com](mailto:info@cgvet.com)  
Internet [www.cgvet.com](http://www.cgvet.com) or   
Pet Portal [www.petly.com](http://www.petly.com)

Hours of Operation	
Monday	8:00 am – 6:00 pm
Tuesday	8:00 am – 6:00 pm
Wednesday	8:00 am – 6:00 pm
Thursday	8:00 am – 5:00 pm
Friday	8:00 am – 5:00 pm
Saturday	8:00 am – 1:00 pm
Sunday	Closed

## Emergencies

### For Daytime Emergencies

Please call the clinic at **920-668-6212** so that we may be prepared for your pet's situation and initiate immediate therapy if needed.

### For After-Hours Emergencies

Please call the clinic at **920-668-6212**. The doctors may be busy with another emergency so please leave your name, contact number, and type of emergency when directed. The doctors will then return your call as soon as possible.

If you feel that your pet requires immediate care please seek services at an Emergency Clinic such as Blue Pearl Specialty and Emergency Pet Hospital or Wisconsin Veterinary Referral Center – Waukesha.

**Blue Pearl Specialty and Emergency Pet Hospital - Glendale**  
(414) 540-6710

<https://bluepearlvet.com/hospital/glendale-wi/>

**Blue Pearl Specialty and Emergency Pet Hospital – Fox Valley Appleton**  
(920) 993-9193

<https://bluepearlvet.com/hospital/fox-valley-wi/>

**Wisconsin Veterinary Referral Center – Waukesha**  
(262) 542-3241

<https://wvrcwaukesha.ethosvet.com>

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## HOW TO MAKE MY CATS TRIP LESS STRESSFUL

Cats are creatures of habit and they love the environment that they are used to being in. Bringing your cat to the vets' office can be a very stressful event for them. There are things that you can do to hopefully make your cats trip a more enjoyable experience.

While most cats look at a carrier and see several different scary things, with a little work your cat can look at a carrier and see an enjoyable place. First, instead of keeping the carrier in a closet or out of the cats' sight leave it where the cat can easily access it at anytime. They may still be resistant to it at first but over time your cat will start to leave their scent in it and eventually start sleeping in it. Also to make the carrier more inviting you can start feeding your cat their meals in there. If your cat is still not happy with the carrier, it may be necessary to try a different type of carrier. There are also synthetic feline facial pheromones that can help your cat calm down.

When it comes time to bring your cat to the vets' office it is always best to bring your cat in a carrier. This is safer for you and your cat. The best type of carrier is a hard plastic carrier with a removable top, if your cat tolerates this type of carrier. This type of carrier will allow for the top to come off and the veterinarian to do their exam of your cat from in the carrier if your cat does not want to come out. If your cat does not like to travel, take them on short car rides around the block at first and slowly start making the trips longer. Some cats always start out crying in the car but then calm down. If your cat does not like the vets' office you can call and see if you would be able to bring them in for happy visits, ones that allow them to get used to being here. You can do this as often as possible.

These tips can help make car rides and coming to the vets' office a more enjoyable experience for both you and your cat.



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## PUPPY AND KITTEN VACCINATIONS

### Why do puppies and kittens need so many vaccines?

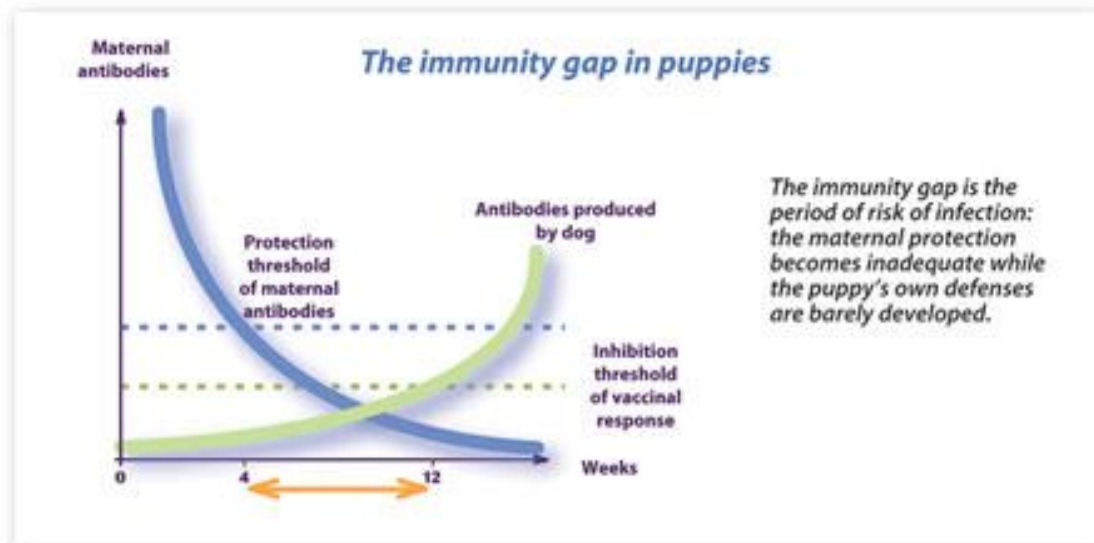
Puppies and kittens are born with an immature immune system, leaving them open to infections and diseases.

Colostrum milk from the mother is filled with protective antibodies, which fight off these infections and diseases, but also fights off vaccines that are given by the veterinarian.

These protective antibodies last up to 12 – 16 weeks of age in most animals but in some individuals they last a shorter amount of time.

Since we don't know which puppies or kittens will lose their protective antibodies early we recommend vaccinating all puppies and kittens every 3 – 4 weeks starting at 6 – 11 weeks of age. The last vaccine of the series should be given after 16 weeks of age.

This vaccination series helps to insure the best protection for your puppy and kitten.





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## **WELLNESS CARE AND VACCINES FOR PETS**

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The saying an ounce of prevention goes a long way is very true. In the long run it will be much better to prevent disease than treat; preventative medicine and wellness care can give your pet a longer, happier and healthier life.

Yearly wellness exams allow your pets' doctor to detect issues or the early stages of diseases. A yearly wellness exam consists of a complete physical where the doctor checks your pets' eyes, ears, teeth, heart, lungs and body conditioning. Also recommended in the wellness are yearly fecal examinations and blood tests for parasites and infections. For older animals we recommend doing more inclusive blood work which would allow the doctor to detect diseases earlier.

Along with yearly wellness exams come vaccines. To determine the best vaccine regimen for your pet we will discuss the type of life style your pet has and make recommendations based on that. Keeping your pet up to date on their vaccines can also protect your pet and keep them healthier longer.

Our goal is to keep your pets happy and healthy for as long as possible and wellness exams, vaccines and preventative medicine can help.



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## WHAT'S IN MY CAT'S VACCINES?

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### **FVRCP (Feline Viral Rhinotracheitis, Calicivirus, Panleukopenia, and Chlamydia)**

The FVRCP vaccination is a combination vaccine that is given to kittens starting at 6 weeks of age and is boosted every 3-4 weeks until at least 16 weeks of age and then annually. In an adult non-vaccinated cat, the first FVRCP vaccination must be boosted in 3-4 weeks and then annually. This vaccination is often referred to as the distemper vaccine.

**Feline Viral Rhinotracheitis** is a respiratory condition in cats caused by a herpesvirus. As with most respiratory infections, this virus is highly contagious and is spread through small droplets in the air through sneezing and contaminated objects. Clinical signs of FVR include fever, sneezing, inflamed eyes (conjunctivitis), excessive salivation, and inflammation of the lining of the nose (rhinitis). Infected cats may have ocular or nasal discharge that may range from clear to mucous discharge. Severe infections may result in sores in the mouth and inflammation of the cornea. Cats who recover from the disease will carry the virus in an inactive state that may flare up during times of stress or other illness.



**Feline Calicivirus** is often difficult to distinguish from FVR as clinical signs are similar. Depending on the strain of calicivirus, a variety of clinical signs can occur. Most commonly the virus affects the lining of the mouth and the lungs. Clinical signs may be fever, pneumonia, oral lesions, inappetence, and nasal and eye inflammation. A less common strain of calicivirus can cause leg lameness and painful joints. This is referred to as "limping syndrome." Diagnosis of this disease can be difficult as the virus is only shed periodically and cannot always be detected. The course of the disease may last 10-14 days.

**Feline Panleukopenia** is commonly referred to as Feline Distemper. FP is a parvovirus in cats and is highly contagious. FP targets and kills cells in rapidly reproducing organs such as intestines, bone marrow, and developing fetuses. This results in clinical signs of depression, inappetence, fever, lethargy, diarrhea, and anemia. Pregnant females that are infected may abort or give birth to kittens with severe damage to the cerebellum causing movement disorders. Prognosis for these kittens is extremely poor.

Infected cats may spread this virus through urine, feces, and nasal discharge. Even fleas from infected cats have been shown to transmit the virus. This virus can survive up to a year in the environment making bedding, cages, and dishes possible sources of infection. Recovered cats can shed the virus in their urine and stool for up to 6 weeks.

**Feline Chlamydia** is a common bacterium that primarily causes inflammation of the lining of the eyelid causing a conjunctivitis. This occasionally can progress to

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pneumonia. Infected cats may show clinical signs of sneezing, nasal discharge, swelling and reddening of the conjunctiva, fever, lethargy, or ocular discharge. Transmission of this bacterium occurs by direct cat-to-cat contact and queens to their kittens during birth. If left untreated, clinical signs in infected cats can last for weeks.

**Feline Leukemia Virus (FeLV)**

**Feline Leukemia Virus** is a severe infectious disease of cats. This virus affects the immune system of kittens and cats. Clinical signs of this disease may be very vague as this virus suppresses the immune system and predisposes cats to other infections. Commonly, cats that are FeLV positive can show signs of anemia, immune-mediated diseases, reproductive problems, neurologic dysfunction, and occasionally severe inflammation of the mouth (stomatitis). Clinical signs can be increased in severity if the cat is also infected with other diseases such as panleukopenia or calicivirus.



This virus is spread through bodily fluids such as saliva, urine, or blood. Most commonly, feral cats may spread the disease through bite wounds. Mother cats can transmit the virus to her kittens while they are still in the womb and also while the kittens are nursing. There is no cure for FeLV and it is ultimately fatal. Lifespans for infected cats are greatly decreased with an average survival time after diagnosis of 2.5 years. Cats infected with FeLV should be kept isolated from non-vaccinated cats and kept indoors to prevent spread.

**Rabies**

**Rabies** is a fatal viral infection that can occur in cats. Cats are the most commonly reported rabid domestic animal in the United States and result in the most human transmission. Rabies rapidly affects the nervous system of cats causing severe central nervous system disturbance. Rabies is spread through the saliva of infected animals such as bats, most commonly through bite wounds.



Clinical signs of rabid animals may include sudden behavioral changes such as aggression, hyperexcitability, noise sensitivity, and seizures. Infected cats may lose their fear of other animals and humans. Death results from progressive paralysis.





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While the rabies vaccine is not required by law in the state of Wisconsin, it may be required by local municipalities and it is highly recommended for all cats. Cats who are indoor/outdoor cats or who come into contact with wildlife should be vaccinated against rabies.





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## WELLNESS CARE AND VACCINES FOR PETS

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### **Why do we need to deworm our new pet so often?**

Many of the internal parasites of puppies and kittens can be transmitted to humans.

The most common internal parasites that we are concerned about are roundworms, hookworms, and tapeworms.

In order to optimize the health of your puppy or kitten and to protect you we recommend frequent dewormings and fecal exams (for internal parasite eggs).

A single fecal may yield a negative (no parasite eggs found) result due to a number of factors including low egg production intermittent egg shedding and or immature parasites.

All puppies and kittens should be dewormed at least twice starting at 6 – 8 weeks of age and again 2 weeks later regardless of the result of their first fecal exam.

We consider puppies and kittens free of internal parasites after at least 2 dewormings and 2 negative fecal exam results.

This deworming protocol helps to insure the best protection for you and your pet.



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## PUPPY AND KITTEN PARASITE CONTROL

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## INTERNAL PARASITES AND THEIR TREATMENT

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In their day to day lives dogs and cats can potentially be exposed to a wide variety of internal parasites such as Heartworms, Roundworms and Tapeworms.

Heartworm disease is spread through infected mosquitoes and can result in serious health concerns and even death in dogs and cats. Animals can go a long time without exhibiting signs of the disease. Signs can include coughing, difficulty breathing panting, exercise intolerance, and death. We offer two tests for heartworm disease. We can run a heartworm blood test or we can run a 4DX test that tests for heartworm disease as well as three tick borne diseases. We do recommend testing yearly. If heartworm disease is diagnosed there are several treatment options available. There are preventative products available and as a clinic we recommend either Heartgard® or Sentinel®. These are monthly heartworm preventative product that most animals take as a treat. We also recommend year round use of these products.

The most common intestinal parasites that are seen are Roundworms, Hookworms, Tapeworms and Coccidia. Roundworms, Hookworms and Coccidia are most commonly transmitted through a fecal-oral route meaning that the animal came into contact with infected feces. Tapeworms are transmitted through ingestion of fleas, rodents, and rabbits. Most of the time there are no outward signs of an intestinal parasite infection however segments of adult tapeworms can be seen. The best way to determine if your pet has any intestinal parasites is to check a fecal sample on a yearly basis. There are several deworming medications available and the doctor would determine which is the most appropriate for your animal.

Giardia is another common intestinal parasite. Animals mainly come into contact with giardia through drinking giardia contaminated water. The most common sign of giardia is diarrhea. There is a test that can be run on a stool sample to determine if giardia is present. The doctor would then determine the best medication to use to treat your pet.

The best way to reduce the exposure to intestinal parasites is to practice good hygiene. Cleaning up after your pets is key. It is also recommended that if there are multiple animals in the household to treat all of the animals if one animal is found to have intestinal parasites.



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## EXTERNAL PARASITES AND THEIR TREATMENT

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External parasites such as fleas and ticks can cause a wide range of problems for dogs and cats as well as you.

Fleas are the most common external parasite that our animals face. Fleas like the warm, dark environment of your pets' skin. Dogs normally come into contact with fleas from being outdoors while cats that live indoors only come into contact with fleas from other animals in the household that go outside. Dogs can come into contact with fleas from the outside environment or wild animals that have fleas. Animals with fleas can have mild to severe itching, scratching, hair loss, and biting or chewing. Some animals have a hypersensitivity to the fleas' saliva and can cause further problems. Fleas can also transmit tapeworms. To determine if your pet has fleas comb your pet with a fine toothed comb between the shoulders or at the base of the tail. Place any material from the comb onto a damp piece of paper towel. If you notice any black debris that have rust colored circles around them fleas are present. To treat for fleas apply a topical product such as Frontline Gold®, Revolution® or Vectra® (DOGS ONLY) to all of the animals in the household once every two weeks for two months and then once monthly afterwards. Vacuuming any areas where your' pets routinely stay and throwing the vacuum bag away afterwards, as well as washing any bedding that your pets sleep on will help to reduce the fleas in the environment. To prevent fleas we recommend applying a topical product such as Frontline Gold®, Revolution® or Vectra® (DOGS ONLY) monthly.

Ticks are another common problem especially for dogs. Ticks are normally found in wooded areas. Ticks can transmit diseases such as Lyme disease, Anaplasmosis and Ehrlichia. The easiest way to determine if your pets have ticks on them it to examine the animal. In longer haired animals it is very important to part the hair so that you can see down to the skin. To remove a tick grasp the body of the tick with a tweezers and pull it out then watch that area for signs of irritation. We recommend testing for the tick transmitted diseases at least one month after removing the tick. This can be done with a simple blood test that is run in the clinic. To prevent ticks we recommend topical products such as Frontline Gold® or Vectra® (DOGS ONLY) applied monthly.

If your dog shows a sensitivity to the topical flea and tick products the makers of Frontline® have an oral flea and tick product Nexgard® available now.

External parasites such as fleas and ticks are a common problem of our pets but are easily prevented.



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## FELINE BEHAVIOR

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Many cat behavioral problems can be avoided by establishing a harmonious feline household with proper environmental enrichment. Whether you have one cat or multiple cats, the proper setup can help prevent behavioral issues that you wouldn't think to be associated with their environment. Fighting, spraying, hiding, inappropriate urination/defecation\*, vomiting\* are some of the behavioral issues attributed to an inadequate feline household and/or inadequate environmental enrichment. (\*Medical issues need to be ruled out first.)

Cats live naturally as either a solitary loner or in opportunistic groups. Therefore not all cats will get along, and strangers are not often welcome. Kitten socialization and gradual introductions with positive associations can help reduce the likeliness of fighting.

Much of a cat's life is spent in hunt, eat, and sleep modes. And cats have a flight or fight instinct. Both these natural behaviors need to be taken into consideration. Listed below are questions to help you determine whether the needs of your cat(s) are being met to help create that harmonious feline household and proper environmental enrichment.

### Space

- Does each cat have its own resting area in a convenient location that provides some privacy?
- Are resting areas located so that another animal cannot sneak up on the cat while it rests?
- Are resting areas located away from appliances or air ducts (machinery) that could turn on unexpectedly while the cat rests?
- Are perches provided so each cat can look down on its surroundings?
- Can each cat move about freely, explore, climb, stretch, or play if it chooses to? Without being cornered?
- If a new bed is provided, is it placed next to the familiar bed so the cat can choose to use it if it wants to?
- Does each cat have the opportunity to move to a warmer or cooler area if it chooses to?

### Food and water

- Does each cat have its own food bowl?
- Does each cat have its own water bowl?
- Are the food and water bowls in a convenient location that provides some privacy while your cat eats or drinks?
- Are water and food bowls located so that other animals cannot sneak up on the cat while it eats or drinks?
- Are water and food bowls washed at least weekly with a mild detergent?
- Are water and food bowls located away from machinery that could turn on unexpectedly?

### Litter boxes

- Is the litter scooped at LEAST daily?

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## FELINE BEHAVIOR

- Does each cat have its own litter box in a convenient, well-ventilated location that still gives the cat some privacy while using it (1 box per cat + 1)?
- Are litter boxes located on more than one level in multi-level houses?
- Are litter boxes located so that another animal cannot sneak up on the cat during use?
- Are litter boxes located away from machinery that could turn on unexpectedly during use?
- Are boxes washed at least monthly with a mild detergent (e.g. dishwashing liquid)?
- Is unscented clumping litter used?
- Is the brand or type of litter purchased changed infrequently (less than monthly)?
- Is new litter put in a separate box so the cat can choose to use it if it wants to?

### Social contact

- Does each cat have the opportunity to engage in play with other animals or the owner if it chooses to on a daily basis?
- Does each cat have the option to disengage from other animals or people in the household at all times?
- Do any cats interact with outdoor cats through windows?
- Do you spend at least a few hours a day in sight of your cat?
- Do you spend at least 15 minutes a day petting your cat?
- Do you spend at least 15 minutes a day playing with your cat?

### Body care and activity

- Are horizontal scratching posts provided?
- Are vertical scratching posts provided?
- Are chew items (e.g. cat-safe grasses) provided?
- Does each cat like to play with toys?
- Does each cat have toys to chase that mimic quickly moving prey?
- Does each cat have toys that can be picked up, carried, and tossed in the air?
- Are toys rotated at least weekly to provide novelty?



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## GENTLING- TOUCH IS GOOD!

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### What is gentling?

Gentling is a technique used to teach dogs and cats that human hands are a good thing through the use of body massage, range of motion, and restraint in a positive manner. It promotes handling trust, encourages the animal to enjoy being handled, prevents aggression and fearful behaviors, and develops a relaxed friendly outgoing personality. This technique is best applied to young animals. Older animals may require a slower approach. Gentling also aids in the veterinarian's physical exam and basic care procedures such as nail trims, ear cleanings, tooth brushing, and bathing. The animal's veterinary visits will be much more positive and fun!

### 3 steps of gentling:

1. Body massage
2. Range of motion
3. Positive restraint

### Step 1: Body Massage

Pick a time when the animal is relaxed and/or sleeping. Begin by petting the animal in an area where the animal really enjoys it. Next gently rub the animal's back and chest, sliding the skin back and forth over the body. Praise the animal and offer treats to create a positive experience. At each session, increase the amount of areas you massage. For example, if the animal really enjoys the "good back rub" at the next session you may gently rub the animal's head, feet, under the chin and/or ears, rear end, or the belly. If at any time the animal is resistant to the massage stop, let the animal relax, and try again later. The goal is to desensitize the animal to the human touch. Step 1 is complete when you are able to massage your animal's entire body and the animal *enjoys* it!

### Step 2: Range of Motion

When the animal has accepted massages readily, range of motion is the next step of gentling. Range of motion is not only used in the gentling technique, but also surgical exercises. The goal of range of motion is to move every part of the animal's body gently slightly against the resistance of the animal. Range of motion is done by moving or manipulating each extremity of the animal as far as possible with the animal's normal ambulation. Over time, the animal should readily accept manipulation of all extremities without discomfort. Range of motion exercises may seem unnatural however; they are best learned at a young age.

### Step 3: Positive Restraint

The goal of positive restraint is to make holding the animal fun and enjoyable, not stressful. This step may take more time to develop than the previous steps and it is

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## **GENTLING- TOUCH IS GOOD!**


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important to go slow. Holding the animal still slightly against their will may seem simple; however, animals are more likely to reject this restraint. The use of food treats and during the restraint process will help reassure the animal that there is nothing wrong. When the animal accepts any restraint praise them! As soon as the animal relaxes, let the animal up, praise and give them a treat. This shows that you are not attempting to cause harm.

### **Tips**

- Signs of stress in the animal:
  - Tense, increased muscle tone
  - Struggles, moves away
  - Acts frightened or aggressive
  - Mouths your hand
  - Vocalizes
- Less is better
  - Do exercises daily adding more time as the animal shows acceptance
  - Couple each exercise with treats and praise
- Some stress is okay
  - A little stress can be considered a positive
  - The goal of gentling is for the animal to learn how to tolerate small doses of stress without acting fearful or aggressive





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**WSAVA**  
Global Nutrition  
Committee

## The Savvy Cat Owner's Guide: Nutrition on the Internet

More than 75% of all American homes have computers and this is both a blessing and a curse. For cat owners, the internet provides vast amounts of information on many subjects. The information, however, is virtually unregulated and its quality ranges from excellent to pure quackery. Deciding which websites are trustworthy can be difficult!

Feline nutrition is a popular topic. There are literally thousands of websites, promoting everything from recipes for raw food and vegetarian diets; advertisements for supplements and holistic foods; recommendations for diets that allegedly prevent or cure disease; 'get-rich quick' pyramid-selling schemes for nutritional supplements and consultation services operated by 'nutritionists.' Many home-made diets are promoted - some which are almost nutritionally balanced; some that are mildly unbalanced and some that are downright dangerous!

All in all, many nutritional myths are perpetuated, many half-truths reinforced and many incorrect facts conveyed. There is, of course, some excellent information - but not nearly as much of it!

### Surfing Tips

So how can you decide what to believe? Here are some recommendations to help you when evaluating the content of websites:

**Discuss information with your veterinarian.** What you read online should enhance what your vet tells you, not replace it. If in doubt, ask him or her to help you evaluate it.

**Research the credentials of the site's author.** Is it a pet owner; a company; a veterinarian; a PhD in animal nutrition or a board-certified veterinary nutritionist? Be careful when a person marketing his or her services claims to be a 'pet nutritionist' or a 'certified nutritionist,' as there is no standardization in training for this. The exception is a veterinary nutritionist who is board-certified by the American College of Veterinary Nutrition (ACVN) or the European College of Veterinary Comparative Nutrition (ECVCN). These are veterinarians who have undergone several years of rigorous post-graduate nutrition training in approved residency programs and who have passed the ACVN or ECVCN's certifying examination.

**Read the website address.** Sites with an address ending in .com are commercial. Those ending in .edu are educational and those ending in .org are nonprofit organizations. Large pet food companies often have high-quality websites with good general nutrition information that is separate from their product information.



**Check the source of the information.** Do the authors simply state that a product 'prevents cancer' or is there a reference to a scientifically-conducted research study? It is easy - though illegal - to make unproven claims for nutritional products but it is much harder to back them up scientifically. If there is a reference, where is it from? Is it from the author's own article or promotional literature or is it from a peer-reviewed veterinary journal? Most products on the internet do not cite studies to back up their claims. Those that do often cite studies on humans, rats, or dogs which may not be pertinent to cats.

**Check the timeliness of the information.** Things change quickly in veterinary medicine and especially in the field of nutrition. Many websites are out of date. What was recommended two years ago may not be accepted practice today. A good website will be updated frequently.

**Be wary of anecdotal information.** Descriptions of one person's experience (e.g. 'When my cat was diagnosed with kidney disease I gave her 'GETBETTER' nutritional supplement and now she's cured') can be misleading. While it can be useful to hear about other people's experiences, their positive evaluations do not mean that the actual product or treatment is really beneficial. Always discuss what you've heard with your veterinarian.

**Watch out for rating websites.** Most websites that rank cat foods do so either on opinion or on criteria that do not necessarily ensure a good quality food (e.g. price, ingredients, size of the company). It's important to use more objective criteria (science, quality control) in judging a cat food.

**Be skeptical of grand claims or easy answers to difficult problems.** Remember the old adage: if it sounds too good to be true, it probably is.

If you are a critical web surfer and work with your veterinarian to analyze the information you find, you will reap the benefits of the computer age without experiencing its problems.



**Client Information Series**

Below are the web addresses of some useful, accurate sources of information on nutrition:

**Nutrition Guidelines**

- World Small Animal Veterinary Association Nutritional Assessment Guidelines <http://www.wsava.org/educational/global-nutrition-committee>
- American Animal Hospital Association Nutritional Assessment Guidelines <https://www.aahanet.org/Library/NutritionalAsmt.aspx>

**Tools for the Veterinary Healthcare Team**

- World Small Animal Veterinary Association Global Nutrition Committee Nutrition Toolkit <http://wsava.org/nutrition-toolkit>
- Pet Nutrition Alliance – information and tools to increase awareness of the importance of optimal pet nutrition <http://www.petnutritionalliance.org>

**Pet Nutrition – General Information for Pet Owners**

- National Research Council downloadable booklet: Your Cat's Nutritional Needs <http://dels-old.nas.edu/banr/petdoor.html>

**Pet Food**

- Association of American Feed Control Officials: Information on regulations, labeling and other important facts about pet food <http://petfood.aafco.org/>
- FAQs about pet foods [www.tufts.edu/vet/nutrition/faq/general\\_pet\\_nutrition.html](http://www.tufts.edu/vet/nutrition/faq/general_pet_nutrition.html)
- Federal Drug Administration (FDA) Pet Food site: Information, links, food safety issues, recalls, pet food labels, reporting portal <http://www.fda.gov/AnimalVeterinary/Products/AnimalFoodFeeds/PetFood/default.htm>
- Pet Food Institute: Information on ingredient definitions, labeling regulations <http://www.petfoodinstitute.org/Index.cfm?Page=Consumers>
- Pet Food Report: Consumer's Guide to Pet Food [www.petfoodreport.com](http://www.petfoodreport.com)

**Nutrition Consultations**

- American College of Veterinary Nutrition: Listing of board-certified veterinary nutritionists who will conduct nutritional consultations for veterinarians and/or pet owners [www.acvn.org](http://www.acvn.org)
- European College of Veterinary and Comparative Nutrition: Board-certified veterinary nutritionists in Europe [www.esvcn.com](http://www.esvcn.com)

**Home-cooked Diets**

- American College of Veterinary Nutrition: Listing of board-certified veterinary nutritionists who will formulate nutritionally balanced homemade diet recipes for veterinarians and/or pet owners [www.acvn.org](http://www.acvn.org)
- BalanceIT: Commercial website which offers semi-customized balanced home-cooked diet recipes for pet owners with healthy pets. Veterinarians can customize pre-formulated recipes for animals with medical conditions [www.balanceit.com](http://www.balanceit.com)
- European College of Veterinary and Comparative Nutrition: Board-certified veterinary nutritionists in Europe [www.esvcn.com](http://www.esvcn.com)

**Obesity**

- Pet Obesity Prevention: Useful information on assessing pets' body weight, calorie needs, and weight loss tools [www.petobesityprevention.com](http://www.petobesityprevention.com)

**Dietary Supplements**

- Consumerlab: Site (with a small subscription fee for use) that independently evaluates dietary supplements (primarily for human supplements but some pet supplements are included) [www.consumerlab.com](http://www.consumerlab.com)
- Food and Drug Administration (FDA): Regulatory and safety issues of dietary supplements, adverse event reporting <http://www.fda.gov/food/DietarySupplements/default.htm>
- Mayo Clinic drugs and supplements information: Fact sheets on human supplements and herbs <http://www.mayoclinic.com/health/drug-information/DrugHerbIndex>
- National Institutes of Health (NIH) Office of Dietary Supplements: Evaluating supplements, fact sheets, safety notices, internet health info <http://ods.od.nih.gov>
- United States Department of Agriculture (USDA) Food and Nutrition Information Center: General supplement and nutrition information, links to a variety of dietary supplement websites [http://fnic.nal.usda.gov/nal\\_display/index.php?info\\_center=4&tax\\_level=1&tax\\_subject=274](http://fnic.nal.usda.gov/nal_display/index.php?info_center=4&tax_level=1&tax_subject=274)
- United States Pharmacopeia Dietary Supplement Verification Program: Independent testing of dietary supplements (human supplements only) <http://www.usp.org/usp-verification-services/usp-verified-dietary-supplements>

**Raw meat diets**

- Tufts Cummings School of Veterinary Medicine raw diet fact sheet [http://www.tufts.edu/vet/nutrition/resources/raw\\_meat\\_diets.pdf](http://www.tufts.edu/vet/nutrition/resources/raw_meat_diets.pdf)
- FDA guidance document on safe handling and raw foods <http://www.fda.gov/downloads/AnimalVeterinary/GuidanceComplianceEnforcement/GuidanceforIndustry/UCM052662.pdf>

**Other**

- Ohio State Indoor Pet Initiative: Nutrition and other tips for optimizing the indoor pet's environment <http://indoorpet.osu.edu/>
- USDA Nutrient Database: Full nutrient profiles on thousands of human foods <http://www.nal.usda.gov/fnic/foodcomp/search>





**WSAVA**  
Global Nutrition  
Committee



## WSAVA Global Nutrition Committee: Recommendations on Selecting Pet Foods

*Factual information must be provided on pet food labels but it is important to be aware that the label is also a promotional tool to attract pet owners. This means that much of the information provided - including the ingredient list and use of unregulated terms such as 'holistic', 'premium' or 'human grade' - is of little practical value in assisting nutritional assessment. The veterinary team plays a vital role in helping pet owners make informed decisions based on two key pieces of information:*

### **A. The manufacturer's name and contact information. This allows a member of the veterinary team or the pet owner to contact the manufacturer to ask the following questions:**

1. Do you employ a full time qualified nutritionist?  
Appropriate qualifications are either a PhD in animal nutrition or board-certification by the American College of Veterinary Nutrition (ACVN) or the European College of Veterinary Comparative Nutrition (ECVCN). What is this nutritionist's name and qualifications?
2. Who formulates your foods and what are his/her credentials?
3. Are your diets tested using AAFCO feeding trials or by formulation to meet AAFCO nutrient profiles? If the latter, do they meet AAFCO nutrient profiles by formulation or by analysis of the finished product?
4. Where are your foods produced and manufactured?
5. What specific quality control measures do you use to assure the consistency and quality of your ingredients and the end product?
6. Will you provide a complete nutrient analysis for the dog or cat food in question? (Can they provide an average/typical analysis, not just the guaranteed analysis which is only the minimums or maximums and not an exact number)? You should be able to ask for any nutrient - e.g. protein, phosphorus, sodium, etc. - and get an exact number. This should ideally be given on an energy basis (i.e. grams per 100 kilocalories or grams per 1,000 kilocalories), rather than on an 'as fed' or 'dry matter' basis which don't account for the variable energy density of different foods.
7. What is the caloric value per gram, can, or cup of your foods?
8. What kind of product research has been conducted?  
Are the results published in peer-reviewed journals?

If the manufacturer cannot or will not provide any of this information, owners should be cautious about feeding that brand.

### **B. In some countries, the AAFCO adequacy statement is included on the label. This statement confirms three important facts:**

1. Whether the diet is complete and balanced. All over-the-counter foods should be complete and balanced. If the statement reads 'for intermittent or supplemental use only,' it is not complete and balanced. That may be acceptable if it is a veterinary therapeutic diet and is being used for a specific purpose - e.g. in a case of severe kidney disease - but should be avoided in over-the-counter pet foods.
2. If the food is complete and balanced, what life stage is it intended? AAFCO provides nutrient profiles and feeding trial requirements for growth, reproduction, and adult maintenance, but not for senior/geriatric pets. A food that is formulated to meet the AAFCO profiles for all life stages must meet the minimum nutrient levels for both growth and adult maintenance.
3. If the food is complete and balanced, how did the company determine this? Labels may include one of two statements regarding nutritional adequacy.
  - "[Name] is formulated to meet the nutritional levels established by the AAFCO Dog (or Cat) Food Nutrient Profiles for [life stage(s)]." (Analysis of food.)
  - "Animal feeding tests using AAFCO procedures substantiate [Name] provides complete and balanced nutrition for [life stage(s)]." (Feeding trial evaluation of food.)

Formulated foods are manufactured so the ingredients meet specified levels, either based on the recipe or on analytical testing of the finished product, without testing via feeding trials. While feeding trials help to test for the food's nutritional adequacy, the use of feeding trials does not guarantee that the food provides adequate nutrition under all conditions. It is important to ensure that the criteria in section A also help to ensure that the food is made by a reputable and knowledgeable company with strict quality control measures.



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## FEEDING YOUR PET

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Everyone has an opinion about feeding your pet from what kind of food, how many meals per day, treats or no treats, or people-food. You can get information from breeders, family, friends, and pet food sales personnel. Unlike your other sources of information, we, the doctors and staff of Cedar Grove Veterinary Services, can provide you with nutritional counseling that will meet the health needs of your pet for their entire lifetime.

Let's start by discussing what type of food to feed your new companion...

First, you want to select a high quality food. The phrase "you get what you pay for" applies just as easily to pet foods as anything else in life. Cheap foods can lead to long-term health problems of the skin, ears, gastrointestinal tract, and poor bone and muscle development. We routinely recommend certain brands of foods because in the clinic we know both good health and bad health and see a correlation with certain types of diet.

Second, you want to select an age appropriate food. Growing animals have a higher energy need than mature animals, and likewise pets in their senior years generally have lower energy requirements than adults. By feeding the right type of food and calories per day, your pet will be less likely to suffer from obesity during their lifetime.

Third, some pets will suffer from health conditions that will require special food. Whether the problem is as simple as soft stool or dry skin, or more complex diseases such as liver or kidney disease, the doctors and staff at the clinic are well trained to help you select the best food to treat the problem.

The next step is to determine how you want to feed your pet. You can either feed free-choice or regular measured meals. By far, the easiest way to feed your pet is to provide a "full bowl" of kibble every day. **However**, the vast majority of pets do not eat only what they need but rather overeat and become obese. The best way is to only feed a measured amount of food each day taking in consideration the amount of "extras" that your pet receives daily. We recommend dividing the daily portion into 2-3 meals per day. Providing your pet with daily meals allows you to monitor for changes in appetite and alert you to a sick pet sooner for prompt veterinary care. The other benefit to feeding a meal is when you have multiple pets that may need different diets due to age or health concerns; you are then able to feed more precisely what each of your pets need.

Please contact us for any of your "diet" questions. We are happy to talk with you.



## FEEDING MULTI-CAT HOUSEHOLDS

There may come a point in the lives of many cats, where special attention needs to be paid to their diet. A cat may be overweight, requiring caloric control of their diet intake. A cat may have allergy issues, needing to be fed a hypoallergenic food. Or a cat may have been diagnosed with a metabolic disease, needing to be fed a diet formulated for organ dysfunction.

For a single cat household, this is easily accomplished. However in a multi-cat household this may be a little more difficult. You may no longer have the option of simply “filling the bowl”. Other cats may eat the expensive diet food. Or the cat on the special diet may quickly eat up all his food and then proceed to eat someone else’s regular food. The special needs cat has to be separated from the rest of the feeding community.

With a little bit of planning, feeding multi-cat households can be simpler than most people realize. First, determine a feeding schedule. Cats take up to 20-30 minutes per feeding. Most cats adjust well to scheduled feedings, and they learn fairly quickly what time breakfast & dinner is at!

Second, designate an area for the special needs cat to eat. This should be someplace not accessible to the other cats for 20-30 minutes. It can be a whole room such as a bedroom, bathroom or den to something smaller such as a carrier or kennel under your end table or nightstand. Your cat does not have to live here, your cat only has to eat here!

Third, start establishing your routine. Example...from 6:00-6:30am you take a shower. So just prior to hopping in the shower; feed your special needs cat with his measured amount of special diet food locked in his carrier under the end table. And free feed the rest of your cat community their normal cat food diet in the kitchen. Once out of the shower pick up the remaining food, let special needs cat out of his carrier, and let them continue about their day. Repeat the process with the 6 o’clock news.



Even if you don’t have a special needs cat, separate meal feeding is still a good idea. Free feeding doesn’t offer any control as to who is eating what and how much. Free feeding also doesn’t alert you as to who has not been eating. Separate meal feeding allows you to monitor who’s eating, and how much. It also allows you to notice patterns of decline in the interest of food over the past few days. Separate meal feeding provides you a way to monitor one more aspect of your pet’s health.

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Global Nutrition  
Committee

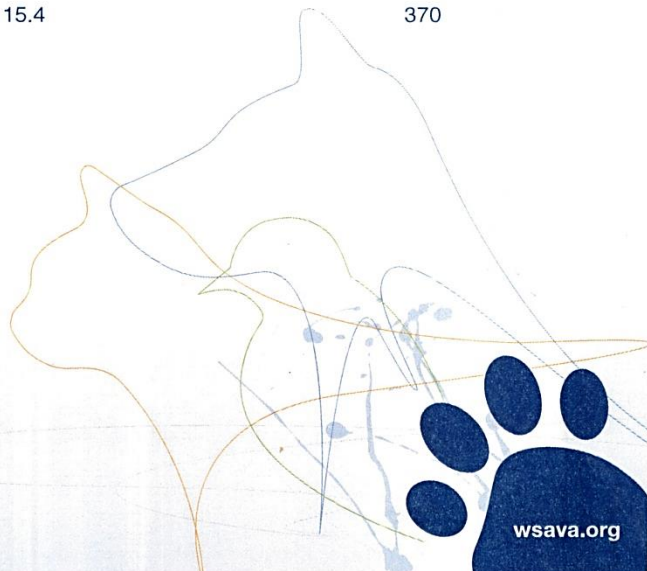


## Calorie Needs for an Average Healthy Adult Cat in Ideal Body Condition\*

Weight (kg)	Weight (lb)	Kilocalories/day
1.0	2.2	100
1.5	3.3	130
2.0	4.4	160
2.5	5.5	180
3.0	6.6	210
3.5	7.7	230
4.0	8.8	250
4.5	9.9	270
5.0	11.0	290
5.5	12.1	310
6.0	13.2	330
6.5	14.3	350
7.0	15.4	370

**Note:** These recommendations are for guidance only. Cats are individuals and some may have higher or lower requirements in order to maintain an ideal, trim body condition.

\*If the cat is overweight, these estimates may be too high and further calorie restriction will be required.





## WEIGHT MANAGEMENT FOR PETS

It was once said that a fat pet is a happy pet but times are changing. We are now realizing that keeping your pet at a healthier weight will give them a longer, happier and healthier life. It is defiantly hard to say no to your pet when they look at you with those eyes but in the long run it will be better for them.

To help maintain an appropriate weight we recommend meal feeding two times a day over free feeding throughout the day. It also helps to use a one cup measuring cup to measure out the food over using a butter container, old drinking cup or any other odd cup in the cupboard. We can help you determine how much food to be giving your animal and what to do if your pet needs to lose a pound or two.

It is also important to remember that treats are not free calories, we need to include them in your pets overall caloric needs. To determine how many calories are in a treat you may need to look up the nutritional facts for that product on the internet or call the manufacturer. Treats are ok to give but we then have to reduce the amount of food that you feeding to compensate.

Maintaining a more healthy weight will also help reduce the risk of certain disease such as diabetes in your pets. These diseases can shorten the life of your pet and can mean doing daily treatments.



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## LITTER BOX RULES

**Rule No. 1:** The number of litter boxes in the house should be equal to the number of cats plus 1.

**Rule No. 2:** The minimum size of a litter box should be 1.5 times the length of the cat.

**Rule No. 3:** The litter boxes should be separate from each other and be placed on every level of the house that the cat has access to.

**Rule No. 4:** The litter box should be in a private, quiet, but easily accessible area.

**Rule No. 5:** Never place the litter box near food or water.

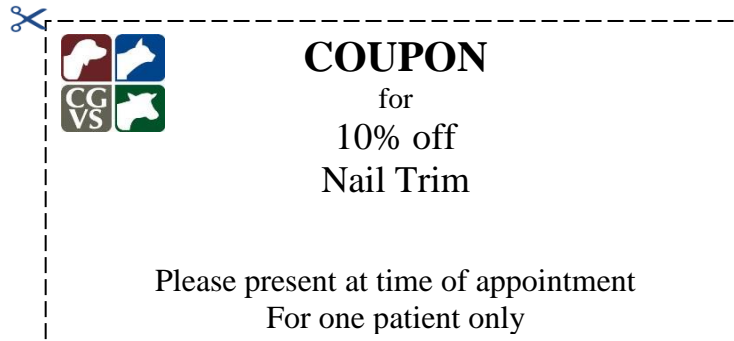
**Rule No. 6:** Find the right litter that appeals to the cat.

**Rule No. 7:** Never use scented litter.

**Rule No. 8:** The depth of the cat litter should be an average of 1.5 to 2 inches deep.

**Rule No. 9:** Never use litter box liners, nor covered litter boxes.

**Rule No. 10:** Clean the litter boxes **DAILY!**





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## ANESTHESIA AND YOUR PET

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Anesthesia is the most troubling part of letting our beloved pets undergo surgical and dental procedures. Even though recent studies have shown that less than 2% of anesthetized patients experience any type of problems (and less than 0.1% mortality is encountered), anesthesia is still scary!

By taking the following precautions we believe your pets will experience the safest anesthesia event possible.

1. All anesthesia patients have diagnostic blood work performed prior to the event. These tests may alert us to any sub-clinical / underlying health concerns that may exist.
2. All anesthesia patients receive fluid therapy. With this we compensate for any fluid losses and help maintain blood pressure and cardiac function.
3. All anesthesia patients receive pre-medications that help them relax and calm them and allows for the use of less “true” anesthesia preparations.
4. Pain medications are given along with the pre-medications to help prevent pain before it is encountered.
5. Gas anesthesia is routinely used. This allows for a quick recovery once the gas is stopped being administered.
6. All anesthesia patients’ “vital signs” are continuously monitored. These may include heart rate, oxygen and carbon dioxide amounts, blood pressures and an EKG.
7. The recovery area is continuously staffed and the patients are monitored closely until fully recovered.
8. Pain medications are given as often as needed after anesthesia to insure that your pet rests comfortably and recovers rapidly.

We will do our best to make your pet’s anesthesia as safe as possible!

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## CASTRATION IN CATS

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Castration is the surgical removal of the testicles. When a cat is castrated just before sexual maturity at 4 ½ - 9 months of age, the cat's sexual instincts are reduced, and the cat becomes sterile.

Your cat will be given a preoperative physical examination to help ensure its safety during anesthesia and surgery. Recovery is generally routine, and aftercare is minimal. Surgery is usually performed at 4 ½ - 9 months of age.

### What are the advantages?

- Eliminates roaming in search of females. If allowed to run loose he may get into fights, get lost, or get hit by a vehicle.
- The objectionable urine odor of the male cat is reduced.
- Greatly reduces the likelihood of spraying to mark his territory both outdoors and in your home.
- Reduce the medical costs associated with treatment of fight related injuries.
- Helps control the population crisis by avoiding unwanted pregnancies.
- Can increase the average lifespan when compared to intact males.

### Frequently Asked Questions

1. Will my cat get fat and lazy? No. Obesity is due to excessive calorie intake. Weight can be controlled with proper nutrition and exercise.
2. Will his personality change? No. A cat's personality is not really developed until one year of age. If there were a change in personality, it probably would have occurred whether he was neutered or not.

### Important Considerations

Prior to surgery your pet should have a through physical exam and should be free of any external (fleas) and internal (worms) parasites. All vaccinations should be up to date.

If you plan on declawing your cat it should be done at the same time as the castration. This allows for only one anesthetic procedure, reducing the surgical risk to your pet.



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## OVARIOHYSTERECTOMY IN CATS

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Ovariohysterectomy is the medical term for spaying female cats. The procedure consists of surgical removal of the ovaries and uterus. If the ovaries are not removed, the bothersome heat periods still occur even though pregnancy is not possible. Surgery is usually performed at 4 ½ - 9 months of age.

### What are the advantages?

- There will be no more heat periods. Eliminating howling, rolling, and other annoying behaviors associated with the estrus cycle.
- Helps to control the pet population crisis by avoiding unwanted pregnancies.
- Protects your pet against the risk of ovarian and uterine cancer and also uterine infections (pyometra)
- Mammary gland cancer seldom develops in cats spayed prior to their first heat.

### Frequently Asked Questions

3. Will my cat get fat and lazy? No. Obesity is due to excessive calorie intake. Weight can be controlled with proper nutrition and exercise.
4. Will it change her personality? No. Cat's personalities do not fully develop until about one year of age. If there were to be a personality change in a cat spayed at an early age it probably would have occurred without the surgery.
5. Should my cat have a litter first? No. There is no scientific evidence that your pet will in any way benefit from having a litter before spaying.

### Important Considerations

Prior to surgery your pet should have a through physical exam and should be free of any external (fleas) and internal (worms) parasites. All vaccinations should be up to date.

If you plan on declawing your cat it should be done at the same time as the castration. This allows for only one anesthetic procedure, reducing the surgical risk to your pet.



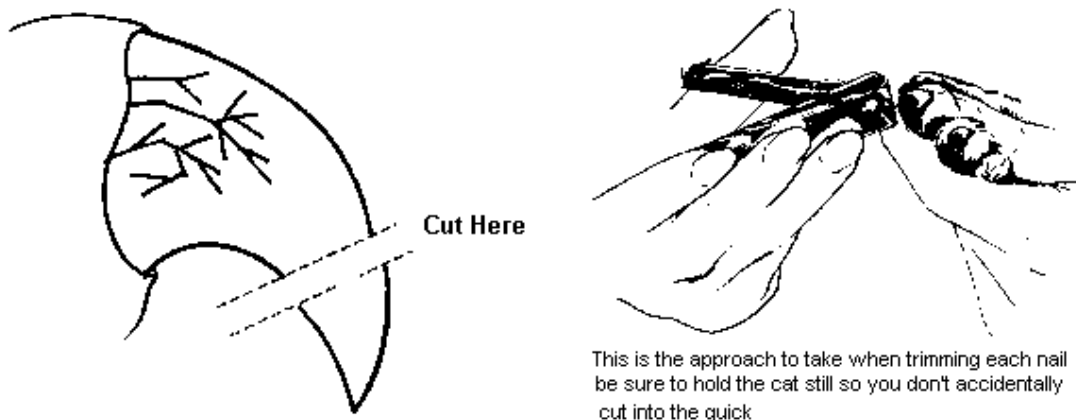
## TO DECLAW OR TO NOT DECLAW

Declawing is a procedure that has many alternatives. Instead of declawing, cats can have their nails trimmed or nail caps can be applied. Cats can also be trained to use a scratching post. To be cat appealing, a good scratching post should be at least 30 inches tall, mounted on a stable base and covered with sisal rope.

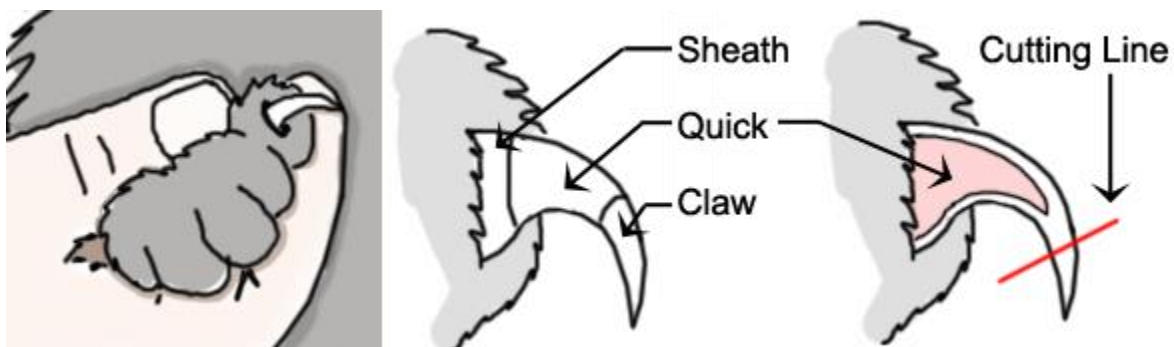
**What is declawing:** Declawing is a surgical procedure in which the toenail and associated bone are removed with the pad left intact. The ligaments and nerves to the toenail are cut when the nail is removed. Post-operative pain medications and special pelleted kitty litter are used after the surgery to facilitate a smooth recovery. Some cats have sensitivity of their feet after declawing. In most cases this sensitivity diminishes over time.

**Why are cats declawed:** Declawing helps to reduce destructive behavior such as clawing up furniture, drapes and rugs. It also reduces injury to cat owners such as scratches to the hands, arms and face.

### How to trim your Cat's nails



Originally prepared by Suzanne Hetts, Ph.D. and Kathy Macklem for the DDFL, 1992



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## ALL ABOUT MICROCHIPPING

Microchipping your pets is another way of identifying them, like a tag on their collar. A microchip is a tiny computer chip that is programmed with an identification number. A **newer microchip by HomeAgain® can also indicate the body temperature of the animal.** Once your pet is microchipped they can be identified throughout their lives with a one of a kind number.

The microchip is placed using a needle and syringe and most animals don't even notice it being done. The microchip is placed under the skin between the shoulder blades and once there it is rarely felt when you are petting your pet. It is recommended that your pet stays quiet for about 24 hours after the microchip is placed to ensure that the chip does not migrate to a different area of the body.

A special scanner is used to scan your pet for the microchip and shows us the number and **the current temperature of your animal. This means no more rectal thermometers.** If you adopt a pet that already has a microchip it is important to ensure that the microchip information is transferred to you. It is also important to update your information, such as address and telephone number if it changes; with the microchip manufacturer. It is also a good idea to have the microchip scanned on a yearly basis to ensure that it is still working.

A microchip is a great form of identification that has helped many pets reunite with their owners.



**COUPON**  
for  
10% off  
Microchipping

Please present at time of appointment  
For one pet only

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## DENTAL DISEASE IN DOGS AND CATS

Dental disease is the most common problem affecting our beloved pets. Among pets 3 years of age and older dental disease will affect 70 – 80% of them. The health consequences of dental disease are caused by chronic exposure to the bacterial infection that is present in the diseased tissue of the oral cavity.

The three primary health consequences of dental disease are:

1. Bad breath
2. Infection of the gums, loose teeth and abscessed teeth (periodontal disease) all of which are very painful conditions for your pets
3. Spread of the bacterial infection from the oral cavity to other major organs such as the kidneys, liver, lungs and heart which can shorten the life span of our pets.

Advanced cases of dental disease require a professional cleaning and treatment program to try and return the oral cavity to good health and eliminate the associated bacterial infection.

If your pet is free of significant dental disease then preventative measures will help maintain this condition. We recommend a special diet, **Hills t/d**, which is a tartar control food. This food “brushes your pet’s teeth at every meal” and helps prevent the buildup of materials and bacteria that cause dental disease.

Call us or stop in if you have any questions about your pet’s dental health.



### COUPON

for

10% off

Any Dental Product

(Excludes Hills® t/d Products)

Please present at time of checkout

For one product only

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## HOW TO BRUSH YOUR PETS TEETH

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You just left the doctor's office and they have told you that it would be beneficial to your pet to brush their teeth to reduce the amount of plaque on them and prolong the amount of time between dentals. You are thinking to yourself, 'how on earth am I going to brush my pets' teeth?' It is possible to brush their teeth but it will take a little while for them to get used to having it done. So remember to go slow and remain optimistic.

### **Step 1: Finding a flavor of tooth paste that your pet likes.**

There are several different flavors of tooth paste that are made for pets. Tooth paste that is made for humans should not be used because the fluoride that is found in human tooth paste can be toxic to pets. There are starter kits available that contain a sample tube of toothpaste, a brush and a finger tip brush. Cedar Grove Veterinary Services carries the Virbac® line of oral health care products including the oral hygiene kits. To determine which flavor your pet likes the most let them lick some of the tooth paste off of your finger. You will want to do this for several days until your pet is comfortable with the tooth paste.



### **Step 2: Introducing the tooth brush to your pet.**

Once your pet is comfortable with the tooth paste it is time to introduce the tooth brush to them. To do this let them lick the tooth paste off of the brush instead of your finger. Again let them do this for several days until they are comfortable with it.

### **Step 3: Brushing your pets' teeth.**

Now that your pet is comfortable with the tooth paste and the tooth brush you can start to brush their teeth. Start with just the front teeth and slowly, over several days or even weeks, expand that to the whole mouth. You do not need to brush the insides of their teeth because enzymes in their saliva help keep that area clean. The ultimate goal is for your pet to look at having their teeth brushed as a treat just like when they get a biscuit for doing a trick for you. It is recommended to brush your pets' teeth daily. With a lot of patience and an optimistic mind you can be well on your way to keeping your pet healthier.

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## **FIRST AID KIT FOR PETS**

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**Tools:**

- Rectal thermometer
- Penlight flashlight
- Scissors
- Fine-toothed tweezers
- Nontoothed tweezers
- Needlenose pliers
- Small wire snips
- Sewing needle

**Anti-infectives:**

- Povidone iodine solution/scrub  
and/or
- Chlorhexidine solution
- Triple antibiotic ointment
- Alcohol (70% rubbing or isopropyl)
- 3% hydrogen peroxide

**Poisoning antidotes:**

- 3% hydrogen peroxide (induces vomiting)
- Activated charcoal

**Bandaging Material:**

- Nonstick wound pads
- Gauze pads
- Roll gauze (1", 2" wide)
- Roll cotton (can use a disposable diaper in emergency)
- Adhesive tape (1", 2" wide)
- Elastic bandage (2", 3" wide)

**Miscellaneous:**

- Cotton tipped swabs
- Styptic powder
- Toenail trimmer
- Medical grade glue or super glue