



Monroe Pet Press

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Wellness Examinations and Your Pet

One question we often get is how often pets should be seen for physical examinations. Since most pets age faster than people, we follow the recommendations of the American Veterinary Medical Association and suggest twice yearly comprehensive physical examinations.

The calendar year represents about 1.5% of an average American's life span. But the same 12 months represents 5 to 10% of a dog or cat's 10 to 20 year life span! Exotic patients such as ferrets, rabbits, or rodents age even quicker! An animal's organs are not genetically programmed to last as long as those of humans, so health problems often manifest themselves faster. Seeing our canine or feline patients twice yearly is the equivalent of a person getting a physical examination every 2 ½ - 3 ½ years.

In 1998-99 a clinical study on laboratory parameters in healthy senior patients was done at a referral hospital in Los Angeles. Enrollment in the study was based on the pet being over seven years of age, in apparent good health as determined by the owner and on the absence of any underlying medical condition or treatment with any medications known to alter lab values.

Despite the fact that these pets were apparently normal at home and not being treated for any underlying medical problems, clinically significant disease was found in 20% of the dogs and 17% of the cats enrolled in the study.

Many problems and diseases in our pet patients, as in humans, respond more favorably when caught earlier. Twice yearly examinations and periodic blood screening help ensure that we are doing the best job possible in keeping our four legged friends healthy.

New at Monroe Animal Hospital

On April 26, we will celebrate our 2nd anniversary! Even though our hospital is new, we continue to upgrade our equipment and the level of care we offer.

Recently our digital x-ray software was updated to a newer version, which increased the sharpness and resolution our radiographs to an even greater level.

All blood, urine, stool, or other tests sent to our outside laboratory are now submitted using a computer interface called Labrex. This allows importation of your pet's information directly to the lab submission form, which is bar-coded to ensure correct test processing at the laboratory.

The Monroe Animal Hospital recently purchased a state-of-the-art warming device for use on any of our patients undergoing anesthesia. We are committed to anesthetic safety and patient comfort; this device will help us to continue to achieve these goals.

The Hot Dog Warming system is used to maintain patient temperature during anesthesia, when they are sensitive to loss of heat. It functions like a heating



blanket but also redirects a patients' own warmth in order to help maintain it.

More information on this device can be found at www.hotdogwarming.com/Vet/index.html

We also recently started using a state-of-the art digital tonometer to measure eye pressure in dog's and cats. Dogs and cats can get diseases such as glaucoma or uveitis that can affect their eyes and potentially cause

discomfort or blindness. The tonovet is a hand-held device that features a new technology which allows rapid and accurate measurement without topical anesthetic. It uses a very light probe to make momentary contact with the cornea. The measurement is barely noticed by the patient, and often does not even cause blinking!



We also continue to expand the services available on our website. In addition to online ordering of food and medications for home delivery, you can submit prescription requests for pick-up at our office or change of address or contact information on-line as well.

Parasites, Your Pet, and You

Most people are familiar with puppies and kittens having worms in their stool. Almost all dogs and cats have them at birth, or acquire them shortly afterwards. What many people do not realize is that some of these same parasites are contagious to people and can result in infections with serious consequences.

Every year in the United States three to six million people become infected with dog and cat roundworm. Of these, 750 to 1,000 per year (usually children) get eye infections that result in permanent visual impairment including blindness. Hookworm can cause serious skin infections, and some species of tapeworms can even cause abdominal tumors! Other parasites of dogs and cats that can infect people include whipworm and Giardia

The Human Center for Disease Control has long been advocating worming treatments for dogs and cats. Recently a group of veterinarians, human physicians, and public health experts known as the Companion Animal Parasite Council (CAPC) issued expanded guidelines for preventing parasites in both pets and people. They recommend starting worming treatment on dogs and cats as early as 2 to 3 weeks of age, worming every two weeks initially, and then continuing with a monthly parasite preventative for the life of the pet. In addition, all pets should have fecal examinations by centrifugation at least yearly. It is important to note that these recommendations are for **ALL** pets, including those that only remain indoors. We have seen indoor pets that were infected with parasites despite minimal or no outdoor exposure.

All dogs should be on a monthly preventative that doesn't allow them to acquire heartworm, as well as

roundworm, hookworm, and whipworm. At the Monroe Animal Hospital, we recommend Interceptor for this purpose. In addition, we recommend Vectra 3D to repel and prevent fleas, ticks, mosquitoes, and biting flies.

All cats should be on a monthly preventative that eliminates risk from heartworm, as well as roundworm and hookworm. At the Monroe Animal, we recommend Revolution as it prevents these parasites, as well as ear mites and some species of ticks. Since it is applied topically, it is easier to use than oral preventatives.



Please feel free to ask us any questions you may have pertaining to parasites and your pet. More information on this important topic can be found online at <http://www.cdc.gov/healthypets>, www.petsandparasites.org, and www.growingupwithpets.com

NJVMA Hall of Fame

The 15th Annual NJVMA Animal Hall of Fame award luncheon took place on February 28, 2010. This year the Monroe Animal Hospital nominated Skylar Flug, one of our patients, in the companionship category. While she did not win, we feel she is an outstanding example of the Human-Animal Bond and think that the contribution she makes to her owner's life is worthy of mentioning.

To see this year's (and previous) winners, please visit www.njvma.org/hall



Going Digital

Starting in June, future issues of this newsletter will be sent to our clients via email. Unfortunately the Monroe post-office is no longer processing bulk mail. Please make sure that we have your email address on file so that you can continue to receive this publication. Having your email on file will also allow us to inform you of important happenings in animal health care in a timely fashion. Also, we encourage you to become our fan on Facebook!

Dr. H