

# Blue Ravine News

YOUR PET'S HEALTH IS OUR CONCERN

Volume 23 Issue 2



May 2025

## Staff

Jennifer Sweet, DVM  
Cristina Finocchio, DVM  
Kristina Jackson, DVM  
Jessica Winters, DVM  
Laura Rotz, DVM  
Andrew Connors, DVM  
Nicole Fitzgerald, DVM  
Cameron Collins, DVM  
Bethany Jackson, DVM  
Independent Cardiologist  
Katherine Schwartz, RVT  
Practice Manager  
Patti Rungo  
Office Manager/CSR  
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Michelle Ippoliti, CSR  
Ann Nicewander, CSR  
Jennifer Lofquist, CSR  
Mylee Melgazo, CSR  
Bobbie Edwards, CSR  
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Ellie Pearson, RVT  
Sarah Goetting, RVT  
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Lia Finocchio, Rx. Ass't.  
Kendra Harris, Lead Vet Ass't.  
Catarina Miramontes, Vet Ass't.  
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Marina Neill, Vet Ass't.  
Rachel Johnson, Vet Ass't.  
Allie Gilly, Vet Ass't.  
Emily Rahman, Vet Ass't.  
Taylor Rose, Vet Ass't.  
Matthew Chung, Vet Ass't.  
Adrian Gutierrez, Vet Ass't.  
Annabella Escobedo, Vet Ass't.  
Olivia Fuhs, Animal Care Attendant  
Hana Matl, Animal Care Attendant  
Misty Tracy, Groomer

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## Dog Anxiety Week is the First Week of May...

Dog Anxiety Awareness Week is celebrated across the U.S.A. every first full week of May. Even if you've missed this year's dates for commemorating this event, it's never too late to learn how to get involved in fighting this problem for the whole year!

Dog anxiety is a common problem in dogs that often goes unnoticed, hence the reason for the creation of this event. Over the years, it has been extremely important for raising awareness about the severity of dog anxiety and how it affects our furry companions. Activists teach people how to recognize this problem in their canines and find the appropriate ways to help them.

### The 4 Ways to Commemorate Dog Anxiety Awareness Week

#### 1. Monitor Your Dog for Signs of Anxiety

One of the easiest ways to commemorate Dog Anxiety Awareness Week is to monitor your dog for signs of anxiety, weird behavioral patterns and eating habits, and any other irregularities that might point to nervousness. This way, you can reduce the triggers and help your dog feel more comfortable.

**2. Establish a Healthy Daily Routine**  
Dogs that suffer from anxiousness need as little anticipation in their life as possible. You can help your anxious dog by

establishing a healthy daily routine.

Dogs with a well-planned schedule are less likely to become anxious and will feel comfortable throughout the day as they always know what's coming.

#### 3. Consider Getting a Dog Behaviorist

If you have an anxious dog and in-home treatment hasn't helped much, you can ask a dog therapist to help your canine. If left unchecked, anxiety can lead to more severe behavioral and health problems, which is why professional help may be necessary to resolve this problem.

#### 4. Call Blue Ravine to make a Veterinary Appointment

Your veterinarian can help guide you as you work towards treatment, training, and prevention. Your pet may benefit from medications or supplements to help manage

this condition.

#### What Is Dog Anxiety?

Just like us, dogs can experience anxiety. Although it's unpleasant, anxiousness can function as a healthy emotion when it happens occasionally. Anxiety can occur in all dog breeds, but each dog can handle it differently. If a dog is exposed to the feeling of anxiousness for long periods and it's left unchecked,



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## Dog Anxiety Week is the first week of May... (cont'd.)

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your furry companion could develop an anxiety disorder and other behavioral issues.

### **Is this problem widespread in dogs and what can you do to recognize it?**

In a study on dog anxiety that included 13,700 dogs, researchers discovered that 72.5% of the dogs exhibited anxiety-like behavior, including general fearfulness, noise sensitivity, fear of strangers, and similar fears. In the U.S.A., over half of dogs (over 50 million of them) suffer from some form of anxiety, stress, or fear. Unfortunately, many dog parents, as loving as they are, are unaware of this issue and don't know how to help their dogs cope with anxiety. Around 35% of families with anxious dogs in the country haven't tried to treat their dog's problem, mainly because they believe that there's nothing they can do.

However, many things can be done to help anxious dogs.

### **Main Sources of Dog Anxiety**

Dogs can develop anxiety for various reasons. Some dogs may experience anxiety as a response to traumatic experiences and health conditions, while others may experience it due to various environmentally related causes.

Here's a list of the main sources and triggers of anxiety in dogs:

- Travel
- Separation
- Fireworks
- Loud noises
- Thunder
- New people and pets

It's common for dogs to feel nervous and anxious in new and unfamiliar situations and environments and when introduced to strangers and new animals, but some dogs may also experience this problem due to separation anxiety and past negative experiences.

Regardless of the cause, every dog struggling with this issue should get adequate help and attention to prevent further damage to their nervous system and behavioral problems.

### **Signs of Anxiety in Dogs**

Anxiety results in various bodily reactions that are related to the feeling of fear and anticipation of the unknown. The clinical signs that dogs experience will vary depending on the severity of the issue; the most common ones include:

- Clinging
- Pacing
- Panting
- Excessive drooling
- Restlessness
- Destructiveness
- Aggression
- Excessive barking
- Developing inappropriate bathroom habits
- Trying to escape
- Compulsive behaviors
- Depression

### **What Is the Best Way to Help an Anxious Dog Calm Down?**

When dogs feel anxious, it's always good to help them calm down. Here's a list of tips to help you do that:

- Try to eliminate triggers that cause your dog's anxiety.
- Create a safe space inside your home where your furry companion can unwind when feeling anxious.
- Develop a daily routine for your dog, as that tends to reduce anticipation and therefore, anxiety.
- Exercise with your dog regularly, and ensure that your furry friend gets the proper mental and physical stimulation throughout the day.

- Provide love and physical contact; you can even give your dog a soothing massage.
- Learn how you can prevent anxiety for your dog in the future.

### **Is There a Way to Prevent My Dog From Becoming Anxious?**

It can be tricky to prevent your dog from becoming anxious if you don't know their triggers. Still, there are

several ways that you can help them avoid anxiety-related problems:

- **Body language** — One of the easiest ways to prevent anxiousness in your dog is to learn how to read their body language. Learning to recognize when your dog is feeling scared, uncomfortable, or frightened can allow you to turn negative emotions into positive ones.
- **Training** — All dogs require adequate training from an early age in order to develop properly. Canines with proper obedience and socialization training are often more balanced and well-adjusted,

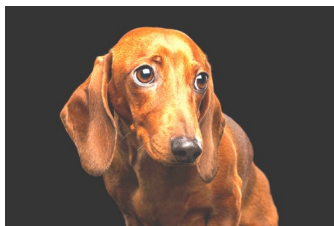


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## Dog Anxiety Week is the first week of May... (cont'd.)

causing them to adapt to new situations and people more easily and therefore, be less anxious.

- **Medication** — Medication may be recommended to minimize the feeling of anxiety while training occurs. Call Blue Ravine for an appointment if needed.
- **Nutrition and exercise** — Proper nutrition and enough exercise are crucial for your dog to be in the best possible shape. If these needs are not met, many dogs can experience problems and anxiety.



- **Situation avoidance** — If your dog suffers from anxiety, you can practice situation avoidance and avoid all triggers that cause anxiousness in your canine.

### Final Thoughts

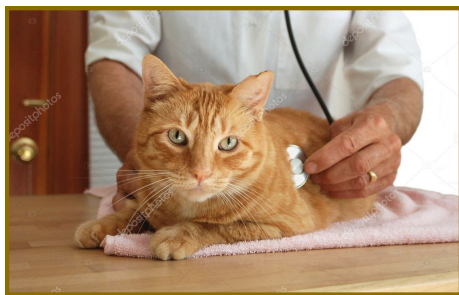
Dog Anxiety Awareness Week is celebrated every year during the first full week of May, and is all about spreading awareness about dog anxiety and how to help affected dogs. Share the word

about this problem, and make the world a better place for anxious canines!

## Five Questions To Ask at Your Cat's Next Veterinarian Exam — Dr. Nancy Kay

### Cat Checkups & Preventive Care:

Whenever you take your kitty to the veterinary hospital, it's always a good idea to arrive with a written list of your questions for your veterinarian. You may have a crackerjack memory, but it's easy to become forgetful or distracted in the hospital setting. After your veterinarian is through explaining things, you can reference your list to see if all of your questions have been answered.



What are the right questions to ask? In addition to the questions that pertain to your cat's specific health issues, I recom-

mend asking the five general questions below. By the way, it is important to ask them at each annual visit as the answers may change from year to year.

#### 1. Is my cat at a healthy weight?

While it's unusual for a healthy cat to be too thin, it's very common for an otherwise healthy cat to be overweight. A study by the Association for Pet Obesity Prevention found that 53 percent of cats were overweight. Just as in people, feline obesity predisposes to a number of health issues with diabetes at the top of the list. Veterinarians sometimes fear pointing their finger at the fat felines in front of them for fear of offending their clients. Asking the question yourself will make it

easy for your veterinarian to have candid conversation about your cat's body condition.

#### 2. What should I feed my cat?

Speaking of body weight, how about learning more about what type of diet will best support your cat's health. Ask about canned versus dry food and whether or not your veterinarian prefers a particular brand for your kitty. Recommendations will be based on your cat's life stage (kitten, adult, middle age, senior), lifestyle/activity level, and health issues.

#### 3. Which vaccinations are appropriate for my cat?

There are no "one size fits all" vaccination protocols. In order to answer this question, your veterinarian must know a good deal about your cat's lifestyle. What is his prior vaccination history? Does he ever go outdoors or contact other cats? How many kitties are there in the household? Where does your cat stay when you go out of town? Also, let your veterinarian know if your cat has ever experienced a negative reaction to a vaccination.

#### 4. Should I be doing anything differently at home?

Your veterinarian may recommend that you change things up at home for your kitty. Her request might be as simple as increasing litter box access for your older cat with a bladder issue or as complex as obtaining blood sugar measurements from your diabetic kitty (of course, any such requests are always subject to negotiation).

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Blue Ravine Animal Hospital  
1770 Prairie City Road  
Folsom, CA 95630  
Phone: 916 984-0990  
Fax: 916 984-6510



## Five Questions (cont'd.)

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### 5. When should I bring my cat back?

Whenever you and your kitty see your veterinarian, always find out what is supposed to happen next. Perhaps your vet would like you to call her in a couple of weeks with an update on how your cat's cough is responding to medication. She may ask that you bring your cat back to her office for a follow-up visit in four months. Or, if your cat is in excellent health, your next recommended visit may be in a year. The goal here is to always come away with a plan.

If you have any questions or concerns, you should always visit or call your veterinarian -- they are your best resource to ensure the health and well-being of your pets. Does your kitty need its annual exam? Call Blue Ravine and make that appointment now.

## BLUE RAVINE OFFICE HOURS

Office hours: Monday through Friday, 7:00 am to 6:00 pm; Saturday, 8:00 am to 5:00 pm; Sunday, closed.  
For emergencies outside regular office hours, please call MarQueen Pet Emergency & Specialty, 916 757-6600 or Sacramento Veterinary Referral Center, 916 362-3111.

[www.blueravineanimalhospital.com](http://www.blueravineanimalhospital.com)

### SENIOR WELLNESS PACKAGE (SAVE UP TO \$355 FOR CANINE AND UP TO \$380 FOR FELINE) INCLUDES:

- Comprehensive Senior Exam
- Complete Blood Panel, Urinalysis, and Fecal
- Whole body radiographs (up to five views)

Additional diagnostics based on doctor recommendation at 10% off requested within 30 days based on these diagnostics. May include:

- CANCER SCREENING
- BLOOD PRESSURE
- OCULAR PRESSURE
- ABDOMINAL ULTRASOUND
- PANCREATIC LIPASE
- Pro BNP

**Blue Ravine Animal Hospital:**  
**916-984-0990**

Coupon expires June 30, 2025  
BLUE RAVINE ANIMAL HOSPITAL  
1770 Prairie City Rd., Folsom, CA