

Blue Ravine News

YOUR PET'S HEALTH IS OUR CONCERN

Volume 20 Issue 4

November 2022

Staff

Jennifer Sweet, DVM
 Cristina Finocchio, DVM
 Dr. Kristina Jackson, DVM
 Jessica Winters, DVM
 Laura Rotz, DVM
 Andrew Connors, DVM
 Lori Siemens, DVM
 Independent Cardiologist
 Katherine Schwartz, RVT
 Practice Manager
 Patti Rungo
 Office Manager/CSR
 Lauren Wintroub, CSR Supervisor
 Michelle Ippoliti, CSR
 Ann Nicewander, CSR
 Jennifer Lofquist, CSR
 Melissa Duffell, CSR
 Angelina Abrazaldo, CSR
 Bobbie Edwards, CSR
 Andrea Gavin, Surgical Super, RVT
 Tami Russell, RVT, Tech. Supervisor
 Katie Montague, Vet Ass't./Rx Ass't.
 Lia Finocchio, Rx. Ass't.
 Kendra Harris, Lead Vet Ass't.
 Catarina Miramontes, Vet Ass't.
 Danielle Harter, Vet Ass't.
 Jessica Thorsell, Vet Ass't.
 Liberty Rivera, Vet Ass't.
 Danielle Rashid, Vet Ass't.
 Marina Neill, Vet Ass't.
 Rachel Stephens, Vet Ass't.
 Lyric Bell, Vet Ass't.
 Amanda Burton, Vet Ass't.
 Taylor Ledbetter, Vet Ass't.
 Anni Kasper, Kennel Supervisor
 Kylie Miller, Kennel Ass't.
 Misty Tracy, Groomer

Our Christmas Open House is Back!

After two long years without an in-house celebration, Blue Ravine Animal Hospital is back with all the usual Christmas Open House festivities including free photos with Santa! We will celebrate Open House on Saturday, December 3, 2022 from 2:00 to 6:00 p.m. Reservations are strongly recommended for Santa photos so that we can accommodate everyone in a timely manner. Please call before December 3rd to schedule a



time slot between 2:00 and 6:00 p.m. during the Open House.

We hope you will come to visit with the staff, take a tour of the facilities, enjoy some good food and drink, and coax your pet to schmooze with Santa! It's been too long since we were all able to socialize.

**So bring a smile and some good cheer
and join us on December 3rd!**



Winter holidays are a wonderful time to enjoy being with family and friends, but with all the extra hustle and bustle, you may forget to abide by the same pet-proofing measures you follow the rest of the year. Here are some holiday pet safety hazards that you should be aware of to help keep your pet safe and happy through this holiday season.

- Secure your Christmas tree
- Be sure electrical cords and wires are out of harm's way
- Keep Holiday plants away from pets
- Do not leave pets near lit candles
- Watch out for broken ornaments
- Christmas tree water—do not put anything in it in case your pet drinks it
- Watch the exits: a pet can escape through an open door.



In This Issue:

BRAH Coupon	4
Food Bowls	3
New Treatment for Osteoarthritis in Cats	2
Our Christmas Open House is Back!	1
Pet-Focused Apps for Tech Savvy Folks	2

Pet-Focused Apps for Tech Savvy Folks



Pet First Aid: American Red Cross (free) — This app will help you be prepared for all kinds of pet emergencies, educational videos, and quizzes. Step-by-step guides will walk you through stressful situations until you can get your pet safely to the veterinarian.



PUPPR — App of the Day — Apple: Meet your new dog trainer! Puppr includes step-by-step video instructions to help you teach your dog basic obedience like “sit” and “stay” to advanced tricks like “fetch leash” and “sit pretty”. Free; lesson packs from \$13. Teach your dog training cues from more than 100 lessons and a built-in clicker. For specific advice, use the live chat feature to access real trainers.



Cat Scanner — free; designed for the iPad. See a cat, but don't know its breed? Just take a picture and find out! The Cat Scanner app will identify your cat's breed reliably in just a few seconds! Besides taking a picture, you can also record a video or upload an image from your gallery.

Got a mixed breed? No problem, the Cat Scanner app also recognizes mixed breeds! We provide you with detailed data and interesting facts about the different breeds of your mixed breed cat.

No cat around? Doesn't matter! The Cat Scanner app also recognizes humans: Simply scan yourself, your friends, your family or the people around you and find out which cats you resemble the most!

airvet

Airvet: Meet your new pet care companion. Save time and money while avoiding stressful visits to the vet with unlimited 24/7 virtual veterinary care via video and chat. On demand consultations start at \$30. Your trusted vet may already be a member.



Vitus Vet: Put all of your pet's medical information in one place, including vaccines, medications, microchips and insurance details. Invite family members or pet sitters to access the information as necessary.

New Treatment for Osteoarthritis in Cats

Osteoarthritis is a commonly recognized disease in dogs. Until recently, however, it was less commonly diagnosed in cats. Fortunately, veterinarians are now more aware of this problem in older cats and are helping them live less painful lives.

Osteoarthritis is a degenerative condition of the joints in which the normal cartilage cushion in the joints breaks down. Eventually, the bones in the joint rub against each other, causing pain, decreased joint movement, and sometimes the formation of bone spurs or other changes in and around the joint. Osteoarthritis continues to get worse over time; however, it can be managed so that the progress of the disease is slowed, helping the joint to work as well as possible for as long as possible.

Diagnosing osteoarthritis in cats is difficult even for experienced veterinarians. Cats, unlike most dogs, can tolerate bone and joint problems due to their small size and natural agility. They also generally dislike being physically handled during examinations. Your veterinarian may have a hard time deciding whether your cat is pulling its foot away because of pain or simply because it doesn't want to be touched. Cats are notorious for cowering on the exam table and not moving. Your observations about your cat's decreased activity are very important to the veterinarian.

Clinical signs of osteoarthritis in cats include weight loss, loss of appetite, depression, change in general attitude, poor grooming



habits, urination or defecation outside the litter pan, and inability to jump on and off objects. Because the same joints are often affected on both sides of a cat's body, a cat can compensate and appear to be walking normally. The most frequently-affected joints in cats are the elbows and hips, although shoulders and hocks (ankles) may also be affected. Arthritis in the back-bone and sternum is also common.

Treatment options for cats with osteoarthritis are limited. Non-drug treatment options include weight loss for overweight cats, increased exercise, and environmental accommodations, like using litter pans with lower sides for ease of entering and exiting, elevating food and water bowls, and providing soft bedding.

Blue Ravine Animal Hospital is adding a new treatment to its care for arthritic cats – Solensia. Solensia is a biologic—a protein, not a chemical; it is a monthly injection that works to reduce pain signals in your cat. By helping to control pain, Solensia improves the cat's quality of life. Cats show better general mobility, comfort, and overall well-being.

If your cat is experiencing joint pain, has less mobility, doesn't jump as much or seems depressed or more lethargic, talk to your veterinarian to discuss whether osteoarthritis is the problem and whether Solensia might provide relief. Call 916-984-0990 and make an appointment to speak with your veterinarian.

Food Bowls—What Type is Best for Your Pet?

When veterinarians discuss a pet's diet they usually also discuss the pros and cons of the materials of bowls and emphasize that bowls can affect the health and well-being of the pet and household members. Pet owners need to consider the pros and cons of plastic, stainless steel, ceramic or stoneware, silicon or glass feeding bowls.

Plastic pet food bowls come in many shapes, colors and sizes and are lightweight and inexpensive, but they may not be suitable for puppies, kittens or any pets that chew on bowls. Chewing plastic can result in dangerous sharp edges and pets may ingest loose pieces. Plastic also scratches easily allowing for the easy adhesion of bacteria.

Stainless steel pet bowls are lightweight, durable and affordable. Many varieties exist, including options for different species and life stages. Some are shaped to prevent tipping and spilling, and some have attached anti-skid rings to prevent them from slipping during mealtimes. Many stainless steel bowls also come in standard sizes that can easily fit into elevated feeders or be mounted



in kennels for travel. Heavy chewers, however, may dent or puncture dishes and injure their teeth or mouth. Other pets may not like the noises made by stainless steel dishes.

If choosing a stainless steel bowl, look for products labeled grade 304 or 18/8; the numbers refer to quality, durability and resistance to corrosion. This grade of steel is the most common type used in food preparation.

Ceramic or stoneware bowls are often the most pleasing to pet owners because they come in a wide variety of designs and are sturdier so they cannot be easily tipped over, chewed or carried away. However, lead and cadmium are often found in glazes used on ceramic products. These components can leach into the food or water if the glaze is improperly formulated, applied or fired, posing a significant public health issue. Any bowl that is cracked or chipped should not be used; these defects could also cause exposure to harmful chemicals. If selecting a ceramic bowl, look for labeling that states the bowl was made in the United States, is lead free and is intended for use with food.



Silicone bowls are lightweight and flexible, good for traveling and for recreation. Many silicone bowls are collapsible and have small carabiners attached, making them easy to take on hikes or long walks. However, silicone is a poor choice for everyday use, especially for puppies that bite, chew or try to carry their bowl. It is generally considered a safe material but pet owners should look for products that are labeled as food grade or medical grade.

Glass bowls are sturdy, nonporous, affordable and easy to clean. The disadvantages of glass bowls are that there are not many options available and they can chip or crack easily, posing a safety risk to pets and people.

Special Considerations in Choosing Pet Feeding Bowls

Some pets require elevated food bowls, shallow bowls, or other food dispensers based on their breed, health conditions or genetic predisposition.

Pets with neck or shoulder pain, herniated cervical discs, arthritis of the spine, or other diseases may benefit from elevated dishes. These keep the pet's head and neck up, eliminating strain on the neck. They may also minimize the risk of aspiration of food and water, which is beneficial in pets diagnosed or suspected of having laryngeal paralysis or other neuromuscular diseases.

Some veterinarians believe that feeding large- or giant-breed dogs from elevated feeders may help minimize gastric dilatation-volvulus (GDV), commonly called "bloat", because pets are less likely to swallow as much air while eating. Dogs with megaesophagus, for example, should be fed vertically to allow gravity to assist in moving food from the oral cavity into the stomach.



Shallow Bowls—Brachycephalic breeds of dogs and cats may have issues reaching into a bowl for food or water. For these breeds, it may be best to offer wide, shallow bowls so they can still see their surroundings while eating and more easily access the contents.

Food Dispensers—Many pets, including young dogs, high-energy dog breeds, cats, pets with physical restrictions due to illness or injury, or pets that eat too quickly, may benefit from a slow feeder bowl, puzzle feeder or other food-dispensing toy. Cats enjoy hunting and can be easily taught to work to extract their food from toys. Likewise, dogs enjoy the mental stimulation involved in working for their food. Food-dispensing toys can also increase total daily activity time in pets and therefore can be quite beneficial in weight-loss programs.

THE IMPORTANCE OF CLEAN BOWLS

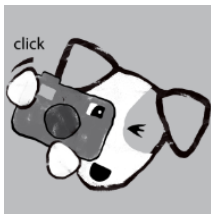
Pet dishes are ranked among the top five most contaminated areas of the home. Each time a pet eats or drinks, it deposits microbes (for example, algae, fungi and bacteria) from its mouth into the food or water dish. Since pet owners often feed their pets in or near the kitchen, there is a high risk to people of exposure to pathogenic bacteria.

Experts recommend that a clean dish be used for every meal, every time. Many pet dishes are dishwasher safe and running them through a normal hot wash cycle should thoroughly clean and disinfect them. When washing dishes by hand, wash pet dishes separate from other dishes and cookware. Use hot, soapy water. A mild dish detergent is acceptable if the dishes are cleaned after each use.

So, do your homework on feeding bowls, and be sure to ask your veterinarian for help when considering your pet's breed and health.



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



Visit the Petly portal on Blue Ravine's website for information, scheduled visits and reports about your pet's health plus medical articles and behavior tips. Everything you need in one place!

Visit the Petly portal on Blue Ravine's website for information, scheduled visits and reports about your pet's health plus medical articles and behavior tips. Everything you need in one place!

www.blueravineanimalhospital.com



From Blue Ravine to all our clients:
We wish you Happy Holidays, a Happy New Year and a safe, healthy and prosperous year ahead in 2023.

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

Christmas Coupon

Come to Blue Ravine's December 3rd Christmas Open House to visit with our staff, partake of some great food and pick up your gift bag. Plus, get a toy for your pet and a free Christmas photo with Santa!
Can't wait to see you!

(Appointments are needed for photos with Santa. Please call ahead to schedule so we can accommodate everyone:
916 984-0990)

Thank you!

The Staff of Blue Ravine Animal Hospital



BLUE RAVINE ANIMAL HOSPITAL
1770 Prairie City Rd., Folsom, CA.
916-984-0990