

Blue Ravine News

YOUR PET'S HEALTH IS OUR CONCERN

Volume 18 Issue 4

November 2020

Staff

Jennifer Sweet, DVM
Jackie Thomas, DVM
Katie Wolf, DVM
Christina Riffle-Yokoi, DVM
Cristina Finochio, DVM
Ricky Walther, DVM
Candy Wu, DVM
Lori Siemens, DVM
Independent Cardiologist
Katherine Schwartz, RVT
Practice Manager
Patti Rungo
Office Manager/CSR
Tricia Hudick, CSR
Michelle Ippoliti, CSR
Ann Nicewander, CSR
Lauren Wintroub, CSR
Meredith Beavers, CSR
Caitlin Sullivan, CSR
Sara Galeazzi, CSR
Shannen Good, CSR
Andrea Gavin, Lead RVT
Angel Rivera, RVT
Jessica Jones, RVT
Kira Beaugez, RVT
Tami Russell, RVT, Tech. Supervisor
Jacqui Farrell, Tech. Supervisor
Rashi Shakour, Vet. Ass't.
Cassidy Sanford, Vet. Ass't.
Kaitlyn Stahl, Vet. Ass't.
Shelby Dunkl, Vet. Ass't.
Kendra Harris, Vet. Ass't.
Catarina Miramontes, Vet. Ass't.
Sarah Marco, Vet. Ass't.
Danielle Harter, Vet. Ass't.
Brittany Abasi, Vet. Ass't.
Jessica Thorsell, Vet. Ass't.
Anni Kasper, Kennel Ass't.
Haley Kline, Kennel Ass't.
Misty Tracy, Groomer

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See You Next Year for Another Holiday Open House

If these little critters look a little sad, it is because we won't be holding our Annual Holiday Open House this year. But, to create some fun for all of us and your pets, we will have a **Holiday Pet Photo Contest!** The rules are similar to the Cutest Pet Contest we had earlier in the year.



We encourage you to enter the cutest pictures of your dog, cat or "critter" dressed for Christmas, under the tree with presents or just being silly because it's Christmas. Whether they are furry, feathered, finned or scaled our animal friends bring joy to our families and friends. No matter how or where you share them, there's nothing like a funny/cute/sweet pet picture to bring smiles to people's faces.

The Contest photo(s) and pet's name(s) should be submitted to Kschwartz@blueravineanimalhospital.com. The staff will upload the photo to the "Holiday Pet Photo Contest" folder on Facebook. You and your friends can go to the folder to view the pictures and "Like" your favorite. The pet photo that receives the most "Likes" by December 15 will be the winner of the contest and receive a prize!

The Holiday folder has already been created on our Facebook page; you may begin to send your photos to Katie at the email address above as soon as your picture(s) are ready. The contest will end at 11:59 p.m., ("PT") on December 15, 2020.

The winner will be announced on Facebook on December 21, 2020.

Let's all meet up again in December 2021 for another Blue Ravine Open House complete with Santa, good eats, treats, toys and fun with all the staff!

We miss you!!

— the Staff at Blue Ravine
Animal Hospital

California Wild Fires

California wildfires recently forced nearly 200,000 people to evacuate from their homes. In an effort to avert more wildfires, Pacific Gas & Electric shut off power to 960,000 customers. The governor declared a statewide emergency, and immediate relief for Californians is not expected due to unprecedented fire weather conditions.

To help you and your pets during these stressful times, we've put together some guidelines to help you focus on what matters most during such an emergency.

First of all, remember that in the event of evacuation, pets may not be allowed inside human emergency shelters so it is important to have an alternate prearranged location to take your animals.

ALWAYS TAKE YOUR PETS WITH YOU. Never leave your pets behind thinking that you can get them later – fire conditions change and deteriorate very quickly, and you may not be able to return to your home.

Do not wait until the last minute to start evacuating. During a wildfire, local animal rescue organizations work with law enforcement and fire departments to rescue as many animals as they can. In battling a wildfire, firefighters will do what they can to rescue pets left behind, but their focus is saving human lives and structures – do not depend on them to rescue your pets.

Be sure to take the following with you if you can, but if fires are bearing down on your home, gather your pets and leave immediately.

- Bottled water. In many emergency situations, water becomes contaminated and tap water is not safe to drink. Additionally, with rolling power outages, water purification plants may be unable to treat and distribute water. You should have a 72-hour water supply – for both you and your pet:
 - a. A normally active person needs about $\frac{3}{4}$ of a gallon (about 3 liters) of water (or other fluids) daily. In other words, for 72 hours, each person in your household needs about $2\frac{1}{2}$ gallons (9 liters) of water. For pets, this amount varies depending on the size of the animal.
 - b. Generally, a dog will drink between $\frac{1}{2}$ and 1 ounce (15-30 mL) of water per pound of body weight per day. In other words, a 65-pound (30 kg) dog will drink between $\frac{1}{4}$ - $\frac{1}{2}$ gallon (1-2 li-

ters) of water daily. For 72 hours, provide about $\frac{3}{4}$ -1 $\frac{1}{2}$ gallons (3-6 liters) of water.

- c. A cat's daily water requirement is about 5-10 ounces (150 – 300 mL) of water per day. A cat would need about 15-30 ounces (450-900 mL) of water for 72 hours.

With the extreme heat, these needs will be higher.

- Food. Be sure to have a 72-hour food supply, including food (and water) bowls and a can opener if you feed your pet canned food.



- Medication. Take all medication that your pet needs. This is extremely important if your pet's life depends on it.
- Medical records and identification. Grab a copy of your pet's medical records (on Blue Ravine's website, log in to Petly.com for your records), along with your veterinarian's contact information. Snap a photo of your pet in case you become separated during evacuation.
- Toys, blankets, towels, cat carrier. These familiar items will help reduce the stress your pet will undoubtedly experience if you must evacuate your home.
- Waste bags and hand wipes. Be sure to pack plenty of waste collection bags, and since water for hand-washing may be limited, pack wipes and hand sanitizer for quick hand cleaning.

Smoke inhalation injuries can occur with exposure to smoke in large or small quantities. Fires produce several damaging substances, each of which can affect a pet's airways, lungs and well-being.

Factors that play a role in smoke inhalation include carbon monoxide, hydrogen cyanide, chemical irritants and thermal injury. Carbon monoxide is a colorless, odorless gas that is produced by fires. Hydrogen cyanide is released when plastic and other synthetic materials burn. Smoke contains a number of chemical irritants that can trigger airway inflammation and constriction; thermal injury comes from heat contained within smoke that can lead to burns within the airways and lungs, triggering severe swelling and inflammation.

Be sure to see your veterinarian as soon as possible for supportive care if your pet experiences smoke inhalation.

Holiday Hazards and Safety Tips

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.

Chocolate: As tasty as chocolate can be for us, it can be plenty dangerous for our pets. Worse yet, there are many seemingly innocuous forms of chocolate that pets can get into during the holidays—chocolate coins, baking chocolate morsels, and even chocolate-covered espresso beans and macadamia nuts can dispense an unhealthy dose of methylxanthines to pets.

Cats can also be adversely affected if they ingest chocolate but most cats have no interest in it. Over 90 percent of chocolate toxicity calls to the Pet Poison Helpline are for dogs.

Grapes and Raisins: These are also common pet safety hazards for pets during the holidays. Any candied raisins found in fruit cake, yogurt-covered raisins or grapes found on appetizer platters could spell bad news for your pet. Visiting family and friends are sometimes unaware that grapes and raisins are poisonous to dogs and cats.

Medicines: Visiting holiday guests may leave open suitcases on the floor, where pets can easily get into them. Suddenly a pet may have access to 20 different medications. Something as innocuous as Tylenol can be equally dangerous to pets. If you think your pet ingested any medications or supplements,

call your veterinarian or the ASPCA Poison Control (888) 426-4435 right away.

Talkin' Turkey: If you decide to feed your pet a little nibble of turkey, make sure it's boneless and well-cooked. Don't offer a pet raw or undercooked turkey, which may contain salmonella bacteria.

Sage Advice: Sage can make your stuffing taste delish, but it and many other herbs contain essential oils and resins that can cause gastrointestinal upset and central nervous system depression if eaten in large quantities. Cats are especially sensitive to the effects of certain essential oils.

Raw Bread Dough: Don't spoil your pet's holiday by giving him raw bread dough. According to ASPCA experts, an animal's body heat may cause raw dough to rise in the stomach. As it expands, the pet may experience vomiting, severe abdominal pain and bloating, which could become a life-threatening emergency.



Tinsel: Cats are fascinated with shiny objects. Anyone who has a cat may be better off forgoing using tinsel on trees, wreaths or garlands. Tinsel is thin and sharp and can easily wrap itself around the intestines or ball up in the stomach once ingested.



Don't Let Them Eat Cake:

If you're baking cakes that call for raw eggs, keep your pets out of the batter—the eggs could contain salmonella bacteria that may lead to food poisoning. The sugar substitute Xylitol also used in many baked goods is very dangerous to pets.

Too Much of a Good Thing: A few small boneless pieces of cooked turkey, a taste of mashed potato or even a lick of pumpkin pie shouldn't pose a problem. However, don't allow your pets to overindulge, as they could wind up with a case of stomach upset, diarrhea or even worse—an inflammatory condition of the pancreas known as pancreatitis. In fact, it's best to keep pets on their regular diets during the holidays.

A Feast Fit for a Kong: While the humans are chowing down, you might offer your pets Nylabones or made-for-pet chew bones. Or stuff their usual dinner inside a Kong toy. They'll be happily occupied for awhile, while you enjoy dinner.



Also, for safe holidays:

- **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.**

Enjoy your Holidays!



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

**No Open House this year but enter the
Holiday Pet Photo Contest!**

BLUE RAVINE OFFICE HOURS

Office hours: Monday through Friday, 7:00 am to 8:00 pm; Saturday, 8:00 am to 5:00 pm; Sunday, 8:00 am to 5:00 pm.
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

Enter Now! Blue Ravine Animal Hospital's Holiday Pet Photo Contest!

**Send your Pet's Name and Photo to
Kschwartz@blueravineanimalhospital.com; go
to Facebook to "Like" your favorite.
Pet with most "Likes" wins a prize!**

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



**See you next year for our
2021 Open House**