

# ANNUAL CARE

## for a healthy & happy lifetime

### EXAMS



check overall health and detect problems before they become severe or costly

### VACCINES



protect against common and fatal diseases based on your pet's age and lifestyle

### DENTAL & ORAL CARE



prevents bad breath and diseases that could become life-threatening

### LAB TESTS



diagnose and prevent sickness or injury in safe and non-invasive ways

### PARASITE PREVENTION



treats and protects against deadly heartworms, parasites, and flea/tick infestations

### NUTRITION



ensures your pet gets the balanced diet it needs and maintains a healthy weight

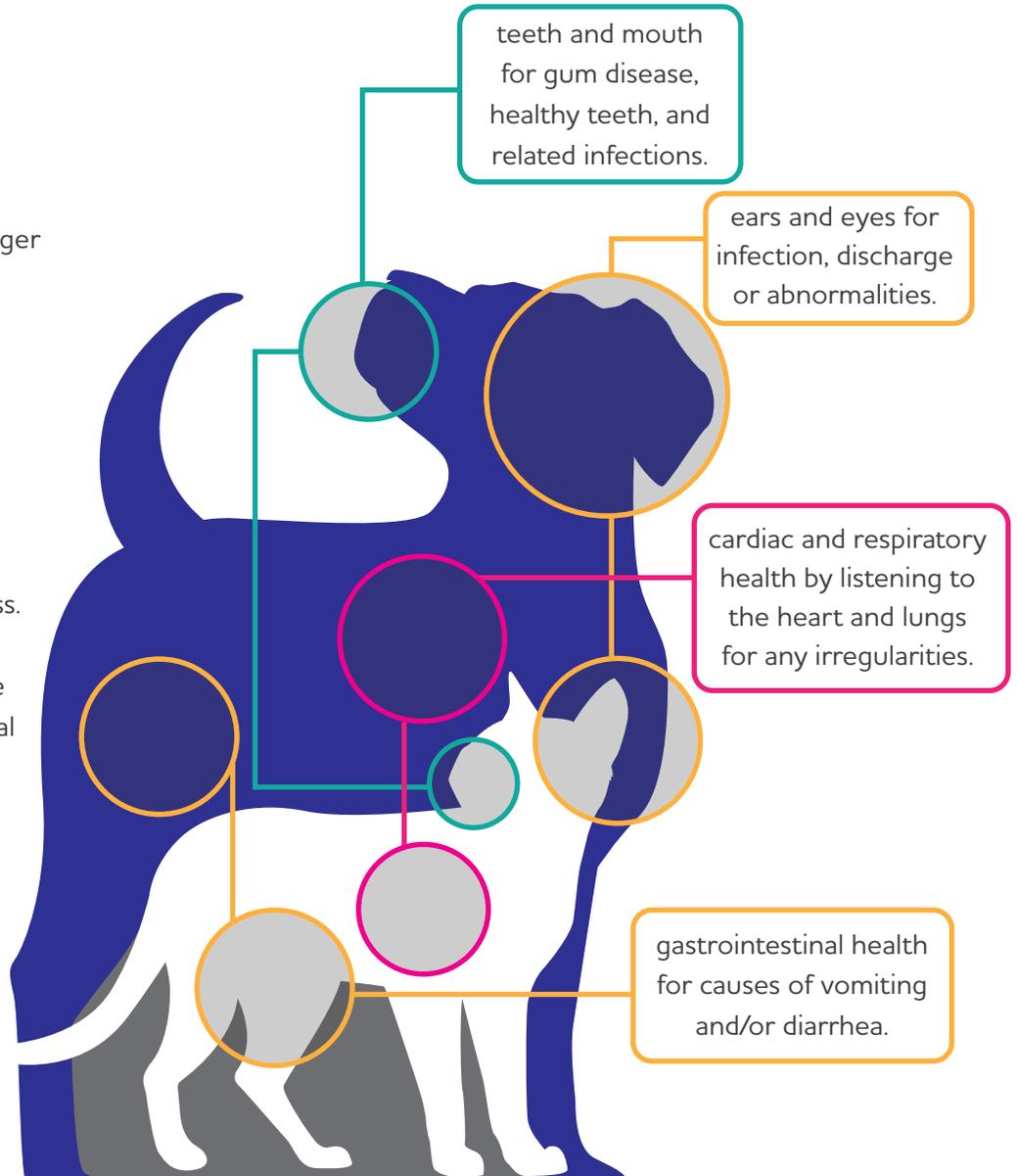




Bringing your pets to the veterinarian for a physical exam every year is the smartest and easiest way to keep them healthy. Exams allow your veterinarian to detect any problems before they become severe or costly.

## YOUR VETERINARIAN WILL CHECK...

- muscular and skeletal health by feeling for healthy muscle mass and joint pain.
- neurologic system - it could indicate birth defects in younger pets, and cognitive issues in older pets.
- appropriate weight and lifestyle for your pet's age.
- lymph nodes - swollen nodes can indicate a wound, virus, infection or some other illness.
- vital signs (temperature, pulse and respiration) - an abnormal reading could indicate illness.
- skin and coat condition for growths, infection wounds and overall skin health.



### BRING YOUR PET TO THE VETERINARIAN EVERY YEAR FOR A CLEAN BILL OF HEALTH AND PEACE OF MIND

Your pet can't tell us what's wrong. But routine physical exams can help your veterinarian detect any problems or diseases you might not have otherwise picked up on, including **heart murmurs, tumors, enlarged organs, cataracts, ear infections, ear mites, dental and gum disease, skin issues and allergies.**



Vaccines protect against common diseases that your pets may become exposed to.



### RABIES

The rabies vaccine is required by law and protects against the fatal illness. Rabies can be transmitted to other pets and people through the bite of an infected animal.

### DISTEMPER (DHPP)

This combination vaccine protects against viruses that cause life-threatening neurologic, respiratory and gastrointestinal issues.

### LEPTOSPIROSIS

This vaccine protects against a bacteria that can cause deadly kidney or liver disease. Leptospirosis is also transmissible to people.

### LYME

This vaccine helps prevent Lyme disease, which is easily transmitted through the bite of an infected tick.

### Lifestyle Vaccines

*These might be recommended if your dog visits boarding facilities, groomers, training classes, dog parks, and other social settings.*

### BORDETELLA

This vaccine protects against an airborne respiratory virus known as “Kennel Cough.”

### INFLUENZA

The influenza vaccine protects against a contagious respiratory infection.

### DID YOU KNOW?

Vaccines have about a 95% success rate for preventing infections and fatal diseases.



### RABIES

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### DISTEMPER (FVRCP)

This combination vaccine protects against viruses that cause life-threatening respiratory and gastrointestinal issues.

### Lifestyle Vaccine

*This is given to all outdoor cats, including those who go out occasionally - even if it's just on an open porch.*

### FELINE LEUKEMIA

This vaccine protects against the contagious and often fatal disease, which is easily spread between cats.

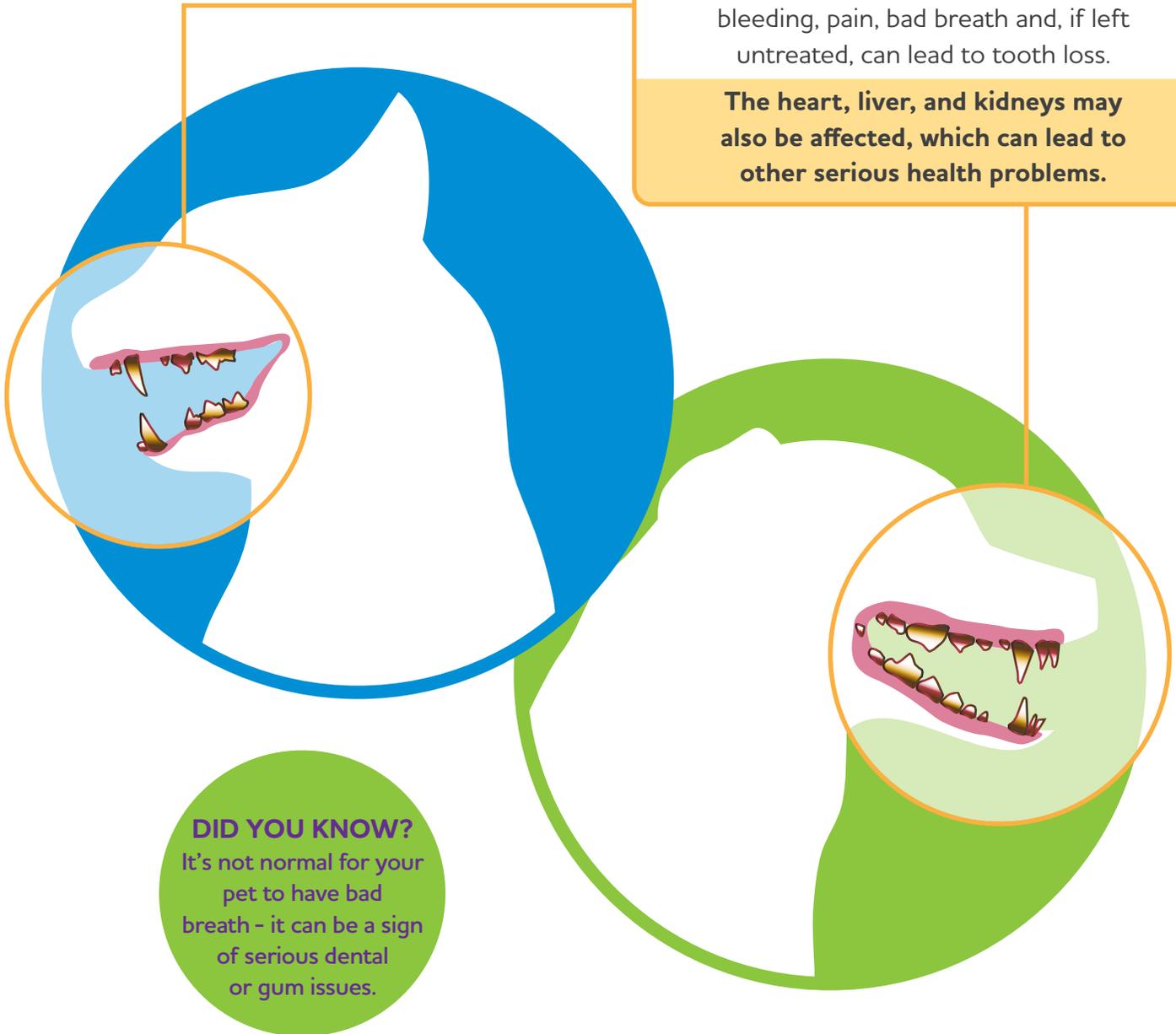
Vaccines are the key to a long and healthy life. Your veterinarian will suggest the best vaccines for your pet based on age, medical history and lifestyle.



Oral disease is the most frequently diagnosed health problem for pets. Without proper preventive or home care, plaque and tartar can build up, which may cause oral infections, bad breath, infected gum tissues (gingivitis) or even bone loss (periodontitis).

Periodontal disease affects the tissue and structures supporting the teeth. It causes red, swollen and tender gums, receding gums, bleeding, pain, bad breath and, if left untreated, can lead to tooth loss.

**The heart, liver, and kidneys may also be affected, which can lead to other serious health problems.**



**DID YOU KNOW?**

It's not normal for your pet to have bad breath - it can be a sign of serious dental or gum issues.

Sixty percent of dental disease is hidden below the gum line, and can only be found with x-rays. Brush your pet's teeth regularly and check with your veterinarian about screenings, cleanings and products available to help keep those pearly whites clean.



Prevention is the best approach in protecting your pet against deadly heartworms, intestinal parasites, and flea and tick infestations. Your veterinarian will help you find the product that is right for your pet based on his or her needs.

## EXTERNAL PARASITES

are assessed visually by your veterinarian.



### FLEAS

Fleas thrive when the weather is warm and humid. All cats and dogs are susceptible to flea infestations. Beyond the skin irritation and discomfort, flea infestations can also cause deadly infections, flea-allergy dermatitis (OUCH!) and the transmission of tapeworm parasites if ingested.



### TICKS

Ticks can spread serious infectious diseases such as Lyme, Rocky Mountain spotted fever, Anaplasmosis, Ehrlichiosis and Babesiosis to pets and people. Pet owners should inspect their pets regularly for ticks, large and small, especially after being outside in a wooded or grassy area.

## INTERNAL PARASITES

are assessed by blood tests and fecal exams.



### INTESTINAL PARASITES

Roundworm, hookworm, tapeworm, whipworm, Coccidia, Giardia and Cryptosporidium are all common in cats and dogs. Many of these parasites can be transmitted to you and your family if your pet becomes infected.



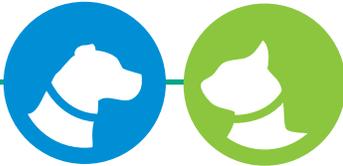
### HEARTWORM

Mosquitoes can spread heartworm, a harmful disease that affects both dogs and cats. As its name implies, heartworm lives in the blood of a pet's heart and blood vessels. We recommend annual screenings for both dogs and cats, even if they are already on heartworm preventatives.

Life is better for your pet and family without parasites. Let us help you choose your flea, tick, heartworm and intestinal parasite preventatives today!



Yearly lab tests are safe and non-invasive ways to diagnose and prevent sickness or injuries that a physical exam cannot detect.



### BLOOD SCREENING

A blood screening checks for anemia, parasites, infections, organ function and sugar levels. It is important to get a blood test annually for your pet, to help your veterinarian establish a benchmark for normal values and easily see any changes that may point to problems.

### URINALYSIS

This test has the ability to screen for diabetes, urinary tract infections, bladder/kidney stones, as well as dehydration and early kidney disease.

### INTESTINAL PARASITE CHECK

Using a stool sample, your veterinarian can check to see if your pet has parasites. Many parasites can be passed on to humans, so it is important to complete this screening annually, especially if your pet has any symptoms including upset stomach, loss of appetite and weight loss.



### CANINE TESTS

Your veterinarian may check for the presence of heartworms in your dog, as well as the three common tick-borne diseases – Lyme, Anaplasma, and Ehrlichia Canis.



### FELINE TESTS

A combination test checks for heartworm, Feline Leukemia Virus (FELV) and Feline Immunodeficiency Virus (FIV). FELV and FIV are serious diseases that weaken the immune system, making cats susceptible to a variety of infections and other diseases. FELV is spread through casual contact, and FIV is transmitted primarily through bite wounds. They can also be transferred to cats by their mothers. Any new pets, or sick/stray cats entering a household, should be tested.

### BLOOD PRESSURE TESTING

Senior cats are routinely tested for high blood pressure. It may occur as a secondary disease to another illness and is commonly seen in older cats. But it can affect a cat at any age and cause damage to the eyes, heart, brain and kidneys. A new heart murmur or alterations in your cat's eyes during a routine exam may prompt your veterinarian to take a blood pressure reading.

Routine testing can add years to your pet's life.  
Your veterinarian will recommend lab tests appropriate  
for your pet based on age and lifestyle.



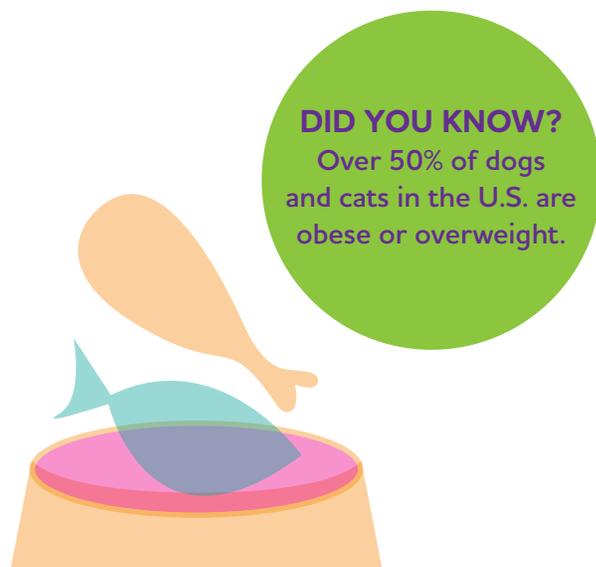
Just like humans, an animal's diet directly affects its overall health and well-being. Allowing a pet to overeat, or to consume the wrong foods, may lead to a wide variety of ailments including obesity, diabetes and arthritis.

### PROPER NUTRITION

Although we think of our pets as family members, they shouldn't be allowed to eat like us. Maintaining a proper diet will help keep your pet at a healthy weight. Be sure not to overfeed, and that you are providing a diet tailored to your pet's breed, age, weight and medical history.

### COMMON FOODS TO AVOID

Think twice about feeding your pet table scraps. Common foods such as **chocolate, grapes, raisins, onions and garlic** could be dangerous to an animal. Some non-food items like lily plants and antifreeze are also toxic to pets. Check with your veterinarian if your pet has ingested anything questionable.



### GROWTH DIET

Growing puppies and kittens need more nutrient-dense food than adults. Ask your veterinarian which food is right for this stage of life. Cats switch to an adult diet right after being spayed or neutered, no matter what the age, to decrease the likelihood of obesity and related conditions.

### ADULT DIET

Selecting an adult dog or cat food that will keep your pet healthy and energetic starts with knowing your pet's lifestyle. Does your dog weigh just the right amount and go for long walks daily? Or is it a lap dog that loves nothing more than to snooze the day away? Talk to your veterinarian about these issues to help guide you in choosing the best food for your pet.

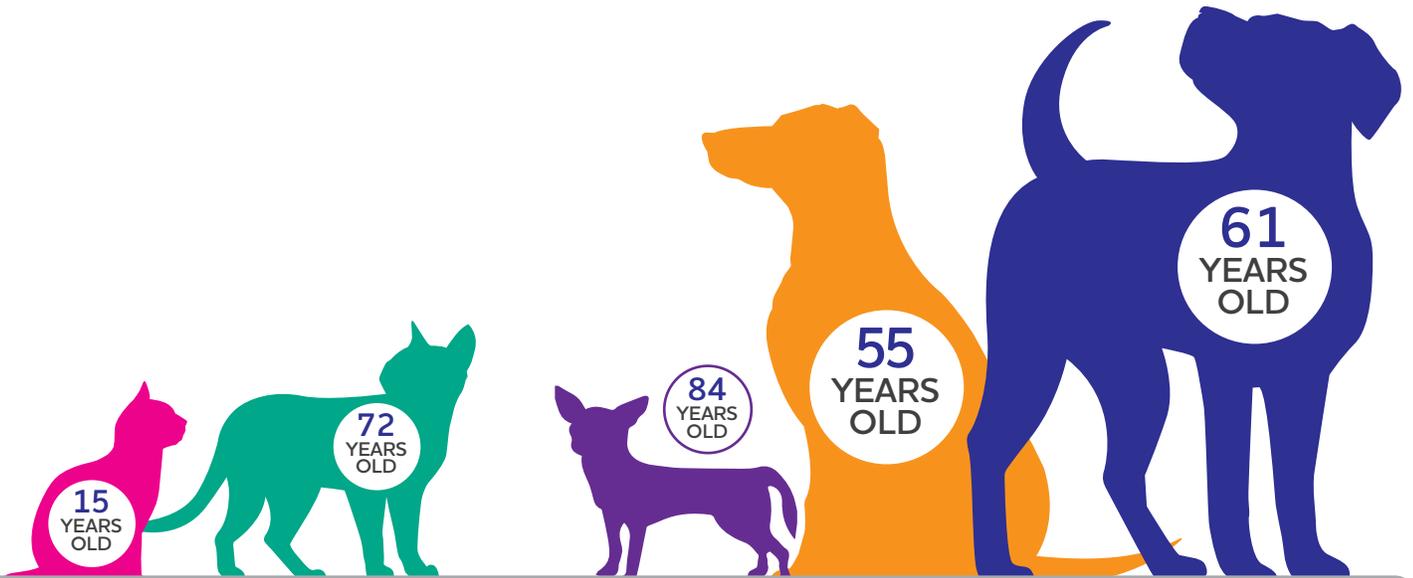
### SENIOR DIET

Your senior dog or cat may need fewer calories, less fat, and more fiber as he or she ages. Many older pets can continue eating the food they always have – just a little less to compensate for not being as active. Check with your veterinarian which food and amount is best for your pet.

Every pet ages differently. Your veterinarian can help you determine the best diet for your pet's needs.



Animals age at a faster rate than humans do, and your pet's health needs will evolve over time. Use this chart to figure out your pet's age in human years, and check with your veterinarian to establish a wellness plan specific to your young, adult or senior pet.



CAT			SMALL DOG		MEDIUM DOG		LARGE DOG	
AGE	HUMAN AGE		AGE	HUMAN AGE	AGE	HUMAN AGE	AGE	HUMAN AGE

PUPPY/KITTEN	1	15	1	15	1	15	1	12
	2	24	2	24	2	25	2	19
ADULT	3	28	3	28	3	30	3	24
	4	32	4	32	4	35	4	33
	5	36	5	36	5	40	5	40
	6	40	6	40	6	45	6	47
SENIOR	7	44	7	44	7	50	7	54
	8	48	8	48	8	55	8	61
	9	52	9	52	9	60	9	68
	10	56	10	56	10	65	10	75
	11	60	11	60	11	70	11	82
	12	64	12	64	12	75	12	89
	13	68	13	68	13	80	13	96
	14	72	14	72	14	85		
	15	76	15	76	15	90		
	16	80	16	80	16	95		
	17	84	17	84	17	100		
	18	88	18	88				
	19	92	19	92				
	20	96	20	96				



Make your pet's wellbeing a priority. See your veterinarian regularly and follow these tips to keep your pet happy and healthy.

### **NUTRITION**

Your veterinarian will give you a recommendation for a high quality and nutritious diet for your pet, and advise you on how much and how often to feed him or her. Diets may vary by species, breed and age.

### **IDENTIFICATION**

Microchipping is a safe and permanent identification option to ensure your pet's return should he or she get lost. Ask us about the process and get your pet protected.

### **SAFETY**

Always keep your dog on a leash in public, and your cat indoors to protect them from common hazards such as cars and other animals.

### **GROOMING**

Frequent brushing keeps your pet's coat clean and reduces the occurrence of shedding, matting and hairballs. Depending on the breed, your pet may also need professional groomings.

### **DENTAL AND ORAL HEALTH**

Brush your pet's teeth regularly and check with your veterinarian about professional cleanings as well as dental treats and products available to help prevent bad breath, gingivitis, periodontitis and underlying disease. Although your pet's teeth may look healthy, significant disease could be hidden below the gum line.

### **EXERCISE**

Be sure to spend at least 15 minutes a day playing with your cat to keep him or her active and at a healthy weight. All dogs need routine exercise to stay fit, but the requirements vary by breed and age. Ask us what's best for your dog.

Doggy daycares and boarding facilities are other ways to help to burn off some energy and socialize your pets.

### **TRAINING**

Enroll your dog in training classes to improve his or her behavior with pets and people.

Cats need minimal training. Be sure to provide them with a litter box beginning at four weeks of age.

### **ENVIRONMENTAL ENRICHMENT**

Entertain your pet's natural instincts by using toys that encourage them to jump and run. Cats especially need to fulfill their instinct to hunt – provide interactive toys that mimic prey like a laser pointer or feathers on a wand. You can also hide treats in your pet's toys or around the house to decrease boredom while you're away.

## **BE YOUR PET'S GUARDIAN ANGEL**

Call us if your pet experiences vomiting, diarrhea, poor appetite, lethargy, trouble breathing, excessive drinking or urinating, wheezing or coughing, pale gums, discharge from nose, swollen eye or discharge, limping, and/or difficulty passing urine or stool as these may be signs of illness.



Every animal is unique, and the start of each stage of life calls for different home and veterinary care. Check with your veterinarian to establish a proactive wellness plan to keep your pet happy and healthy throughout its life.

## ANNUAL WELLNESS

**Puppies and kittens** must receive a series of properly staged vaccines and physical exams. During these exams, your veterinarian may also recommend parasite preventatives or lab tests.

**Adult** pets will need to continue visiting the veterinarian annually for physical exams, recommended vaccines and routine testing.

**Senior** pets can develop similar problems seen in older people, including heart disease, kidney disease, diabetes and arthritis. Your veterinarian may recommend biannual visits to ensure your pet's quality of life.

## SPAY/NEUTER

Females spayed before their first heat cycle will be less likely to get uterine infections, ovarian cancer and breast cancer. Males neutered at any age will be less likely to get prostate disease. Spaying or neutering also helps prevent behavioral problems like marking and escaping. Talk to your veterinarian about spaying or neutering your pet.

## NUTRITION

Pets require different types of food to support each life stage. Growing **puppies and kittens** need more nutrient-dense food than adults while **adult dogs and cats** need food that will keep them healthy and energetic. Your **senior dog or cat** may need fewer calories, less fat, and more fiber as he or she ages. Talk to your veterinarian to determine what's appropriate for your pet.

## EXERCISE

**Adult dogs** should stay active with daily walks and one-on-one training. Keep your **adult cats** fit by using toys that encourage them to run and jump, and be sure to give them at least 15 minutes of playtime a day.

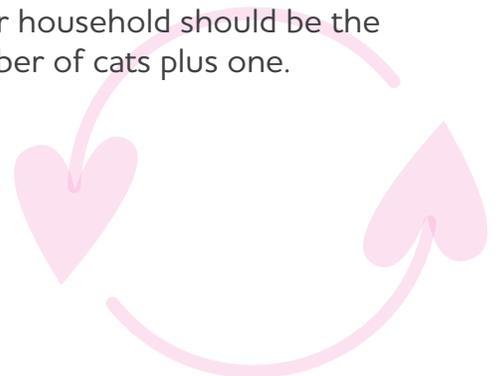
Weight management of your **senior dog or cat** is extremely important to ensure they are at an ideal body weight and able to move around comfortably.

## TRAINING

Behavioral issues are a major cause of pet abandonment. Begin training your **puppy or kitten** right away to prevent bad habits and establish good ones.

Start house training your **puppy** as soon as you get home. Keep your puppy supplied with plenty of chew toys so he or she gets used to gnawing on those and not your belongings.

All cats need a litter box, which should be in a quiet, accessible room. Place your **kitten** in the box after a meal or whenever it appears he or she needs to go. Be sure to scoop out solids daily and empty it out completely once a week. The number of boxes in your household should be the total of number of cats plus one.





Spaying or neutering can protect your pet from serious health and behavioral problems later in life. It also helps control the stray animal population.

## SPAYING OR NEUTERING REDUCES THE RISK OF...

### UTERINE DISEASE

Known as a pyometra, this is a potentially life-threatening condition which can be very expensive to treat. It is 100% preventable if your pet is spayed.

### MAMMARY TUMORS (BREAST CANCER)

Over one-half of all mammary tumors are malignant and can spread to other areas of the body. Early spaying, prior to your pet beginning its heat cycles, significantly reduces the incidence of tumor formation.

### TESTICULAR CANCER

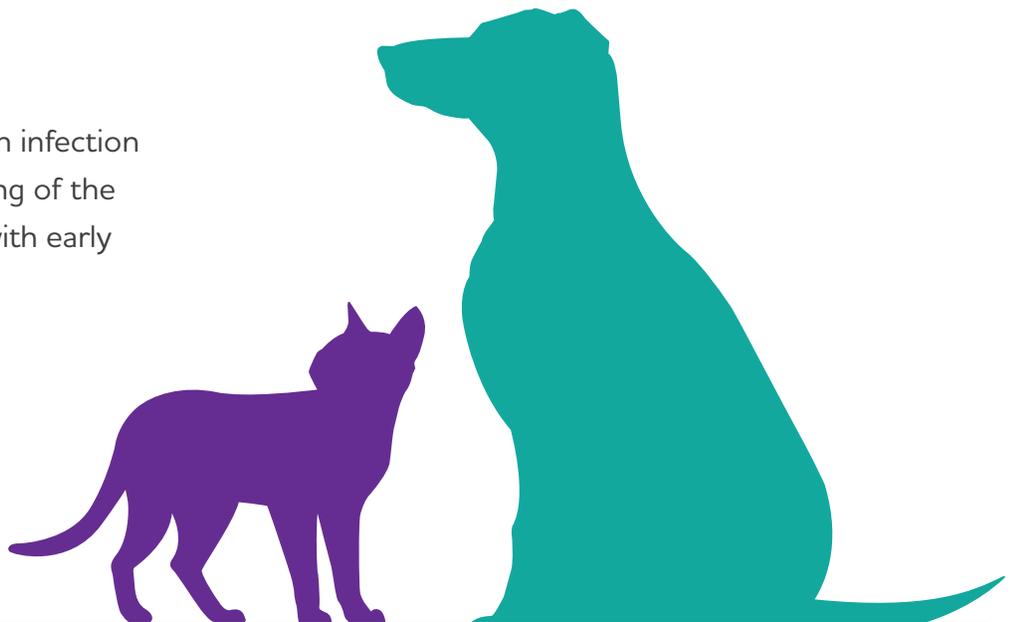
This cancer, as well as prostatitis (an infection causing malignant or benign swelling of the prostate), can be greatly reduced with early neutering.

### BEHAVIORAL PROBLEMS

Unwanted behaviors such as dominance aggression, marking territory and wandering can be avoided with spaying or neutering.

### OVERPOPULATION

There are more puppies and kittens in shelters than there are people willing to provide them with love and care. Sadly, many are euthanized. Spaying or neutering can help reduce the number of animals in need of homes.



Spayed and neutered pets live healthier and longer lives! Consider the benefits to your pet and the community, and ask us when is the best time to spay or neuter your pet.