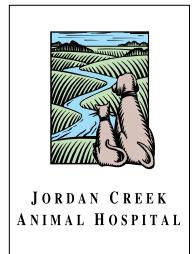




SUMMER 2015

Gazette

A newsletter for people and their pets



JORDAN CREEK
ANIMAL HOSPITAL

3401 E.P. True Parkway
West Des Moines, Iowa 50265

in this issue:

Exercising with your Dog

Large or small, young or old, dogs need some daily activity and exercise to maintain good physical and mental health. You've probably noticed that lack of exercise or mental stimulation will lead dogs to find their own, often destructive activities. Providing some healthy outlets makes sense.

Each dog is different in their needs, but generally young healthy dogs need the most exercise, between 30 minutes and 2 hours of exercise and activity per day. Hunting, working and herding dogs need the most exercise. At the other end of the spectrum, heavy bodied and short nosed breeds, like Bulldogs and Pugs may not need or tolerate a lot of daily exercise.

Watch your dog for signals. If he is restless or pacing, he is likely telling you he needs more. If he is content to just lie around, his needs may be less. Most dogs enjoy a walk, but those that start to lag behind, or breathe hard are telling you to slow down or shorten exercise time. Also remember to watch the weather. Dogs cannot cool themselves as quickly as humans in hot, humid weather. Be sure your dog has enough to drink, and avoid strenuous activity during the hotter part of the day.

Older and arthritic dogs may still enjoy

Source: "Exercising with Your Dog 101", www.petmd.com

a gentle supervised swim, a stroller or wagon ride through the neighborhood, or a game of catch at home. Overweight and out of shape dogs should start slowly, gradually adding more activity or mileage as they get stronger. They should be happily tired, but not exhausted when you return. Before beginning an exercise program for your dog, see your vet for a health check and advice on how much your pet can handle.

Don't forget a little mental stimulation.

Vary walking routes, allow free play time and introduce new toys to help keep your canine companion mentally and physically sharp. A goal of at least 30 minutes of activity or exercise a day, tailored to your dog's age and physical condition, will go a long way toward keeping you both happy and healthy.

Exercise and your dog

Raw Diets

Pet Loss Support

Ideal Balance®

Hospital News

Meet the Editors

Raw Diets and Pets

FDA Turns Up Heat on Raw Pet Food

The FDA has announced a sampling program of raw pet foods for bacteria and parasites, citing concern that “feeding raw foods to household pets such as dogs or cats carries a risk to human and animal health.”

Raw Diets and Pets

The concept of feeding dogs a “raw” diet, similar to that of wild dogs or wolves, has gained traction in recent years. Pet owners may find the idea attractive as it seems a more healthy or natural option. But the benefits may not outweigh the risks.

Dr. Marjorie Chandler, a veterinarian board certified in internal medicine and nutrition makes the following points.

1. Since dogs have been domesticated for 10,000 to 15,000 years, their genetic makeup has gradually changed to accommodate the increase in carbohydrates that came from living with humans. Today they are unlike wolves in several key genes that involve digestion. They are able to digest grains and other carbs in ways that wolves cannot.
2. Dr. Chandler notes that pet foods may contain ingredients that people see as unappealing, but these may be very suitable foods. For instance pet foods do need to contain edible forms of fiber, an indigestible ingredient. And some forms of meat in pet foods, such as organ meats, are actually quite nutritious and are eaten by humans and animals alike in other cultures.
3. Dr. Chandler also notes that raw diets pose a potential risk to pets and people through bacterial and parasite contamination. About 20% to 35% of raw poultry, and

80% of raw food diets for dogs tested positive for Salmonella bacteria, and 30% of dogs fed such a diet were positive for Salmonella in their stool. Other bacteria such as E. Coli are also found in raw foods. Some healthy dogs may be able to cope with these bacteria, but younger, older or immune suppressed animals may not. Their stools can pose a risk to humans. Immunosuppressed, elderly people, and children can become severely ill when exposed to these bacteria. Parasites such as tapeworm, toxoplasmosis and roundworm can be present in raw meat as well.

4. Raw bones carry the same risks of bacterial contamination, while also posing a risk for fractured teeth in our pets. Smaller or splintered bones can also lodge in the esophagus, stomach or intestines and cause perforation and death. Studies comparing prevention of dental disease in animals who chewed bones did not show a benefit in dental health.

While the idea of a raw diet may seem more natural and appropriate for our canine and feline friends, Dr. Chandler feels that the risks are significant while the benefits are not necessarily what we assume. For these reasons she does not recommend raw food diets for pets.

For further information on the potential risks to humans and pets, see the statements on raw diets on the websites of the Center for Disease Control (CDC), the American Veterinary Medical Association (AVMA), and the American Animal Hospital Association (AAHA).

Source: Clinician's Brief, Vol 12, No 2, Feb 2014. “Myths of Raw and Trendy Diets”, Marjorie L. Chandler

NEW PEANUT BUTTER PRODUCT COULD BE TOXIC TO DOGS.

Last newsletter we discussed xylitol, which is toxic to dogs. Xylitol is a sugar substitute common in products for people such as gums, toothpastes, medications and some foods. Recently a new peanut butter has been added to the list of foods containing xylitol. **Nuts N More** brand makes peanut butter and other nut butters sweetened with xylitol. Read labels carefully before giving your dog peanut and nut butters or treats containing them!

Pet Loss Support Group



Iowa Veterinary Specialties is sponsoring PALS, a monthly pet loss grief support group for owners who have lost a pet or are facing the upcoming loss of a pet. Supportive discussions in a comforting environment are led by a therapist. John Bisenius is a graduate of Iowa State University in Psychology, and Drake University with an MS in Counseling. Meetings are held at Franklin Ave. Library in Des Moines. For more information, visit www.ivsdsm.com/supportgroup. For additional resources on pet loss and grieving, visit the IVS grief support page at www.ivsdsm.com/veterinary-services/grief-support



Pet Loyalty Program Offered at Jordan Creek

Monthly Meetings

The doctors and staff at Jordan Creek Animal Hospital feel that monthly employee meetings are essential to promoting communication and educational opportunities. Because of this, we will be closed from **1:30-2:30 PM** on the following **Wednesdays: July 24, August 19** and **September 23**.



Congratulations!

Jordan Creek's Hospital Manager, Christina Powell and her husband are thankful for their new addition, Garret Paul, born May 22, 2015.

Jordan Creek Animal Hospital will now be carrying a line of food called Ideal Balance. This diet will be available to any of our clients needing a quality food for their cats and dogs. And as a service to our clients whose pets stay current on their wellness programs, (annual exams, core vaccinations and heartworm testing for dogs) Ideal Balance diets will be available at a significant discount, well below pet store prices.

The Ideal Balance line of pet food contains natural ingredients that are balanced for the different stages of your pet's life. For those who prefer to avoid traditional grains in pet food, these diets contain no corn, wheat or soy. Ideal Balance has no artificial colors, flavors or preservatives. It is made by Hill's, a pet food company that also produces prescription diets veterinarians use to help man-

age medical conditions like kidney, liver, and heart disease. Every bag is made in Hill's own U.S. facilities.

Hill's creates Ideal Balance with the right proportions of protein, fats, vitamins, minerals, amino acids and fiber in each of their lines. The first listed ingredient is chicken or salmon, and it also contains a balance of vegetables, fruits, essential fatty acids, antioxidants and other vital nutrients. Ideal balance also has a grain free line, and one called Slim and Healthy which can help prevent your dog or cat from gaining weight naturally.

To compare Ideal Balance to other foods, go to www.hillspet.com and click on Ideal Balance. There you can see nutritional components of Ideal Balance alongside foods such as Blue Buffalo, Wellness and other pet store premium diets.



MEET THE STAFF/our editors for this issue of Pet Gazette



Dr. Leah Moore resides in West Des Moines, Iowa. She attended Iowa State University and studied Animal Ecology before receiving her Doctor of Veterinary Medicine degree in 1985. Between the years of 1985 and 1999, Dr. Moore was in small animal practice in the suburbs of Chicago. She came to Jordan Creek Animal Hospital in May 1999.

Dr. Moore has one daughter, Susanna, a dog, Sunny; and four cats, Zak, Sylvie, Lawrence, and Olive. She enjoys wilderness travel, gardening with native plant species, reading, and bicycling.



Brittany Rucker, RVT just moved to Iowa! She was born and raised in Norfolk, Nebraska. She graduated from Northeast Community College in Norfolk in 2012 with her Associate of Applied Science Degree. She is now a Registered Veterinary Technician here at Jordan Creek Animal Hospital.

A couple of hobbies that she enjoys but is not limited to; being outdoors, fishing, watching college football, and boating. She has one older German Wirehair named Red and two cats named Gizmo and Alvin.