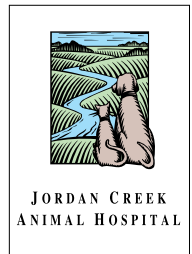




SUMMER 2017

Gazette

A newsletter for people and their pets



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

in this issue:



Weak in the Knees?

CANINE CRUCIATE DISEASE

When you hear the words "torn ACL", your first thought might be of a professional athlete. However ACL tears are a common orthopedic injury diagnosed in dogs as well!

What is Cruciate Disease?

In our dogs the ACL is often referred to as the CCL (cranial cruciate ligament). This ligament forms a connection between the femur and

tibia and provides significant stabilization of the knee joint. Without the cruciate ligament, a dog's tibia has the tendency to rock forward and backward in relation to the femur. When the cruciate ligament tears, this rocking motion can cause significant pain, inflammation, swelling, and even lead to further damage of other ligaments within the knee.

Causes

Cruciate disease can happen to any breed of dog at any given age. While humans typically have traumatic injuries to the cruciate ligament, dogs often go through a gradual process (partial tear) or have predisposing factors that contribute. Predisposing factors include breed, genetics, history of other orthopedic ailments, and certain metabolic diseases. Unfortunately, nearly half of dogs that suffer from a torn cruciate will end up tearing their cruciate in the opposite knee as well.

Symptoms

The most common symptom of cruciate disease is lameness on a back leg. This may range from mild favoring to hopping on 3 legs. A diagnosis of cruciate disease can often be determined on physical exam, although x-rays of the knee are helpful to confirm the diagnosis. In many dogs the rocking motion can be felt by a trained veterinarian and is termed "cranial drawer".



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Contact us by calling 515-224-9500 or visit our website at www.jordancreekanimalhospital.com and on Facebook at www.facebook.com/jordancreekanimalhospital

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- Summer Food Safety
- Cats and Carriers
- Itchy Dogs
- Hospital News
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Weak in the Knees?

CANINE CRUCIATE DISEASE *continued*

Treatment

Treatment for cruciate disease commonly involves surgical intervention. Surgery often provides the best outcome for dogs to regain normal function of the affected leg. Without surgery dogs are more likely to develop pronounced arthritis, worsening ligament tears, and chronic pain in the affected leg. Two main types of surgical corrections exist - the extracapsular repair, and the Tibial Plateau Leveling Osteotomy (TPLO).

Extracapsular repairs involve placing a synthetic cord to mimic the action

of the torn cruciate ligament. This surgery is often reserved for smaller dogs (less than 30 lbs.), as the force required to stabilize the knee is less than in larger dogs. The TPLO has quickly become one of the preferred methods for cruciate repair due to its high success rate, especially for larger dogs (greater than 30 lbs.). This procedure alters the slope of the tibial bone to change the forces acting on the knee during normal activity. This alteration improves the stability of the knee and negates the need for the cranial cruciate ligament. Following surgery, activity restriction is recommended for at least 8 weeks.

Medical management of discomfort is

another important aspect of treatment both before and after surgical intervention. Non-steroidal anti-inflammatories (NSAIDs) are the mainstay of treating inflammation and pain due to cruciate ligament disease. Additional pain killers, physical rehabilitation, and joint supplements can also be useful adjuncts in managing your dog's comfort.

Prevention

The cause of cruciate ligament disease has multiple factors and unfortunately cannot always be prevented. However, keeping your dog at an ideal body weight and maintaining moderate physical activity can help reduce the risk of cruciate disease.



Summer Barbeque Food Safety for Dogs

Summer is upon us! We have reached the prime season for outdoor family gatherings, barbeques and picnics. We often like to include our four-legged friends in our summer festivities, but unfortunately, many people are unaware of a very serious, all-too-common danger that can result from tossing those extra scraps and fatty leftovers under the table for your dog. Luckily there are things you can do to ensure your dog's safety so you don't have to leave him or her out!

Pancreatitis, or inflammation of the pancreas, is a dangerous condition that can be a result of a long term high-fat diet, or excessive ingestion of fat in a short period of time. The pancreas contains enzymes that aid in the digestion of fats and proteins. Ingestion of too much fat can anger and disrupt the pancreas, causing an increased release of digestive enzymes into the digestive tract. Pancreatitis usually arises suddenly, and can be treated if caught early. In the event it is left untreated, it can be fatal. Chronic or untreated cases of pancreatitis can have consequences such as failure of other internal organs, or irreversible, permanent damage to the pancreas which

makes the maintenance of digestive health and comfort very difficult. As pancreatitis progresses, it can sometimes lead to abdominal bleeding, infection, and shock, which can eventually lead to death. Watch closely for common/early symptoms of pancreatitis such as vomiting, diarrhea, loss of appetite, lethargy, depression and signs of abdominal pain (pacing, panting, trembling, or a hunched back appearance).

Keep your pets supervised at all times when attending a barbeque to be sure they don't run off and inhale a whole platter of greasy meat fresh off the grill. Also, make others who are attending aware that fatty table scraps are not allowed. If you don't want to leave your dog out of the party, you can prepare alternative foods that are friendly on the digestive system. Instead of that juicy hotdog or hamburger with all the fixings, opt for a small, lean turkey burger free of any seasonings, condiments, or bread. You can also try sweet

potatoes or zucchini, which are great on the grill! Again, just make sure to skip the seasonings. Your furry friend will be just as appreciative and you will avoid a potential emergency trip to the clinic!



CATS & CARRIERS

Why in the world would I put my cat in a carrier when she absolutely hates it?! Every time I get the carrier out it is like she knows she is going to the vet and hides. I have to shove her in it every time I need to take her anywhere. So why would I stress her out by putting her in a carrier when I can hold her and be able to comfort her at the vet? All of those questions completely make sense and we understand how much easier and less traumatic it is for your cat to not have to go in a carrier. The problem lies when walking into a veterinary office expecting no one else to be there, only to be greeted



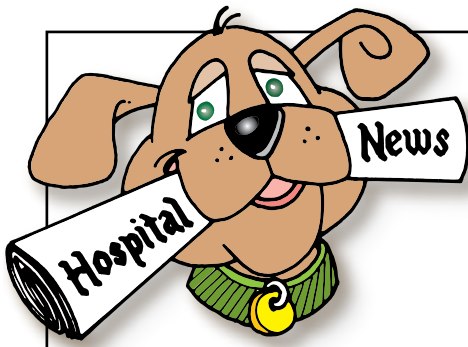
by a very large dog, or several for that matter. Most cats are kept as indoor pets and not comfortable with unfamiliar environments which can include, dogs, cars, children, and noise. When frightened, cats instinctively run for safety and can be impossible to restrain in your arms. Although the carrier for a lot of cats is not their ideal place to be, it is the safest way to get your cat to the veterinarian. Your cat, although not happy to be confined to such a small space, will be thanking you later. In our next issue, we will discuss ways to make the carrier a friendlier environment for your kitty.

Calling all itchy dogs out there!!

There is nothing more frustrating than the inability to control your dog's itch. Watching your furry friend scratch silly due to seasonal or year-round environmental allergies is a far too common occurrence. There are some new and wonderful products out on the market for seasonal allergies. We discussed in a previous newsletter Apoquel, the daily pill to control itch without the side effects of more traditional medications. There is now a new injectable anti-itch solution for those wanting a more convenient way to control their pets' itch. It's called Cytopoint!! The way it works is by stopping the signal to the brain that says "I'm itchy!" It can start to control the itch in as quickly as one day and

lasts at least four weeks! For Cytopoint to be effective, your dog must be clear from any secondary skin infections. If there are any present, they must be treated before the first administration. It is a very safe product, so those with year-round allergies can be given this medication as well. It can also be used concurrently with many other common medications. How will you know when it is time for another injection? As soon as your dog begins itching again then it's time to set up a follow up appointment with your veterinarian. If your dog has an itch that can't be scratched, speak with your veterinarian to see if Cytopoint is the answer!





Welcome Natalie and Lexi!

New faces coming soon...to our JCAH front desk!

Natalie was born and raised in Britt, Iowa. She attended West Hancock High School followed by the American Military University. She is currently seeking her Bachelors of Arts in English with a concentration in Writing from the American Military University. Prior to joining JCAH she was a Sensor Operator for the MQ-9 for the United States Air Force and was stationed in Las Vegas, Nevada.

Natalie has a senior rescue Shiba Inu named Todd. When she is not spending time with her pet, she also enjoys reading, writing, cooking, animal rights, hiking, and learning.

Lexi grew up in the Des Moines area and attended Des Moines Christian High School. She went on to study Social Work and Family Services at the University of Northern Iowa. Before

joining JCAH in July of 2017 she previously worked as an in-home nanny and as a barista at Starbucks.

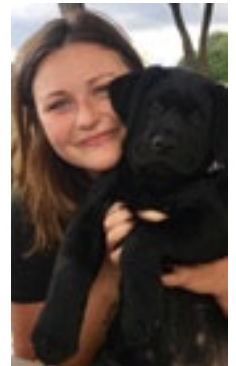
Lexi is a multiple instrument musician. She plays the guitar, piano, and sings at her church. She also has a calligraphy company that specializes in signage and wedding invitations. When she is not busy at JCAH she can be found hanging out with her English black lab named Maverick, whom she adores!

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 20, August 17 and September 18.**



Natalie



Lexi

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



Dr. Daniel Whitney was raised in West Des Moines, and grew up living above Jordan Creek Animal Hospital. He followed in his father's footsteps and graduated from Iowa State

University, receiving his Bachelor of Science Degree in Animal Science in 2009, and his Doctorate of Veterinary Medicine Degree in 2013. Dr. Whitney, his wife Danielle, and his spaniel mix Freddy have lived in Eagan, Minnesota for the past 3 years. In 2016 they welcomed their daughter Quinn to the family. Dr. Whitney is excited to be back in Iowa and have the opportunity to work alongside his dad. His professional interests include surgery, dentistry, and preventative care.



Mistee, RVT grew up in Horton, Iowa. She obtained her Associate of Applied Sciences Degree in Veterinary Technology from Kirkwood Community College. Before joining the

staff of Jordan Creek Animal Hospital in October 2005, she worked at Den Herder Veterinary Hospital in Waterloo, Iowa and Klein Animal Clinic in Bettendorf, Iowa.

Mistee shares a cat, Phoebe, and a dog, Jed, with her husband Patrick and two sons Marik and Asher. When she's not at work, Mistee enjoys camping, relaxing by the lake, going to the gym, going to Iowa State football games, traveling, baking and cooking, and spending time with her family.



Jenny, RVT grew up in a small town called Hardy, right outside of Humboldt, Iowa. She grew up a farm girl and enjoys all kinds of activities outside, including camping, horseback riding,

hiking, and fishing. In 2016 she received her Associates of Applied Science Degree in Veterinary Technology from Des Moines Area Community College. She worked at a clinic in Des Moines while attending school and started at JCAH in October of 2016. Jenny has a cat named Mowgli (inspired by the Jungle Book). She has a dog a maltese mix named Phoebe that she adopted New Year's Day 2017. She simply loves all kinds of animals!