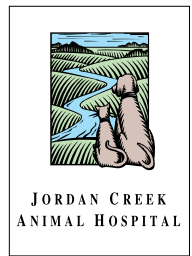




# SPRING 2015 Gazette

☞ newsletter for people and their pets



JORDAN CREEK  
ANIMAL HOSPITAL

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

in this issue:



**BRAVECTO**

**Xylitol**

**Treats for Your Pet**

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## HELLO BRAVECTO! Goodbye Fleas and Ticks

**A**s you consider your options for flea and tick preventives this year, be sure to consider Merck Pharmaceutical's newest flea and tick preventive, BRAVECTO, a convenient soft chew given by mouth once every 12 weeks. BRAVECTO provides broad-spectrum protection, meaning it kills both fleas and ticks (black-legged tick, American dog tick, and brown dog tick). BRAVECTO stays strong and lasts long, killing fleas and ticks for up to 12 weeks. This means you can give a tasty chewable tablet every 3 months to prevent these nasty parasites! Some preventatives may lose their effectiveness before the end of a 30-day treatment period. And unlike other flea and tick products, you don't have to fuss with collars, sprays or spot-on treatments. BRAVECTO protects from within the dog, so it won't rub off on children or furniture. It doesn't wash off...and it doesn't wear off!

BRAVECTO can be used in adult dogs, and is even safe for use in breeding, pregnant, and lactating dogs. For use in growing puppies, they should be 6 months of age or older and weigh at least 4.4 pounds.

If you are tired of applying monthly topical treatments to prevent fleas and ticks, BRAVECTO may be a great option.



Merck has set up a user friendly website [www.mypet.com](http://www.mypet.com) to help remind clients when to give medications. Be sure to take advantage of this free email service when administering BRAVECTO and select the 12 week reminder.

Contact us by calling 515-224-9500 or visit our website at [www.jordancreekanimalhospital.com](http://www.jordancreekanimalhospital.com)



# Xylitol is in that too?

## What is Xylitol?

If you have not already heard of *Xylitol* it is time you did! *Xylitol*, a natural sugar found in very small amounts in fruits and vegetables. It is most commonly used as a sugar substitute in chewing gum and breath mints. It is also found in toothpaste and some dental products in low or non-toxic amounts. Lately, however, according to the Pet Poison Helpline, *xylitol* is showing up in places we would not expect it to be found such as nasal sprays, sleep aids, multivitamins, prescription sedatives, antacids, stool softeners, and smoking cessation gums.

## Why is Xylitol important?

Although safe for people, xylitol in very small amounts can cause severe hypoglycemia (low blood sugar) and hepatic necrosis (or liver cell death) within a very short amount of time if ingested by dogs or cats.

New products are continuously being added to the list that have large amounts of xylitol and can be extremely harmful to our pets. If xylitol is one of the first 3 ingredients, caution should be taken. If it is listed as the first ingredient, extreme caution should be taken.

## What is the Toxic Dose?

Toxic doses of xylitol is dose dependent. The dose necessary to cause hypoglycemia in dogs is approximately 0.1 grams/kg, while the amount needed to cause liver necrosis is 0.5 grams/kg. **Most chewing gums or mints contain enough xylitol in ONE piece to cause hypoglycemia in a 10 pound dog.**

Hypoglycemia is usually evident within 1-2 hours after ingestion but can be delayed for up to 12 hours. Appropriate decontamination of the stomach is essential to prevent poisoning. Activated charcoal does not bind well with xylitol and is not usually used. If your dog develops hypoglycemia, supplementation with intravenous dextrose solutions should administered by your veterinarian

as soon as possible. Your pet's liver enzymes will also be monitored very closely over the first 1-2 days of exposure.

Clinical signs of toxicity can be seen as early as 30 minutes following ingestion. The rapid release of insulin can cause a severe drop in blood glucose and can cause the following symptoms:

- Weakness
- Ataxia (off-balance or uncoordinated movement)
- Vomiting
- Depression
- Low or decreased potassium
- Coma
- Seizures
- Liver toxicity and possible failure

If you think your pet has ingested a product containing xylitol, we may advise you to induce vomiting if the ingestion has happened recently. It is

very important to act quickly. Please contact Jordan Creek Animal Hospital or an Emergency Facility at the first signs or if there has been possible exposure.

Obviously, it is pretty important to "puppy proof" your home so your dog stays safe but now with the potential of xylitol poisoning it is extremely important to read labels and check for active ingredients to prevent your pet from becoming severely ill from xylitol poisoning. These lists only name a few of the xylitol containing products that can be harmful to your pet. For all pet owners, it is a good idea to **READ THOSE LABELS** and if you see anything that has **XYLITOL** make sure you avoid using that product in your pet or if your dog has ingested something you might think is safe but is re-

### The most common gums and mints that contain xylitol are:

- Ice Breakers Mints
- Sugar free gum like Orbitz, Ice Breakers, and Trident
- Many sugar-free products for people with Diabetes contain xylitol

### Here is a list of medications that contain xylitol:

#### OTC medications

- Tom's, Jason and Biotene toothpastes and oral rinses – even though Fluoride free they can still be toxic to your pet. Make sure you are using Pet Toothpaste!
- Axia3 ProDigestive Antacid
- Children's Allegra Oral Suspension
- Fleet Children's Pedia-Lax Liquid Stool Softener

#### Dietary Supplements and Vitamins

- KAL Colostrum Chewable, Vanilla Cream
- KAL Dinosaurs Children's Chewable Vitamins and Minerals
- Kidz Digest Chewable Berry from Transformation Enzyme
- L'il Critters Fiber Gummy Bears
- Mega D3 Dots, 5,000 IU of Vitamin D
- L-Theanine chewable tablets from Stress-Relax
- Vitamin Code Kids chewable vitamins by Garden of Life
- Webber Natural Super Sleep Soft Melts

#### Nasal products

- Xlear Sinus Care Spray
- Xlear Nasal Spray
- Xyliseptic Nasal Spray

#### Prescription drugs

- Abilify Disasmelt orally Disintegrating tablets (aripiprazole), benzodiazepine
- EMTRIVA oral solution (emtricitabine), HIV -1 reverse transcriptase inhibitor
- Mobic Oral Suspension (Meloxicam), non steroidal anti-inflammatory
- Neurontin (gabapentin) oral solution, anti-seizure and for chronic pain
- Riomet (metformin) oral solution, anti-diabetic agent
- Varibar barium sulfate products, liquids and puddings for swallowing studies
- Zegerid powder for oral suspension (omeprazole), proton pump inhibitor

#### Foods with Xylitol as the primary sweetener (excluding gums & mints)

- Clemmy's Rich and Creamy ice cream products
- Dr. John's products (hard and soft candies, chocolates and drink mixes)
- Jell-O sugar free pudding snacks
- Nature's Hollow jams, syrups, ketchup and honey
- Spar X Candy
- Zipfizz energy drink-mix

# Are You Overfeeding Your Pet?

At times pet owners can fall into the "food equals love" trap and are not aware that begging is often a learned behavior. It is unrealistic for anyone to recommend not ever giving treats but one should be aware of what type of treats.

Seemingly small treats that you give to your pet at the table can in fact turn out to be the equivalent of a sizable meal.

Remember, treats are not off limits for most pets, they just need to be low in calories and given in limited quantities.

If you feel your pet may be overweight, stop in and one of our doctors or technicians can estimate their true body condition score. Our scale is always free to use and available during business hours to weigh your pet. Be sure to stop in to see if your pet is headed in the right direction!

Here are some common treats and a pictograph equivalent of what your pet might be eating.




DOG TREATS			CAT TREATS		
					
1 oz. chips	3 oz. bacon strips treats	6.7 oz. rawhide bone	3 oz. of milk	2 oz. lunch meat	2 oz. tuna
<b>160 calories</b>	<b>297 calories</b>	<b>664 calories</b>	<b>49 calories</b>	<b>60 calories</b>	<b>80 calories</b>
is like you eating*	is like you eating*	is like you eating*	is like you eating*	is like you eating*	is like you eating*
					

\*Equivalent number of 200 calorie doughnuts for a person on a 2,000 calorie diet.

Some healthy treats that we carry and recommend that are also low in calories include:

ALTERNATIVE TREATS		
		
<b>Nutrisentials Lean Treats</b>	<b>Neat Treats</b>	<b>Iams Veterinary Weight Loss Rewards</b>
Per dog treat:	Per dog treat:	Per dog treat:
<b>7 calories</b>	<b>7.5 calories</b>	<b>13 calories</b>
Per cat treat:		
<b>3 calories</b>		

Some healthy human food treat options:

ALTERNATIVE TREATS		
		
<b>1/4 cup of carrots</b>	<b>1/4 cup of green beans</b>	<b>1/4 apple</b>
<b>17 calories</b>	<b>9 calories</b>	<b>12 calories</b>





## 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: April 22, May 20 and June 24.**

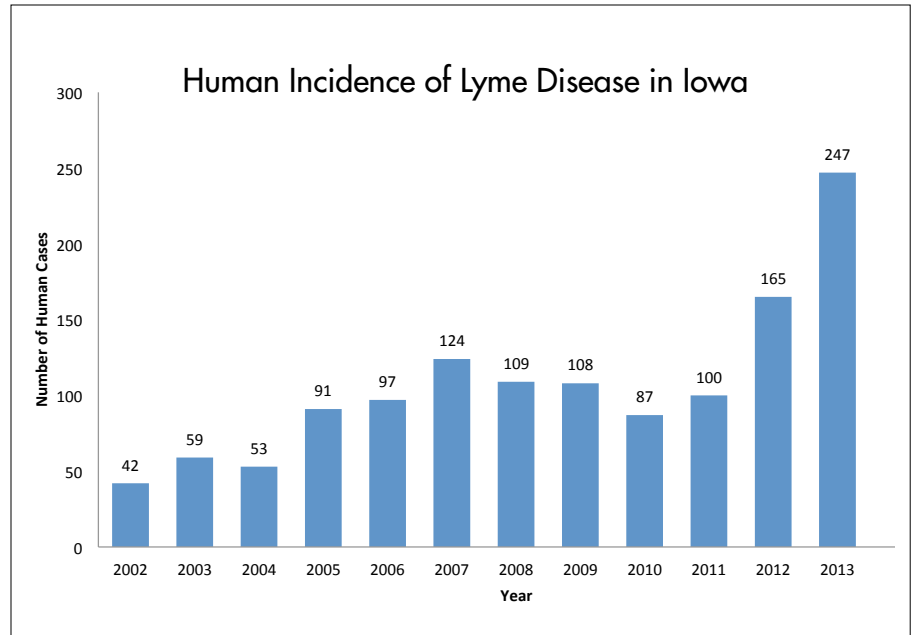
## Welcome Emree!

Congratulations to Dr. Cody Mingu and her husband Zach on the birth of their daughter, Emree Diane. She was born April 7th at 12:21 a.m., 8lbs.8oz, and 21 inches long. Mother and daughter are both doing well! Dr. Mingu will be on maternity leave until June 29th.

# Lyme Disease Is On The Rise In Iowa

For years, Minnesota and Wisconsin have been hot spots for lyme disease. The chart below from the Center for Disease Control (CDC) reveals that lyme disease appears to be spilling over into Iowa with dramatic increases in recent years.

We know that the incidence of lyme disease in dogs is at least 3 – 4 times greater than what is reported in people.



Lyme disease is caused by a bacteria and is transmitted to people and dogs through the bite of infected ticks. Treatment is far more effective if started long before there are signs of illness. Fortunately, there is a simple blood test that can detect lyme disease early before your dog becomes sick.

If your dog has potential exposure to ticks, we recommend performing this blood test at the time of your dog's annual heartworm screening.

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



**Dr. Anne Kueter**, originally from Illinois, graduated from Iowa State College of Veterinary Medicine and joined the Jordan Creek Animal Hospital staff in 1997. Dr. Kueter and her husband have 2 children, Abigayle and Lucas. Their family also includes 2 dogs, Hannah and Buddy, and 1 cat, Munchkin. In her free time, Dr. Kueter enjoys spending time with her family.

She especially likes being outdoors, whether camping, hiking, or biking.



**Amy King, RVT** grew up in Milford, Iowa near Lake Okoboji. In September 1999, she received her Associate of Applied Sciences degree from the Medical Institute of Minnesota. She moved to the Des Moines area shortly after and began working at Jordan Creek in April 2001. Amy, husband Rawley, daughter Elizabeth, and sons Ethan and Emmett share their home with their "3

Felines" – Rudy, Buzz, and Ace. When she isn't busy at work or spending time with her family, she enjoys biking, swimming, and shopping.