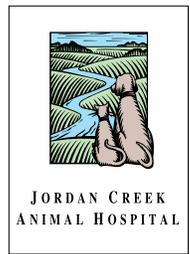




WINTER 2014 Gazette

☞ newsletter for people and their pets



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

in this issue:



Diabetes Mellitus: Could Your Pet be Affected?

What is diabetes mellitus?

Diabetes mellitus or "sugar diabetes" is caused by lack of available insulin. Insulin is normally secreted by the pancreas, and allows for glucose (or sugar) to be absorbed and utilized by the body. An exact cause is unknown, but breed, genetics, obesity, chronic pancreatitis, and certain medications can predispose pets to diabetes. In the U.S., an estimated 1 in 500 dogs and cats has diabetes.

What are the signs of diabetes in dogs and cats?

- Excessive thirst (polydipsia)
- Excessive urination (polyuria) or inappropriate urination in cats, e.g. in the house
- Increased appetite (polyphagia) but may be losing weight
- General signs of lethargy and poor coat condition
- In CATS you may see weakness in the back legs
- In DOGS you may see cataracts and decreased vision

How do I know if my dog or cat is diabetic?

The above listed signs are suggestive of diabetes, but they are also seen in other diseases. Typically we will start with an exam to check your pet's general health, and to look for the presence of other diseases or infections. To confirm the diagnosis, we will need to obtain

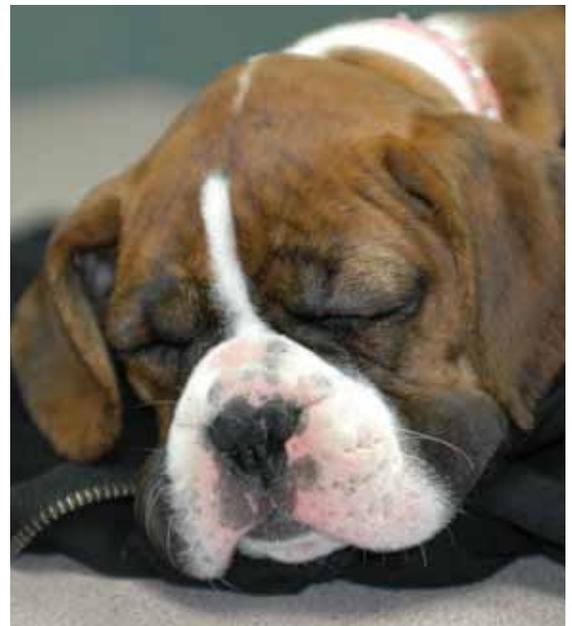
a blood and urine sample. If there is glucose in the urine, and the blood sugar concentration is consistently higher than normal, your pet suffers from diabetes mellitus. Checking the urine also screens for a urinary tract infection, which is common in animals with diabetes.

How is diabetes managed?

You can successfully manage your diabetic dog or cat with insulin therapy, a suitable diet and a healthy lifestyle. The aim of treatment is to restore your pet's quality of life to normal by stopping or minimizing the signs of diabetes (drinking lots of water, urinating frequently, increased hunger and weight loss), without causing low blood sugar (hypoglycemia). Without appropriate treatment, diabetes can lead to a severe and life-threatening condition known as diabetic ketoacidosis. Below are some treatment guidelines for the new diabetic.

Starting treatment with insulin: the veterinarian will determine the beginning dose of insulin for

continued on next page



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

Diabetes

Kennel Staff Spotlight

Spaying and Neutering

Hospital News

Meet the Editors



Diabetes Mellitus *continued*

your dog or cat. You will be shown how to administer the injection of insulin subcutaneously twice daily, as well as how to properly handle and store the insulin.

Initial monitoring: You will be asked to monitor the effects of the insulin on your cat or dog at home, including thirst and urination habits. We will follow-up with periodic checks of your pet's blood glucose concentrations. They may need to stay in the hospital for a day to complete what is called a blood glucose curve. Sometimes, depending on the pet's personality and owner preferences, we can teach you how to check and monitor your pet's blood glucose at home. Owners can also monitor how effective the insulin therapy is by checking for the presence of glucose and ketones in the pet's urine. Cat owners can use urine strips that are placed in the litterbox to monitor sugar levels in the urine. The veterinarian will make subsequent changes in the insulin dose, until your pet's blood sugar levels are better regulated. Once regulated, we should see your pet at least 2-4 times per year for maintenance check-ups and adjustments.

Establishing a routine: We will provide recommendations on insulin treatment combined with a feeding regimen. Diabetic pets should usually be fed the same amount of food at approximately the same time each day. Typically we recommend feeding your pet shortly before giving their insulin. Diabetic cats should be fed a diet containing high quality and easily digestible protein with low carbohydrates. An ideal diet for diabetic dogs is usually restricted in fat, has complex carbohydrate content and is high in fiber. There are several prescription diets for diabetic dogs and cats and we will advise you on choosing a food to meet your pet's specific needs. Once your pet is stabilized on insulin and regular monitoring, most pets are able to lead a happy, relatively healthy life.

Where can I get more information?

Visit www.petdiabetesmonth.com and www.pet-diabetes.com for more information about pet diabetes!

Insulin updates in dogs: Vetsulin is back!

Vetsulin, a commonly used insulin for dogs and cats, was off the market for a few years, but is now available. Vetsulin insulin is an aqueous suspension of porcine (pork) insulin, and is identical in structure to canine insulin and similar in structure to feline insulin. Vetsulin is considered an intermediate acting insulin formulated for veterinary use; it has a strength of 40 IU/ml, meaning small dose volumes can be measured more easily and accurately. Human insulin preparations have a strength of 100 IU/ml. Special 40 IU/ml syringes are available and must be used for accurate measuring with Vetsulin. There has been a change in the recommended handling of Vetsulin, which is different from other insulin. The vial should be SHAKEN THOROUGHLY until a homogenous, uniformly milky suspension is achieved. Ask us today for further details or questions on Vetsulin for your pet!

Insulin updates in cats

Glargine (Lantus) insulin is one of the best options we have for treating diabetic cats. It is recommended to discard any unused insulin and purchase a new bottle 60 days after opening and storing the bottle in the refrigerator. One downside to Glargine is the expense, and often there is leftover insulin in the 10ml bottle when it is discarded after 2 months. To help with this problem we have started carrying Glargine insulin pens, which hold a smaller volume of insulin (3ml) and because there is less waste, are more affordable. If your cat is on Glargine insulin and you are interested in the new Glargine pens, ask us for more details!

The "Hidden Faces" of Jordan Creek Animal Hospital

I have been part of the Jordan Creek Animal Hospital team as a technician for nearly 13 years, and this past August I had the opportunity to experience some new stomping grounds. Diana, our kennel manager, was thrown from her horse, which resulted in a 3-month medical leave. In her absence, I stepped in to fulfill her position and make certain that everything ran as smoothly as possible until her return. With Diana's position comes a whole crew of fabulous people that I had not taken the time to fully appreciate! These 10 kennel staff members are who I call the "hidden" faces of Jordan Creek Animal Hospital. They are here every day at 6:30am, 1:30pm, and 7:30pm. Did I mention EVERY DAY? Yes, that means every day, every night, every weekend, and every holiday. These dedicated staff members are the ones responsible for walking your dogs, feeding your pets, keeping kennels clean, doing

laundry and dishes, bathing, brushing, providing playtime, and loving your pet while you are away! Ice, snow, wind, rain, and heat...they are here providing nothing but the best care for your pets.

I am so appreciative of what our kennel staff members do for our clients' pets and our hospital. They are truly the backbone of our kennel. The next time you are in and happen to see one of them, be sure to say "HI" and thank them for their hard work! I am thrilled to have had the opportunity to work with these folks for 3 months, and I am so proud that they are part of our team! Once again, a big "THANK YOU" from me and all of us!

Amy King

(continued on next page)

Let us introduce the many faces that make up our kennel team!



Lynn

"I have worked at Jordan Creek Animal Hospital for 4 years and am currently in the Veterinary Technician program at DMACC. I am expecting to graduate in May 2014. I have 2 Dobermans, 1 Sheltie, and 1 cat. When not in school or working, I love to participate in dog shows with one of my Dobermans, Frank. You may see me in multiple areas of the hospital as I work in the kennels, kennel reception, and on the hospital side as a veterinary assistant."



Leah

"I have worked at Jordan Creek Animal Hospital for approximately 1.5 years. I generally work mornings as a kennel attendant, but also work the kennel reception desk once to twice a week. I have 3 dogs and 2 cats along with another part-time job that keeps me busy."



Abbey

"I'm originally from Saint Louis Park, MN, and I moved to Des Moines in the Fall of 2009. I am in the process of applying to veterinary school where I hope to focus on mixed animal medicine so that I can work with both large and small animals. In the meantime, I'm working at as a veterinary assistant, kennel receptionist, and kennel attendant at Jordan Creek Animal Hospital and also have a position at Wells Fargo."



Jean

"I was one of those girls who grew up "horse crazy." I learned the responsibility of caring for animals with my horse, Rocket. My husband and I have a son, Francisco, who is diagnosed with Autism, and I am an Autism advocate. Our family has 2 cats, Angel who is 14 years old and Annabelle who is 12 years old. I came to work at Jordan Creek Animal Hospital because I love animals."



Kristy

"I am one of the newer staff members here at the hospital who loves working with animals. I worked as a vet tech for about 6 months prior to coming here and also for the past 5 years have been volunteering at Animal Lifeline. I graduated from the University of Iowa and work full-time in the insurance business. I work evenings and weekends in the kennel at Jordan Creek Animal Hospital. I have 2 cats at home, Finn and Tess, and am looking to adopt a dog."



Amanda

"I am currently attending school at DMACC, and in the fall I will transfer to ISU to major in Dietetics. When I'm not spending time with the dogs and cats in the kennel, I'm usually playing with my own 2 dogs, Joejo and Bella. Joejo is a 6 year old Shih Tzu and Bella is a 3 year old terrier mix."



Jeffrey

"I am originally from New Mexico and am currently a student at DMACC. My hobbies include videography, painting, and playing saxophone."



Nick

"I am currently a sophomore at Dowling Catholic High School and plan to attend Iowa State to study Veterinary Medicine. I have always loved animals and had a variety of pets. During the Summer of 2013, I had the opportunity to attend Purdue University's Boiler Vet Camp. I am now the newest member of the kennel team at Jordan Creek Animal Hospital."



Lindsey

"I grew up on a farm in Stuart and have lived in West Des Moines for about 5 years. I have a six year old cat, Jacee, and a one year old puppy, Skye. I work a full-time job during the day, part-time evenings and weekends at Jordan Creek Animal Hospital, and also sell Lia Sophia jewelry. I love the colors purple and green, singing my heart out in the car, and have a boyfriend, Mike."



Melinda

"I was born and raised in West Des Moines and attended the University of Iowa to study Journalism & Science. I value my Journalism degree and have always gravitated towards writing about animals. In 2012, I became active in the community by volunteering for several organizations such as the Iowa Wildlife Center, Neal Smith National Wildlife Refuge, and the ISU Wildlife Care Clinic. In 2013, I became more hands-on by apprenticing under the WCC to receive my wildlife rehabilitation license. Aside from animals, my favorite things include spending time with family, blogging, practicing yoga, and crafting."

Study Shows Spayed & Neutered Animals Live Longer

A recent 2013 report has shown a correlation between spaying and neutering of pet dogs and cats and their life span. According to the report, pets are living longer. The average lifespan of a cat in 2012 was 12 years, an increase of 10% since 2002. The average lifespan of a dog in 2012 was 11 years, a 4% increase since 2002. Neutered male cats live an average of 62% longer than unneutered male cats, and spayed female cats live an average of 39% longer than unspayed female cats, the report concluded. Neutered male dogs live a mean of 18% longer than unneutered male dogs, and spayed female dogs live a mean of 23% longer than unspayed female dogs. In another previous study from the University of Georgia, researchers looked at a sample of more than 40,000 dogs at veterinary teaching hospitals from 1984-2004. The study concluded that neutered dogs lived 1.5 years longer than intact (unneutered) dogs.



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: January 22, February 19 and March 12.**

Feeding the Spayed or Neutered Pet

Why should pets maintain a healthy weight over a lifetime?

Pet owners are sometimes unaware of how important weight and Body Condition Score (BCS) are to animal health. The Purina Life Span Study showed that feeding for an ideal body condition over a lifetime can significantly extend a dog's healthy years (by an average of 1.8 years in this particular study). These dogs also had a later onset of clinical signs of age-related chronic conditions.

How is metabolism altered after pets are neutered, and how can obesity be avoided?

Neutering often reduces a pet's metabolic rate. Several studies have shown

that neutering can decrease a dog or cat's maintenance energy requirement by 25-35 percent. Adjusting feeding amounts after spaying or neutering your pet, and/or using a lower-calorie food may help reduce risk of weight gain.

When is the best time to discuss feeding recommendations with your veterinarian?

It's never too soon to think about a healthy weight! During initial puppy and kitten visits we can discuss the importance of body condition scoring and feeding a well-balanced diet. Once a pet is spayed or neutered, we should consider how the procedure will affect metabolic rate and feeding

behaviors, and adjust food amounts accordingly. Checking weights and body condition scoring monthly can also help young pets transition into adulthood at a healthy weight. At any time, no matter the age of your pet, we would be happy to discuss weight and BCS of your pet and appropriate diet recommendations.

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

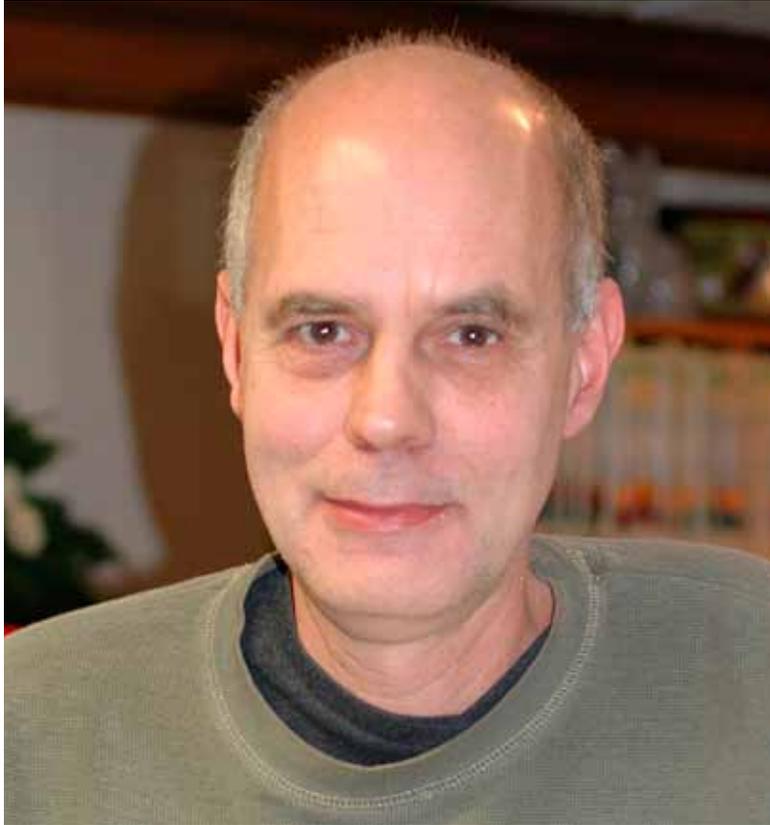


Dr. Rachel Varley, originally from Carroll, Iowa, received her Bachelor's degree from Wartburg College in 2007. She went on to receive her Doctorate of Veterinary Medicine from Iowa State University in 2011. Before joining the staff at Jordan Creek Animal Hospital in 2012, she completed a rotating internship in surgery/internal medicine at a

specialty and emergency hospital in Ohio. Dr. Varley and her husband have a Rat Terrier named Paisley. When she's not working, Dr. Varley enjoys running, camping, hiking, and horseback riding.



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.



On a sad note, we wanted to inform our clients that board their pets with us that we lost one of our own.

On December 22, 2013, David Schelske, a long time kennel attendant at Jordan Creek Animal Hospital, died at home of an apparent heart attack.

David loved his work and when the weather cooperated, he would often take time to sit on the lawn and play with boarding pets during their walks.

He will always be remembered for his gentle touch and compassion shown for all of our four legged friends.

David will truly be missed by the staff and patients of Jordan Creek Kennels.

