



The Golden "View"

Your place for the latest happenings at GoldenView Veterinary Hospital (GVH)

Cold Weather Makes My Joints Ache!!!

If you are like me, the cold winter weather can make my joints achy and stiff. It happens to our pet companions too!! Often we see our furry friends become *more* stiff and painful when the weather outside is frightful. **Osteoarthritis** can affect any joint in the body, and is a progressive condition that will continue to get worse over time. Thankfully, there are multiple ways to help relieve or diminish the discomfort our pets experience due to **Osteoarthritis**.

The first and most important step is **Weight Control**. By being overweight, a pet will place abnormal stress on his joints and thereby increase the wear and tear that occurs. This then leads to the early development of osteoarthritis, and the continued aggravation and progression of already present osteoarthritis. Modifying your pet's diet, eliminating high calorie treats, and following a weight loss program will help your pet put less stress on his joints.

The second step in managing this condition is **Controlled Exercise**. It is important that an exercise program be designed for each individual to ensure that adequate and constructive exercises are low impact yet effective. Exercise can help reduce body weight, increase joint mobility, strengthen supporting muscles, enhance performance, conditioning, and endurance, and ultimately reduce joint pain. Activities may include slow leash walks, swimming, or walking in water to name a few. A referral to a **Pet Rehabilitation Specialist** (physical therapist) may be the best way to determine an optimal exercise program for your pet.

Pain Control may be the most recognized step in managing osteoarthritis.

Pain control is most often achieved through the use of *Non-Steroidal Anti-inflammatory (NSAID)* medications. There are several different *NSAIDs* available and you may find that one works better than another in your pet. Once you and your veterinarian determine that your pet needs these medications, they are administered on a regular basis, often for the rest of your pet's life. Periodic blood testing to ensure that your pet is tolerating these medications is usually required.

Acupuncture is another modality that can be used to help with pain control. Often it is used in conjunction with giving an *NSAID* medication, but should help reduce the amount of the medication that is required to keep your pet comfortable.

If *NSAID* therapy +/- *Acupuncture* is not enough to control your pet's discomfort, a different class of pain medication may be added to the regimen. The most popular choice currently is a drug called *Tramadol*.

Unless the pain is controlled, the other components of managing your pet's osteoarthritis, such as exercise, will be difficult to implement. In addition, chronic pain can significantly alter your pet's quality of life.

Additional management steps for Osteoarthritis include **Neutraceuticals**. Neutraceuticals are non-FDA-regulated supplements that include *Glucosamine*, *Fatty acids*, and *Chondroitin sulfate*. These supplements are usually beneficial in helping alleviate signs of joint pain by decreasing inflammation or promoting cartilage growth. The drawback to them however, is that quality control usually cannot be guaranteed.

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Winter 2007

Volume 2, Issue 3

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Have you seen our website yet?

Your place for the latest *GVH* information, including informative articles and links, a hospital tour, monthly specials and staff highlights. You can request appointments and prescription refills online too.

Check It Out:

www.goldenviewvet.com

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The *Neutraceuticals* that are recommended and dispensed at GoldenView Veterinary Hospital are high quality, and their content and bioavailability is guaranteed.

Lastly, an **FDA-regulated Chondroprotective Agent** (*Adequan*) can improve the health of joint cartilage by keeping joints lubricated, supporting cartilage matrix repair. It has also been used off-label in cats and rabbits. The recommended dose must be given by intramuscular injection twice a week for up to 4 weeks.

How does a person identify that his/her pet is in pain? Remember that individual pets will respond differently to pain, and some signs are very subtle. The signs can vary according to your pet's age, which joints are involved, and how severely they are involved. Some clinical signs may include:

Reluctance to walk, run, climb stairs, jump or play

Abnormal stance (leaning forward) or gait (bunny hopping)

Limping

Stiffness

Decreased activity

Difficulty rising from a resting position

Soreness when touched

Yelping or whimpering in pain

Acting aggressive or withdrawn

Incessant licking of a painful joint.

Identifying and managing your pet's arthritis is a team effort between you and your veterinarian and staff. Please do not hesitate to contact GoldenView Veterinary Hospital with any questions or concerns you may have about your pet, your pet's comfort level or quality of life. And lastly, **Enjoy a Safe and Happy Holiday Season!!!!**

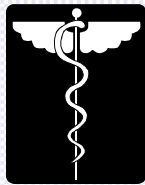
Sincerely,

Dr. Kris Ahlgrim

Need a Refill?

Please call or email us 48 hours in advance to avoid any unnecessary delay.

We will contact you when your request is ready. Thank you.



Meet the Staff

Thanks to the support from all of our loyal clients and their referrals, our *GVH* family continues to grow. We are excited to introduce our three newest staff members. *Beth* a *Client Service Representative (CSR)* and *Certified Veterinary Technician (CVT)* started in October. You will not only see her welcoming you in the front, but she will also be working with Dr. Kris and the veterinary nurses in the back.

We also have two new veterinary nurses as well.

Jessica (CVT) joined *GVH* in September and *Sarah (CVT)* joined *GVH* in October. Look for their profiles on our web page. Welcome Beth, Jessica and Sarah!

Diana's Delights

Curried Sweet Potatoes

Indulge your bird with this sweet and healthy treat.

By Bonnie Jay & Anne Eilers of StarBird Parrot Products

- Garnet yams cut into strips wedges or squares*
- Purple kale minced (or any leafy green, except chard)*
- Any whole grain*
- Raisins*

Soak grain overnight to germinate. Fill heavy pot with enough veggie broth to cover drained grains. Add a dash of curry and cinnamon. Bring to a boil, turn off heat, cover and let sit. Simmer sweet potatoes and raisins in broth until the potatoes are tender. Place sweet potatoes, wheat and raisins into bowl and sprinkle with finely minced kale. Serve warm. *All ingredients are organic.

Newsletter News

First E-Issue of *The Golden "View"*

In an effort to save resources and to make our newsletter available to more people online, we are proud to present our premier E version of *The Golden "View."* If you prefer to receive our newsletter through the mail, we kindly request that you contact us. Drop us an email at gvh@goldenvet.com or call us at 303-279-9182 so we can verify that we have your current mailing address.

Don't miss out on our great monthly specials located on the back page of this newsletter.

Stefanie Says...

Dental Superstar -Nurse Stefanie

Realizing what an important role dental health plays in our pets' overall health, Certified Veterinary Technician Stefanie has decided to educate herself further. Stefanie will become *GoldenView Veterinary Hospital's* first **Veterinary Technician Specialist in Dentistry**. The certification process will entail over two years of specialized coursework and examinations—a long and arduous journey. But we know Stefanie is up to the challenge and all of us at *GVH* are quite proud of her.

February 2007 is **National Pet Dental Health Month**. To celebrate this event *GVH* will be offering Complete Dental Cleaning and Assessments at a 15% discount. In

addition we will also be offering a full set of dental radiographs at a 40% discount. These special prices are designed to help encourage pet owners to have their pet's oral health evaluated for problems. Issues such as bad breath, tooth mobility, pain, discoloration, gingivitis, tartar, calculus, discoloration, fractures, ulcers, tumors and more can be identified through a complete oral exam. Additionally, early tooth decay and root problems are identified via dental radiographs. Ask Stefanie, or Doctor Kris about any questions regarding dental health that you may have. See you in February!!!

Need a copy of your pet's medical records?

Please allow 7 days to process your request.

A \$10.00 administrative fee may apply.

Annie's Fund

In memory of Dr. Ahlgrim's beloved English Setter, "Annie."

Annie's Fund was established in February 2005 to assist *GoldenView Veterinary Hospital* with taking care of relinquished animals or injured animals brought in by Good Samaritans. Thanks to generous support from many of you, *Annie's Fund* continues to offer options for treatment and surgery that, otherwise, would not have been available to these animals.

If you would like to help support *Annie's Fund*, there are several fund-raising opportunities that are being offered at *GVH*.

- First, have a paw print impression made of your pet for only \$10.50. This memorable keepsake is baked in the oven and will last forever. Ask for one during your next visit. They also make thoughtful gifts.
- Additionally, we have canine "cookie cones" available. These cones have the instructions and all the ingredients to make your beloved pups some fresh baked cookies. At just \$4.50 each, these cones make perfect holiday gifts.
- Every pet needs a stocking!! Buy a stocking for your cat or dog, filled with goodies, and have it personalized too!!! These are a bargain at only \$13.00.
- Throughout the year *GVH* offers pet carriers in a variety of sizes for a \$10.50 contribution.

- Advertising in our newsletter, "The Golden "View" is also available. A business card size ad can reach thousands of people for just \$50 and issue. Contact us for further details.
- Remember that *GVH* is the place to recycle your old or unwanted towels and blankets. Our patients really appreciate having a cozy place to rest.

Visit our website at www.goldenvet.com for pictures of all the holiday gift items that are available...and more!

Annie's Fund has had a busy year and we would like to share the stories of two recent recipients. Our latest patient to benefit from *Annie's Fund* is *Mr. Uno*, the cockatiel. After surviving a traumatizing dog attack, this young and personable bird was relinquished to *GVH* because his caretaker could not afford the surgery he needed. Thank goodness *Annie's Fund* was there to provide the funding necessary to save his life. In the process however, his right wing had to be amputated due to damage from the attack that was beyond repair. *Mr. Uno* made a full recovery from his surgery and has since found a home without dogs.

Howler, the rat came to us when he was relinquished to a pet store with a large tumor on his chest. We successfully removed the tumor and now he is a happy, healthy, lovable rat looking for a great home.

Please contact us if you are interested in adopting *Howler*, the rat.

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Hospital (GVH)**

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We're on the web!

www.goldenvet.com

vet.com

A BIG thank you to our volunteer Coral for helping us with our newsletter distribution.

Winter Monthly Specials Call now to schedule an appointment

At GoldenView Veterinary Hospital, we continually strive to provide our clients with not only excellent medical care, but also a commitment to quality pricing. Our monthly specials are another way you can take advantage of this. Look for great upcoming specials each month.

December

*Home for the
Holidays at
Camp
GoldenView!*



Holidays are great with the *GVH* Staff. We will give your avian or exotic pet lots of TLC and send your pet home with a camp diary detailing his/her stay with us.

*Book your
reservations now!*

January

Microchip Special

Permanent pet identification is a simple way to reunite lost animals with their companions. Have your pet microchipped for only \$40, a terrific 25% savings!

February

*Dental Cleaning &
Assessment Month*

Concerned about your companions brown teeth or unpleasant breath? At *GVH* we have new state of the art technology for examining and alleviating oral health problems. We are offering 15% off full dental assessment and cleaning this month (not including pre anesthetic blood work). We are also introducing full mouth X-rays for only \$100, a 40% savings! Good oral care is important to your pet's overall health!