



Congratulations on your new kitten!

Welcome and thank you for choosing the Animal Hospital of Sullivan County to care for your new kitten. This is the first step in practicing good health for your little buddy.

Your new kitten now depends on you for everything- food, water, exercise, training, good health and hygiene practices and above all lots of love and attention. Like you, the Animal Hospital of Sullivan County is committed to the well-being of your kitten and we hope this kitten pack will serve as a guide to the basic care of your little one's needs.

Here's to a happy and healthy life together!

The Animal Hospital of Sullivan County

Pillars of Health Maintenance

- Excellent nutrition to maintain a lean body condition
- Yearly to biyearly physical examinations and early detect lab work
- Yearly vaccinations to prevent contagious diseases
- Maintain dental health to maintain overall health
- Monthly prevention of internal and external parasites
- Lots of tender loving care

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Animal Hospital of Sullivan County

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Vaccinations and Veterinary Visits

Kittens are susceptible to many diseases. There are seven vaccines that your kitten needs between six and 16 weeks of age. The veterinarians at the Animal Hospital of Sullivan County will administer these vaccines at three to four week intervals. It is important to complete the vaccination series as soon as possible so your kitten is safe to go out into the world to socialize with other people and other animals. Some of the vaccinations require booster shots to maintain effective levels of protection. After the first year your cat will need to come in every 12 months for vaccine boosters.

Vaccines that are routinely given:

1. **Feline Distemper**: Also called Panleukopenia, this is a highly contagious disease spread through the air, contact with infected animals, or contact with places where infected animals have been. Symptoms can include weight loss, severe depression, dehydration, loss of appetite, increased thirst, vomiting, and diarrhea.
2. Upper Respiratory Disease: **Calicivirus** and **rhinotracheitis** (Herpesvirus) are highly contagious viral infections displaying flu-like symptoms, including sneezing, depression, discharge from eyes and ears, fever, and ulcers in the mouth.
3. **Chlamydia**: Contagious bacterial infection displaying upper respiratory symptoms
4. **Feline Leukemia Virus**: A virus that causes immunosuppression, chronic anemia, leukemia, and solid tumors. Leukemia can be spread through contact with infected blood, saliva, or tears.
5. **Rabies**: A virus that attacks the nervous system. Rabies is always fatal. Transmitted through bite wounds or when saliva of a rabid animal comes in contact with broken skin. This is a zoonotic disease.

Your kitten will need to see the doctor several times the first year. Please help us schedule these check-ups before you leave the office. We want to help your kitten grow up healthy.

Worms, fleas, and ticks

Protecting your kitten from worms, fleas and ticks is essential to its health. Nearly every kitten is born with intestinal parasites from its mother. These internal parasites pose a risk to both the kitten and the owner. Protecting your kitten and yourself is a lifelong commitment.

HEARTWORMS: Heartworms are deadly and one of the most common canine parasites. Although less common in cats, it only takes 1 or 2 worms in the cat to cause severe problems. They are transmitted from an infected pet to a non-infected cat through mosquitoes. It takes 6 months for the larva deposited under the skin by a mosquito to migrate and mature in the right side of the heart. Since mosquitoes get indoors, all cats are at risk. Symptoms may include vomiting, coughing, difficulty breathing, lethargy, weight loss, collapse or convulsions, even death.

HOOKWORMS: Hookworms can be transmitted when the kitten is in-utero, nursing, through skin penetration and later in life as cats swallow hookworm eggs or larvae. They attach to the intestinal lining and leave bleeding internal wounds. Hookworms are zoonotic parasites that can be transmitted to people, especially children. Symptoms include weight loss, weakness, haggard appearance, and dull unkempt fur.

ROUNDWORMS: Kittens can acquire roundworms in-utero (some species), from nursing, or by eating infected animals such as rodents or snakes. Roundworms are a zoonotic parasite and can be transmitted to people, especially children. Symptoms include vomiting, diarrhea, and stunted growth.

WHIPWORMS: Whipworms develop when a cat swallows whipworm eggs passed from an infected cat. Infection is rare. Symptoms include diarrhea, anemia and dehydration.

GIARDIA: Giardia is a one-celled organism that lives in the small intestines of cats. A large number of cats can be asymptomatic while others develop diarrhea. It is contagious to other cats and people

COCCIDIA: Coccidiosis is caused by a one-celled organism that multiplies in the small intestines. It is most common in young kittens but has been found in adult cats as well. Coccidiosis can cause diarrhea. It is contagious to other cats.

FLEAS: Flea eggs that have fallen off a pet develop into worm-like larvae, which hide in carpeting, furniture, leaves and other dark places. Adult fleas can then easily attach themselves to the pet when the pet comes into contact with these locations. Symptoms may include itching, skin irritation and extreme discomfort. Fleas can transmit tapeworms, cat scratch fever, and other diseases as well.

TICKS: Ticks are virtually a problem everywhere. Besides being annoying pests, ticks may also transmit diseases like lyme, ehrlichia and rocky mountain spotted fever.

MITES: Mites are tiny arachnids (like spiders) that are barely visible to the naked eye. Ear mites are the most common mites found on cats, but they can also have sarcoptic or demodectic mange mites. Severe infestations can cause infections, convulsions, and even death, depending on the type of mite.

RINGWORM: Ringworm is actually a fungus, not a worm, and is not visible to the naked eye, although evidence of the infection is. Pets can catch ringworm through contact with infected humans or animals, soil, grooming tools, or spores in the air. People can catch ringworm from their pet.

ZOONOSIS/PREVENTION

A zoonotic disease is a disease that can affect animals and humans. Rabies, cat scratch fever, roundworms, hookworms and giardia are an abbreviated list of diseases every pet owner should be aware of.

Protect yourself and your pets by not handling wild and stray animals and by having your cat vaccinated against rabies. A kitten or a cat receiving a rabies vaccine for the first time will receive a one year vaccine. We use a purevax rabies vaccine for cats to reduce the risk of vaccine associated sarcomas. It is good for one year no matter the age of the kitten or cat. Reminders (paper, email and phone) are sent out early so that the vaccine never lapses.

Protect yourself, your family and your kitten against roundworms, hookworms and giardia by having a stool examined several times the first year of his life and at least once yearly thereafter. It is also very important to practice strict sanitation in your household. Feces should be removed and disposed of daily. Food and water should be placed so that there is no contamination from feces. Wash your hands after handling feces and before eating or drinking.

RECOMMENDED VETERINARY PRODUCTS:

REVOLUTION PLUS: Revolution is a once monthly topical medication that is applied at the base of the neck your kitten or cat. It helps control fleas, ticks, hookworms, roundworms, heartworms, and even ear mites. It is safe to use on kittens as young as 6 weeks of age and on pregnant or nursing mothers. **A note on preventative medicine products sold through your veterinarian: .**

All medications bought through your veterinarian are 100% guaranteed and backed by the manufacturer. These medications include commonly used products like Revolution, Frontline, and Advantage. If these products are bought through anyone other than a licensed veterinarian the manufacturer will NOT stand behind their product.

DAY TO DAY CARE OF KITTENS



Bringing a new kitten home is a big exciting change in your life. You want to show the new member of your family to your friends, start showing him some tricks, and have fun interacting with each other. Just remember that a new environment is a big change for the kitten too, and that he needs time to

adjust to it.

A Few Things Your Kitten Should Have:

1. Premium Foods
2. Food and Water Bowls
3. Collar; halter and leash (if planning on leash-training)
4. ID Tag or microchip
5. Litter box and litter (one litter box per cat plus one)
6. Pet carrier or crate
7. Stain remover and odor eliminator
8. Repellents and/or chew stops
9. Comb
9. Therapeutic Chew Toys
10. Ear cleansing solution
11. Heartworm, Flea, and tick control products
12. Dental Kit
13. Schedule exam with veterinarian
14. Loving, responsible, informed pet ownership

**In case of emergency: Please call our office (845) 292-6711 for assistance. After 6pm Monday through Thursday, after 5pm on Friday, all emergencies need to be taken to the Emergency clinic in Middletown (Guardian) (845) 692-0260.*

Socializing Your Kitten

Cats have been a domesticated species for thousands of years, but each new kitten still needs to learn how to behave around humans. Socializing your kitten helps him to become a happy, well adjusted member of our society. The first three to four months of a kitten's life are the most critical times for socialization, playing a large role in how the kitten will handle different situations throughout its life. Although your new cat can continue to learn good social skills as it gets older, it is easiest when it is a kitten to give it good experiences, expose it to different stimuli, and reduce its fear of the unknown when it is still young.

A good way to socialize your kitten with both people and other pets is to play with it and handle it often. There are health risks involved in exposing young kittens to other cats and new environments, so it is best to discuss with your veterinarian what a good age is for starting these encounters. When exposing your kitten to new people, you may want to ask each person to give the kitten a little treat. Try to make sure your kitten has plenty of positive encounters with children, as they can seem like a completely different species to your kitten. Kittens that grow up unused to how children walk, act, and talk, may never feel comfortable around them.

Finally, be careful to avoid physical punishment. Swatting the kitten, shaking it, thumping it on the nose or rubbing the kitten's face in a mess is more likely to weaken the bond you are trying to form and teach it not to trust people than anything else. Pets that grow up scared of the human hand may become fear biters. In general, try to avoid forcing your kitten into a situation that will make it feel anxious during the first few months of life.

LEADERSHIP

Although a human household isn't quite the same as a cat family, dominant displays, postures, or attitudes toward the owners must be discouraged if you are to gain control of your kitten. Having good control of your kitten means you will have a cat which grows up to be a manageable and pleasant addition to your home, rather than one that is difficult to handle.

First, you need to be fair. Never use physical punishment. Be consistent with rewards and corrections; make sure everyone in the household observes the same set of rules. Be generous with praise; kittens respond better to lots of praise rather than lots of scolding.

Second, make the kitten aware that you are important in its life. Feed it on a specific schedule.

Third, don't allow the kitten to take control. Don't allow it to constantly ask for attention; don't give into demands unless it is doing something you want it to ask for.

You should be the one to initiate positive actions. The kitten should get affection, treats, and attention when initiated by you, not when the kitten demands.

FELINE HOUSETRAINING



There are several steps you need to take care of to properly house train your kitten.

1. **Litter (substrate).** Choose an appropriate litter material. Studies show that more cats prefer clumping litter and you may find it easier to keep clean. However, any other commercial litter material may be just as or even more appealing to your particular kitten. Clumping litter may lead to tracking litter outside the box, and kittens that eat litter should not be given clumping litter. If your kitten isn't using the litter you have chosen, try other types.
2. **Litter-box.** Choose an appropriate litter-box. The box should be big enough for an adult cat can stretch and scratch in it. Some kittens prefer a litter-box with some privacy, so a hooded box may be preferable. Some kittens may find the self-cleaning litter-box appealing while others may find it frightening. If your kitten is not regularly using the litter-box, try different types. A larger box may be more appealing, such as an under-bed storage container or even a child swimming pool if you have multiple cats. Some prefer a deeper box while others prefer a shallower one.
3. **Location.** You may have a particular location where you prefer to locate the box, but this must also be acceptable to the kitten. It should be easily accessible to the pet, especially when it wakes from a nap, or after eating or playing. If the kitten is not using the litter-box consistently, consider moving to a different location that might be more appealing.

Spraying: Some cats, especially intact males that have reached puberty, and females in estrus (heat) may begin to mark their territory by spraying urine on vertical objects and surfaces. Neutering will stop spraying in most but not all cats. If this is the case, seek advice to determine why your cat is continuing to spray.

If your kitten does not use the litter-box, seek veterinary advice to help correct the problem. The first step is to determine whether the kitten is house-soiling with urine, stools, or both, as well as the surfaces and locations used. Medical problems may cause these signs should be considered, since painful elimination, more frequent elimination, or loss of control may drive the kitten away from its box. If no medical cause is found, a behavioral problem may be the cause.

It is sometimes useful to remove the odor thoroughly from flooring and carpets, change the function to an area where the kitten plays, eats or uses a scratching post. You may block access to that area or make the area unpleasant with a motion detector alarm or a sheet of upside-down vinyl carpet runner with the nubs pointing up. If there is more than one cat in the household, additional litter-boxes can be successful.

MOUTHING, NIPPING, AND BITING

Bite inhibition: Mild attempts at deterring the kitten and physically discouraging the kitten can actually serve to increase the intensity of play and biting. Give an immediate, loud “ouch” whenever the kitten applies too much pressure and stop playing with it. Once the kitten settles down, you can change to a different form of play.

Avoid tug of war if the pet becomes aggressive, too excited, or out of control. If the kitten is constantly demanding attention or gets overexcited during play, it may be under-stimulated. Try additional or longer periods of play, training, and exercise as further outlets for the excess energy. Also provide other outlets for chewing to pre-empt the kitten’s play biting.

If the kitten cannot be quickly calmed, confine it away from the target until it settles, then bring it back to play in an acceptable manner.



PROPER NUTRITION FOR CATS

What should I feed my cat?

We recommend feeding a dry diet over a wet diet to help maintain optimal dental health. There should always be a source of fresh water available at all times.

Your kitten should be fed a diet that is formulated specifically for kittens. As your kitten grows and gets older, you

will need to change their diet according to their life stage. This is because as they age, their bodies require different nutrients and minerals.

How much should I feed my cat?

We do not recommend feeding your cat free choice. This means leaving food out for your cat at all times. This can lead to obesity. Package feeding guidelines are only a starting point for your cat. The average indoor cat only needs 200- 250 calories a day. The caloric content of cat food can be found on the web or by calling the food manufacturer. The amount fed should be adjusted to produce an optimal body condition. This means the ribs should not be seen but easily felt and your cat should have a waist. The abdominal fat pad should be minimal. For optimal body condition scoring, see the body score sheet found in this packet. Your veterinarian will evaluate your cat's body condition and weight at the time of their yearly wellness exam.

How frequently should I feed my cat?

As discussed before, we do not recommend free choice feeding because this can lead to obesity. We suggest meal-restricted feeding because it is more precise in delivering the required amount of food without overfeeding or underfeeding your cat. Frequency depends on your cat. Active cats may require more food than a cat that is prone to gain weight. This is why you need to adjust accordingly. Most cats will do well on twice daily feeding.

Should I be giving vitamin supplements?

Vitamin supplements are usually recommended when feeding a home-made diet. We do not recommend a home-made diet because it is usually harder to maintain a well-balanced diet. It is better for your cat to feed them a well-balanced diet meant for their specific life stage. As your cat gets older, we recommend Welactin and Dasaquin for joint support. Talk to your veterinarian before starting supplements to make sure you don't over-supplement. If your cat is a picky eater and a homemade diet is the last option go to www.balanceit.com or www.petdiets.com for well-balanced recipes.

BODY CONDITION CHART- WHERE DOES YOUR CAT FIT?

TOO THIN	<input type="checkbox"/> 1	Ribs visible on shorthaired cats; no palpable fat; severe abdominal tuck; lumbar vertebrae and wings of ilia easily palpated.	
	<input type="checkbox"/> 2	Ribs easily visible on shorthaired cats; lumbar vertebrae obvious with minimal muscle mass; pronounced abdominal tuck; no palpable fat.	
	<input type="checkbox"/> 3	Ribs easily palpable with minimal fat covering; lumbar vertebrae obvious; obvious waist behind ribs; minimal abdominal fat.	
	<input type="checkbox"/> 4	Ribs palpable with minimal fat covering; noticeable waist behind ribs; slight abdominal tuck; abdominal fat pad absent.	
IDEAL	<input type="checkbox"/> 5	Well-proportioned; observe waist behind ribs; ribs palpable with slight fat covering; abdominal fat pad minimal.	
TOO HEAVY	<input type="checkbox"/> 6	Ribs palpable with slight excess fat covering; waist and abdominal fat pad distinguishable but not obvious; abdominal tuck absent.	
	<input type="checkbox"/> 7	Ribs not easily palpated with moderate fat covering; waist poorly discernible; obvious rounding of abdomen; moderate abdominal fat pad.	
	<input type="checkbox"/> 8	Ribs not palpable with excess fat covering; waist absent; obvious rounding of abdomen with prominent abdominal fat pad; fat deposits present over lumbar area.	
	<input type="checkbox"/> 9	Ribs not palpable under heavy fat cover; heavy fat deposits over lumbar area, face and limbs; distention of abdomen with no waist; extensive abdominal fat deposits.	

PREVENTION AND TREATMENT OF DENTAL DISEASE

Over 85% of all dogs beyond the age of three and 80% of cats beyond the age of five years are affected by some form of dental disease. Manifestations of dental disease include:

- 1- Dental plaque and tartar on the teeth**
- 2- Gingivitis (inflammation of the gums)**
- 3- Periodontal disease (progressive destruction of the gum and bony tissue)**
- 4- Abscesses (pockets of infection associated with the teeth)**
- 5- Cavities or cavity-like erosions (in cats)**

In addition, pets with dental disease may develop bad breath, bleeding from the mouth, and nasal discharge. These problems are usually interrelated and may result in life-threatening heart, kidney, and liver disease if left untreated.

Initially, dental prophylaxis (cleaning) and complete oral examination under anesthesia is recommended in the treatment of a pet with dental disease. This involves the use of hand and ultrasonic or roto-pro scalers and polishing. In addition, pets with dental disease may require gum procedures, root canals, fillings, and extractions. It is necessary to anesthetize the pet in order to perform the cleaning. Pets may also require pre-operative testing (blood work, EKG, chest x-rays) prior to the use of an anesthetic.

Once the cleaning and any additional treatment needed has been performed, the progression of dental disease may be slowed by feeding hard foods and by brushing the pet's teeth. We recommend daily dental care in one form or another for optimum dental health. You may rotate between oravet (weekly gel that decreases plaque production by 40%) dental chews, tooth brushing, and oral rinses in addition to special dental diets such as Hill's t/d, Purina DH as part of a daily dental program. You can purchase Oravet, CET toothpaste, CET oral rinse, Hextra dental chews, and CET Aquadent (water additive) to help fight dental disease through your veterinary office.

How to brush your pet's teeth:

- 1- Keep sessions limited to one minute each at the same time and place daily.
- 2- Start by getting your pet used to having something placed in the mouth. Place your finger (unless your pet is a biter), dipped in lukewarm water, inside the cheek along the outer surfaces of the teeth. Follow with praise and reward.
- 3- Once your pet has accepted this procedure, progress to dampened gauze wrapped around your finger. Follow with praise and continue daily until your pet accepts this routine.
- 4- Moisten a pet CET toothbrush or an Oral-B 20 soft children's toothbrush with toothpaste or a tooth-cleaning product appropriate for pets. Gently brush the teeth, concentrating on the area where tooth meets gum, using short, gentle strokes over the external surfaces (especially the molars in the back). Praise your pet during and after each session.
- 5- Have a veterinary dental exam done on your pet every 6 months to help assure dental health and possibly even prolong the life of your pet.

The following is a list of products awarded the VOHC seal from the Veterinary Oral Health Council:

- Hills Prescription diet canine/feline T/D, Purina DH
- Greenies for dogs and cats
- CET veggies dents for dogs
- Friskies Feline Dental diet
- Science Diet Oral Care for dogs and cats

For a complete list go to: www.vohc.org/accepted_products.htm

When Dental Care is Needed

Maintaining the health of your pet's teeth is the most important thing that you can do to increase the comfort and length of your pet's life.

Pet dental care is important because:

1. Pets with gum infections are very uncomfortable,
2. Pet dental disease leads to endocarditis (heart valve infection), kidney, liver and lung infections.
3. Your pet will be much better company with no "bad breath,"
4. Your pet will enjoy life without the discomfort of sore gums and teeth, and your pet health care cost in later years is drastically reduced.

Cleaning your pet's teeth requires:

LABORATORY TESTING is used to determine anesthesia safety. As your pet grows older, internal organs begin to fail. Even though your pet may seem to be in "good health," blood testing often reveals other problems that are treatable when caught in time.

ANESTHESIA is required to do a thorough job. The part of the tooth under the gum line must also be cleaned. Our sedatives and anesthetics are chosen with your pet's utmost safety in mind and are dictated by your pet's physical examination and laboratory testing results.

ULTRASONIC SCALING of the teeth to remove tarter above and below the gum line is done with both hand instruments and ultrasonic cleaning equipment. Polishing is performed at this time to make your pet's teeth much more resistant to additional plaque formation.

ANTISEPTIC FLUSHING is important after polishing to rid the mouth of ever-present bacteria so they do not invade the gums irritated during the cleaning. Solutions are actually flushed beneath the gum line to get rid of these germs.

FLUORIDE COATING strengthens tooth enamel, decreases teeth sensitivity, and retards the rate of future plaque formation.

ANTIBIOTICS are always required in veterinary dentistry because teeth cleaning are usually requested or suggested when tooth and gum disease is already present. Injectable antibiotics are used routinely, followed by oral medication for one week.

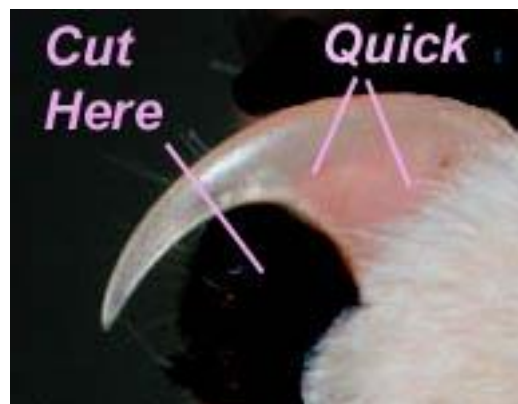
PET DENTIFRICES Once the dental cleaning procedure has been completed it is important that you apply the pet dentifrice recommended, on a routine daily basis, to help prevent more tartar formation. The products we recommend are accepted readily by most pets.

Regular care of your pet's teeth, feeding of Canine Prescription Diet T/D or DH should be able to increase an average pet's active healthy life at least two years.

Dental care is one of the best ways to return the love your pet shares with you!!

How to Trim Your Cat's Nails

1. If possible start training your cat to have her claws trimmed as a kitten. Gently stroke your cat's paws often, getting her used to having her paws held before you attempt trimming. Be sure to reward your cat with a special food treat-one that she receives only during claw trimming or some other grooming procedure-during or immediately after trimming. The best time to trim your cat's claws is when she is relaxed or sleepy. Never try to give a pedicure right after a stressful experience or an energetic round of play.
2. Your cat should be resting comfortably on your lap, the floor, or a table. Hold a paw in one hand and press a toe pad gently to extend the claw. Notice the pink tissue (the quick) on the inside of the claw. Avoid the quick when you trim the claw; cutting into it will cause pain and bleeding. Remove the sharp tip below the quick (away from the toe), clipping about halfway between the end of the quick and the tip of claw. If your cat becomes impatient, take a break and try again later. Even if you can clip only a claw or two a day, eventually you'll complete the task.
3. If you accidentally clip into the quick, don't panic. The claw may bleed for a moment, but it will usually stop very quickly. Soothe your cat by speaking softly to her and stroking her head. If the bleeding hasn't stopped after a minute or so, touch a styptic pencil to the claw end or pat on styptic powder to help staunch the bleeding. Cornstarch can also be used.
4. How often you need to clip your cat's claws depends somewhat on how much of the tip you remove, but usually a clipping once or twice a month will suffice.



SHOULD I SPAY/NEUTER MY CAT?

Unless you plan to use your pet for breeding, we recommend that your cat be neutered at about 5-6 months of age. There are several health benefits to neutering your cat and the risks of the surgery are minimal, especially when done at a young age.

Females: Spaying (the surgery is called an ovariohysterectomy) your cat involves an abdominal surgery where the ovaries and the uterus are removed. There is no scientific evidence that your cat will in any way benefit from having a heat cycle or a litter before spaying. A female used for breeding should be spayed after her last litter has been weaned. Some of the benefits of spaying a female cat are:

- Eliminates unwanted heats and the inconvenience of attracting stray cats to your property
- Done prior to the first heat, spaying greatly reduces the risk of mammary cancer that is so common in older, intact females
- Protects your cat against the risk of ovarian and uterine cancer and uterine infection (pyometra)
- Helps control the pet population crisis by preventing unwanted pregnancies

Males: Castration of a cat is a surgical procedure in which the testicles are removed. Neutering a male at 5-6 months of age will help prevent many annoying behavioral problems and reduce his risk of many medical complications later in life. Some of the benefits include:

- Eliminates annoying sexual habits such as spraying to mark his territory both indoors and out
- Eliminates desire to roam in search of females. If allowed to run loose, he may fight with other males, be injured by autos, or get lost. If confined, he may become hyperactive or aggressive
- Reduces the chance of developing prostate disease. Also reduces perianal cancer and eliminates testicular cancer. All of these are problems of older, unaltered males.

A final note on neutering: Neutering your pet will not cause it to become fat or lazy. This is due to overfeeding and lack of exercise. Neutering will not cause a personality change except to help prevent unwanted dominance aggression in some males. Surgical risk, though small, is always present. Surgery is performed under anesthesia and post-surgical pain is minimal.

Not all spays and neuters are equal

We understand that cost is often a factor in choosing your pet's health care. We want you to understand the factors that go into determining the cost of our surgical procedures. Here at the Animal Hospital of Sullivan County we do everything we can to minimize every pet's stress and discomfort by using the safest procedures possible.

Surgical and anesthetic practices can vary widely among veterinary facilities. Did you know that there is no law requiring gas anesthesia, intra-op fluid support, anesthetic monitoring, individual surgery packs for each animal or even pain medication?

Be informed and know what questions to ask when deciding where to have surgical procedures done on your pet.

Our standards for all general anesthesia procedures include:

1. Pre-surgical exam.
2. Pre-anesthetic blood work. This allows us to tailor our drug protocol to any underlying medical problems.
3. IV catheter placement with IV fluids intra-op and longer in older, sick or debilitated. This helps maintain blood pressure and prevent organ damage.
4. Balanced anesthesia. This includes premedication (sedative, pain medication), induction agent, intubation for gas anesthesia (isoflurane) and oxygen for maintenance, and pain medication at the end.
5. Intubation. The placement of a tracheal tube for gas anesthesia protects the airway and allows for assisted ventilation if necessary. Gas anesthesia is far safer than injectable anesthesia alone.
6. Anesthetic electronic monitoring equipment. Parameters such as pulse oximetry, temperature, EKG and blood pressure are monitored continuously by a dedicated technician.

7. Sterile procedure is observed. Masks and caps are worn in the surgery suite, with sterile gowns and gloves. Surgical drapes are used to keep the surgical site sterile. New surgical packs are used for each pet. Individual suture packs are used, not a multi-use spool.
8. Injectable antibiotics are given as necessary (with long procedures or with possible infection issues).
9. Pets recover on soft pads, with towels or blankets and a heat source, while being monitored by a technician.
10. Pets go home with pain medication and written instructions.

We take the same care with our dentals as well.

(Parts of this list differ for cat neuters because of the short duration of the surgery).

If safety, excellent surgical management and good pain control are important to you, talk to us about any procedures your pet may need. Remember: your pet depends on you to provide the best possible care, choose carefully.

KEEP YOUR PET SAFE

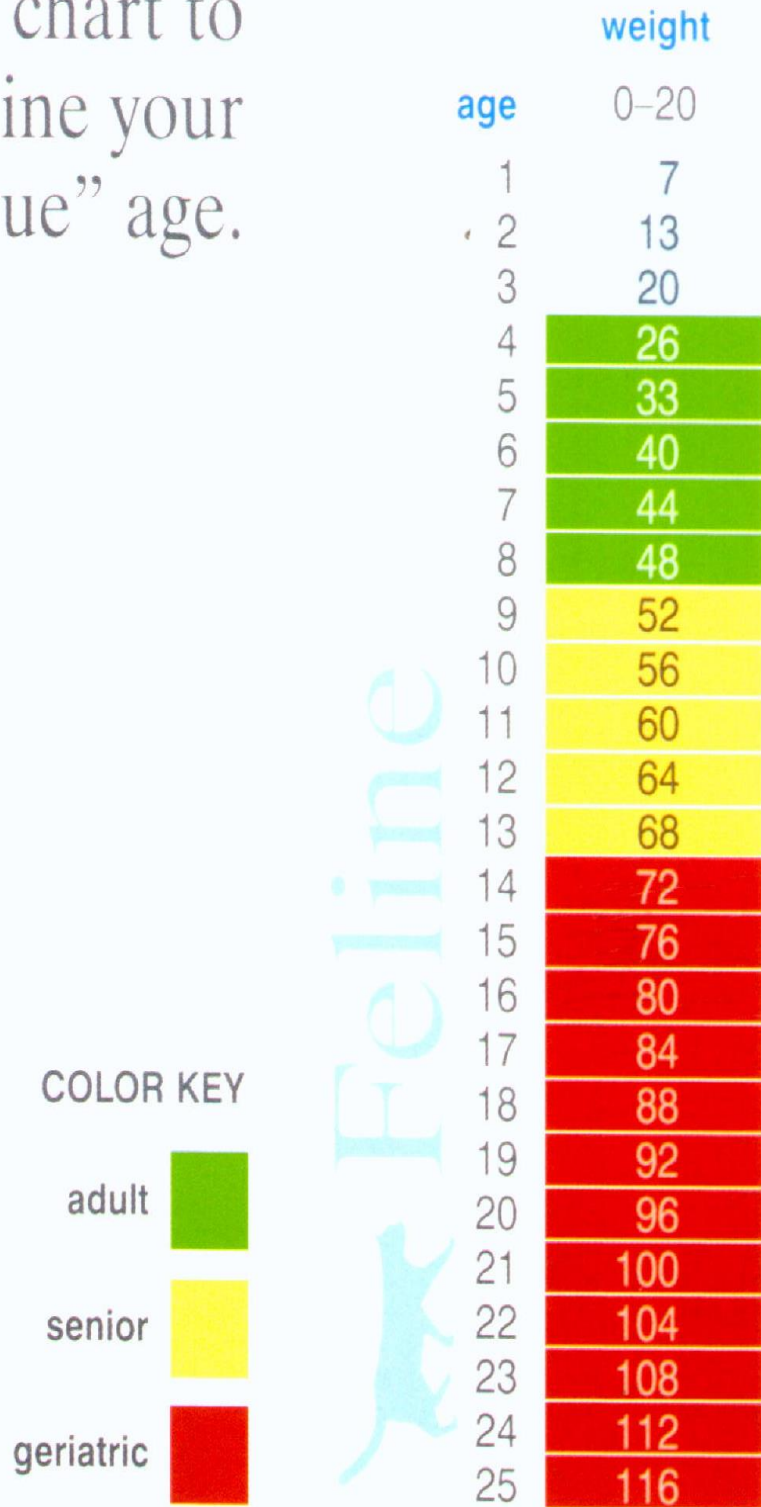
Remember these rules:

- 1- Your pet should wear a collar and complete identification tag including your pet's name, your name, address, and telephone number
- 2- Your pet should be either micro-chipped or tattooed. This is permanent and discourages theft
- 3- If you take your pet out, remember to use a leash
- 4- When riding with your pet in the car, remember to keep the windows rolled up high enough so he/she cannot jump out. It is best to keep cats in a carrier.
- 5- During busy times such as holidays and parties, be extra careful. Lots of people and activity in the house can cause your pet to become overexcited and bolt through an open door. It is best to keep your pet confined to a quiet room of the house during these times
- 6- Remember to keep current photographs of your pet (we suggest yearly)

If your pet is lost:

- 1- Check the neighborhood first. Pets often don't stray too far from home. Use your photograph to check if anyone has seen your pet
- 2- Let everyone know your pet is missing- veterinary hospitals, neighborhood children, newspaper delivery person, mail carrier, neighbors, joggers, etc.
- 3- Visit your local animal shelter to see if your pet has been brought there
- 4- Use your photograph and photocopy it. Include your pet's name and information on color, breed, sex, your name, and telephone number. Place flyers in high traffic areas such as supermarkets, drug stores, dry cleaners, veterinary hospitals, and other area merchants.

Use this chart to determine your pet's "true" age.



MEDICAL CARE FOR YOUR CAT THROUGH THE YEARS



Cats age at a faster rate than people so it is important to stay on top of their medical care so that they can live a longer, better quality of life. As you noticed from the age chart on the previous page cats are classified as adults, seniors, and geriatrics. Adult animals should have an annual wellness exam which is a complete physical exam from the tip of his nose to the

tip of his tail. They need to have an annual stool sample examined for intestinal parasites. An adult cat needs to be on heartworm preventative and flea and tick preventative.

Senior and geriatric animals need to be examined biannually.

Our pet's bodies age 3 years for every 6 calendar months. This can make a significant difference in early diagnosis of disease in older animals. In addition to the wellness exam and tests done on an adult cat seniors and geriatrics need senior and geriatric workups to catch disease in its early stages so that early medical care can be instituted to keep that high quality of life we want for your companion. Ideally the wellness exam and the senior/geriatric workup would be spaced 6 months apart so that your veterinarian can monitor any major body changes that would affect quality of life.

The following are diseases that are common for senior and geriatric cats.

Dental disease includes periodontal disease, gingivitis, and possibly cancer. Signs you may notice are bad breath, redness or swelling of the gums, or even a mass in the mouth. If not treated, this can lead to heart disease, tooth loss, kidney and liver disorders, systemic infection, and in the case of cancer, it may spread to other parts of the body.

Liver disease can be inflammatory, degenerative, or cancerous. At home you may notice a decrease in appetite, weight loss, vomiting, diarrhea, or increased thirst and urination. This may lead to low albumin, impaired lipid metabolism, anemia, bleeding disorders, and liver failure.

Kidney disease includes kidney failure, stones, infection, or insufficiency. Your pet may experience increased thirst and urination, decreased appetite, weight loss, vomiting, diarrhea, and back pain. Kidney disease may progress to kidney failure, heart disease, electrolyte disturbances, fluid balance disturbances, and death.

Heart and lung disease includes cardiac disease, pneumonia, bronchitis, and emphysema. Signs include decreased stamina, coughing, difficulty breathing, weight loss, or a pot belly. Heart and lung disease can lead to problems with other organs and eventual death.

Joints may be affected by arthritis, hip dysplasia, and back disease. You may note lameness, reluctance to walk or exercise, decreased appetite due to discomfort and pain. If left untreated, these problems can progress to cause reduced mobility of your pet and possible neurologic deficits.

The endocrine system can be affected by diseases such as diabetes mellitus, hyperthyroidism, hypothyroidism, hypoadrenocorticism, or hyperadrenocorticism. Signs include noticeable weight change, increased appetite without weight gain, vomiting, increase in drinking habits, excessive urination, and a change in activity of the pet. Endocrine imbalances can lead to heart and kidney failure as well as secondary metabolic diseases.

Ocular diseases include cataracts, dry eye, and glaucoma. The eye may become gray or bluish at the center, your pet may rub its

eyes, press the head against objects, have swelling, redness, irritation, or tearing of the eyes. Eye disease may cause difficulty seeing, lead to ulceration of the cornea, blindness, and possibly loss of the eye if left untreated.

Gastrointestinal disease includes inflammatory bowel disease, pancreatitis, colitis, and cancer. The signs most noticed are vomiting, diarrhea, weight loss, and fluid gain. If left untreated this may lead to further weight loss and the disease will potentially debilitate the animal to the point of death.

Cancer may affect the skin, spleen, liver, and many other organs. You may notice a bleeding lump, irritated skin, swollen lymph nodes, vomiting, or diarrhea. Cancer can lead to organ failure or death.

The staff at the Animal Hospital of Sullivan County recommends the following at least annually:

1-Basic cat senior workup:

- Comprehensive physical exam
- Comprehensive blood chemistry and complete blood count
- Thyroid testing
- Urinalysis
- Blood pressure

2-Comprehensive cat senior workup:

- Comprehensive physical exam
- Comprehensive blood chemistry and complete blood count
- Thyroid testing
- Urinalysis
- Blood pressure
- EKG
- Intraocular pressure/Schirmer Tear Test for at risk breeds

3-Basic cat geriatric workup:

- Comprehensive physical exam
- Comprehensive blood chemistry and complete blood count
- Thyroid testing
- Urinalysis
- Blood pressure

4-Comprehensive cat geriatric workup:

Comprehensive physical exam

Comprehensive blood chemistry and complete blood count

Thyroid testing

Urinalysis

Blood pressure

EKG

Intraocular pressure/Schirmer Tear Test for at risk breeds

Whole body x-rays/ Ultrasound

On occasion, our companions become ill. Since they cannot speak to us, recognizing signs of pain can be difficult. The chart below can be used as a guideline. If you believe your cat is in pain or even suspect your companion may be painful, please call the Animal Hospital to make an appointment for an exam.

CAT PAIN SYMPTOMS	
POSTURE	Tucked limbs Arched or hunched head and neck or back Tucked abdomen Lying flat Slumping of body Drooping of head
TEMPERAMENT	Aggressive Biting Scratching Chewing Attacking Escaping Hiding
VOCALIZATION	Crying Hissing Spitting Moaning Screaming Purring
LOCOMOTION	Reluctance to move Carrying one leg Lameness Unusual gait Unable to walk Inactive
OTHER	Attacks if painful site is touched Failure to groom Dilated pupils No interest in food or play

PET INSURANCE OPTIONS

Due to the rising cost of veterinary care, the following is a list of pet insurance companies listed on the web.

1. PetPlan: Gopetplan.com/aaha
2. Pets Best: Petsbest.com/healthypet
3. ASPCA: Wecoverthat.com 1-866-230-4749
4. Trupanion: www.trupanionpetinsurance.com
5. Pet First Healthcare : www.petfirst.com
6. Health Insurance for Pet Alternative: www.petassure.com
7. Pet First Healthcare : www.petfirst.com
8. Pet Insurance Programs: www.petcareinsurance.com
9. Sheltercare Pet Insurance Programs: www.sheltercare.com
10. Free Pet Health Insurance Quotes: www.free-pet-health-insurance-quotes.com
11. Fetch: fetchpet.com/vets 833-926-2431
12. Pet Insurance Finder: www.petinsurancefinder.com
13. Purina Care: www.PurinaCare.com
1-877-8-PURINA (787462)

Another helpful website sponsored by AAHA (American Animal Hospital Association): www.healthypet.com

The Animal Hospital of Sullivan County is an Accredited American Animal Hospital (AAHA) member since 1987. It has voluntarily achieved the high standards of AAHA which pertain to facilities, equipment for medical and surgical management of our patients, practice methods for medicine and surgery and management. The purpose of AAHA is to enhance the abilities of veterinarians to successfully conduct their practices and maintain their facilities with high standards of excellence. Evidence of compliance with these standards is determined through periodic on-site evaluations of the practice by consultants of the Association.

Services:

Well and Sick Care for dogs, cats, birds, pocket pets

Preventative Medicine

- Complete physical exams by the veterinarian
- Vaccination based on the lifestyle of the patient
- Nutrition counseling to maintain a healthy weight
- Nutrition counseling to manage medical conditions
- Dental care
- Safe up to date internal and external parasite control
- Behavior counseling
- Early disease detection through exams and lab work

Surgery

- Soft tissue surgery to include spays, neuters, abdominal surgery, skin and muscle, etc.
- Safe up to date anesthesia to include intubation and gas anesthesia
- Pain management before, during and after surgery
- Anesthetic monitoring to include pulse oximetry, capnograph, blood pressure, EKG, body temperature, technical monitoring
- Clear go home instructions to insure surgery is successful during the healing process

Senior and Mature Senior care

- Twice yearly exams.
- Yearly senior lab work for early detection of disease
- Wellness counseling

Avian Medicine

- Well and Sick care

Other

- In-house laboratory with results within 30 minutes for immediate care

- Hospital services for the sick – IV pumps for fluid therapy, oxygen therapy, body temperature management, licensed veterinary technicians for excellent nursing care
- Computerized records and patient report with every visit
- Digital x-ray technology that allows specialty consults within 24 hours
- Ultrasound, Endoscopy by a Board Certified Internal Medicine Specialist
- Universal Microchips that can be registered on-line
- Limited house calls
- After hour emergencies from 7am to 9pm
- Treatment plans
- We Care to help finance treatment plans over time for 0% interest
- Rewards on heartgard, revolution, simparica and Vectra products
- A friendly well trained caring staff
- A modern clean facility
- Boarding and limited grooming

Hours by Appointment:

Monday – Thursday 7:30 am - 6pm

Friday 7:30 – 5pm

Most Saturdays 7:30 am – 2 pm

We offer convenient early morning admittance hours six days a week.

In case of an emergency call 845-292-6711 and our message will direct you to the closest emergency clinic.

We truly strive to live by our Motto: **Service --- Pets --- People**

Welcome!

A PET'S PRAYER

By: Beth Norman Hauls

Treat me kindly, my beloved master, for no heart in all the world is more grateful for kindness than the loving heart of me.

Do not break my spirit with a stick, for though I should lick your hand between the blows, your patience and understanding will more quickly teach me the things you would have me do.

Speak to me often, for your voice is the world's sweetest music.

When it is cold and wet, please take me inside, for I am now a domesticated animal, no longer used to bitter elements. And I ask no greater glory than the privilege of sitting at your feet beside the hearth. Though had you no home, I would rather follow you through ice and snow than rest upon the softest pillow in the warmest home in all the land, for you are my god and I am your devoted worshipper.

Keep my pan filled with fresh water, for although I should not reproach you were it dry, I cannot tell you when I suffer thirst.

Feed me clean food, that I may stay well to romp and play and do your bidding, to walk by your side, and stand ready, willing, and able to protect you with my life should your life be in danger.

And, beloved master, should the great Master see fit to deprive me of my health or sight, do not turn me away from you. Rather, hold me gently in your arms as skilled hands grant me merciful bounty of eternal rest- and I will leave you knowing with the last breath I drew, my fate was ever safest in your hands.