



# NUTRITION AND WELLNESS

## Nutrition for Prevention

As pets move through their life cycle, their nutritional requirements change. Puppies and kittens need more protein for growth. Active pets require different caloric intake than sedentary pets. And, as pets get older, their diets should be changed to reflect their needs. Senior pets require a lower fat, high fiber or low protein diet. A proper diet is vital to the health of your pet at any age.

Unless poor nutrition is causing a disorder that can be physically seen, such as coat color change or poor growth in a young animal, it may not be viewed as a problem. Dietary counseling is important and we want to assist you in choosing an appropriate nutrition plan for your pet. There is no one perfect food or feeding strategy for every animal. The best food is the one that provides a complete and balanced profile of all the essential nutrients for your pet, the one your pet likes to eat, the one you like to feed and the one that makes your pet look and feel good. It really is essential that a high-quality basic food be fed. A lower quality food can't be made better by adding supplements. Supplements should only be

used to help manage chronic conditions. Additionally, giving your pet people food, as well intentioned as that gesture is, is potentially quite harmful to your pet.

Consider this...if you give just one regular old potato chip to your 10 lb cat, it's like giving him half of a hamburger or a 2 oz. chocolate bar!! Treating your 20 lb. dog to one *small* cookie is equivalent to one hamburger...a 1 oz. piece of cheese is equivalent to 2 1/2 hamburgers!! There are low calorie snacking options available for our pets and we'd be happy to explore them with you.



### Visit our Website

We have a new category called "The Circle of Care" on our website. We want to be involved in the care of your pet...so, the circle is you, your animal companions, and us.

In this area, you will find information you can download and print that may be helpful as we work together toward the mutual goal of a long, healthy, happy life for all of our

beloved pets. As you may be aware, Mooch passed away on September 5th. He lived to be an old guy and he did have health issues. But, these were managed by early diagnosis, good nutrition and the appropriate medication. We miss him very much.

[www.silvermaple vet.com](http://www.silvermaple vet.com)

Calendar of Events	
Holiday Newsletter	December
Spay Neuter Clinic	Oct.-Jan.
Uncle Ralph's Cookie Sale	Oct.-Nov.
Parasite Awareness Month	April-May
Lyme Disease Awareness Month	April-May
February Dental Awareness	Feb. 2009

**Silver Maple Veterinary Clinic**  
 14993 Kutztown Road  
 Kutztown, PA 19530  
 610-683-7988  
[www.silvermaple vet.com](http://www.silvermaple vet.com)  
 Annemarie Yoder, DVM Samuel Yoder, VMD  
 Elizabeth Lopez, VMD Laurel DeMaula, DVM

## What Constitutes Wellness?

Wellness is the balance of internal and external forces that promotes optimal health and longevity. In general, for cats and dogs that share our homes, this means they should:

- ◆ Be free from preventable discomfort and/or pain.
- ◆ Be free of preventable disease (including obesity).
- ◆ Have access to fresh water and food that meets the pet's specific nutritional needs.
- ◆ Have the opportunity for regular exercise.
- ◆ Have an enriching environment free from unnecessary stress.

- ◆ Have routine preventive care.

Wellness is often equated with good health, but there are many medical conditions that are not preventable. Thus, wellness should also take into account the given individual's life stage and any concurrent disease. A pet with a chronic medical condition can still follow wellness guidelines to maintain optimal health for specific circumstances.

Our job is to provide you with the most accurate information as to how we can keep your pet healthy. This is what the circle of care personifies.



### Environmental Enrichment Ideas

**Dogs:** foraging for food - scatter or hide food so the dog has to find it, place novel scents (herbs) throughout the environment, fill a child's wading pool with water (under supervision) or sand for the dog to play or dig in, hang a rope or inner tube up for the dog to tug on. My dogs love to play with partially deflated soccer balls...they can get a good hold on them, give them a good shake and they run off like they have the best prize in the world.

**Cats:** provide perches near windows for outdoor observation, play interactive games that mimic hunting behaviors, get out a good old fashioned paper bag and encourage play, or get a "cat movie" - videos devised for feline viewing from your local library.

## Obesity affects their future...not just their figure.

Overweight and obese dogs and cats are more susceptible to a wide range of health problems, like:

**Diabetes:** early warning signs can include weakness, increased thirst, frequent urination, unexplained weight loss, depression or abdominal pain.

**Arthritis and other joint disorders:** signs can include behavioral changes, limping, stiffness or difficulty climbing stairs.

**Heart disease:** signs can include coughing, lethargy, difficulty breathing, intolerance to exercise, loss of appetite or unexplained weight loss.

**High blood pressure:** as there are no visible warning signs, we recommend that you bring your pet in for a regular wellness examination.

**Skin problems:** early signs include un-

*Nearly 35% of dogs and cats are overweight. Is yours??*

kempt hair coat. Look for repeated itching and scratching.

If your dog or cat exhibit any of these signs, please call us. We'll set up an appointment and review

the history and health of your pet to get him started on a path to wellness.

## Uncle Ralph's Cookie Sale

We get the irony....the focus of this newsletter was good nutrition for our pets and here we are having a fund raising event selling COOKIES! But, it's for a good cause....all proceeds will go to the Silver Maple Veterinary Clinic Benefit Fund. We also make hundreds of dollars of donations a year to various local organizations, such as the New Arts Program, many Kutztown School District programs, Kutztown Optimist Club, Cat

Works, as well as national organizations, such as Breast Cancer Awareness, Muscular Dystrophy, National MS Society, and the Humane Society. So, imagine being able to present a platter of cookies to the host of a party, or giving them as a gift, or eating them yourself...just don't tell your dog or cat! And, it's for a good cause so that negates any guilt that might be associated with eating them.

