



## Top Wellness Tips from Your Veterinary Team



Happy "National Pet Wellness Month!" Each October, the American Veterinary Medical Association (AVMA), Fort Dodge Animal Health, and the AVMA's over 71,000 member veterinary hospitals participate in this nation-wide campaign to educate their clients and help to make a difference in the lives of our pets.



If you've ever wondered why veterinarians push to see their patients at least once a year, this special edition of the West Chelsea Veterinary "Tips + Tails" will give you the answers. Several of our doctors, along with our practice manager, Liz Luboja, have contributed to this newsletter.

rapidly, their annual or bi-annual veterinary visit can actually be the equivalent of a person seeing their doctor or dentist once every five years."

### How does pet aging compare to humans?

Dr. Jennifer Mlekoday, Veterinarian and Co-Chief of Staff, believes it's most important for her clients to understand that, "The process of aging for pets depends most on their size and breed which in turn affects the speed of their metabolism. For example, cats and small dogs may be considered 'seniors' at the ages of 8 or 9, while large breed dogs hit their senior years in the 6-7 year old age range," she adds. "Big or small, regular wellness exams will help dogs and cats live into their teens and beyond!"

### What are the benefits of twice-a-year exams?

Dr. Courtney Maeda explains, "For older pets, a wellness examination every six months is highly recommended. In young pets, an annual exam is sufficient and allows veterinarians an important opportunity to examine them, ideally preventing or detecting and treating any issues before they have the chance to become serious. These exams are also the perfect time to have

a conversation with your vet about your pet's routine and any changes you may have noticed in their diet, behavior, etc." She continues, "Keep your finger on the pulse of wellness by doing annual blood work for pets older than five to seven years. Annual blood screening is one of the best ways to catch any changes early."

### Does my senior pet really need to visit a veterinarian twice a year, especially if they aren't as active as they used to be?

"It's particularly important for older cats and dogs to receive a twice-a-year wellness exam since they are at a higher risk for health issues," urges Practice Manager, Liz Luboja. "The good news is, many of these health risks are completely treatable if diagnosed early. Senior wellness exams are designed for making sure pets get the most out of their golden years."

### About Pet Wellness Examinations

A typical pet wellness exam can include screenings for potential health issues, vaccinations and a discussion about your pet's lifestyle, diet, dental health and daily habits. During this exam, your veterinarian can also develop a flea, tick and parasite prevention program, specifically for your pet.

For more about pet aging, wellness exams and to view a "Pet Age Calculator," visit the National Pet Wellness Month web site at [www.NPWM.com](http://www.NPWM.com).

### WORLD'S OLDEST PETS FACTOID

*The oldest recorded age of a cat is 34 years. The oldest recorded age of a dog is 29.*

*Courtesy of the American Veterinary Medical Association*

No doubt, health-savvy New Yorkers understand the importance of annual medical and dental



check ups. Your furry family members count on their regular check ups too, with one important difference - pets age faster than people. According to West Chelsea Vet's owner and Chief of Staff, Dr. Michael Farber, "Because pets age more



## NEWS + EVENTS



### October 10th-16th is National Veterinary Technician Week

"Hands-on-healing" describes the work done by veterinary technicians every day. To honor their ongoing commitment to our pets, the National Association of Veterinary Technicians of America (NAVTA) has made it the official catchphrase for the 17th annual "National Veterinary Technician Week".

According to NAVTA, "Celebrating for one week each year solidifies the commitment every veterinary technician gives to the profession of veterinary technology, veterinary assisting and veterinary medicine." West Chelsea Vet is proud to have seven talented and caring licensed veterinary technicians who are an absolutely essential part of our healthcare team. Between them, they have over 70 years of experience in providing exceptional nursing care to our patients. We would like to join NAVTA in thanking them for all of the kindness and warmth they provide our furry friends every day.

### Our outstanding vet tech team members are:

Jose Lopez, Aileen Avalos, Candace Jones, Sheena Alliers, Niomi Bailey, Victoria Newman and Jonathan Alvarado



### Have a Purr-Fect Halloween

#### BY KEEPING THE FOLLOWING IN MIND:

- Keep your bounty of candy away from pets, including wrappers.
- Wires from festive lights and even decorations can be a danger if chewed or swallowed.
- Candle flames can lead to burns and even house fires if knocked over.
- Dressing up may be cute, but for pets that prefer their birthday suits, a costume can cause unwanted stress. Make sure they're safe and comfortable.
- Trick or Treaters can definitely give pets a scare. Give them a safe, quiet place to stay during these visits.

