

*Laurelhurst Veterinary Hospital & Dignified Pet Services
Cordially Invite You to Attend the*
**Fourth Annual Pet Remembrance Service
and Candlelight Ceremony**

*"Please come and celebrate with us the memory of our
beloved pets who have touched our lives
and live forever in our hearts."*

**Monday, November 8th, 2004
7:00 p.m. to 8:00 p.m.**

**Friendship Masonic Center
5625 NE Alameda Street • Portland, Oregon • (503) 885-2211**



2945 NE Sandy Blvd.
Portland, OR 97232

503.233.5222

staff@lvhvet.com
www.lvhvet.com

By appointment

Linda S. Ross, D.V.M.
Laura S. Strom, D.V.M.
Michael C. Dix, D.V.M.
Pamela F. Tate, D.V.M.
Adrianne C. Becker, D.V.M.

PRSR STD
US POSTAGE
PAID
PORTLAND, OR
PERMIT NO. 2358



Dear Friends,

My husband tells a story of a sad Christmas day he spent many years ago as a college student far from home. A ten hour drive from his family and immersed in his work and studies, he could not make it home to spend Christmas with his family. Despite offerings from well-intentioned college friends, he declined all offers and took a meager Christmas dinner of spaghetti sauce over toast (because he had no noodles in the pantry), alone in his dreary apartment. This story is compelling to me because it illustrates how stubborn we often become in our closed-mindedness and isolate ourselves from the gifts of others. It is particularly poignant now as I reflect on our year at Laurelhurst and see how far we have come through so many challenges and changes. I realize that in no small way have the success of our remodel project, the integration of our new computer operating system and our staff training and design improvements been through the amazing gifts of so many talented Laurelhurst staff members. I thank them from the bottom of my heart for all of their hard work and perseverance this year.



memory. We also hope you will come celebrate with our staff the unveiling of our grand remodel! We will be hosting a Holiday Open House on Sunday, December 5th from 1 to 4 p.m., showcasing our new surgical, treatment and dental operatory areas as well as our new medical equipment. At this event, we will be unveiling some beautiful pet portraiture in our lobby in honor of several very special animals who have become like family to us. We are so eager to share our wonderful new look and space with everyone!

Lastly, this issue brings you up to date on two common pharmaceuticals used very often in our hospital for the benefit of many dogs and cats. These drugs are discussed in detail so you can understand their benefits as well as their risks. We also bring you a checklist of pet holiday hazards. Keeping your dogs away from the chocolate treats of the season is not the only thing to guard against!

From our family to yours, I wish you all the best of the Holidays.

Most Sincerely,
Dr. Linda Ross

There is an adage that goes something like, "No one is as good as all of us are together". No where is that more true than in our hospital where the team culture is present to provide unparalleled service and veterinary healthcare to you and your family of animals. It is our passion. Not just to deliver our promise put forth in our mission, but it is our passion to work well and thrive together as a team. It is our hope that your experience with us is enriched by the sense that your pet family's needs are being met by the concerted and compassionate efforts of our family!

In this, the last of our 2004 Laurelhurst newsletters, we invite you to share in our end-of-year celebrations. Please join us on November 8th for our Fourth Annual Pet Remembrance Service and Candlelight Ceremony. It is our yearly tribute to the pets who have passed away and the families that cherish their



Convenient, Extended hours:
Monday to Friday 7:00am - 8:00pm
Saturday 8:00am - 4:00pm
Sunday 9:00am - 4:00pm
503.233.5222

Located just off I-84 at 2945 NE Sandy Blvd.

PHARMACY PROFILE

NON-STEROIDAL ANTIINFLAMMATORY DRUGS (NSAID'S)

Non-steroidal anti-inflammatory drugs (commonly referred to as "NSAID'S") are the most often used drugs in veterinary medicine besides de-wormers and flea and tick preventatives. NSAID's are used to reduce fevers, decrease the risk of blood clots and to treat some forms of cancers. However, they are most often prescribed for pain relief (analgesia) for moderate to severe pain (such as in eye or ear pain, post-soft tissue or orthopedic surgical pain, gingivitis and pain from certain cancers), and as an anti-inflammatory. Their most prevalent use in veterinary medicine is for the control of joint pain and inflammation of chronic arthritis in dogs.



Aspirin is the most well known and the oldest NSAID.

Other common ones include Advil (ibuprofen) and Tylenol (acetaminophen). **THESE TWO SHOULD NEVER BE GIVEN TO A DOG OR CAT DUE TO THEIR TOXICITY IN THESE SPECIES.**

There are a wide host of newer NSAID's that have been available in the last several years. Rimadyl (carprofen) was the first developed and widely distributed for use in dogs. Etogesic (etodolac), Deramaxx (deracoxib) and Zubrin (tepopalin) shortly followed.

Another that has been in use for years in Canada and the UK is Metacam (meloxicam). Metacam has recently received FDA approval and is now available in the United States. Most NSAIDs are extremely toxic to cats and are always prescribed with caution. Low doses of aspirin and Metacam are the most common NSAIDs given to cats.

NSAIDs provide excellent pain relief secondary to their anti-inflammatory properties. They also block the production of substances that stimulate pain receptors in the body. In the body, NSAIDs inhibit the cyclo-oxygenase (or COX) pathway. This COX pathway is involved in prostaglandin synthesis. Prostaglandins play a role in inflammation and tissue damage. Thus, decreasing prostaglandins causes a reduction in inflammation. Unfortunately, prostaglandins are also involved in regulating physiologic functions such as maintaining blood flow to the kidneys, protecting the lining of the stomach, and are involved in platelet (clotting) function. There are two cyclo-oxygenase pathways resulting in prostaglandin synthesis—COX-1 and COX-2. COX-1 is more involved in

physiologic functions, while COX-2 plays more of a role in inflammation. Therefore, it would be more desirable for an NSAID to be more COX-2 selective to treat inflammation and to decrease side effects. However, the delineation between COX-1 and COX-2 is not exact—there is crossover in their functions. Thus, the perfect NSAID to control inflammation would have an ideal ratio of COX-1/COX-2. What this ratio is, researchers aren't exactly sure. Because of this crossover in COX function, all NSAIDs have potentially worrisome side effects. These side effects include stomach ulcers, compromising kidney function, bleeding disorders, liver disease, and a condition called KCS (dry-eye). Most of these side effects occur because of too much inhibition of the COX-1 pathway. Aspirin is not recommended for long term treatment of moderate to severe pain because at therapeutic doses it invariably causes stomach ulcers. Also, aspirin should not be used before surgery because it greatly affects the body's ability to clot blood. Because there is the potential for kidney problems with NSAIDs, we recommend that blood testing be performed every 6-12 months to make sure that there are no changes in kidney function. It is this negative effect on the kidneys that make Tylenol and ibuprofen so toxic to dogs and especially cats. Any of the NSAIDs can also have negative effects on the liver, but Rimadyl has received the most press regarding this issue. It is definitely true that dogs can suffer different forms of liver disease from any of the NSAIDs—this is another reason why we recommend doing blood testing at the start of long-term NSAID therapy and every 6-12 months thereafter. Etogesic has been implicated in causing KCS (dry eye), which is noted by a mucoid discharge with very red eyes. If this is diagnosed, Etogesic needs to be discontinued because the damage may be irreversible.

When one of our doctors prescribes an NSAID for your pet, it is based upon the degree of pain, cause of pain, breed/species of the animal and any underlying conditions your pet may have. We then schedule recheck exams and blood work screening based on the above recommendations and any problems your pet may be experiencing while on these medications. If one NSAID is not working well (or if there are side effects to one medication), it does not mean there would be the same issues with a different NSAID. Thus, sometimes it is pertinent to change the class of NSAID. Please let us know if you think your pet would benefit from NSAID therapy or if you have any questions about the current treatment of your pet.

-Dr. Michael Dix



NUTRICEUTICALS

FOR MANAGING

ARTHRITIS

IN DOGS

& CATS



The term "Nutriceuticals" is used to describe a product that is neither drug nor nutrient. Different than herbal remedies, these products tend to be substances found within the body but prepared, concentrated, or synthetically produced to be given as a supplement to enhance health. Examples of some of the nutriceuticals used in veterinary medicine include chondroitin sulfate, glucosamine, and hyaluronic acid. Products containing these substances often contain other ingredients such as anti-oxidant vitamins (usually C and E), and omega fatty acids.

Nutriceuticals are not classed as drugs, but fall under the broad category of nutritional supplements. As such, they are not regulated by the FDA for purity, quality, potency or effectiveness. Quality assurance is not well regulated in these products as it is with drugs, so the labeled ingredient claim may not only be inaccurate, but it may vary from bottle to bottle. In recent studies to test the contents of products against the labeled claims of glucosamine and chondroitin sulfate, results show that some products contain 25% or less than the labeled claim, and the amount can vary from bottle to bottle by as much as four times. For the above reasons, it is important to use a reputable product or know the quality of the product and not depend solely on cost as the determining factor when choosing nutriceuticals.

The most commonly used nutriceuticals in veterinary medicine are those that support the joints and are thought to decrease pain. These products contain chondroitin sulfate, glucosamine, or hyaluronic acid. Chondroitin sulfate is a component of many tissues but its action in cartilage is thought to have a protective effect thus helping to decrease the discomfort of arthritis or joint

inflammation. In veterinary medicine, purified forms of chondroitin (more expensive) are preferred over less expensive animal tissue products because the bioavailability and amount of chondroitin in animal tissue products cannot be confirmed.

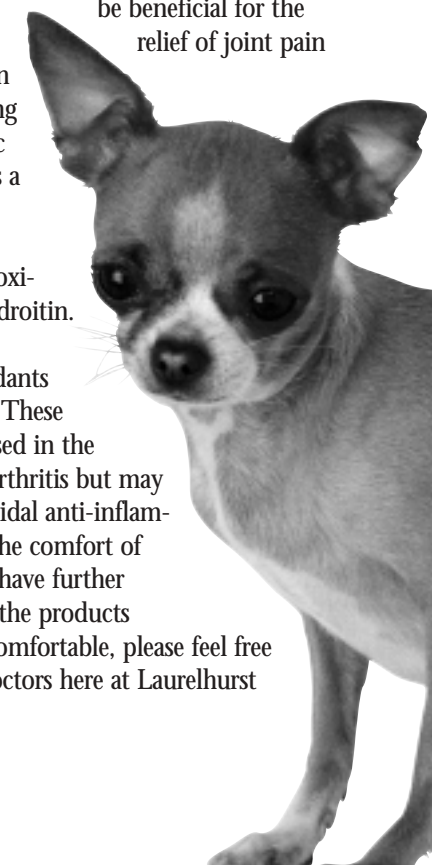
Glucosamine is another naturally occurring component of tissues which stimulates the synthesis of joint lubricants, thus protecting joint cartilage and decreasing the pain of arthritis. Studies in dogs have shown that although the bioavailability is low, it does accumulate with multiple dosing (it takes several weeks of continuous use to see the effect). Hyaluronic acid is more commonly used in horses than dogs, but is effective in injectable form. This substance is found in cartilage and joint fluid, and acts as an antioxidant, lubricant and ultimately a cushion for the joints. Because of its injectable form, it is only available as administered a veterinarian.

The products we have available at Laurelhurst Veterinary Hospital are made by reputable companies dedicated to research and development. These companies routinely test their products to assure quality and content. Cosequin, Glycoflex and Synovi G3 are quality products we believe to be beneficial for the relief of joint pain

and inflammation and have nurturing effects on arthritic joints. Cosequin is a

purified and potent form of glucosamine and chondroitin sulfate. Glycoflex is a natural form of antioxidants, chelated minerals and chondroitin. Synovi G3 is a combination of glucosamine, chondroitin, antioxidants and the anti-inflammatory MSM. These products are most helpful when used in the EARLY stages of joint aging and arthritis but may also decrease the dose of non-steroidal anti-inflammatory drug needed to maintain the comfort of advanced arthritis patients. If you have further questions about nutriceuticals or the products available to make your pet more comfortable, please feel free to discuss them with any of the doctors here at Laurelhurst Veterinary Hospital.

- Dr. Laura Strom





HOLIDAY HAZARDS

The air is getting cooler and the leaves are starting to change. I love the smell in the air as we head into the fall and winter months. The holiday season will quickly be upon us! This is a time for family, friends, food, and celebration. Our animals are frequently involved in all the holiday cheer. Here are some reminders about common holiday hazards that can bring undue injury and harm to our animals.

Grandma is in the kitchen cooking up some of her favorite dishes, but be careful not to let Fido or the cat have a nibble or sip of:

- **Alcoholic beverages**
- **Chocolate** (baker's, semi-sweet, milk chocolate)—all chocolate contains the toxin theobromine. The darker and less sweet, the more toxic the chocolate.
- **Coffee** (grounds, beans, chocolate covered espresso beans)
- **Moldy or spoiled foods**
- **Onions, onion powder**
- **Fatty Foods**
- **Salt**
- **Yeast dough** or any type of rising bread

I am a sucker for flowers and all holiday plants. We animal lovers need to be aware of some very toxic plants that are on the shelf during holiday time. Place any plants in areas that the cats and dogs cannot gain access.



- **Lilies**—any type, Tiger, Asian, Japanese, Easter, Stargazer, and Casa Blanca are extremely toxic to cats. Even a very small amount can cause acute kidney failure.
- **Poinsettias**—mostly a mouth and stomach irritant, but can cause vomiting and nausea.
- **Mistletoe**—can potentially cause cardiovascular problems, but usually just tummy upset.
- **Holly**—can cause vomiting, nausea, diarrhea, and lethargy.

My cats love it when I start setting up the Christmas tree! They think it is so fun to play with the ornaments and run around like crazy. Beware of some of the hazards surrounding your beautiful tree:

- **Christmas tree water**—could contain fertilizer and stagnant water has a lot of bacteria.
- **Electric cords**—especially for the rodent and rabbit owners; chewing can cause a fatal shock.
- **Ribbons and tinsel**—although it seems very cute that the cat is chasing around after a long, glittery string, be VERY careful. When ingested, string and tinsel can get caught up in intestines and can cause serious and life-threatening intestinal obstruction.
- **Batteries**—are very corrosive to the intestinal tract.

Although I don't think of the next category as "holiday," these are definitely winter hazards:

- **Antifreeze**—has a pleasant taste and animals will lick it readily. As little as one teaspoon can be lethal to a cat, and less than four teaspoons can be deadly to a 10 pound dog. Store antifreeze in a tight container and clean up any spills right away (or have a mechanic at an automotive garage put antifreeze in your car).
- **Liquid potpourris**—ingestion from simmer pots or spills can result in severe oral, skin irritation, or eye damage.
- **Ice melting chemicals**—we may all have some of this from the crazy ice storm the other winter. It can be irritating to the mouth and skin and ingestion can cause excessive drooling, depression, vomiting, or electrolyte imbalances.
- **Rat and mouse bait**—Please make sure if you need to use these products or if you have an exterminator out, they place the products in an area that is inaccessible to your animals.


If you have any questions regarding any toxic substance or ingestion, please call our hospital and we will be happy to discuss it with you. Another important resource all animal owners should have available is the ASPCA Animal Poison Control Hotline. This is a 24 hour 7 day a week poison control center devoted to animals. They have veterinarians on staff and are very dedicated with a huge amount of toxicological knowledge. We routinely use them as a valuable resource.

1-888-4ANI-HELP • <http://www.apcc.aspc.org>

Have a safe and wonderful Holiday Season!

Adrienne Becker, DVM





**LAURELHURST
VETERINARY HOSPITAL**

**HOLIDAY 2004
CALENDAR OF EVENTS**

OCTOBER 31
Daylight Savings Time Ends
Halloween
Regular Sunday Office Hours
9 a.m. - 4 p.m.

NOVEMBER 1
New Winter Hours Commence
M-F 7:30 a.m. - 7:00 p.m.
Sat. 8-4 • Sun. 9-4

NOVEMBER 8
Laurelhurst Veterinary Hospital and Dignified Pet Services Presents the Fourth Annual Pet Remembrance and Candlelight Ceremony
7 to 8 p.m. at the Friendship Masonic Center
5625 NE Alameda Street, Portland Oregon
Office Closes at 5 p.m.

NOVEMBER 24
Thanksgiving Wednesday
Office Closes at 5 p.m.

NOVEMBER 25
Thanksgiving Day
Office Closed

DECEMBER 5
Laurelhurst Veterinary Hospital
Remodel Open House
1:00 to 4:00 p.m.

DECEMBER 8
Hanukkah

DECEMBER 24th
Christmas Eve
Office Closes at 2 p.m.

DECEMBER 25 & 26
Christmas Holiday
Office Closed

DECEMBER 31
New Year's Eve
Office Closes at 5 p.m.

JANUARY 1
New Year's Day
Office Closed