



WINTER 2015

ANDOVER
ANIMAL HOSPITAL

Around the Barn

Andover Animal Hospital

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Newton, NJ 07860
Phone: (973) 940-BARN (2276)
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www.andoveranimalhospital.com

Hours

Monday: 8:00am - 8:00pm
Tuesday: 8:00am - 8:00pm
Wednesday: 8:00am - 6:00pm
Thursday: 8:00am - 8:00pm
Friday: 8:00am - 5:00pm
Saturday: 8:00am - 12:00pm
Sunday: Closed

Harvey E. Hummel, VMD
Shelley L. Parker, DVM
Wendy Turner, DVM

Wendy Turner, DVM

Dr. Turner has been working with us as a part-time associate veterinarian since May 2013. Some of you have already met her, either during a visit with your pet or during her amazing presentations at our Cat Club seminars. Some of you have also requested we add more doctor hours. We are happy to announce that in 2015 Dr. Turner will be a full-time associate at Andover Animal Hospital!

Dr. Turner obtained her bachelor's degree in biology from the University of Colorado, and continued her studies at Colorado State University, earning her Doctor of Veterinary Medicine (DVM) in 2002. Dr. Turner resides in Mountain Lakes with her son, Francis, her dog, Miles, and her cats, Merry, Pippin and Fuzzy. She enjoys long distance running, and is usually in training for a half or full marathon at any given time. Dr. Turner is a member of the American Association of Feline Practitioners, having a special interest in the prevention and treatment of disease in our feline friends.

Bad Breath – Oh, No!

Take the sniff test – does your pet's mouth smell not-so-sweet? A bad odor can be a sign of serious problems, such as periodontal disease. Here are some common myths regarding dental health: True or False?

Pets are supposed to have bad breath.

FALSE: An odor is not normal. As with people, bad breath in pets is often a sign of dental disease or some other problem. Dental disease is linked to serious medical issues, including heart, liver and kidney disease.

Pets don't need regular oral hygiene at home.

FALSE: Even with regular professional dental cleanings, your pet needs some type of home care. This can range from brushing (most effective) to special chews, oral rinses or water additives.

Pets' mouths clean themselves.

FALSE: Food particles mix with bacteria and saliva to form the soft plaque that turns into hard brown tartar in about 48 hours. Tartar works its way under the gum line, causing pain, infection and eventual loosening of the teeth.

Cats don't need dental care.

FALSE: Cats and small-breed dogs often require more dental care than larger-breed dogs.

We never took my dog or cat to the vet for a dental cleaning when I was growing up.

TRUE: Our pets are becoming more like family members. We notice more just because we are closer to them, both physically and emotionally. Advances in awareness and in



This dog's periodontal disease was so advanced and painful that he had to have 17 teeth extracted. (Dogs have 42 teeth.)

veterinary medicine mean we can do more to help our pets live longer, happier, pain-free lives.

Signs your pet is suffering from dental disease include bad breath, red gums, pus oozing from gums, facial swelling, yellow or brownish build-up on the teeth, discharge from the mouth, pawing at the mouth, dropping food, eating on one side only or stopping eating entirely.

What we can do is conduct a thorough head-to-toe exam. If dental disease is present, we will discuss it with you and recommend a dental procedure. It's necessary for your pet to be anesthetized to fully diagnose the source and extent of the problem, and to clean, polish and possibly extract any diseased teeth. We recommend pre-anesthetic bloodwork first, and possibly other tests depending on your pet's history and exam.

The shocking statistic is that 87% of dogs and 70% of cats over the age of three years have some form of dental disease. Our goal is to NOT have your beloved pet be one of those statistics!



Anatomy of the Knee

Back leg lameness is the bane of competitive dogs in any sport, and a problem for couch potatoes as well. That lameness often occurs in the knee. The knee joint, or stifle, connects the femur (thigh bone) to the tibia (lower leg bone), and is considered one of the most complex joints in the body.

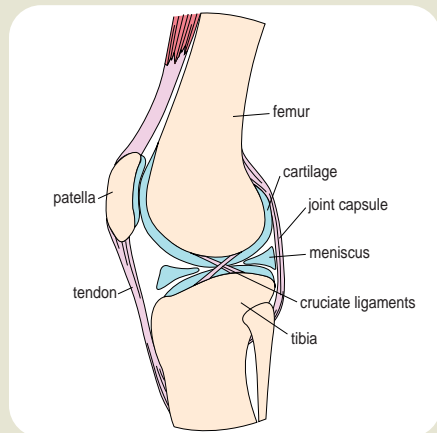


Image courtesy of Kurt S. Schulz, DVM, MS, DACVS

- The patella, or kneecap, is on the front of the joint.
- Four ligaments stabilize the stifle. There are two cruciate ligaments: the cranial cruciate in front, and the caudal cruciate in the back. In humans, these are known as the anterior cruciate ligament (ACL) and posterior cruciate ligament, respectively. The collateral ligaments are on each side.
- Two small cushions of fibrocartilage, known as the menisci, sit between the femur and tibia. They provide cushioning, shock absorption and stability to the joint, and contribute to joint lubrication. Meniscal tears often occur secondarily to CCL ruptures.
- A joint capsule keeps everything lubricated.
- Muscles provide movement.
- Tendons hold the muscles to the bone.

CCLR

Tiger Woods and quarterback Tom Brady have both suffered from ACL injuries; it's a common sports injury in humans. Likewise, rupture of the cranial



cruciate ligament (CCL) in dogs is one of the most common reasons for hind-end lameness and subsequent arthritis in the knee.

Dogs of any age, breed or sex can suffer from cranial cruciate ligament rupture, or CCLR. Older, overweight dogs are at greater risk, and it occurs more frequently in some breeds, including Labrador Retrievers and Rottweilers. The cause is often unknown, and the reason it is so common in dogs is still not completely understood. Factors may include the slow degeneration of tissue that comes with aging, conformation (the skeletal structure of the dog), genetics, the presence of other underlying problems in the joint, obesity and poor physical condition. Acute injury in young, athletic dogs occurs less frequently, and can result from strenuous activity where an abnormal stress is placed on the joint.

Acute injuries may present with an obvious, toe-touching lameness which seems to get better over time but never completely heals. CCLR may start as a partial tear, with the dog showing only occasional lameness, sometimes with exercise or when the dog first gets up after sleeping. Partial tears typically lead to complete ruptures, and studies have shown that at least 40% of dogs that experience a CCL tear in one knee will later develop a tear in the other knee.

The CCL is the most important stabilizer for the joint, so when it is damaged, abnormal wear occurs as the bones and meniscus rub against each other. Bone spurs and osteoarthritis can start to develop in as little as one to three weeks after injury, resulting in more pain and decreased mobility. Tearing of the meniscus often occurs after a CCL rupture, causing additional pain.

Diagnosis of a complete rupture is often straightforward: your veterinarian will watch the dog's gait and palpate the knee. A knee with a ruptured cruciate no longer has the stability to keep the tibia in place, so your veterinarian can elicit a "drawer" movement of the bones. A "medial buttress," or thickening of the inner side of the joint, may also be detected. Diagnosis of a partial tear is more difficult, and may require additional tests such as MRI, arthroscopy or exploratory surgery.

Small dogs under 30 pounds and some dogs with only a partial ligament tear sometimes regain stability with exercise restriction, weight loss and anti-inflammatories. For most dogs, surgery is recommended to restore stability to the joint. Several surgical techniques are currently in use. The technique that is most appropriate for your pet depends on age, size, activity level and conformation of the joint.

The prognosis for most dogs who undergo surgical repair of CCLR is good. Exercise restriction and appropriate physical therapy are crucial after surgery, and owners should carefully follow their veterinarian's discharge instructions.

**"Never underestimate the warmth of a cold nose."
– Unknown**



Patellar Luxation

The **patella**, or kneecap, is a thick, triangular-shaped bone that serves to protect the knee joint. It slides up and down a groove in the femur, called the trochlea, as the knee bends and extends. If the patella pops out of the groove, it is known as a patellar luxation. This can occur in dogs, cats and humans. The patella can luxate in either direction: toward the inside (medial) or outside (lateral) or both (bilateral).

Patella luxation can be a result of a congenital defect or trauma. When it's caused by trauma, the signs usually appear suddenly. If genetic, the signs may emerge slowly and worsen over time.

Luxating patellas are graded on a scale of 1 to 4:

- Grade 1, can be manually luxated but moves back easily
- Grade 2, frequent luxation
- Grade 3, always luxated but the animal may still use the limb
- Grade 4, out all the time. The limb is either non-weight-bearing or the animal moves in a crouched position.

The signs vary widely, depending on the degree of luxation. For low grade luxation, signs include intermittent lameness, an unusual "skipping" gait and an unwillingness to jump. The animal returns to normal movement when the patella returns to the trochlear groove. Pets with moderate to severe luxation may exhibit a bow-legged or knock-kneed appearance (depending on the direction of the luxation), frequent lameness and even an inability to stand.

Mild cases may not need treatment. Each case is evaluated individually, but in general, surgery is recommended for grades 3 & 4. Untreated, moderate to severe patellar luxation predisposes the knee joint to other problems, such as cranial cruciate tears and osteoarthritis.

The prognosis after surgery depends on the degree of luxation and whether additional injury or arthritis has occurred in the knee. Appropriate rest/recuperation followed by physical therapy are key to successful outcomes after surgery. Overweight cats and dogs will have a much harder time dealing with low grade luxating patellas and are less successful in recovering from surgery.



“Licking your paws is only the first step. After that, you need to use a good antibacterial body wash, then an exfoliating herbal facial scrub, followed by an avocado moisturizing cleanser.”

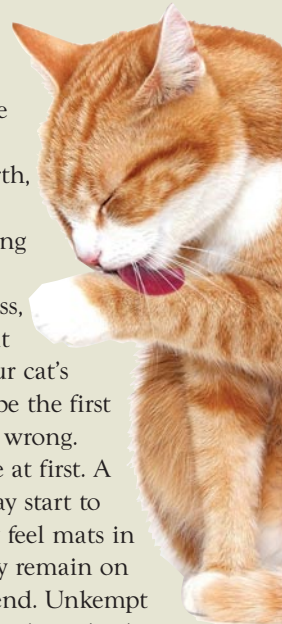
Fastidious Felines

Cats are perhaps the most fastidious four-footed creatures on earth, well known for their meticulous self-grooming habits. Cats are also masters at hiding illness, so for the observant cat owner, a change in your cat's grooming habits may be the first sign that something is wrong.

Signs may be subtle at first. A normally silky coat may start to feel coarse, or you may feel mats in the fur. Kitty litter may remain on the paws or the hind end. Unkempt fur is uncomfortable, and can lead to further health problems. Mats can pull on the skin and harbor bacteria or yeast that can cause infections. Mats on the back legs can trap bits of feces, which may then be rubbed on any furniture where the cat sits.

The two most prominent reasons for a change in grooming habits are obesity and arthritis. Fat cats often can't reach some of the spots they would dearly like to keep clean! The same is true for cats suffering from the pain of arthritis. A poor coat and reduced grooming can also be indicators of other health issues, such as thyroid or kidney problems. A trip to your veterinarian at the first sign of a poor coat may help catch an illness in its early stages, when it is easier and less costly to treat.

After you've seen your veterinarian, it's a good idea to help your cat get back on track with grooming. Start with short sessions and a wide-toothed comb so you're not pulling and causing discomfort. Reward your cat with some high value, low calorie treats. With patience, most cats will learn to accept and enjoy being groomed. If it's too difficult, consider visiting a professional groomer. Your cat will be healthier and happier with a clean, well-groomed coat!



AAHA survey

Thank you to everyone who participated in our survey last fall! We are very pleased that most of you are aware that we are AAHA accredited. Every three years we are re-evaluated on approximately 900 rigorous veterinary standards of excellence. It keeps us on our toes, and always focused on the best veterinary medicine we can offer. We also appreciate the many wonderful positive comments we received, and are happy that you know how much we care. Be assured that we are taking your suggestions under serious consideration, as we are always looking for ways to improve our service.




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243 Newton Sparta Road, Newton, NJ 07860


25 years of excellence




Bonanza

 We now have a complete library of pet health information accessible from the home page of our website www.andoveranimalhospital.com. It consists of approximately 1,500 articles written and reviewed by veterinarians, and regularly updated with new information and articles. We know that you want to be as informed as possible about your pet's health, and we wanted to provide you a reputable, reliable and accurate source that can be quickly accessed.

 Keep an eye on our website and Facebook page for coming events in 2015. We're planning more cat and dog club seminars, and for new puppy owners, we are continuing our complimentary puppy socialization classes with Dee Broton. Look for the addition of Pet CPR and First Aid classes as well!

 You will find all of our archived newsletters for easy and forever reference posted on our website, www.andoveranimalhospital.com. We've also added access to the AAHA *PetsMatter News*, where you can scroll

and find numerous engaging and timely articles. Click on our "Resources" section for these and valuable links to boarding facilities, groomers, pet sitters, trainers, our blog, and helpful websites we have already rigorously evaluated.

 Check out our selection of healthy and tasty cat and dog treats! We offer treats for those pets on special diets, pets who need some teeth-cleaning action or who just want something yummy yet good for them. The holidays are over, but these treats still make great gifts.

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Cat Exam Appointment

\$10 OFF

Make an exam appointment for your cat with Dr. Turner between Jan 15 and April 15, 2015, and receive \$10 off your visit! ****Your kitty must be a new patient for Dr. Turner****

Refer a new client to Dr. Turner, dog or cat, and receive a \$20 credit on your account!

VALID JAN 15-APRIL 15, 2015

PLEASE PRESENT THIS COUPON *Limit one coupon per new kitty patient. Cannot be combined with any other offers.*

