

Elburn Animal Hospital Newsletter

May 2019

Welcome

April brought plenty of showers, (and snow), now ready for May flowers! May 6 – 12 is National Pet Week! We will be sharing some ways to celebrate this week in this newsletter. If you have any questions or comments or have a topic you would like to hear about please contact our staff at 630-365-9599 or you can contact us via email: 3lburn@sbcglobal.net



There are many things you can do to honor and celebrate your pet for National Pet Week!

- 1) Make sure your pet has had a recent exam with your vet. Make sure they are current on vaccines, heartworm test and fecal check and are getting their heartworm (and flea & tick) preventative monthly and on time.
- 2) Pay attention to your pet's oral health. Brush their teeth daily with pet toothpaste (no human toothpaste).
- 3) Bake your pet some healthy homemade treats! (There is a recipe for homemade sweet potato treats on the last two pages)
- 4) Take your pet on a road trip, swim, hike, and camp out under the stars! Make sure you take along their

food, water, any medications they are on, a first aid kit, poop bags, and please make sure they have identification tags on and are microchipped! Please make sure your contact information on your pet's tags and the registration for your pet's microchip are current. Also it is a good idea to take copies of your pet's medical records with you.

- 5) Give your dog a bath, trim his/her nails and give them a good brushing! Use an oatmeal based shampoo as to not irritate any sensitive skin problems.
- 6) Take your pet shopping for a new toy, bed, or collar.
- 7) Take your pet to a pet friendly outdoor café.
- 8) Teach your pet new tricks! Play fetch or Frisbee, or visit a dog park!
- 9) Volunteer at your local animal shelter in honor of your pet.
- 10) And last but not least, give your pet extra love and cuddle time!



Pets and allergies

If you're suffering from seasonal allergies this spring, chances are your pet could be too.

It's not unusual for dogs and cats

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to react to allergens like grass pollen and dust mites.

These seasonal flares usually happen spring and fall.

While humans are prone to sneezing, sniffles and watery eyes, dogs and cats tend to experience itching when they have an allergic reaction.

Itching can typically vary in location, but most of the time you will see it in the areas of contact, for most environmental allergies, so most likely the paws and belly.

When it comes to treatment, your vet will need to rule out any secondary infections caused by broken skin due to scratching.

Fleas and mange can also be a source of itchiness and will need to be treated as well.

Symptoms can be treated using antihistamines and other medications that manage the immune system's response to allergens.

Allergies cannot be cured, but there are some precautions that you can take such as bathing on a regular basis with a gentle oatmeal based shampoo, or you may even need a prescription medicated shampoo from your vet.

Wipe your pet's feet off when they come in from the outside, also if they are low to the ground, wipe off their underside. Do what you can to make sure their environment is being controlled.



We will be closed Monday, May 27th in observance of Memorial Day. We will reopen at our regular time on Tuesday, May 28th at 9 a.m.

If you have any questions or comments, please email us at 3lburn@sbcglobal.net or call 630-365-9599! If you have a subject you would like covered in our newsletter please let us know!



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Sweet Potato Dog Chew

- 1 Large Sweet Potato, washed & dried

Instructions:

- 1.Preheat oven to 250°
- 2.Line a baking sheet with parchment paper.
- 3.Cut off one side of the sweet potato lengthwise, as close to the edge as possible. Cutting the side of the potato first allows you to then turn the potato onto this flat surface that you have just created. Having a stable area to rest the potato will make it easier to cut the potato into slices. Don't discard that first piece, it comes out just as yummy as the rest!
- 4.Cut the rest of the potato into 1/3" slices, no smaller than 1/4".
- 5.Place them on the prepared baking sheet.
- 6.Bake for 3 hours, turning half way through.
- 7.Cool completely on a wire rack.

Storing - Although these treats are dried, you will want to keep them in the refrigerator for up to 3 weeks. You can freeze them for up to 4 months.

- Choosing a Sweet Potato - You want to find a potato that is as uniform in shape as possible. This will aid in the drying process as the pieces will be similar in shape and will cook through at the same time. Also, try to find one that has fewer blemishes or bruises. While you're picking one to make a sweet potato dog chew, go ahead and pick some for the family, too!

•Yam or Sweet Potato - You can use sweet potatoes, like we did, or yams. If you are in the USA, most likely you will find sweet potatoes in your local market. Either way, this root vegetable makes a tasty dog treat.

•Knife Skills - If you are a pro with a knife, you may not need to cut off one side to stable your potato. If that's the case, then by all means skip that step. However, for those of us who are handier with a pastry bag, than a knife, having a stable surface makes all the difference.

•Cutting Even Pieces - One way to ensure your pieces are as even as possible, is to first rest your knife where you would like to cut. Then press down gently across the entire length of the knife. Make a slight cut, then press firmly on your knife from one end to the other, and cut all the way through.

•Degree of Chewiness - Baking for 3 hours results in a soft, but chewy dog treat. If your dog prefers more of a crunch, then bake for an additional 20-30 minutes. When you take the sweet potatoes out of the oven, they may at first appear to be too soft. Let them cool completely on a wire rack before you decide whether or not to bake them longer. This is because they will continue to dry or harden while cooling.

•Finished Color of Treat - Sweet potatoes can vary in flesh color when raw. So, when baked they can be lighter or darker than the chews in the above photo. The texture is what you need to be most concerned with. Bake longer or shorter for the texture that your dog prefers.

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- Parchment Paper - Parchment paper helps to keep the sweet potatoes from sticking to the pan during the drying process. If you do not have parchment paper, you can use baking safe aluminum foil. Do not use wax paper as it is not safe for oven use.