

# Elburn Animal Hospital Newsletter

## April 2019

### Welcome

April is here, waiting for spring to wake up!! April 7 - 13 is "Healthy Pet Week", so we will be talking about ways to keep your pet happy and healthy. 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](mailto:3lburn@sbcglobal.net)

### 1) Healthy pets contribute to healthy people!

- Studies have shown that the bond between people and their pets can increase fitness, lower stress, and bring happiness to owners.

- The Centers for Disease Control and Prevention has documented that pet ownership has many health benefits to humans including:

- decreases in blood pressure, cholesterol, triglyceride levels
- prevents feelings of loneliness
- increases the opportunity for outdoor activity and socialization

Because our pets do so much to keep us healthy, we need to return the favor and keep them healthy!

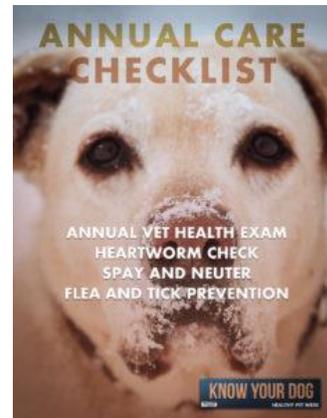
### 2) What can pet owners do to help celebrate healthy pet week?

- Preventing disease is often a lot easier and inexpensive than treating disease once it develops
- We recommend that all pets be seen semiannually by a veterinarian, and at that time you can customize a wellness plan to your pet's needs:
  - Dental disease evaluation
  - Routine parasite check
  - Flea and tick preventative
  - Heartworm preventative

- Vaccinations, perhaps they need the canine influenza vaccine if they go to dog parks, are boarded, etc...

### 3) Is there anything else pet owners can do at home to keep their pets healthy?

- Yes! Pet owners are absolutely part of the team that makes up their pet's healthcare unit.
- Keeping pets at a healthy weight by exercising and feeding an appropriate diet are key factors to a long healthy life
- Brushing teeth daily
- And last but not least, lots of TLC!



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### Top 5 Easter toxins

#### 1. CHOCOLATE

Easter is typically the APCC's top day for chocolate intoxication calls, topping Christmas, Valentine's Day and even Halloween! Why? Pets find Easter candy hidden around the house or the yard, or get into unattended Easter baskets. Make sure that all candy is out of reach of pets at all times when it will be unsupervised.

#### 2. LILIES

True lilies (with the Latin name starting with *Lilium*) or daylilies ( *Hemerocallis*) are a concern for acute kidney failure in cats. All homes with cats should be very careful with Easter lilies (*Lilium longiflorum*). We would discourage them from even entering houses with cats, but if they must be there, make sure cats can't access any part of the plant, including falling leaves, the pollen or the water flowers were stored in; all can all cause life-threatening signs in cats.



#### 3. EASTER GRASS

The plastic grass that is found in Easter baskets is appealing to pets but can cause a life-threatening gastrointestinal obstruction that may require surgery to resolve.



#### 4. TABLE FOOD

Onions, garlic, macadamia nuts, grapes, and raisins are common toxic foods that pets ingest. However, many foods that aren't toxic may cause stomach upset that could lead to pancreatitis.

#### 5. HERBICIDES

Many people begin spring yard work on Easter weekend. Make sure herbicides are kept where pets can't chew or puncture the bottle and that application is dry before letting the pets outside. Pets are often exposed when they are outside while their owners are spraying these products. While many herbicides are not highly toxic, any exposure does warrant a call to the vet.

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