

# VET SCHOOL

by *vetcandy*

MASTERING  
**THE NAVLE:**  
PROVEN STRATEGIES  
AND TIPS

THE HIDDEN STRESS  
OF VET SCHOOL:  
**A DEEP DIVE INTO  
THE MENTAL HEALTH  
CHALLENGES**

NAVIGATING  
YOUR VETERINARY  
CAREER PATH:  
**A FIVE-STEP  
PROCESS**

THE SOCIAL  
MEDIA CONUNDRUM:  
**ARE WE TOO HOOKED?**

**HOOKUP  
DONE  
RIGHT**

SMART  
STRATEGIES FOR  
**HEALTHY EATING**  
ON A BUDGET

DISCOVER  
**JEREMIAH  
POUNCY'S MISSION:**  
SAVING ANIMALS AND EMPOWERING COMMUNITIES

**+ MUCH MORE**



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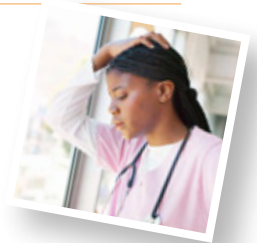


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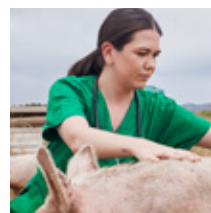
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Test your knowledge





Welcome to the world of  
**VET SCHOOL**  
by *vet candy*



What happens when cats get fat?  
dentists weigh in



Dear Readers,

Welcome to the inaugural edition of "Vet School by Vet Candy,"

I am thrilled to be your guest editor for this first issue, and I wanted to take a moment to introduce myself and share my excitement about the incredible content you'll find in these pages.

My name is Ashley Oppermann, and I am currently a third-year veterinary student at University of Wisconsin, Madison. My journey in the field of veterinary medicine has been both rewarding and challenging due to my blending of roles with being a mother and student, and I am passionate about sharing my experiences with fellow veterinary students as I pursue my goals of specializing in anesthesia after completion of my DVM.

Beyond my academic pursuits, I am a proud mother to a spirited 4-year-old daughter. Balancing the demands of veterinary school with the joys and responsibilities of motherhood has been a fulfilling adventure, and it's this unique perspective that I bring to the role of guest editor.

This month's issue holds a special place in my heart, and I couldn't be more delighted with the diverse and captivating stories that fill its pages. One piece that resonated deeply with me is "Pre-Specialty Purgatory: The Harsh Reality of Veterinary Residency Programs." As someone aspiring to specialize in anesthesia after completing my DVM, this article shed light on the challenges faced by those navigating the path to becoming specialists.

The journey towards specialization is undoubtedly demanding, involving rigorous training through internships and then residencies. The article accurately captures the struggles, from overwhelming work weeks exceeding 60 hours to salaries that barely cover living expenses. The financial burden, coupled with contractual obligations and possible penalties, adds a layer of complexity to an already challenging situation.

The call for action within the article resonates strongly with me. As a future specialist, I believe it's crucial for the veterinary community to unite and advocate for positive change. Change is necessary to ensure that the pursuit of veterinary specialization is a journey of growth and learning, not one of financial and personal struggle.

It's wonderful to see a magazine that is directed specifically towards us as students to help us grow, learn, and ultimately inspire us to be the best we can be. The magazine has so many wonderful articles that discussed important topics varying from study tips for the NAVLE, to student debt and mental wellness while maintaining ways to be active/healthy. The inspiring stories recognizing specific students or advancements in veterinary medicine were especially interesting to read.

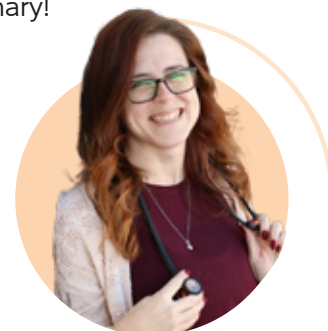
As someone who values staying informed and connected within the veterinary community, I find Vet Candy to be a source of inspiration, knowledge, and a sense of camaraderie. The dedication of the team behind this publication is evident in every page, and it's a pleasure to be a part of this issue.

Thank you for the warm welcome, and here's to a month filled with engaging stories, valuable insights, and a shared love for all things veterinary!

PS. You can read more about me on [page 41](#)

*Ashley Oppermann*

Guest Editor,  
Vet School by Vet Candy  
April 2024



# Discover Jeremiah Pouncy's

MISSION: SAVING ANIMALS AND EMPOWERING COMMUNITIES



In the esteemed corridors of Cornell University, a remarkable story is unfolding, one that challenges the very fabric of veterinary medicine. Jeremiah Pouncy, a student with a resume mirroring that of a seasoned entrepreneur, is pioneering a new path in veterinary care. With the heart of a dreamer and the mind of an innovator, Pouncy's journey is a tapestry woven with ambition, compassion, and a relentless pursuit of change.

## **Breaking New Ground in Veterinary Medicine**

Jeremiah Pouncy's vision for veterinary medicine shatters conventional norms. He dreams of creating an international veterinary practice that transcends traditional animal care. His concept integrates mental health programs and paves the way for revolutionary research, aiming to set a new gold standard in veterinary services. His ambitious plan extends beyond personal achievement; it is a crusade to lay a solid foundation for future veterinarians, especially those from minority backgrounds, merging his profound commitment to animal welfare with his exceptional entrepreneurial acumen.

## **A Trailblazer's Tale**

Pouncy's story is marked by a relentless drive for innovation and leadership. His journey has seen him at prestigious organizations like SeaWorld San Diego & the NFL, and leading entrepreneurial ventures such as Tsunami Water L.L.C. and Pouncy Creative Education L.L.C. These endeavors showcase his dedication to the One Health initiative and sustainable business practices, painting a picture of a visionary blending veterinary science and entrepreneurship in a quest for excellence.







# Living a Life of Varied Passions

Pouncy's life philosophy is a celebration of diversity in passion and purpose. He firmly believes in the harmony of pursuing multiple interests, a belief that is manifest in his parallel pursuits in business and veterinary studies. This holistic approach to life underscores his quest for happiness, found in the rich tapestry of varied dreams and ambitions.

## **Wisdom, Resilience, and the Spirit of a Dreamer**

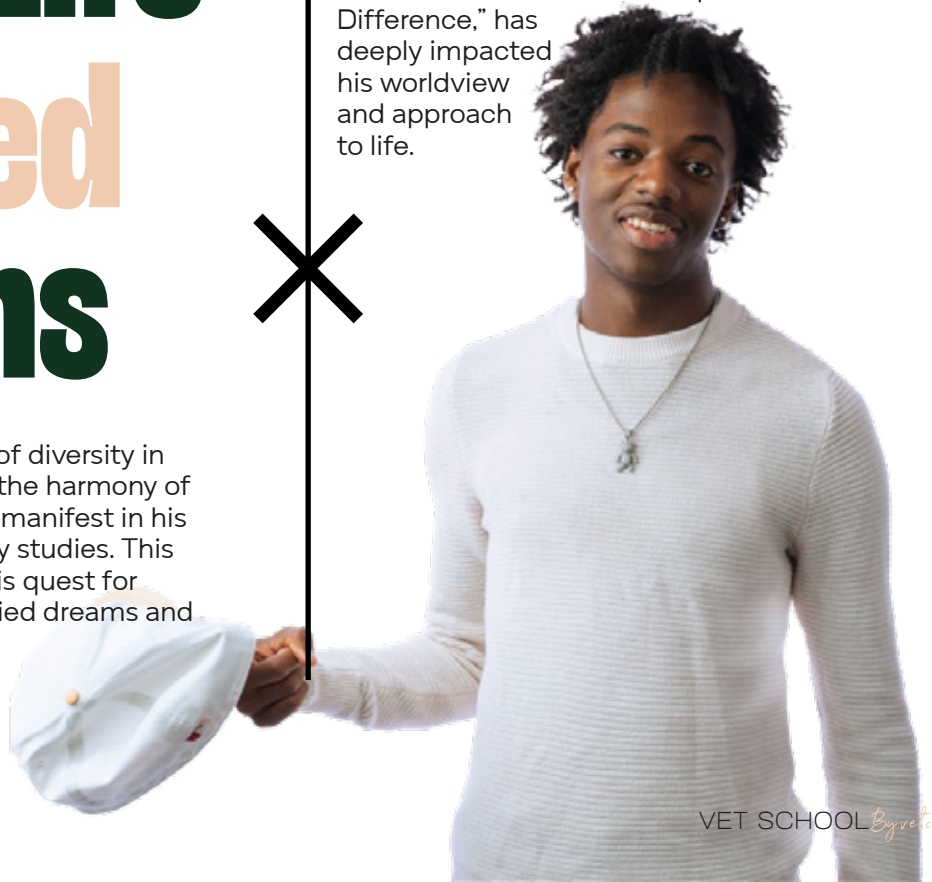
Jeremiah's guiding principle in life is beautifully encapsulated in a piece of advice from his mentor, Antwon Foreman: "Date the dream, marry the process." This wisdom underlines the essence of patience and commitment in the pursuit of one's dreams. The core attributes of optimism, graciousness, and a dreamer's spirit are the pillars supporting his journey toward remarkable achievements.

## **Crucial Decisions Shaping a Bright Future**

The decision to attend Cornell for his veterinary studies and to immerse himself in the vibrant community of North Carolina A&T are pivotal moments in Pouncy's career. These choices have not only molded his professional perspective but also fueled his spirit of innovation in veterinary medicine.

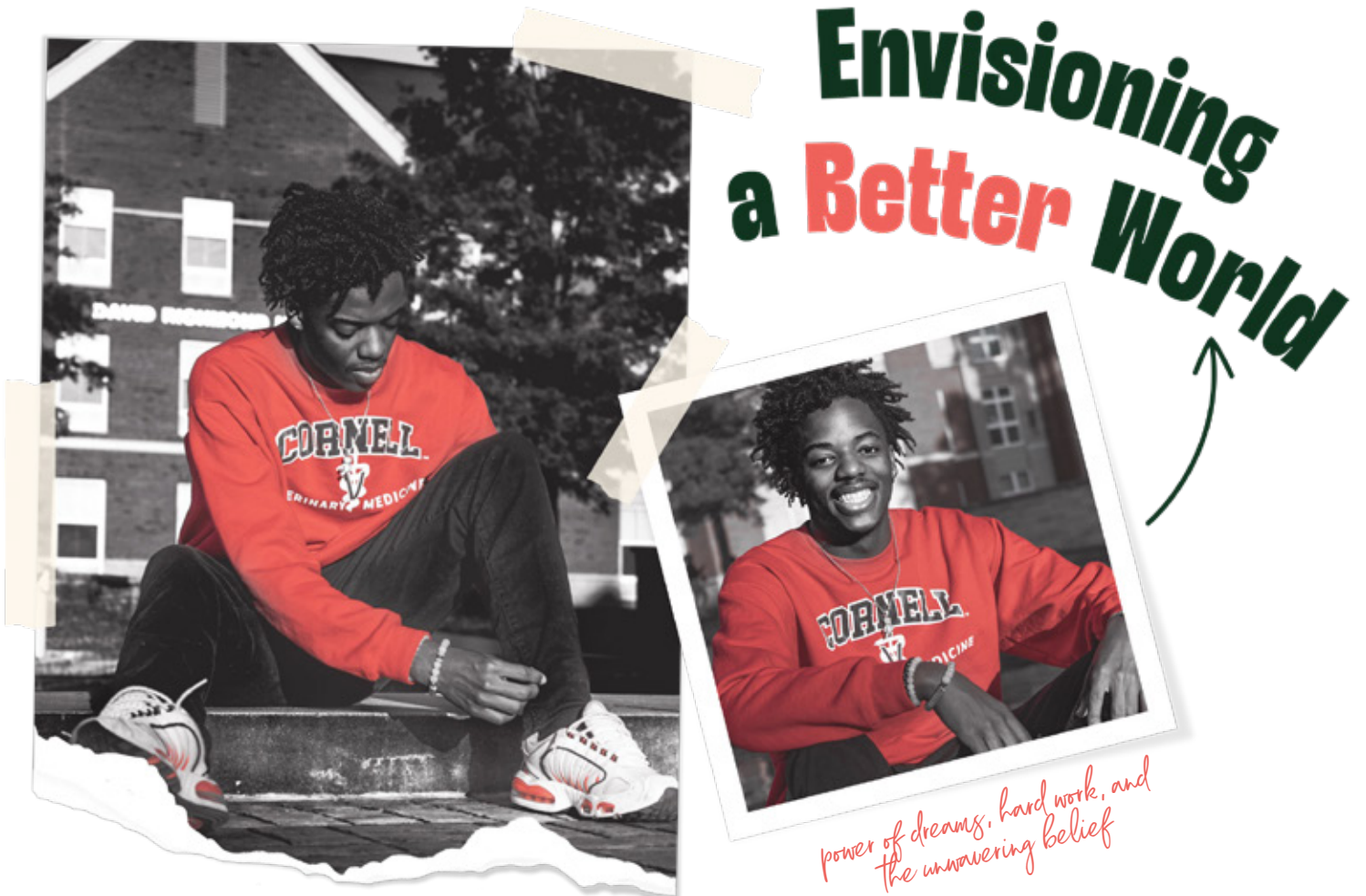
## **Entrepreneurial Roots and Literary Inspirations**

Pouncy's foray into entrepreneurship began early, with ventures ranging from academic excellence to launching a pet-sitting service. His passion for reading, with influential books like "The Giver" and "Never Split the Difference," has deeply impacted his worldview and approach to life.



# Nurturing the the Mind and Soul

In his quest for personal wellness, Pouncy emphasizes the importance of connecting with loved ones and nature. He advises his younger self to relentlessly chase dreams while remaining grounded in gratitude, embodying the power of dreams and appreciation.



Pouncy's profound respect for his family fuels his ambition to create a world brimming with positivity. His future vision includes himself as Dr. Pouncy, a celebrated figure in veterinary medicine, committed to building a dream world that leaves a lasting impact.

*Jeremiah Pouncy's* narrative is more than a tale of a veterinary student; it's the chronicle of a dreamer actively shaping his vision into reality, an inspiration and a beacon of empowerment for others. His name symbolizes the power of dreams, hard work, and the unwavering belief in the potential to enact global change.

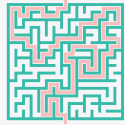




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# THE SOCIAL MEDIA CONUNDRUM:



## Are We Too *Hooked*?

In today's digitally dominated world, social media has become a pervasive presence, influencing various aspects of our lives.

From shaping opinions to keeping us connected, its impact is undeniable. **But just how hooked are we on social media?**

A recent survey conducted by Vet Candy, with help from our guest editor, Ashley Opperman 🍌, among veterinary students provides some intriguing insights into their social media habits, revealing a complex relationship with these platforms.

## The Survey Says...

The Vet Candy survey paints a picture that somewhat challenges the popular narrative of an always-online generation. Surprisingly, a significant 71% of veterinary students reported that they rarely looked at social media. This finding suggests a detachment from the incessant pull of these platforms, which is often not the case with the general population.

When it comes to morning routines, a crucial time for setting the day's tone, 71% of the students said they only sometimes check their social media upon waking up. This habit indicates a balanced approach to social media consumption, where it doesn't dominate the start of their day.

In terms of daily usage, 28% of the respondents mentioned that they spend 30 minutes or less on social media. This limited engagement is somewhat atypical in an era where scrolling through feeds for hours is commonplace.

However, it's not all about moderation. About 14% of the students admitted feeling completely out-of-the-loop if they don't check their social media, highlighting its role in keeping them informed. Similarly, another 14% reported feeling irritated and upset if they are unable to use social media, suggesting a dependency that affects their emotional well-being.

## The Double-Edged Sword

These statistics reveal that while a majority of veterinary students maintain a healthy distance from social media, a significant minority relies heavily on it for staying connected and informed. This dependency can have both positive and negative implications. On one hand, social media serves as a vital tool for information and connectivity. On the other, excessive use or dependence can lead to feelings of anxiety, FOMO (fear of missing out), and irritation.

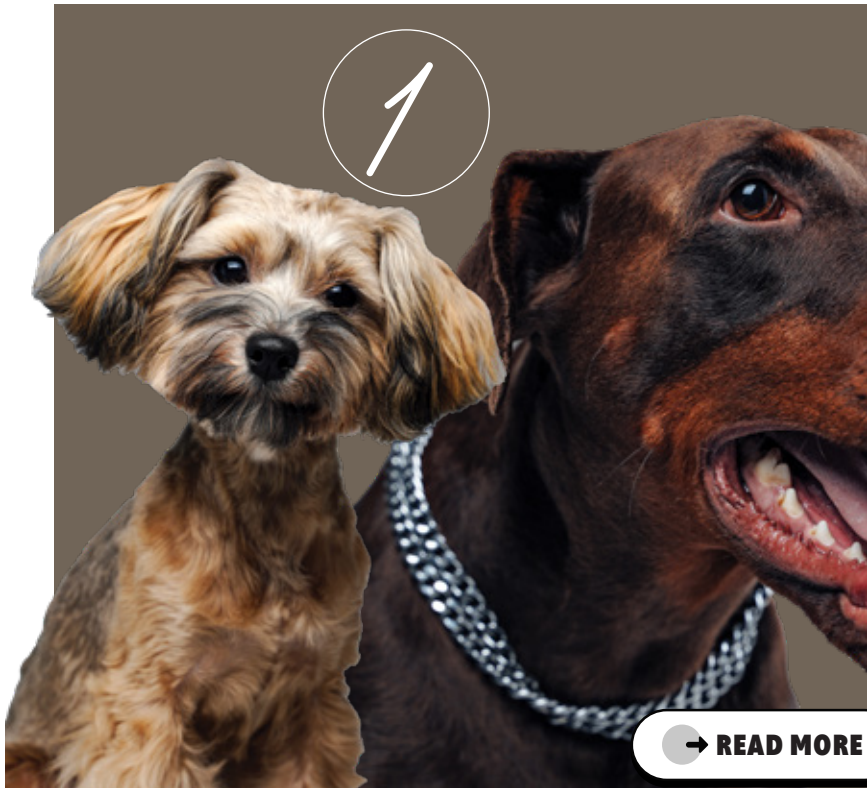
## Navigating the Social Media Landscape

For those who find themselves leaning heavily on social media, it's crucial to foster a balanced approach. This could involve setting specific times for checking social media, using it purposefully for information or networking rather than aimless scrolling, and being mindful of its impact on one's emotional state.

It's also essential to engage in activities outside the digital realm. Physical exercise, real-world social interactions, and hobbies can significantly reduce the overreliance on social media, promoting a healthier lifestyle.

The Vet Candy survey among veterinary students offers valuable insights into the current state of social media usage. It's a reminder that while these platforms are powerful tools for connection and information, moderation is key to maintaining a healthy relationship with them. In an age where digital interactions are increasingly replacing real ones, striking the right balance between virtual and real-world engagements has never been more important.

# 3 Things We're Talking About *This Month*



## Big dogs versus small dogs: Which sizes face higher risks of which diseases?

A study of more than 25,000 U.S. dogs and 238 breeds has linked dog size to varying patterns of risk for health conditions over the course of a dog's lifespan. On average, smaller dogs tend to live longer than larger dogs. Evidence suggests that larger dogs do not tend to have more health conditions, but that dogs of different sizes may face different levels of risk for different conditions. However, more research is needed to clarify links between dog age, size, and disease prevalence.

[→ READ MORE](#)

## Shocking Truths Unveiled: How Canine Epilepsy Alters Dog Behavior - A Groundbreaking Research Review:

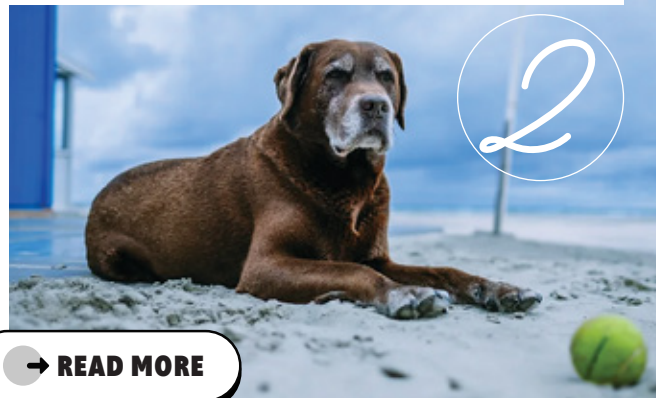
Idiopathic epilepsy is the most common brain disorder in dogs and shares some similarities with human epilepsy. This review proposes that using a mix of tools - like questionnaires, brain wave tests [EEG], and activity trackers [actigraph] - could greatly improve how we categorize and measure dog behavior related to epilepsy. Combining what dog owners observe with hard data from EEG and activity tracking, researchers can gain a deeper and more complete picture of how epilepsy affects dog behavior.



## Unlocking the Mystery: How Head Turn Reveals Hidden Neurological Secrets!

In veterinary neurology, a dog's head turn can indicate more than just forebrain issues. A recent study with 49 dogs suggests that this behavior might signal various problems in the dog's central nervous system [CNS]. The study found that head turns, often combined with head tilts or body turns, can point to different neurological disorders, not just in the forebrain but also in the brainstem, cerebellum, and cervical spinal cord. This research highlights the need for vets to conduct thorough neurological exams and consider a broader range of diagnoses for dogs showing these symptoms.

[→ READ MORE](#)



[→ READ MORE](#)

**Do you want to master neurology?**  
Start with *Decoding Canine Epilepsy*, featuring veterinary neurologist, Dr. Gaemia Tracy, on *Vet Candy*. Brought to you by PRN Pharmacal, makers of KBroVet-CA-1.



# VM Class of '25!

*Natasha Welch,*

aka @pagingdogtorwelch,  
just dropped her fave  
class deets – it's all  
about surgery!

Who's vibing with her pick?  
Or are we gonna have to  
agree to disagree?



"My favorite class is by far, Small Animal Surgical Diseases and Techniques! As an aspiring small animal soft tissue surgeon, this class allowed me the opportunity to learn and practice advanced surgical techniques such as mass excisions, enucleations, and limb amputations. I was able to expand my knowledge on common surgical diseases and small animal anatomy. Furthermore, I gained a comprehensive understanding of which patients need to be referred versus patients that can be treated by their primary care veterinarians. I also had the opportunity to directly apply the principles that I have learned from this class in Nicaragua with two mass removal cases. I am so excited to have completed a class that further solidified my love for surgery and provided practical tips that I can use as a veterinarian!"

**Want to suture  
like a surgeon?**

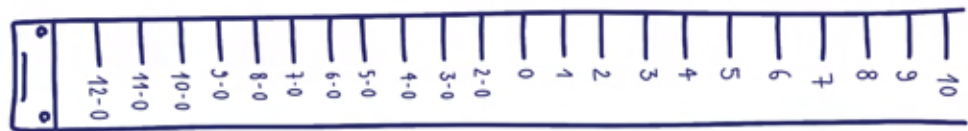
**Check out Dr. Courtney  
Campbell and learn his  
techniques on Vet Candy!**



# SUTURES DECODED

THE ULTIMATE GUIDE FOR FUTURE SURGEONS

## SIZES



RANGE FROM SUPERTINY (12-0) TO THE BIGGER 10



BIG DOG  
ABDOMEN

0

CATS & SMALL DOGS  
ABDOMENS

2-0



Ø : OUGHT

2-Ø : TWO OUGHT

6-Ø : SIX OUGHT

PRO MOVE: GO A SIZE DOWN ~~|||||~~  
FOR SIMPLE INTERRUPTED PATTERNS

## STRUCTURES

FAST HEALING TISSUES

SHORT & MID-TERM

↑  
ABSORBABLE OR  
NON-ABSORBABLE  
↓

LONG-TERM

SLOW HEALING TISSUES

 MULTIFILAMENT

- \* SUPER FLEXIBLE
- \* A BIT ROUGHER

 MONOFILAMENT

- \* LOWER INFECTION RISK
- \* KEEP KNOTS TIGHT!

 PSEUDOMONOFILAMENT

- \* BRAIDED CORE, SMOOTH COATING
- \* TRICKY WITH KNOTS

vetcandy

Vet Candy's Surgical Insights by Dr. Courtney Campbell



# Exhausted and *Overworked*:

## Vet Students Face 100-Hour Weeks Amidst Rising Patient Care Concerns

**N**umerous students and alumni from the University of Pennsylvania's School of Veterinary Medicine are voicing their concerns over the demanding workload and its impact on patient care, as reported by the *Philadelphia Inquirer*. These individuals argue that the university primarily views them as an unpaid workforce rather than students who pay over \$60,000 annually for their education. A typical day for a fourth-year student involves lengthy shifts at the Ryan Veterinary Hospital, starting early in the morning and often extending past midnight, with responsibilities ranging from dog walking to administering medications and cleaning kennels. This intense schedule is common during their clinical year, a crucial phase of their education where they gain hands-on experience but receive no compensation.

A typical day for a fourth-year student involves starting at 6 a.m. at the Ryan Veterinary Hospital, followed by a brief break for personal errands and a meeting with administrators, then returning for a five-hour shift that includes tasks like walking dogs, administering medications, and cleaning kennels. This grueling schedule, common in their clinical year, has led to a perception among students that the institution values them more for labor than education.

During a virtual meeting with school administrators in October, students voiced their frustrations, highlighting the detrimental effect of such intensive workloads on their education and well-being.



Penn Vet, renowned as one of the world's leading veterinary schools and associated with an *Ivy League university*, faces criticism from current and former students over the unsustainable nature of clinical schedules. These schedules not only hinder educational outcomes but also affect the quality of patient care.



In an August letter, signed by 65 fourth-year students and recent graduates, it's stated that their work hours often exceed 100 per week, breaching the 80-hour limit recommended by the Student American Veterinary Medical Association (SAVMA). The letter urges Penn Vet to emulate the work hour restrictions of Penn and Drexel medical schools to safeguard students and patients, and to address the issue of covering nursing shifts due to staff shortages.

Students also express concern over the impact of advocating for shorter shifts or reduced workloads, given their reliance on faculty and residents for recommendation letters.

In response, Penn Vet spokesperson Martin Hackett noted recent initiatives to lessen student workloads while maintaining educational quality, promising ongoing discussions and quarterly check-ins with students.

The broader context of the issue includes a nationwide veterinarian and veterinary technician shortage, as noted by Brady Beale, Ryan Veterinary Hospital's chief medical officer. This shortage is not unique to Penn Vet, with similar challenges reported at other top-tier veterinary schools like Iowa State University.

Despite these challenges, legal constraints prevent Penn Vet students from unionizing, as they are not considered employees. Their hope rests on administrative action in response to their concerns.



**Got thoughts on this?**  
Join the conversation! Sign up for Vet Candy's free membership and dive into lively discussions on the **Vet Candy Forum**.

**Connect, share, and explore this topic and so much more with our community today!**



# Get ready for some serious #BestDayEver vibes!

**We all have those unforgettable days that just stick with us, right?**

Well, it's time to dive into a story that's all shades of awesome. We're talking to a first-year vet student from Tuskegee University who's going to spill the tea on her epic best day ever.

"Although I've only completed one semester so far, I've had many memorable experiences in my time at vet school! Picking just one day as the best is tough, but I would have to choose the day we had an exotics handling lab for our clinical skills course. Most of my clinical experience has been with dogs and cats, so I was very excited to learn how to properly handle and restrain our less common, but equally loved, animal companions. After a lecture on exotic care from our professor, we had a guest speaker and animal educator show us proper handling techniques with his animals. We all had an opportunity to handle snakes, lizards, tarantulas, rabbits, and a ferret. Not only was it a great learning opportunity, but it was also a fun bonding experience with my classmates. It was awesome to learn from classmates with more exotic experience and to encourage each other to hold the tarantula! It was a very welcome experience in comparison to the lecture-heavy days that come with being a first-year. Days like these make me excited for what these next couple of years have in store for me!"

**Julianna Diaz-Navas,**  
Class of 2027, Tuskegee University.



# MASTERING THE NAVLE: PROVEN STRATEGIES AND TIPS

*The North American Veterinary Licensing Examination (NAVLE)* is a pivotal milestone for every veterinary student. Passing this exam is essential for practicing veterinary medicine in North America. As daunting as it may seem, with the right approach and preparation strategies, you can navigate this challenge successfully. Here are some proven tips to help you prepare effectively for the **NAVLE**.

## 1. UNDERSTANDING THE NAVLE:

Before diving into the preparation, it's crucial to understand what the NAVLE entails. This comprehensive exam tests your knowledge, problem-solving skills, and critical thinking in veterinary medicine. It covers a wide range of topics, ensuring you're equipped to handle the responsibilities of a practicing veterinarian.

## 2. CREATE A STUDY PLAN:

Start by creating a detailed study plan. Break down your study material into manageable sections and allocate time to each topic. Your plan should be realistic, incorporating regular breaks and revision sessions. Remember, consistency is key. NAVLE provides a list of topics that are covered on the tests that you can use as a guide.

## 3. USE NAVLE-STYLE QUESTIONS FOR PRACTICE:

Familiarize yourself with the format and style of NAVLE questions. Use practice tests and question banks that mimic the actual exam. This not only helps you understand the type of questions to expect but also improves your time management skills. *Vet Candy has a free NAVLE prep with more than 60 video lessons and hundreds of practice questions- check it out at [myvetcandy.com/NAVLE](https://myvetcandy.com/NAVLE)*

## 4. FOCUS ON WEAK AREAS:

Identify areas where you're less confident and allocate more time to these subjects. It's tempting to focus on strengths, but improving your weak areas can significantly boost your overall performance.



## 5. FORM STUDY GROUPS:

Study groups can be highly beneficial. Discussing topics with peers can provide new insights and understanding. However, choose your study group wisely; ensure it's composed of committed and focused individuals.

## 6.

## USE RELIABLE STUDY MATERIALS:

Invest in quality study materials. Consult your professors or senior students for recommendations on the best books, online resources, and practice tests. Quality over quantity is the rule here.

## 10.

## REVIEW, REVIEW, REVIEW:

Regular review is essential. It helps consolidate your learning and improves retention. Make use of flashcards, summaries, and diagrams for quick revisions.

## 7. TAKE CARE OF YOUR WELL-BEING:

Study groups can be highly beneficial. Discussing topics with peers can provide new insights and understanding. However, choose your study group wisely; ensure it's composed of committed and focused individuals.

## 8. SIMULATE EXAM CONDITIONS:

As the exam approaches, simulate the exam environment. Take full-length practice tests under timed conditions. This will help you get accustomed to the pressure and pace of the actual exam.

## 9. SEEK GUIDANCE FROM MENTORS:

Don't hesitate to seek advice from mentors or faculty members. They can provide valuable tips and insights from their experiences.

## 11. STAY POSITIVE AND CONFIDENT:

Finally, maintain a positive attitude. Confidence can significantly impact your performance. Believe in your preparation and stay focused on your goal.

The NAVLE may be challenging, but it's a hurdle that many have successfully crossed. With a structured approach, dedicated study, and the right mindset, you too can excel in this examination. Remember, it's not just about hard work but also about smart work. Use these tips as a guide to formulate a study strategy that works best for you. Stay motivated, believe in yourself, and keep your eyes on the prize – a rewarding career in veterinary medicine. Good luck!

# The Hidden *Stress* of Veterinary School: A *Deep Dive* into the Mental Health Challenges

*By Dr. Jill Lopez*



Veterinary school is often seen as a path filled with the love of animals and the desire to heal, but beneath this noble pursuit lies a less talked about reality – the significant mental stress that vet students undergo. A 2011 study from Kansas State University and its collaborators has shed light on this, revealing that veterinary students may be more susceptible to depression than their peers in human medicine, undergraduate courses, and even the general population.

## **The Unseen Challenges of Veterinary Studies:**

Veterinary medicine, while rewarding, comes with its unique set of stressors. Unlike human medicine, vet students must learn about a variety of animal species, adding to the complexity of their studies. They face intense academic pressure and the emotional weight of dealing with sensitive issues like euthanasia. Balancing the rigors of school with personal life often leads to heightened levels of stress and anxiety.

## **Staggering Statistics:**

The 2011 study found that as early as the first semester, a significant portion of veterinary students exhibited symptoms of depression. About 32% of first-year vet students showed signs of depression, compared to 23% of human medicine students. Distressingly, these rates seemed to increase in the second and third years of vet school before returning to first-year levels in the fourth year.

## **Factors Contributing to Stress:**

Several elements contribute to this elevated stress and depression in vet students. These include homesickness, uncertainty about academic expectations, feelings of alienation, and concerns about physical health. The study also highlighted the potential impact of gender differences, with a higher percentage of female students in vet schools and national studies indicating women are more prone to mood disorders.

## **Silver Lining – Interventions and Support:**

However, the study is not all grim. It suggests several interventions that veterinary schools can implement to support students. These include setting clearer academic expectations, promoting physical health and well-being, and empathizing with students' academic and personal struggles.

## **Beyond the Study – Continuing Research:**

The research team has published articles in the Journal of Veterinary Medicine Education and is preparing more publications. Their work is crucial in bringing attention to the mental health challenges faced by veterinary students and in seeking solutions.



# This study,

..though conducted in 2011, remains highly relevant as it highlights the often-overlooked mental health struggles of veterinary students. The research underscores the need for continued support systems, mental health resources, and an empathetic understanding of the challenges faced by these students. As we move forward, it's crucial for veterinary schools, faculty, and the broader community to recognize and address these issues, ensuring that **our future veterinarians are not only academically proficient but also mentally resilient.**



# How to get *help* when you need it

*If you're experiencing a medical emergency. Always call 911 first if you or someone you love is experiencing a life-threatening medical emergency or may be a danger to someone else.*

Call 211

*If you need assistance locating long-term mental health resources, talking through a problem, or exploring mental health treatment options, call 211 to speak with a live person who can help.*

- 211 conversations are confidential, can be made anonymously, and are available in 180 languages upon request.
- If you prefer to text, use web chat, or search for resources online, click here to find more ways to contact your local 211.

## 988 *Suicide and Crisis* Lifeline

*Dial 988 or 1-800-273-8255 for the 988 **Suicide and Crisis Lifeline**. 988 has been designated as the new three-digit dialing code that will route callers to the National Suicide Prevention Lifeline (now known as the 988 **Suicide & Crisis Lifeline**). When people call, text, or chat 988, they will be connected to trained counselors that are part of the existing Lifeline network. These trained counselors will listen, understand how their problems are affecting them, provide support, and connect them to resources if necessary.*

## Other *Mental Health* Hotlines

*You can always call 211 to speak to someone and find local assistance, but there are also dedicated helplines available to anyone in the U.S.*

- **Veterans Crisis Line:** call 1-800-273-TALK (8255) and press 1; or text 838255
- **Crisis Text Line:** text the word 'Home' to 741-741
- **The Trevor Lifeline for LGBTQ Youth:** call 1-866-488-7386
- **The Trans Lifeline:** call 1-877-565-8860

# How to Make EXERCISE FUN

By Arlene Torres

When it comes to fitness, the journey is just as important as the destination. The secret to a sustainable and effective workout routine lies not just in the results it yields, but in the joy and excitement it brings into your daily life. This article delves into the art of transforming fitness from a mundane task into an exhilarating and fun experience.

## Discovering Activities That Spark Joy

The first step in making fitness enjoyable is to identify activities that you love. Fitness is not one-size-fits-all; it's about finding what clicks for you. This could range from the rhythmic grace of dance, the adventurous spirit of hiking, the thrill of cycling, to the tranquility of yoga. The goal is to find an exercise form that doesn't feel like a chore but rather something you look forward to.

## Embracing Variety in Your Routine

Variety isn't just the spice of life; it's also the essence of a fun fitness regime. A monotone workout can quickly become tedious. By integrating various forms of exercise, such as strength training, cardio, and flexibility exercises, you can keep your routine fresh and engaging. This approach not only breaks the monotony but also ensures a well-rounded fitness experience.



## Setting Playful and Exciting Goals

Redefining your fitness goals can significantly impact how you perceive exercise. Moving beyond conventional goals like weight loss or muscle building to include more playful and adventurous objectives can heighten the fun. It might be conquering a challenging hiking trail, mastering a dance routine, or learning a new sport - these goals add a layer of excitement to your fitness journey.

## Outdoor Workouts: A Breath of Fresh Air

Taking your workout outside can be a game-changer. The natural scenery, fresh air, and change of environment can turn a mundane exercise session into an invigorating experience. Whether it's a beach, a park, or a mountain trail, outdoor workouts can provide a refreshing break from the confines of a gym.

## The Power of Music and Podcasts in Workouts

Never underestimate the motivational power of a great playlist. Music and podcasts can be incredible allies in your fitness journey, transforming a routine workout into an immersive experience. Whether it's high-energy beats that keep you pumped or an engaging podcast that distracts you from the fatigue, what you listen to can significantly enhance your workout experience.

## The Joy of Companionship: Workout Buddies and Group Classes

Working out with a friend or in a group can exponentially increase the fun quotient of your exercise routine. It introduces a social element, often leading to increased motivation and accountability. Group fitness classes, in particular, bring a sense of community and collective energy that can make exercise something you eagerly anticipate.

## Leveraging Technology for a Fun Workout

In today's digital age, technology plays a crucial role in enhancing the workout experience. Fitness apps and trackers can gamify your routine, making it more engaging and motivating. From virtual challenges to tracking progress and achievements, these tools add an element of excitement and competition to your routine.





# *Focusing* **ON THE EXPERIENCE**

Lastly, while it's important to have goals, obsessing over outcomes can drain the joy out of exercising. Focus instead on the experience - the exhilaration of movement, the endorphin rush post-workout, and the growing sense of strength and endurance. Appreciate these small victories and the pleasure of being active.

Making fitness fun is about exploring, experimenting, and finding what resonates with you. It's about shifting the focus from mere physical outcomes to enjoying the process. With these approaches, exercise transcends its role as a mere physical activity and becomes a source of joy and fulfillment in your life.



# Meet Hannah Williams, Purdue University College of Veterinary Medicine '27



“I still remember the first day of vet school because it truly changed my life forever. It was on this day that I was able to stand and take the Veterinarian’s Oath, alongside my classmates. I remember being filled with various emotions as I recited each word, a mix of excitement, nervousness, and the dreaded imposter syndrome. As I continue to navigate through my journey towards my DVM, I often think of this day and how far I have come since then. I reflect on what it took to get here, and I also express gratitude for those who have supported me along the way.”

**Want to see a life in the day of Hannah? Scan this QR code!**







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# Cornell Vet School's Game-Changer: Exclusive In-House Therapist for Student Mental Health!

In an innovative move to bolster mental health support, the College of Veterinary Medicine at Cornell University is set to introduce an embedded counselor within its walls. Starting in early November, this pilot initiative marks a significant step in the university's campus-wide efforts to enhance mental wellness services for its community.

Genel Gronkowski, a seasoned professional from Cornell Health's department of Counseling and Psychological Services (CAPS), will be stationed at the College of Veterinary Medicine. Her primary role will be to provide dedicated mental health support to the college's graduate and professional students.

This strategic placement of a mental health professional directly within the college aims to offer more accessible and tailored support for students, considering the unique challenges they face in their academic and professional journeys. It's a proactive approach that acknowledges the importance of mental well-being in academic success and overall life quality.



The initiative represents a significant advancement in **Cornell Health's** mission to provide comprehensive mental health services and reflects an evolving understanding of the mental health needs specific to veterinary students. With this new development, **Cornell University** reaffirms its commitment to fostering a supportive, holistic educational environment for all its students.





# Virginia-Maryland Vet College Unveils New Wellness Room to Boost Mental Health

The Virginia-Maryland College of Veterinary Medicine has introduced a new wellness room within its library, emphasizing the importance of mental health for its community. This innovative space, designed for tranquility and reflection, is available to students, staff, and faculty, symbolizing the college's commitment to holistic well-being.

## A Haven for Health and Wellness:

Kyrille DeBose, associate professor and director of Health Sciences Libraries, spearheaded this initiative, recognizing the increasing pressures faced by students and faculty. "This wellness room is a tailored response to the mental health needs of our community, providing a serene space for relaxation and contemplation," explained DeBose.

Initially conceived as a dedicated space for prayer, the concept evolved to encompass meditation and overall wellness. The project, originating in the college's academic affairs department, has since become a crucial part of the college's environment, turning into a real oasis within the library.

## Mental Health Breaks as a Necessity:

Associate Professor and Assistant Dean of Student Affairs, Jacque Pelzer, emphasized the necessity of private spaces for mental health breaks. "We've recognized the need for quiet areas where students can take short breaks from academic pressures, engage in prayer, or attend virtual health care appointments," said Pelzer.

DeBose highlighted the importance of accommodating virtual health care needs, noting, "We want to provide an accessible, private space for those who lack personal office areas, ensuring they don't resort to makeshift solutions like using their cars for telehealth appointments."

## Thoughtful Design and Amenities:

The wellness room, repurposed from a storage area holding infrequently used books, features frosted glass panels for privacy, natural light, and amenities like resistance bands and yoga equipment. Its integration within the library allows for easy reservation in 15-minute increments, facilitating access for those in need of a mental respite.

## Future Enhancements and National Trends:

DeBose expressed plans to further develop the library, including the addition of sleeping pods to provide rest and rejuvenation spaces. This move aligns with findings from the 2022 U.S. Workplace Survey by the Gensler Research Institute, which underscores the positive impact of quiet spaces on individual well-being and high-performing workplaces.



## Student Appreciation and Expansion Plans:

The initiative has been met with gratitude from students, who view it as an investment in their well-being. This wellness room is just one part of the proposed expansion of the Small Animal Teaching Hospital, which will include more critical spaces for student and faculty wellness.

The Virginia-Maryland College of Veterinary Medicine's introduction of the wellness room marks a significant step in addressing the mental health needs of its community. It's a testament to the college's dedication to creating an environment that supports not just academic excellence but also the overall well-being of its members. This initiative sets a precedent for other institutions to follow, highlighting the importance of mental health in the demanding field of veterinary medicine.



# Why This Vet Student's White Coat Ceremony Wasn't Just Stylish, It Was Essential!

You know that super special moment every vet student dreams about? Yep, we're talking about the legendary white coat ceremony! It's like the ultimate countdown to one of the most cherished milestones in vet school. And guess what? Iowa State's Emily Dorsey gives us the lowdown on her epic white coat day.

**"At Iowa State's College of Veterinary Medicine veterinary students usually receive their white coat before they begin their veterinary school journey. Unfortunately, my class was affected by COVID and we weren't able to have our ceremony before we started classes. Because of this, we had to wait until our second year to have our ceremony and receive our white coats. I truly believe that the extended wait for this moment made it ever more so special when it finally arrived. The delayed ceremony brought a sense of resilience and camaraderie among my classmates, as we navigated the challenges posed by the pandemic together. Putting that white coat on was empowering and symbolized our commitment to the veterinary profession. Our white coats became not just a uniform but a symbol of our collective determination to overcome obstacles. As we continued forward as second-year students, the significance of that ceremony lingered, reminding us of the unwavering passion and dedication that fueled our journey in veterinary medicine,"**

*Emily Dorsey, Class of 2025 Iowa State @dogtordorsey*





*Remember,  
career transitions  
take time and  
patience, so be kind to  
yourself throughout  
the process.*



# NAVIGATING YOUR **VETERINARY CAREER** PATH: *A Five-Step Process*

By Dr. Jill Lopez

Many veterinary students may find themselves contemplating their career move after school. Whether it's advancing within your current field, transitioning to a new specialty, or exploring different aspects of veterinary medicine, planning is essential. Here's a five-step process to help guide your career transition in the new year.



# 1 Self-Assessment

The first step in planning a career move is to conduct a thorough self-assessment. Reflect on your experiences and consider what aspects you enjoy and which ones you would like to change. Assess your skills, interests, and values. Identify any gaps in your skills or knowledge that might need to be addressed to make a successful transition. **Consider what motivates you in your work:** Is it the clinical aspect, animal welfare, research, or something else?



# 4 Skill Development and Education

Identify any additional training or education required for your new career path. This might involve enrolling in specialized courses, attending workshops, or obtaining certifications. Consider online courses or part-time programs if you need to balance work with education. Also, look into opportunities for shadowing or internships in your desired field.

# 2 Research and Exploration

Once you have a clear understanding of your passions and requirements, begin researching potential career paths. This could include different specialties within veterinary medicine, roles in research, academia, or even corporate veterinary roles. Informational interviews with professionals in roles you're considering can provide invaluable insight. Additionally, participate in internships or rotations or workshops to broaden your understanding of the field and to network with colleagues.



# 5

## Network and Seek Opportunities

Networking is crucial in any career move. Engage with professional veterinary associations, LinkedIn groups, and other social media platforms geared toward professionals in your field. Attend industry events and consider volunteering for committees or projects that align with your career interests. When you feel prepared, start applying for positions that align with your new career goals. Tailor your resume and cover letter to highlight relevant skills and experiences that make you a strong candidate for these roles.

Planning a career move in the field of veterinary medicine requires introspection, research, goal setting, skill development, and networking. By following this five-step process, you can make informed decisions and take concrete steps towards achieving your professional aspirations in the new year. Remember, career transitions take time and patience, so be kind to yourself throughout the process. With the right preparation and mindset, you can successfully navigate your veterinary career path to a role that fulfills both your personal and professional goals.

# 3 Setting Goals

Based on your self-assessment and research, set clear, achievable goals for your career move. These goals should be specific, measurable, achievable, relevant, and time-bound (SMART). For instance, if you're interested in specializing in a particular area, a goal could be to complete a specific training program by a certain date.

**Want to learn more? Check out Finding your Career Path with Dr. Courtney Campbell on Vet Candy**



# Smart Strategies for Healthy Eating on a Budget

Adopting a healthier diet doesn't have to *break the bank*. With some thoughtful planning and smart choices, you can enjoy nutritious meals without stretching your budget. **Here are five effective strategies for eating healthier while keeping your finances in check.**



1

### Plan Meals and Stick to a Grocery List

The cornerstone of budget-friendly healthy eating is meal planning. By planning your meals for the week, you can buy only what you need, reducing both food waste and unnecessary spending. Create a grocery list based on your meal plan and stick to it when shopping. This approach not only saves money but also time, as you won't be wandering aimlessly through the aisles.

2

### Buy Whole Foods and Cook from Scratch

Processed and prepackaged foods often come with a higher price tag and added sugars, unhealthy fats, and preservatives. Opting for whole foods like grains, beans, and fresh produce is not only healthier but also more economical. Cooking from scratch allows you to control the ingredients and portion sizes. This doesn't mean every meal has to be a gourmet affair; simple, wholesome meals can be both easy to prepare and delicious.

3

### Embrace Seasonal and Local Produce

Seasonal fruits and vegetables are often cheaper and fresher than out-of-season counterparts shipped from afar. They also provide a variety to your diet as the seasons change. Visit local farmers' markets or join a community-supported agriculture (CSA) program to access fresh, affordable produce while supporting local farmers.



4

### Buy in Bulk and Use Your Freezer

Buying in bulk can save money, especially for staple items like rice, beans, and nuts. Store excess in airtight containers to maintain freshness. Likewise, if you have access to a freezer, take advantage of sales on lean meats, poultry, and fish, as well as frozen fruits and vegetables. Frozen produce is often just as nutritious as fresh and can be a budget-friendly way to enjoy fruits and vegetables that are out of season.

5

### Utilize Less Expensive Protein Sources

Meat can be one of the more expensive items on your grocery bill. Incorporating alternative protein sources like lentils, chickpeas, tofu, and eggs can significantly reduce costs. These foods are not only affordable but also offer a variety of nutrients. You don't have to become a vegetarian, but even one or two meatless meals a week can make a noticeable difference in your budget.

Eating healthy on a budget is entirely feasible with a bit of planning and creativity. By focusing on whole foods, taking advantage of seasonal produce, and being smart with your protein choices, you can enjoy a nutritious diet that supports both your health and your wallet. Remember, a small investment in good nutrition can pay off significantly in terms of your long-term health and well-being.





# WHY ARE YOU SO TIRED?



In the world of veterinary studies, students often face a *formidable opponent* – *fatigue*. This weariness, more intense than what's experienced in many other fields, stems from the unique and rigorous demands of vet school. From long hours in lectures to the hustle of clinical rotations, the journey to becoming a vet is as exhausting as it is rewarding.

## THE BATTLE WITH SLEEP DEPRIVATION:

One of the primary culprits behind this fatigue is the daunting schedule that vet students maintain. Rotations often involve long, irregular hours that wreak havoc on sleep patterns, leading to a significant sleep deficit. The antidote? Prioritizing sleep. Aiming for 7-9 hours of quality sleep each night and keeping a consistent sleep routine, even on days off, is crucial. When time is short, power naps can be a lifesaver, offering a quick recharge amid a hectic schedule.

## NUTRITION: YOUR SECRET WEAPON

In the chaos of vet school, nutrition often takes a backseat, leading to a reliance on quick, unhealthy food options. But here's the secret weapon: meal planning. A diet rich in fruits, vegetables, lean proteins, and whole grains is crucial in maintaining energy levels and overall health.

## EMOTIONAL STRESS: A SILENT ENERGY DRAINER

Beyond physical tiredness, emotional stress is a silent culprit in the life of a vet student. Dealing with sick animals and the pressure of intense studies can take a heavy emotional toll. To shield against this, vet students should arm themselves with stress-busting techniques like mindfulness, meditation, or yoga. Finding solace in the understanding and support of peers, friends, or a counselor can be invaluable in managing these emotional challenges.

## PHYSICAL STRAIN: MORE THAN JUST A STIFF BACK

Don't underestimate the physical strain of endless hours hunched over textbooks and computers. Regular exercise not only combats this physical fatigue but also boosts overall energy and fitness. Ergonomic study spaces and practicing proper body mechanics can also play a significant role in reducing physical strain.



## THE **POWER OF** DOWNTIME

Lastly, vet students must not overlook the importance of downtime. Continuous work without breaks is a recipe for burnout. Regular, short breaks throughout the day, coupled with using days off to unwind and indulge in enjoyable activities, are essential in maintaining a balanced life.

Fatigue in veterinary school is a multifaceted challenge, but it's not unbeatable. With strategic self-care, support systems, and lifestyle adjustments, vet students can effectively manage exhaustion. Remember, taking care of yourself is as critical as caring for your animal patients. Stay battle-ready – your dream of becoming a veterinarian is worth every effort!

Curious about what really makes a mark during vet school days? We've got something special for you! We caught up with Ava Cabble, a cool first-year student straight out of Cornell, to dish on that one epic day in vet school she'll never forget. You know, the kind of day that's full of surprises, lessons, and those little moments that stick with you forever. Ava's here to give us the full scoop on her adventure – from the early morning buzz to the late-night reflections. So buckle up and get ready for an insider's tour of a day in the life at Cornell, all through Ava's eyes. Here's Ava with her story, sharing all the deets and feels of her most memorable vet school experience!



# Shocking Revelation:

## The Day This *Vet Student* Will Never Forget!



“My first semester of veterinary school has drawn blood, sweat, and tears from me, yet I wouldn’t trade this experience for the world. My favorite day so far was definitely my first physical exam lab. It wasn’t the content that made it stand out, but the moment it truly sank in that I’m on my way to becoming a veterinarian, learning the skills I’ve always dreamed about. **When school gets tough, I think back to this day, using my stethoscope for the first time and hearing the cat’s heartbeat, and the magic in this small moment.** It’s this memory I will hold onto when I face challenges as a veterinarian in the future, to remind me of my passion and love for this profession.”

**Ava Cabble,**  
Cornell Class of 2027

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For many veterinary students, student loan debt is an unavoidable aspect of their educational journey. While debt is often viewed negatively, it's important for vet students to understand and embrace the role that student loans play in their professional development.

## Why you shouldn't BE ASHAMED OF YOUR STUDENT LOAN DEBT



### *Investing in Your Future:*

The decision to take on student loan debt for veterinary school should be seen as an investment in your future. Veterinary medicine is not just a job; it's a calling that requires extensive education and training. This investment is a stepping stone towards a career that is not only professionally rewarding but also vital to animal health and welfare.

### *The Reality of Higher Education Costs:*

The rising cost of higher education is a challenge faced across many disciplines, and veterinary medicine is no exception. With the expenses required to provide top-notch education and training, student loans become a necessary means for many aspiring veterinarians. Understanding this as a common experience in the profession can alleviate feelings of isolation or embarrassment.

### *Student Loans as a Gateway to Opportunity:*

Rather than viewing student loans as a burden, it's helpful to see them as a gateway to opportunities that might otherwise be out of reach. They enable individuals from all walks of life to pursue a dream in veterinary medicine, bringing diverse perspectives to the field.

### *Navigating Repayment:*

There are numerous resources available to help manage and navigate student loan debt effectively. Various repayment plans, loan forgiveness programs, and financial advice targeted at veterinarians can provide relief and guidance for managing finances post-graduation.

### *Focus on Long-Term Goals:*

It's crucial for veterinary students to maintain focus on their long-term objectives. The road to becoming a veterinarian may involve financial challenges, but the goal is a fulfilling career in a field driven by passion and the desire to make a difference.

### *Shifting the Conversation:*

The narrative around student loan debt needs to evolve from one of shame to one of understanding and acceptance. It's a part of the educational journey for many veterinarians and not an indicator of personal or financial failure.

Student loan debt is a reality for many in the veterinary field, but it should not be a source of shame. It's a marker of commitment to a profession that requires extensive training and education. Veterinary students and graduates should view their debt as an investment in a future where they can make a meaningful impact on animal and human lives alike. Embracing this aspect of their journey can lead to a healthier perspective on personal finances and career growth.

**WANT TO LEARN MORE ABOUT  
MANAGING STUDENT LOAN DEBT?**

Check out Vet Candy's Guide to  
Mastering your Money  
at [myvetcandy.com/books](https://myvetcandy.com/books)



*Little inexpensive things that say  
“I LOVE YOU” to your other half*

AM Kuska

If you've been in a long term relationship to someone you love, it can be easy to let little tokens of appreciation just disappear. Although how often you say you love someone depends very much on your individual preferences, you can still let them know you love them in lots of little inexpensive ways.





## Compliments

Complimenting your spouse can boost their confidence and let them know you still think they're pretty great. If you like how he looks, he put on your favorite cologne, or she cooked your favorite meal—let them know how much you love it.

When you compliment your spouse, make sure those compliments are from the heart. A genuine comment of appreciation can help boost their confidence and make them feel loved, false flattery definitely won't.



## Cuddle up

Snuggling is one of the best ways you can show that you care. Whether you're sharing a blanket while watching Netflix, spooning in bed, or just giving them a hug, you can make them feel more loved every day through the power of touch.

If you're not big on cuddles but your spouse craves touch, giving them a surprise back massage could give them the touch they crave without smothering you.

## Let them have some blanket

If you're a notorious blanket hog (you know who you are), one of the greatest acts of love you can possibly show your significant other is to give them more blanket. At least, at the beginning of the night. As an added bonus, if they try and tell you they woke up shivering with a tiny corner of the blanket left to them, you can point out they had practically all the blanket just a few hours before.

It's always great to let your spouse know that you still care about them, that you still think they look good, and that they still make you happy. Little tokens of appreciation can help keep your bond strong long after the day you first met.



## Leave them notes

A quick note slipped in their lunch bag or placed on the seat of their car can remind them you love them throughout the day. Little notes are a wonderful way to keep showing that you care, even if you aren't physically there at that moment.

You can also try leaving them small gifts in their coat pocket, or leaving jerky or other treats for them so they have something on hand if they frequently skip or forget their lunches.



## Make them tea

If your spouse needs a little help to get up in the morning, a cup of tea made just the way they like it shares a powerful message of love. If your spouse isn't wild about tea, it can also be their favorite coffee or even breakfast. You know what they love the most.

Likewise, bringing a favorite coffee from a coffee stand if they beat you out the door for work can be a wonderful mid-morning pick-me-up for them.





# Hookup done right

By Shauna Simmons

## ✗ Tips for a Safe and Enjoyable Experience

Hookups might be the solution if you have decided to take a break from committed relationships but still want to indulge in some benefits. A hookup is basically a conscious decision to engage in intimacy or sex without the tether of commitment. With hookup culture growing and changing with the times, it's good to ensure you are safe and cautious.

## ✗ Be Clear About Your Expectations

The healthiest thing you can do for yourself is to be clear about what you are looking for ahead of time. This happens by deciding what you want for yourself out of a situation. Once you are clear about what you want, you must express this verbally to the other person. Communication is your best friend in any situation, especially regarding hookups.

## ✗ Use Protection

You need to make sure you are using protection for hookups that include sexual interactions. Using male or female condoms is a precaution that protects your physical health from the unknown. It also helps to protect your future from unintentional responsibilities like children. For women, this can also be a reason for using birth control.

## ✗ Make Sure Everything is Consensual

Consent is the sexiest part of a hookup because it sets the tone for healthy intimacy. While you may not be looking for a long-term partner or relationship, showing your partner respect is still necessary. Communicating consent between one another is a must before any healthy hookup can take place.

## ✗ Express Your Likes and Dislikes

If you are not comfortable in any way with expressing something you do not like, then you shouldn't be hooking up in the first place. Just like it's your job to receive consent before moving forward, you need to be able to provide it. You owe yourself and your partner honesty regarding the situation. This means being able to express what you do or don't want to happen.

## ✗ Let a Friend Know Where You Are

This is a huge rule for random or spontaneous hookups. If you are going to leave with a stranger, put a little extra faith in the people you know you can already trust. Share your location with a trusted friend so that they know where to find you if anything happens.

If you plan to indulge in hookup culture, ensure you take all the right precautions to guarantee a safe and enjoyable experience.



# ADDRESSING THE HIDDEN STRUGGLE OF DISORDERED EATING

In the high-pressure environment of veterinary school, a concerning issue often lurks in the shadows – disordered eating. While it's a topic seldom discussed openly, it's time to shed light on this 'dirty little secret' and address the crucial need for mindful eating habits among veterinary students.



## MINDFUL EATING: THE PATH TO BALANCE

Mindful eating is about developing an awareness of your body's hunger and fullness cues. It's understanding that there are no inherently 'bad' foods, but also recognizing that you can't starve yourself and then expect not to overeat. The key is to eat when you feel the initial signs of hunger, not waiting until your body is in a state of desperation.

## HEALTHY CHOICES FOR A HEALTHY MIND

Incorporating a balanced diet is crucial. This means choosing foods that nourish your body and mind – plenty of vegetables, fruits, whole grains, lean proteins, and healthy fats. While it's okay to indulge occasionally, the goal is to make healthy eating a consistent part of your lifestyle. Avoiding sugary drinks and minimizing fast food can have a significant impact on your overall well-being.

## SEEKING PROFESSIONAL HELP

If you or someone you know is struggling with disordered eating, it's important to seek professional help. This could be a counselor, a dietitian specializing in eating disorders, or a healthcare provider. There's no shame in seeking assistance; it's a brave step towards better health and a more fulfilling life. Remember, taking care of your body is just as important as caring for the animals you will serve in your future career.

## THE UNSPOKEN CHALLENGE

Disordered eating in veterinary school can manifest in various forms, from bingeing and purging to extreme food restrictions. The demanding schedule and intense stress can lead students to develop unhealthy eating habits as a coping mechanism. However, acknowledging this and understanding you aren't alone in recovery is the first step towards healing and developing a healthier relationship with food.

## Want to learn more?

Check out *Vet Candy's Guide to Healthy Eating* with registered dietician nutritionist Caitlin Kiarie on *Vet Candy*: [myvetcandy.com/books](https://myvetcandy.com/books)

# Pre-Specialty *Purgatory*: The Harsh Reality of Veterinary Residency Programs

The journey to becoming a specialized veterinarian is more challenging than many realize. This period, often referred to as "pre-specialty purgatory," involves rigorous training through residencies and internships. However, it's not just the demanding work and low pay that burden these aspiring specialists; there are contractual obligations and penalties that add to the struggle.

## **Financial and Workload Struggles**

Residents and interns in veterinary programs often face overwhelming work weeks, sometimes exceeding 60 hours, with salaries frequently under \$30,000 per year. This meager income barely covers living expenses, let alone the accumulating student loan debt. The Association of American Veterinary Medical Colleges (AAVMC) highlights the gravity of this situation, reporting an average salary of \$35,807 for resident trainees in the United States, with a slightly lower average of \$35,246 for those in academic institutions [Greenhill & Young, 2019]. This salary is comparable for a Walmart greeter, who would be working only 38 hours a week, according to Indeed. These figures starkly contrast with the starting salaries of new graduates, which hover around \$150,000 per year. During the residency program, the residents are working on actual cases and the hospital is paid for all the services. With that said, a single veterinarian has the capability of bringing in up to one million dollars to a practice each year.



## **Contractual Obligations and Penalties**

Adding to these financial and workload challenges are the often restrictive contractual terms of some residency programs. Notably, certain programs include clauses mandating that residents work for the institution for several years after completing their program. This requirement can significantly limit the professional autonomy and career advancement opportunities of these individuals. Moreover, some programs impose harsh penalties if a resident discontinues their program, regardless of the reason. These reasons could range from personal health issues, such as being involved in an accident or battling a serious illness like cancer, to life-changing events like pregnancy. The imposition of large financial penalties in such circumstances seems particularly unjust, further complicating the already difficult situation for many veterinary residents.

## The Call for *Action*

This situation calls for urgent attention and action from the veterinary community. Veterinary professionals are encouraged to unite and advocate for those in specialty training. Writing to organizations like the American Veterinary Medical Association (AVMA) or the AAVMC to demand that they support change is a critical step. It is important to push for reforms that not only address financial compensation but also consider the unreasonable contractual obligations placed on residents.



*“Veterinary medical residents often work long and demanding hours, including nights, weekends, and holidays. This can lead to fatigue and work-life imbalance. Emotional stress comes along with being a veterinary medical resident. Dealing with sick or injured animals, making critical decisions, and communicating with pet owners can be emotionally challenging. Residents often experience compassion fatigue or burnout”* says Pennsylvania veterinary neurologist, Dr. Gaemia Tracy, *“At the same time, residents have to navigate all of these challenges in the midst of financial constraints. Veterinary medical residents typically receive low pay, making it difficult to meet their financial needs, especially considering the high cost of living and student loan debts.”*

*“Fortunately, I had a mentor that was supportive by providing me with food, guidance, and a place to celebrate holidays,”* Dr. Tracy continues, *“Without this support, there is no way I could have survived the residency.”*

**These challenges highlight the demanding nature of veterinary medical residency and the need for support and mentorship throughout the process.**

**The path to veterinary specialization should not be laden with financial hardship, mental strain, and restrictive contractual obligations. The veterinary community needs to come together to support future specialists, advocating for a system that is both equitable and supportive of their professional and personal well-being. Change is necessary to ensure that the pursuit of veterinary specialization is a journey of growth and learning, not one of financial and personal struggle.**





# Ashley Opperman

## THE UNIVERSITY OF WISCONSIN VET STUDENT BLENDS STUDY TIME WITH MOTHERHOOD

In Madison, Wisconsin, Ashley Oppermann, a third-year veterinary student at UW-Madison, begins her day much like any other student. But Ashley is not just any student – she is a mother, a wife, and a dreamer who’s breaking barriers and redefining what it means to be a veterinary student in today’s demanding world.

**Ashley’s journey to vet school was unconventional.** A native of Wisconsin, she graduated with a degree in Molecular Biology and Bioinformatics from the University of Wisconsin-Parkside. After working at a small animal practice in Oconomowoc, WI, Ashley made the bold decision to pursue veterinary medicine – a dream that came with its set of challenges as a mother to a young daughter.

**The most agonizing career decision:** “The most agonizing career decision I ever made was choosing to apply to veterinary school while also being a mother,” she reflects. But it was her unwavering commitment to her family and her career that propelled her forward.

My biggest fan keeps me going: The best way I clear my head after a hectic day is to come home, hug my 4 year old daughter and see her adorable smile.

**Advice for my younger self:** *Everything happens for a reason. Life is an imperfect experience but such a wonderful experience.*

Life changing experience: The adventure that most changed my life was **undoubtedly motherhood**. It’s this adventure that has taught me the essence of selflessness and the profound joy that comes from the little things in life.





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# NC State Unleashes *Groundbreaking*

## Program to Mold the Next Generation of Vet Professors!

NC State College of Veterinary Medicine is launching a trailblazing initiative, the Veterinary Academic Leaders Program, aimed at molding the future of veterinary education. In an era marked by critical veterinary shortages, this program is set to equip 10 hospital residents with the skills necessary for a flourishing career in academic veterinary medicine.

The college has recently selected a pioneering group of 10 first-year residents to be part of this revolutionary VAL program. This move comes at a crucial time, as national veterinarian shortages heighten the need for more academic professionals in the field.

Dr. Kate Meurs, dean of the NC State College of Veterinary Medicine, highlights a concerning trend: only about 6% of U.S. veterinarians are involved in academic practice. As veterinary colleges globally struggle to fill academic roles crucial for education and research advancement, this program is a timely intervention. Dr. Joshua Stern, associate dean for research and graduate studies, is at the helm of this innovative program.

*"Our VAL fellows will undergo a comprehensive three-year program, working closely with esteemed academic veterinarians to build a skill set designed for success in academia and clinician science," Stern explains. "NC State is committed to nurturing a new generation of veterinary academicians who will become global leaders and educators."*

*The surge in veterinary medicine program offerings by nearly a dozen colleges and universities underscores the pressing need for academic leaders. With 33 veterinary colleges in the U.S. actively seeking faculty, Stern questions, "Who will spearhead these expansions and train future veterinarians?" NC State's VAL fellowship program aspires to be the answer.*

The inaugural VAL fellows are a diverse and talented group of NC State Veterinary Hospital residents, each specializing in different fields, from Small Animal Internal Medicine to Zoological Medicine. Among them is Siena Mitman, a Tufts University alumna with a passion for blending veterinary medicine with global health research and advocacy. She's excited about the opportunity to thrive in an academic environment, supported by this program.

The Veterinary Academic Leaders program encompasses a multifaceted approach: monthly dinner meetings with expert speakers, research training with substantial funding, and membership in the NC State College of Veterinary Medicine's Academy of Educators. This initiative represents a significant investment by NC State in shaping a community of veterinary academic leaders.

Mitman also looks forward to the unique networking and learning opportunities this program offers, alongside the nine other fellows. "The prospect of building connections with peers from various medical specialties, and learning from faculty dedicated to this program, is truly exhilarating," she shares.

NC State's bold move signifies a monumental step in securing the future of veterinary education, fostering a community dedicated to academic excellence and innovation in veterinary medicine.





# Texas A&M University veterinarians use 3D PRINTING TECHNOLOGY to assist in double hip replacement surgery for a dog

Written by Courtney Price, Texas A&M University

A Labrador retriever named Ava is back to running and playing with her family after her second double hip replacement, courtesy of Texas A&M University veterinarians, computerized tomography [CT]-guided planning, and 3D-printing technology.

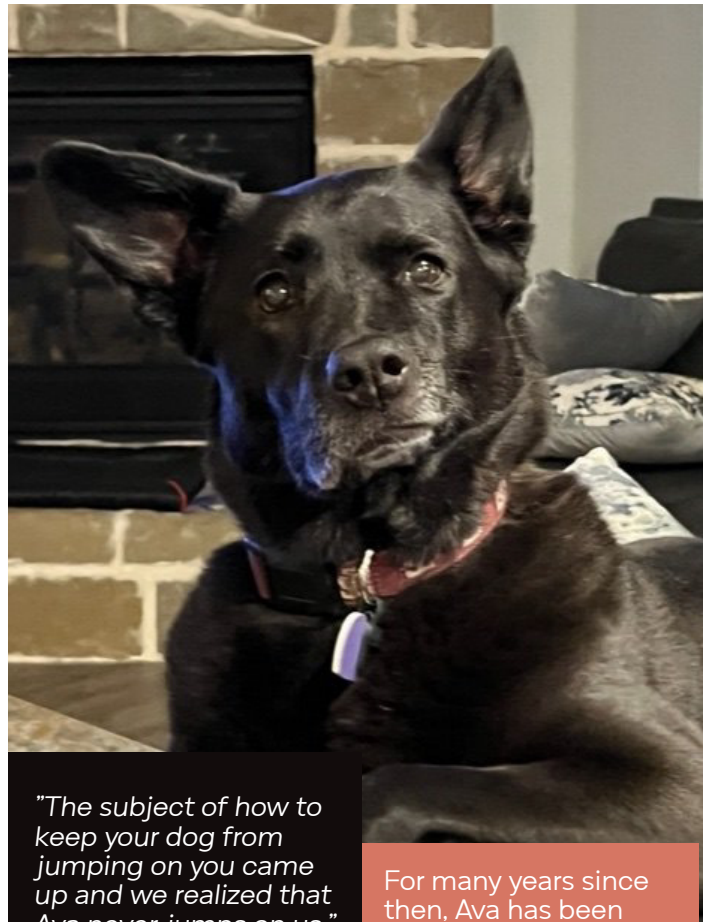
When the two replacement hips Ava received as a puppy wore out in 2020, Texas A&M veterinarians were able to remove the old joints and replace them with new ones by using CT-guided planning, 3D-printed bone models and rehearsal surgeries to ensure the procedures would be successful.

## From foster to family

Not many dogs go through four total hip replacements (THRs) in one lifetime, but Ava has always been special.

"Ava came to us at about 6 months old, back when we were dog foster parents living in Illinois," said Ava's owner, Janet Dieter. "After caring for more than 40 dogs, she was our first 'foster failure' that we ended up adopting. At the time, we had another black Labrador named Roscoe who was usually standoffish with the foster puppies, but he fell in love with Ava immediately and we knew she had to stay."

Janet and her husband, Ken, always take the dogs under their care to obedience school, and Ava was no exception. It was there, however, that the couple began to notice something different about her.



*"The subject of how to keep your dog from jumping on you came up and we realized that Ava never jumps on us," Janet said. "We took her to our local veterinarian and they took an X-ray, which showed that Ava's hips were basically out of their sockets."*

The Dieters were referred to an accomplished total hip replacement surgeon who performed THRs on Ava's hips in 2013 and 2014.

*"She was incredibly resilient," Janet said. "She walked out of the hospital like nothing happened."*

For many years since then, Ava has been helping show the Dieters' foster puppies the ropes by giving them someone to play with. When the Dieters moved from Illinois to Texas a few years ago, she took the change in stride.

X-rays of Ava as a puppy show her hips before and after her original total hip replacement surgery. Credit: Janet and Ken Dieter

In 2020, however, Ava faced new challenges when one of her replacement hips wore out.

"Over many years, the artificial ball had worn away the plastic liner protecting the metal wall of the artificial joint," said Dr. Brian Saunders, a professor of small animal orthopedics and Small Animal Orthopedics Service chief at the Veterinary Medical Teaching Hospital. "The artificial ball then wore through the metal backing, causing a complete dislocation."

While worn out THRs aren't common in dogs, they can happen in joint replacements that have been in place for many years.

"When Ava's original hips were placed, the liners in the replacement joints weren't as advanced as they are today," Saunders said. "Technology has improved now to where it's less likely for that problem to happen. Complications like Ava's aren't terribly common, but when they do happen, they require advanced techniques to achieve a successful outcome."



In addition to the dislocation, the erosion of the metal wall in Ava's hip had caused tiny metal particles to build up around the joint and in her pelvic canal, forming a granuloma.

*"Metallosis—the erosion process that causes the metal debris to build up into a granuloma—can trigger cellular changes, leading to resorption or dissolution of bone around the new hip. It's like putting the body in a defensive mode against outside objects," he said.*

## Taking surgery to a new dimension

Because of the complexity of the surgery needed to remove the granuloma and fix Ava's hip, the Dieters' local veterinarian recommended that they visit Texas A&M's orthopedic specialists.

To make sure the complex surgery would be successful, Saunders used advanced CT-guided surgical planning and 3D-printing technology.

*"We used computer-assisted 3D modeling to determine revision implant size and position," Saunders said. "Basically, we printed a replica of Ava's dislocated hip joint and planned exactly how to perform the revision operation using the 3D bone models. In fact, we sterilized the plastic models and used them in the operating room to help guide the revision surgery."*

**Having 3D-printing technology right inside the VMTH is a huge advantage for surgical teams.**



X-rays of Ava as a puppy show her hips before and after her original total hip replacement surgery.

*"If you don't have your own 3D-printing program, you have to send a CT scan to a third-party company using a fee-for-service process. This can be challenging in regard to turnaround time and you often lose the ability to be involved in the planning process," Saunders said.*

Having a replica of Ava's hip was especially helpful considering that she had a granuloma complicating things.

*"To avoid a THR rejection, we used the CT scan and worked with the Soft Tissue Surgery group to remove as much of the metal granuloma from the pelvic canal before we came back and performed the THR revision. Then, when we did the revision, we were able to finish removing the remainder of the granuloma from the other side," Saunders said. "Planning using 3D models and collaborating with the Soft Tissue team were two huge contributing factors to our success."*

Even though Ava's first hip revision went well, her challenges weren't over just yet. A few weeks after the first surgery, Ava's other THR liner also wore out and dislocated. She had to return to the VMTH for a second hip revision.

*"Thankfully, the second hip wasn't quite as affected as her first and we already had her 3D bone models from the recent surgery, so the second hip revision surgery was more straightforward," Saunders said.*

Ava, who is now 12 years old, hasn't let her hip history slow her down.

*"She still zips all over the backyard and through our exercise course," Janet said. "She will even jump over the couch."*

*"When she started showing signs of her first hip wearing out, we thought it might mean the end, and we were devastated," Ken said. "But the veterinarians at Texas A&M were able to give her life again."*



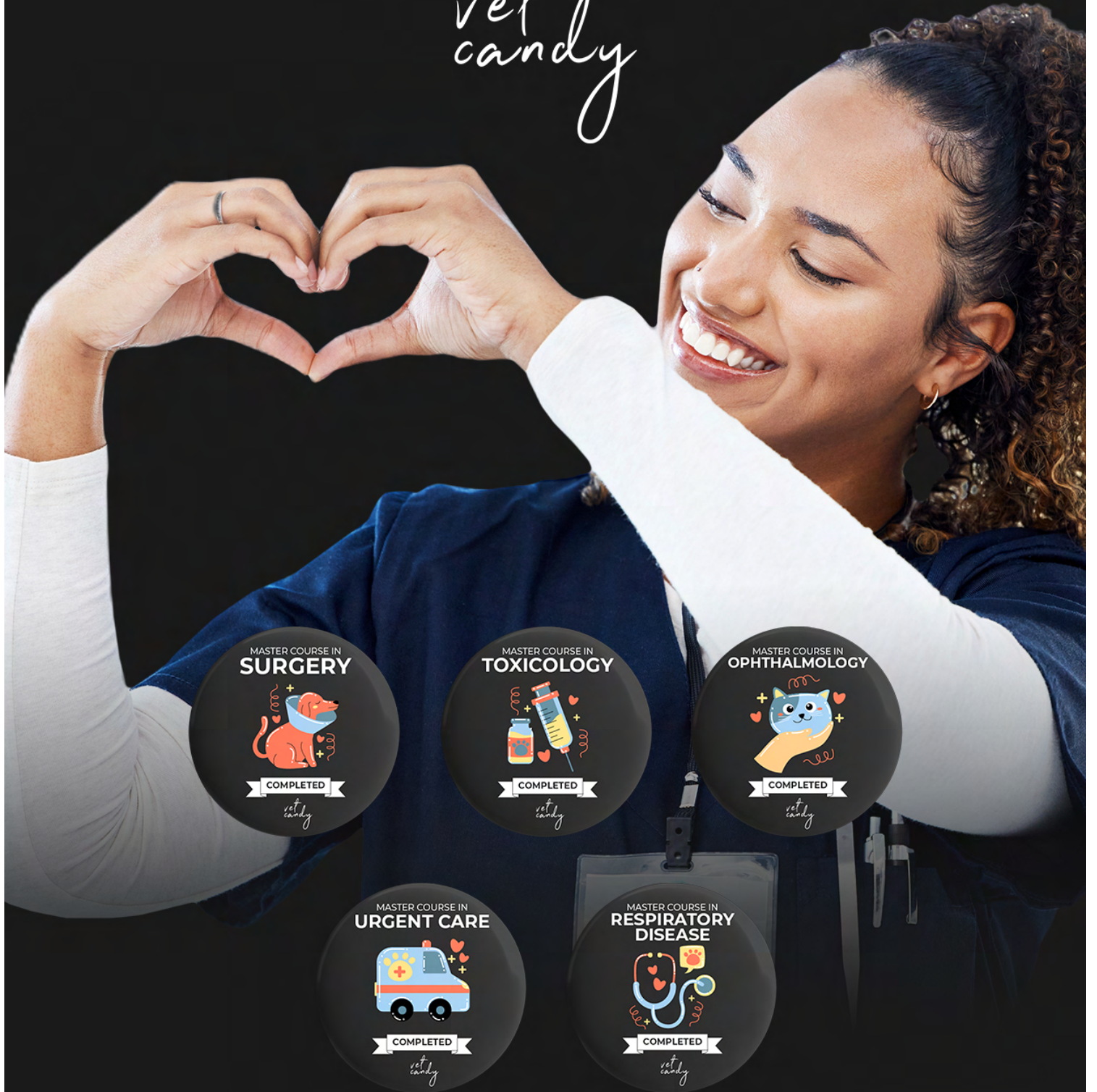
A 3D-printed model of Ava's hip with the components used to help plan the hip-replacement surgery.



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## *Mobile surgical unit provides veterinary care across Arizona*

The College of Veterinary Medicine's Mobile Surgical Unit recently returned from its maiden service trip: A week long stay in Pinal County to spay and neuter animals for the Pinal County Animal Care and Control.

The University of Arizona College of Veterinary Medicine recently hit the road in its mobile surgery unit, a 53-foot travel trailer housing all the equipment and supplies necessary to perform medical tests and procedures on a variety of animals.

The week-long stay at Pinal County Animal Care and Control in Casa Grande, in late October, was the mobile unit's inaugural service trip since the college launched its first program in 2020.



The University of Arizona  
College of Veterinary Medicine





# Faculty operating the trailer *completed 20 spay* or neuter procedures for the shelter.

Caspie was one of 20 cats and dogs that received treatment in the Mobile Surgical Unit during its stay in Pinal County. Pinal County Animal Care and Control

"Twenty surgeries is 20 lives saved," said Katrina Rodrigues, Pinal County Animal Care and Control deputy director. "The University of Arizona's trip to the shelter allowed 20 animals to go on to their forever homes that otherwise would have been stuck waiting for four to six weeks in the shelter for their spay or neuter appointments before being adopted. We were incredibly grateful to have the amazing university staff and high quality of care available for our animals."

Jacquie Edie, surgical project manager for the college's surgery and anesthesia department, said the inaugural trip was an unqualified success that better prepared staff and faculty for future trips, as well as the unit's day-to-day operations.

"It was really rewarding to have an idea, plan it out then execute it without any real challenges," Edie said. "This was our first service trip, and it was really exciting. Now that we have done this, we have learned what a big job it really is."

The mobile unit has been an integral part of the college's curriculum since its inception. When not on the road, the trailer is the perfect place for students to hone their surgical skills.

On either side of the mobile unit are bays of kennels to hold animals, along with space for medical preparation, a lab for basic bloodwork and a central surgical suite complete with four movable tables, sinks, anesthesia machines, monitoring equipment and a variety of supplies and surgical instruments. The mobile unit houses its own refrigeration for samples, heat support for animals and a fully contained water system – and is fully ADA accessible.

While the unit can handle a variety of veterinary tests and procedures, there are some limitations. Specialized procedures requiring specific equipment, such as a laparoscopy, or more involved procedures, such as treating severe fractures that require plates and screws, are not performed in the mobile unit.

Veterinary medicine students start their surgical journey during their first semester at the college learning basic skills such as suturing. Students make their way to simulated surgical operations using stuffed animals – and eventually work under the close supervision of skilled technicians who staff the mobile unit.

Edie said the entire experience is the foundation of each student's surgical expertise and offers a much different experience compared to a traditional teaching hospital.

“It is advantageous for the students to be able to learn in the mobile unit," Edie said. "It helps them think outside of the box of a typical operating room and gives them perspective of a different variation to a surgical site. From an entrepreneurial side, it may intrigue some to consider a mobile practice in the future."

Edie and her colleagues are excited at the prospect of a second service trip and are developing other strategies for involving the mobile surgical unit in more community-oriented missions similar to the one to Pinal County.

# Breaking Barriers: Discover the Diverse New Face of Veterinary Medicine!

The face of veterinary medicine is evolving, with a new report by the American Veterinary Medical Association shedding light on the changing demographics within the profession. As the demand for veterinary care continues to grow, so too does the diversity of those who provide it. The report highlights notable shifts in gender and racial demographics among veterinarians, offering insight into the profession's evolving landscape.

One of the standout findings of the AVMA report is the growing gender diversity in the veterinary field. Nearly two-thirds of veterinarians are now female, while a little over one-third are male. This marks a significant change from the profession's historical gender composition. In companion animal practice, a remarkable 73% of female veterinarians are actively engaged, compared to 65% of their male counterparts. While both genders are equally represented in equine practice (4% female and 5% male), there is a notable difference in food animal practice, where men constitute 8% of veterinarians, whereas women make up only 1%. The AVMA report did not denote the gender demographics at executive levels throughout the profession or academia, which still appears to be favoring the male gender.

A March 2021 study from Cornell University College of Veterinary Medicine found an annual gender salary difference of nearly \$100,000 among the top quarter of earners in the industry. Dr. Jill Lopez, CEO of Vet Candy and advocate for gender balance had this to say "The pay disparity is most pronounced for recent graduates and the top half of earners in the field. Male veterinarians are also able to move into higher income brackets with lower levels of experience than women." This research paper, published in the Journal of the American Veterinary Medical Association, used data from more than 2,700 veterinarians across the U.S. to determine income differences between men and women at various levels of experience.

The AVMA report also brings to light important trends in racial and ethnic diversity within the veterinary profession. In 2023, the majority of veterinarians, 89.3%, identified as white, whereas 10.7% identified as belonging to a minority group. This is an increase from 8% minority representation in 2019. Within the minority group, the breakdown is as follows: Hispanic veterinarians comprise 4.1% of the profession, Asian veterinarians make up 2.5%, and Black veterinarians represent 1.2%. This increase in minority representation is a positive development, reflecting the growing recognition of the importance of diversity in the field. In addition to the changing demographics of practicing veterinarians, the AVMA report also highlights shifts in veterinary education.







## According to Charlotte McKay, AVMAs associate director

...for statistical and geospatial analysis and senior economist, under-represented races and ethnicities constituted only about 5% of the veterinary student population in 1980. However, recent data from the American Association of Veterinary Medical Colleges' 2022-23 annual report reveals a significant increase, with underrepresented students now accounting for 25% of veterinary students. This evolution in the composition of veterinary students not only enriches the profession's diversity but also reflects the broader societal trend towards inclusivity and equal opportunity. The latest AVMA report serves as a compelling testament to the changing demographics within the veterinary profession. The increasing gender diversity and growing representation of minority groups are indicative of a profession that is adapting to the evolving needs and values of society. These shifts promise to enhance the inclusivity, representation, and overall quality of veterinary care for all animals, while providing equal opportunities to all who aspire to serve in this essential field.

# Ask me anything



**Dr. Jill Lopez**, the CEO and founder of Vet Candy talks about non-traditional veterinary careers.

## What are other career options other than practicing?

Throughout my career, I've followed a path that's been anything but traditional. I often meet veterinarians who are eager to learn about career alternatives beyond the usual veterinary practice. My own journey began as a general practitioner in a busy small animal clinic in West Virginia. But as time went on, I ventured off the beaten path, taking roles at organizations like ASPCA, Hartz, and Merck Animal Health. For those of you considering a shift in your veterinary career, I'd like to share some unique and engaging career options, along with my personal insights and experiences:

### **Pharmacovigilance:**

This role involves working with veterinary pharmaceutical companies to report adverse effects and efficacy issues of products. The job, which can be performed from an office or home setting, offers a more structured work schedule – typically 9 to 5 and Monday through Friday. These positions often come with competitive salaries and

excellent benefits, providing a great quality of life and opportunities for career progression.

### **Professional Services:**

For those who love to travel, a career in professional services at pharmaceutical companies can be thrilling. These professionals provide technical support, which includes attending veterinary conferences and speaking at events. However, it involves a lot of travel, which might be challenging for those with families but exciting for those who enjoy being on the road.

### **Other Pharmaceutical Roles:**

The animal health sector is full of diverse opportunities that require a background in veterinary medicine. From research and clinical studies to marketing, there's a wide range of roles. Plus, for those interested in international experiences, many companies have global divisions.

#VET CANDY TALKS





## *Caylee Comier's Epic First Day: A Vet Student's Dream Start You've Got to Hear!*

“

Remember that first day buzz of vet school? Pure magic, right? We hit up **Caylee Comier**, a cool first-year at St. George's University, to spill the tea on her epic first day.

*“My first day of vet school was honestly a dream I couldn't have asked for a better support system and school to go to. Being here at SGU I feel so safe and loved by not just my friends but also faculty and professors! I originally thought I'd be extremely nervous for the first week of Vet school but I know God's got me and there is no room to worry. I am excited for this journey and can't wait to share it with everyone! I get to meet life long friends that I will be able to share my amazing experiences with. So grateful and blessed for all that I have. If you are starting vet school and you are nervous or scared or need help with anything reach out to me, I got you.” Caylee Comier, St. George University, Class of 2027.*

# Spotlight On Navle Prep

What you need to know about  
**African Swine Fever ?**

African swine fever (ASF) poses a significant threat to the swine industry worldwide, including in the United States, which is the world's third-largest pork producer. This review offers an in-depth analysis of ASF, focusing on its epidemiology, transmission, and management strategies, with particular attention to the risks presented by the exhibition swine sector.

#### **Epidemiology and Endemicity:**

This role involves working with ASF, caused by the African swine fever virus (ASFV), is a highly contagious and lethal disease affecting swine. First identified in Kenya in 1921, ASFV is a double-stranded DNA virus and the sole member of the Asfarviridae family. The disease is endemic in sub-Saharan Africa, Eastern Europe, and Sardinia. Recent outbreaks have occurred in various parts of the world, including Thailand and North Macedonia. ASFV's adaptability to various environments and its potential spread through globalization and animal trade make it a global concern.

#### **Transmission and Detection:**

ASFV primarily spreads through direct contact with infected animals, but can also be transmitted via tick bites, contaminated feed, and fomites. The feral swine population in the United States, estimated at 6 million, poses a significant risk for ASF transmission due to their interactions with domestic swine and absence of natural predators. The stability of ASFV in various substrates, such as feed and soil, complicates its control. Laboratory testing methods, including polymerase chain reaction (PCR) and enzyme-linked immunosor-



bent assays (ELISAs), play a critical role in the early detection and management of ASF outbreaks.

#### **Management Strategies:**

Currently, there are no commercially available vaccines for ASFV in the United States. Infection control primarily relies on biosecurity measures, such as quarantine, movement restrictions, and culling of infected herds. Disinfection protocols, including the use of lime, peracetic acid, and other disinfectants, have shown effectiveness in inactivating ASFV on various surfaces and in the environment. The role of oral fluid testing in ASF surveillance is also gaining attention as a less invasive and more efficient method compared to traditional blood and tissue sampling.

#### **Challenges in the Exhibition Swine Sector:**

The exhibition swine sector, involving niche and hobby farms, presents unique challenges in ASF management due to less stringent biosecurity practices and frequent animal movement across show circuits. This sector's potential role in disease spread underscores the need for enhanced biosecurity education and awareness among exhibitors, breeders, and event organizers.

#SPOTLIGHTONNAVLEPREP



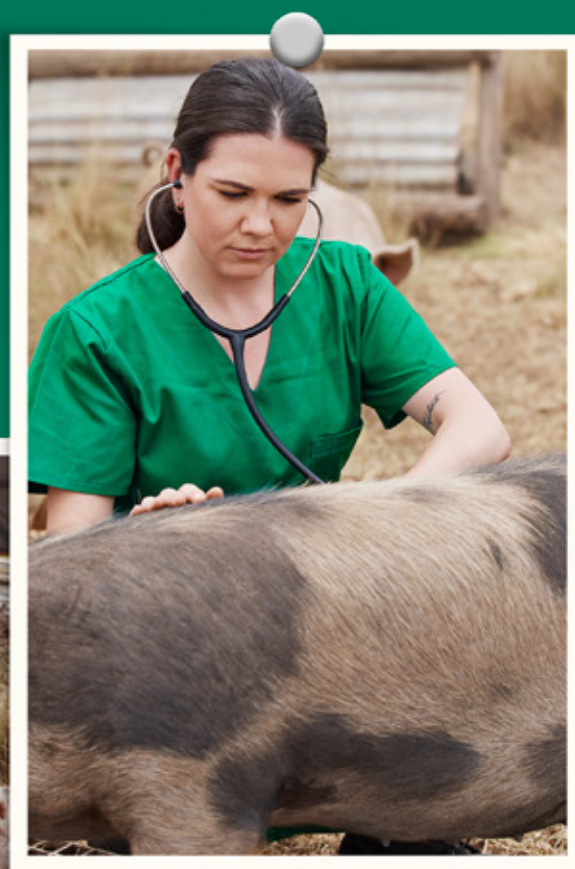
# Educational Outreach and Biosecurity Awareness:

Given the potential impact of ASF on the swine industry, there is a critical need for comprehensive biosecurity education targeting both youth and adults involved in swine production and exhibition. Programs such as the Biosecure Entry Education Trailer (BEET) and "4-H Bio-Security Proficiencies Program" have been instrumental in raising awareness and implementing biosecurity measures at the grassroots level. Additionally, training programs for agricultural educators and livestock show officials are essential to ensure a well-informed community that can effectively respond to ASF threats.

The potential introduction of ASF into the United States necessitates vigilant surveillance, robust biosecurity measures, and comprehensive educational outreach. The swine industry, particularly the exhibition sector, must be prepared to tackle the challenges posed by ASF to protect the U.S. pork supply chain and maintain market access for U.S. proteins. Collaboration among producers, veterinarians, researchers, and regulatory agencies is crucial in enhancing preparedness and response strategies to mitigate the impact of ASF.



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Test your  
knowledge  
on the following  
page!



# Test your knowledge



## Question 1:

A 2-year-old female domestic pig presents with high fever, lethargy, and reddened skin. Laboratory tests reveal thrombocytopenia and leukopenia. The pig has not traveled outside of the United States, but there have been recent reports of a new disease in the region. What is the most likely diagnosis?

- A. Porcine reproductive and respiratory syndrome (PRRS)
- B. Pseudorabies
- C. African swine fever (ASF)
- D. Swine influenza
- E. Porcine circovirus-associated disease (PCVAD)

## Question 2:

Which of the following is the primary mode of transmission for African Swine Fever Virus (ASFV) in endemic areas?

- A. Airborne transmission
- B. Transmission via contaminated water
- C. Direct contact with infected animals
- D. Transmission via contaminated feed
- E. Vector-borne transmission by mosquitoes

## Question 3:

A herd of pigs is suspected of having African Swine Fever. What is the most appropriate initial action to take in accordance with USDA guidelines?

- A. Vaccination of the entire herd
- B. Immediate euthanasia of symptomatic pigs
- C. Quarantine and reporting to the appropriate authorities
- D. Administration of broad-spectrum antibiotics
- E. Application of external parasiticides to control tick infestations

## Question 4:

A veterinarian is performing a necropsy on a pig that died suddenly in a region where African Swine Fever is a concern. Which of the following findings would be most suggestive of ASF?

- A. Multifocal hepatic necrosis
- B. Enlarged, edematous spleen
- C. Lung consolidation typical of bacterial pneumonia
- D. Enteritis with marked hemorrhage
- E. Lymph node enlargement with caseous necrosis

## Question 4:

In regions where African Swine Fever is endemic, which of the following wildlife species is a known reservoir for the ASF virus?

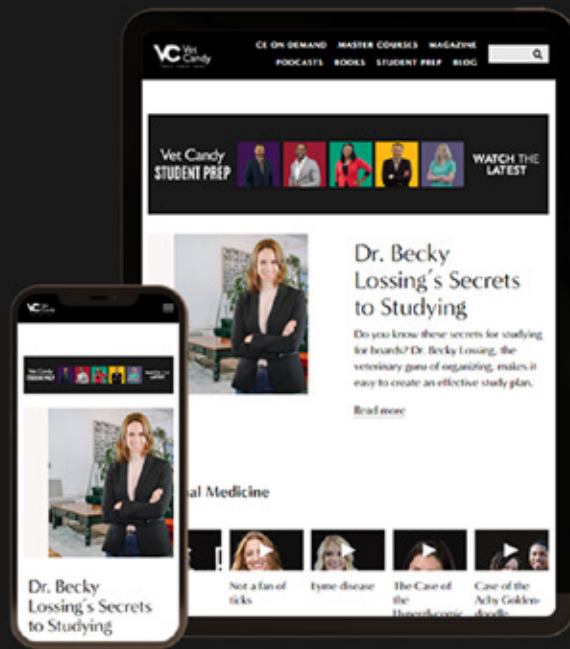
- A. Deer
- B. Wild boar
- C. Raccoons
- D. Bats
- E. Rabbits

ANSWERS: 1 C) African swine fever (ASF) - 2 C) Direct contact with infected animals - 3 C) Quarantine and reporting to the appropriate authorities - 4 B) Enlarged, edematous spleen - 5 B) Wild boar



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