

VET SCHOOL

by *vet candy*

MONSTER-PROOF
YOUR JOB SEARCH:
INSIDER TIPS TO
SPOTTING TOXIC
BOSSSES!

5 MUST-KNOW
TIPS TO LEVEL UP
YOUR SURGERY
CONFIDENCE

SHOCKING REVELATION:
DEADLY BIRD
FLU STRIKES COWS!
CORNELL VIROLOGISTS
UNCOVER STARTLING
DETAILS

NAVLE
PREP **WITH**
DR. GAEMIA
TRACY

ADORABLE
BEAGLES RETIRE
FROM TEACHING
DUTIES - YOU
WON'T BELIEVE
WHAT'S NEXT!

UNDERSTANDING
AND COPING
WITH SELF-HARM

FROM DREAM TO REALITY:
THE UNSTOPPABLE JOURNEY OF
COCO YEUNG

+ MUCH MORE



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Taylor Emery



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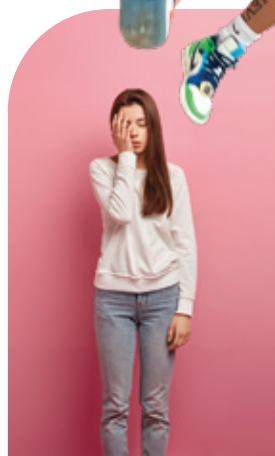
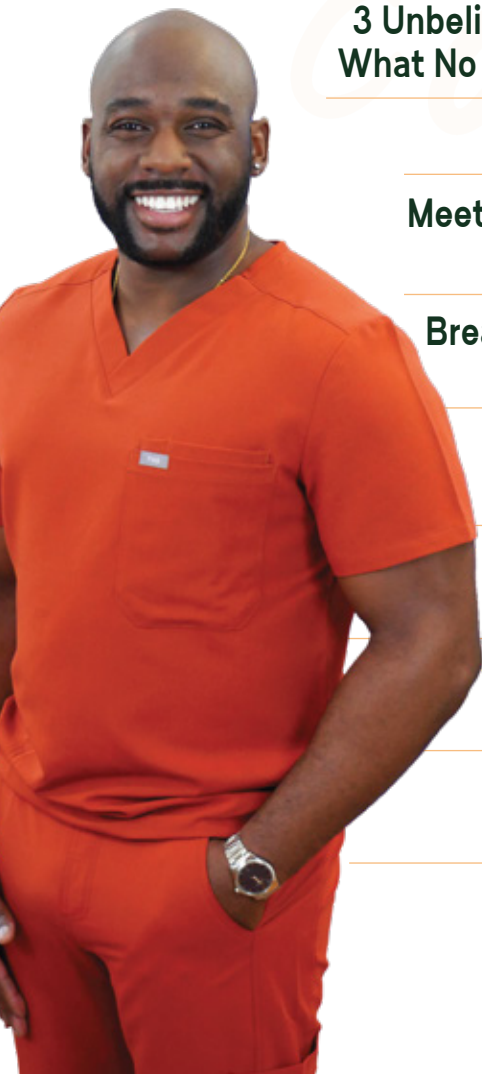
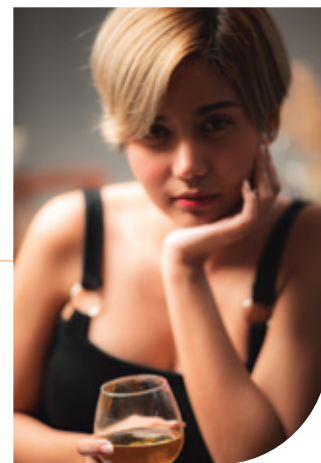
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knowledge



Welcome to the world of VET SCHOOL by vet candy

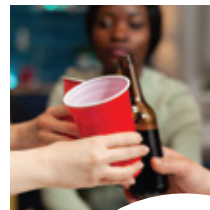
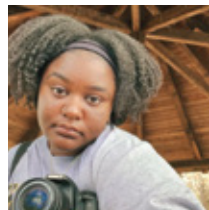
Dear Beautiful people,

I'm here to welcome you to the 2nd edition of "Vet School by Vet Candy." I am honored and excited to be the guest editor for this issue. Before I jump into the contents of this magazine, allow me to introduce myself!

My name is Taylor Emery. I am from Tampa, FL and I am a 26-year-old third year veterinary student at Virginia Maryland College of Veterinary Medicine. Before I entered Vet Med, I was known as "Tay the Hooper". I played basketball since I was 5 years old- went on to play college ball at Tulane University, Gulf Coast State College (where we won a national championship!), and finished my collegiate career at Virginia Tech. I applied for Vet School in 2018- did in person interviews and got accepted in 2019! I then graduated in 2019 from VT with a bachelor's in creative writing and didn't get to walk the stage because I was at training camp with the Minnesota Lynx in the WNBA. I decided to defer vet school and go on to play professionally overseas in both Poland and Israel with retiring from basketball in January of 2021. Using that same money from playing professionally- I was able to start my clothing brand called MerakiTay in April of 2021. I then started Vet School in August of 2021. Now, I run a 6-figure online clothing business while being a full-time veterinary student!

Aside from my professional life- my personal life is just as exciting. My fiancée (who is also a full-time vet student) and I live together and have two equally crazy labrador retrievers. We take on life together and find joy in everything we do. Running a business, being a full-time vet student, a dog mom, planning a wedding, and still finding time for me has been quite a journey- but I wouldn't change it for the world!

This edition of "Vet School by Vet Candy" is my favorite edition thus far. I love the diversity and the written recollections of personal encounters that make you feel ever so close to each student and their experiences. From Hong Kong, to Africa, to the United States, and so much more- the array of stories is endless and meant to impact each of us by opening our eyes and hearts to each other within the field.



Breaking: AI Revolutionizes Canine Cancer Detection! Golden Retrievers Lead the Way



It's important that we sharpen our own tools as an ever-evolving profession which is why we're given the gift of so much information within this edition. We do a deep dive into a new bird flu discovered in cows by virologists, explore the effects of AI and cancer detection in golden retrievers, and even review the influence that CBD has on dogs. Not only that, but there are so many other educational things that can teach us a new thing or two.

And, of course, my personal favorites within this edition are the sheer amounts of advice, resources, and fun things that are shared with us. From mental health, to finding a job, to traveling- there's so many things that keep you turning page to page to page! I can't rave enough about this edition, but make sure you experience it all yourself and start immersing yourself in a fun read!

Taylor Emery

Guest Editor,
Vet School by Vet Candy
June 2024

Before you go, I'd like to leave you with something on the next page...

PS. You can read more about me on *page* ?





We give so much of ourselves within this profession so remember,

Life is not about how much money you make,

The possessions you have,

Or even the letters by your name.

Life is not about the tangible things and

Chasing things that you cannot take with you.

Life is about that fire in your soul,

What makes you feel whole, seen, and heard.

Life is about love,

In any way you feel loved and can give love.

Life is about peace and the moments you never want to pass by.

Don't forget, because our lives can get so hectic sometimes,

To seek out the things/moments/people that make you feel like you.

Because when you feel like you- everything else will fall into place.

Thank you for joining me for the introduction to the 2nd edition of "Vet School by Vet Candy"! I hope your month is full of happiness, self-love, and so many adventures! Cheers to another day of doing what we love!

you can read
more about
me on **page 51**

Vet Candy Unveils 2024 Rising Stars Award Winners:

Meet the Future Leaders of Veterinary Medicine

Let's give a huge round of applause for the future superheroes of veterinary medicine!


We all know that our community is the heart of our greatness. Every single day, thousands of passionate professionals are out there, working hard to care for our furry, feathery, and finned friends, as well as each other. But who's going to light up our future? None other than the next wave of vet pros!

That's why we're super stoked to unveil the 2024 Vet Candy Rising Stars Awards! Designed to shine a spotlight on vet students who are rocking it for the profession, this award isn't your typical trophy. Being a Vet Candy Rising Star isn't just about scoring big; it's about leading, inspiring, and motivating. We're celebrating those who are making waves in our communities, big and small. From hands-on pet care to animal advocacy, educating clients, volunteering, and even taking charge in leadership roles, these guys are changing the game.

Nominations were based on pure merit. Vet Candy went on the hunt for the best of the best, and boy, did we find them! Over 20 students made the cut. Among a sea of shining names, these individuals stood out for their unwavering commitment to making the vet world better. Dive in to discover more about these incredible humans!



- **Hannah Williams:** Purdue University
- **Jeremiah Pouncy:** Cornell University A
- **Ashley Oppermann:** University of Wisconsin Madison
- **Taylor Emery:** Virginia Maryland
- **Leia Chung:** Cornell University
- **Kyle Jorel Frett:** Tuskegee University
- **Alayzha Turner- Rogers:** Cornell University
- **Gabriella Turnipseed:** Tuskegee University
- **Coco Yeung:** UC Davis
- **Natasha Welch:** Virginia-Maryland
- **Ava Cabble:** Cornell University
- **Julianna Naves-Diaz:** Tuskegee University
- **Jalea Stevens:** Virginia- Maryland
- **Natalie Smith:** Cornell University
- **Amber Elalem:** Western University
- **Josetta Adams:** University of Pennsylvania
- **Starr Hutcherson:** Auburn University
- **Julianne Sheehan:** University of Pennsylvania
- **Abby Seeley:** University of Pennsylvania
- **Lakhia Fuller:** NC State
- **Jenny Kim:** Ross University
- **Megan Lemke:** Purdue University
- **Emily Dorsey:** Iowa State
- **Paisley Tucker:** Long Island University
- **Christine Parascandola:** Long Island University
- **Taylor Smallwood:** Western University
- **Vitória Kuzolitz:** University of Georgia
- **Aaryn L. DuBose:** Tuskegee University



From Dream to
REALITY
THE UNSTOPPABLE JOURNEY OF
Coco Yeung

In a city where skyscrapers tower over pockets of green and the dream of veterinary medicine seems as distant as the stars,

Coco Yeung's aspirations soared beyond the concrete jungle of Hong Kong to the prestigious halls of **UC Davis School of Veterinary Medicine, Class of 2026.**

Navigating through her career options, she has developed a keen interest in a broad spectrum of fields within veterinary science – from small animal and exotic medicine to integrative medicine, general practice, and even wildlife conservation.

Her journey is a testament to the power of perseverance, the strength of dreams, and the profound love for animals that transcends boundaries.

Coco's story begins in the bustling streets of Hong Kong. From a young age, Coco was drawn to the animals that shared her city, finding in them a sense of kinship and a call to action. Despite the absence of veterinary schools in Hong Kong and the financial impossibilities of studying abroad, her dream to become a veterinarian never wavered. It was a dream nurtured in the company of animals and fueled by a desire to be their voice.

Her path took a dramatic turn when her family won the Diversity Visa lottery after a decade of hopeful applications. Moving to the United States as a first generation immigrant, Coco faced the daunting challenges of language barriers, cultural differences, and the task of building a new life from scratch. Yet, these obstacles only sharpened her resolve to pursue veterinary medicine, a field that promised the opportunity to make a real difference in the lives of animals and people alike.

Coco's passion first took flight with birds, rescuing hatchlings and engaging in wildlife rehabilitation during her high school years. Her journey took a deeply personal turn with the loss of Tommy, a cat that she rescued when he was 18, to chronic kidney disease. This loss ignited a profound interest in geriatric health and the potential of acupuncture to improve the quality of life for aging animals—a belief rooted in her own experiences with the treatment for scoliosis.



At UC Davis, Coco is not just a student; she's a beacon of hope and inspiration. Through her social media platform, @cocovetmed, she documents her vet school journey, shares invaluable tips for pre-vet students, and offers a glimpse into the realities of pursuing a dream against all odds. What began as a personal diary has blossomed into a community of support and encouragement, where Coco pays forward the kindness and guidance that have marked her own path.

Beyond the textbooks and the clinical rotations, Coco finds solace and inspiration in the stories of the past. Her love for history and storytelling offers a unique perspective on the challenges and triumphs of her journey—a reminder that every hurdle overcome is a chapter in a larger narrative of resilience and dedication.

Coco Yeung's story is more than a journey from Hong Kong to UC Davis; it's a journey of transformation, of turning challenges into stepping stones and dreams into realities. As she moves forward, her eyes are set not only on becoming a veterinarian but on being a force of change and a source of hope for animals and aspiring vets around the world.

Coco's advice to her younger self, borne from these experiences, is a powerful testament to the strength of self-confidence. "Believe in yourself," she would say, emphasizing the importance of trusting one's abilities and instincts, even when others cast doubt. She acknowledges that the journey to self-belief is not easy, especially when faced with adversity and prejudice, but insists that the key is to remain focused on one's goals and not to be swayed by the skepticism of others.

Today, as Coco continues her journey at UC Davis, her experience stands as a beacon for others in similar situations. Her advice is a powerful reminder that self-belief and perseverance are crucial in overcoming the barriers of doubt and discrimination. Coco's story is not just about becoming a veterinarian; it's about breaking barriers, challenging stereotypes, and most importantly, staying true to oneself in the pursuit of one's dreams.



Catch all the deets of her journey and more inspo than you can handle on her IG: @cocovetmed.



SHOCKING REVELATION:
Deadly Bird Flu
STRIKES COWS!

Cornell Virologists *Uncover Startling Details*

Experts at Cornell University's College of Veterinary Medicine are diving into the mystery surrounding a recent bird flu outbreak that has struck cattle in the Texas panhandle. This unprecedented occurrence has prompted virology specialists to sequence the highly pathogenic avian influenza (HPAI) virus found in the affected cows, a phenomenon never before seen in this species.

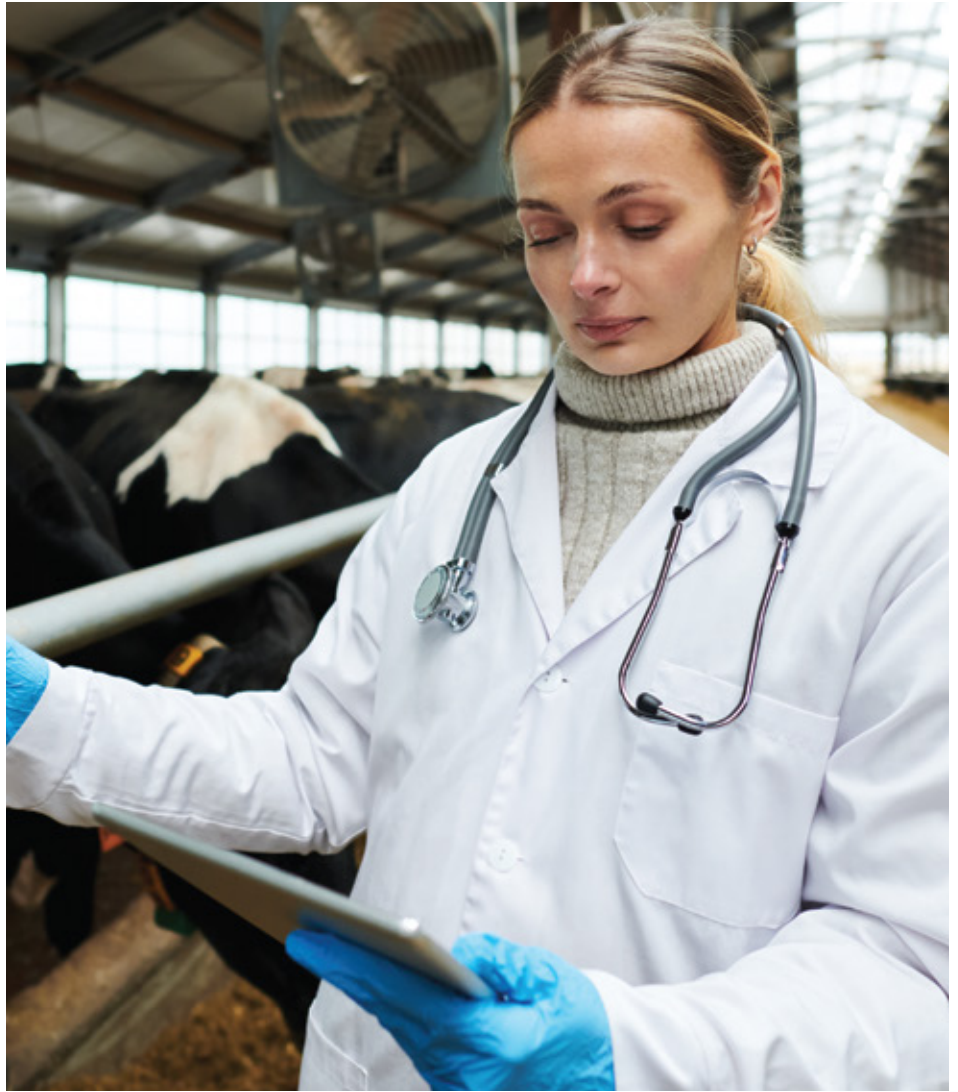


Dr. Diego Diel,

..associate professor of virology and director of the Virology Laboratory at Cornell's Animal Health Diagnostic Center [AHDC], underscores the gravity of this situation, noting that when HPAI jumps to new species, particularly mammals, it raises concerns about potential adaptation and transmission between animals.

HPAI is notorious for its lethal impact on birds, targeting their gastrointestinal tract and nervous system. Since 2022, millions of commercial poultry and wild birds have succumbed to HPAI outbreaks. While the virus has been detected in wild carnivores feeding on infected bird carcasses, there's been **no evidence of transmission to other animals until now.**

The saga began when assistant professor Elisha Frye received reports of an unknown disease outbreak affecting dairy herds in Texas. Upon investigation, it was found that the cows exhibited unusual symptoms—reduced milk production, altered milk consistency, mild respiratory issues, poor appetite, and sporadic low-grade fevers.



Samples from the afflicted cows were swiftly sent to Cornell's AHDC for testing. Utilizing next-generation sequencing (NGS), Dr. Diel's team identified HPAI in nasal swabs and milk samples from the sick cows within a remarkably short timeframe.

Further analysis revealed that the virus had also infected birds and a farm cat on the same premises. The rapid dissemination of the virus among these diverse species underscores the urgency of understanding its origins and transmission dynamics.

Dr. Diel emphasizes the importance of studying this outbreak to unravel the mystery behind the virus's spillover into dairy cows and assess the risks it poses to other animals and even humans.

The AHDC urges veterinarians to promptly send samples from affected animals during any disease outbreak for comprehensive testing. Detailed instructions for sample submission can be found online.

This groundbreaking research represents a collaborative effort to combat the spread of HPAI and safeguard both animal and human health. For more in-depth coverage of this story, visit the Cornell Chronicle: the full version of this story appears on the Cornell Chronicle.



HOW THIS VET STUDENT JUGGLES PLANTS, PETS, AND YOUTUBE TO CRUSH VET SCHOOL STRESS!

Jalea Stevens is redefining the vet student grind at the Virginia and Maryland College of Veterinary Medicine, class of 2026. Between intense study sessions and clinical practice, she unwinds by immersing herself in nature and chilling with her cat. Jalea's lifestyle is a testament to the power of finding one's own rhythm in the demanding world of veterinary science.

"After tackling a day packed with classes, clinic shifts, or grueling exams, I find my peace by wandering through nature, caring for my growing plant family, or spending quality time with my cat, Pluto. These moments are my breath of fresh air, resetting my mind and energizing me for what comes next. Diving into activities that break away from my academic routine, like editing my vet med-themed YouTube channel, also plays a huge part in my unwind ritual."

"I'm absolutely obsessed with plants! Currently, my green oasis includes around 20 plants, with varieties ranging from exotic tropicals to classic indoor favorites. The crown jewel of my collection is the Philodendron Brasil, my most recent and favorite addition. Introducing new plants into my living space is like adding a splash of new energy with each one, and there's a unique joy in watching these little green beings thrive from tiny sprouts to lush adults!"

3 Unbelievable *Vet School Secrets* Unveiled by Dr. Callie Harris:

What No One Tells You About Climbing to the Top of #VetLife!

Dr. Callie Harris (you recognize her from ABC's *Pooch Perfect* or *American Rescue Dog Show*) spills the tea on surviving vet school, with wisdom she's gleaned from the trenches of animal care. "The journey to becoming a vet is a marathon, not a sprint," she says, looking back on the long study nights and challenging days. She's not just here to reminisce; she's on a mission to lift you up. Stick with it, and the rewards are immeasurable.

Here's the insider advice from Dr. Callie that she wishes was handed to her as she embarked on her veterinary voyage:

1) Embrace the No's as Much as the Yes's: Ever fantasized about treating majestic horses or diving deep into veterinary research? Now's the time to test the waters with externships and summer projects. It's okay if you end up realizing it's not your cup of tea; understanding what doesn't suit you is a step forward. Rejections are merely signposts guiding you towards your true calling.

2) Dive into a Vet Conference ASAP: The moment Dr. Harris stepped into her first veterinary conference as a student, her world expanded. Surrounded by countless organizations within the vet and pet care industry, she was in awe. These events are golden opportunities to scoop up knowledge and network fiercely—make the most of it!



3) The Art of Finding and Keeping a Mentor: It sounds straightforward, but the mentor-mentee relationship demands effort and nurturing. Seek out a mentor who genuinely has the capacity to guide and support you. As a mentee, come prepared with clear goals for the relationship. It's a two-way street that, when navigated correctly, can lead to a fulfilling mentorship.



Dive into *Dr. Callie's* sage advice, and you might just navigate the **challenging waters of vet school** with a bit more ease and a lot more confidence.

YOU + ADVENTURE

Here's how Vet School by Vet Candy readers like to have fun.



Domestic or international?

71%



want to travel the world

29%



prefer to stay in the USA



Who's your travel partner?

40%



love interest

29%



friends

15%



family

11%



myself

Best kind of trip

59%



Beach

24%



City/Urban area

17%



Rural retreat



Meet

Natasha Kryger,

Class of 2027,
from the University
of Calgary, and
her ultimate
must-haves:



1. iPad:

Ditching the laptop for good! Annotating lectures and labeling anatomy photos has never been smoother. Bye-bye formatting struggles!

2. Noise-Canceling Nirvana:

Enter Bose heaven! With my trusty pair, shutting out distractions is a breeze. Essential for getting into that study groove!

3. Flora App Frenzy:

Keeping me on my A-game! This app not only tracks my progress but also rewards me with adorable plants for hitting study milestones. Pomodoro technique? Total game-changer!



YUM AND DONE



IN A LABORATORY STUDY,
DOGS PREFERRED^{*1}

NexGard[®] PLUS
(afoxolaner, moxidectin, and
pyrantel chewable tablets)

OVER

SIMPARICA TRIO[®]
(sarolaner, moxidectin, and
pyrantel chewable tablets)

Contact your Boehringer Ingelheim Sales Representative to learn more.

*For dogs demonstrating a preference, they preferred NexGard[®] PLUS (afoxolaner, moxidectin, and pyrantel chewable tablets) over SIMPARICA TRIO[®] (sarolaner, moxidectin, and pyrantel chewable tablets).

IMPORTANT SAFETY INFORMATION: NexGard[®] PLUS (afoxolaner, moxidectin, and pyrantel chewable tablets) is for use in dogs only. The most frequently reported adverse reactions reported in clinical trials were diarrhea, vomiting, lethargy, and itching. NexGard PLUS contains afoxolaner, a member of the isoxazoline class, which has been associated with neurologic adverse reactions including tremors, ataxia, and seizures in dogs with or without a history of seizures. Use with caution in dogs with a history of seizures or neurologic disorders. The safe use of NexGard PLUS has not been evaluated in breeding, pregnant, or lactating dogs. Dogs should be tested for existing heartworm infection prior to starting a heartworm disease preventive. For more information, see full prescribing information or visit NexGardPLUSClinic.com.



1. Data on file at Boehringer Ingelheim.

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NexGard[®] PLUS

(afoxolaner, moxidectin, and pyrantel chewable tablets)

For oral use in dogs only

Caution: Federal law restricts this drug to use by or on the order of a licensed veterinarian.

Description:

NexGard[®] PLUS (afoxolaner, moxidectin, and pyrantel chewable tablets) is available in five sizes of beef-flavored, soft chewables for oral administration to dogs and puppies according to their weight. Each chewable is formulated to provide minimum doses of 1.14 mg/lb (2.5 mg/kg) afoxolaner, 5.45 mcg/lb (12 mcg/kg) moxidectin, and 2.27 mg/lb (5.0 mg/kg) pyrantel (as pamoate salt).

Afoxolaner is a member of the isoxazole family of compounds. Its chemical name is 1-Naphthalene-carboxamide, 4-[5-[3-chloro-5-(trifluoromethyl)-phenyl]-4,5-dihydro-5-(trifluoromethyl)-3-isoxazolyl]-N-[2-oxo-2-[(2,2,2-trifluoroethyl)amino]ethyl].

Moxidectin is a semisynthetic macrocyclic lactone derived from the actinomycete *Streptomyces cyaneogriseus noncyanogenus*. The chemical name for moxidectin is [6R,23E,25S(E)]-5-O-Demethyl-28-deoxy-25-(1,3-dimethyl-1-butyl)-6,28-epoxy-23-(methoxyimino) milbemycin B.

Pyrantel is a member of the tetrahydropyrimidine family of compounds. Its chemical name is (E)-1,4,5,6-Tetrahydro-1-methyl-2-[2-(2-thienyl) vinyl]pyrimidine 4, 4' methylenebis [3-hydroxy-2-naphthoate](1:1).

Indications:

NexGard[®] PLUS is indicated for the prevention of heartworm disease caused by *Dirofilaria immitis* and for the treatment and control of adult hookworm (*Ancylostoma caninum*, *Ancylostoma braziliense*, and *Uncinaria stenocephala*) and roundworm (*Toxocara canis* and *Toxascaris leonina*) infections. NexGard[®] PLUS kills adult fleas and is indicated for the treatment and prevention of flea infestations (*Ctenocephalides felis*) and the treatment and control of *Ixodes scapularis* (black-legged tick), *Rhipicephalus sanguineus* (brown dog tick), *Dermacentor variabilis* (American dog tick), and *Amblyomma americanum* (lone star tick) infestations for one month in dogs and puppies eight weeks of age and older, weighing four pounds of body weight or greater.

Dosage and Administration:

NexGard[®] PLUS is given orally once a month at the minimum dosage of 1.14 mg/lb (2.5 mg/kg) afoxolaner, 5.45 mcg/lb (12 mcg/kg) moxidectin, and 2.27 mg/lb (5.0 mg/kg) pyrantel (as pamoate salt).

For heartworm disease prevention, give once monthly for at least six months after last exposure to mosquitoes (see Effectiveness).

Dosing Schedule:

Body Weight (lbs.)	Afoxolaner Per Chewable (mg)	Moxidectin Per Chewable (mcg)	Pyrantel* Per Chewable (mg)	Chewables Administered
4 to 8	9.375	45	18.75	One
8.1 to 17	18.75	90	37.5	One
17.1 to 33	37.5	180	75	One
33.1 to 66	75	360	150	One
66.1 to 132	150	720	300	One
Over 132	Administer the appropriate combination of chewables			

*As pamoate salt.

NexGard[®] PLUS can be administered with or without food. Care should be taken to ensure that the dog consumes the complete dose and that part of the dose is not lost or refused. If a dose is missed, administer NexGard[®] PLUS and resume a monthly dosing schedule.

Heartworm Prevention:

NexGard[®] PLUS should be administered at monthly intervals year-round or, at a minimum, administration should start within one month of the dog's first seasonal exposure to mosquitoes and should continue at monthly intervals until at least six months after the dog's last exposure (see Effectiveness). When replacing another monthly heartworm preventive product, the first dose of NexGard[®] PLUS should be given within a month of the last dose of the former medication.

Flea Treatment and Prevention:

NexGard[®] PLUS should be administered year-round at monthly intervals or started at least one month before fleas become active. To minimize the likelihood of flea reinfestation, it is important to treat all animals within a household with an approved flea control product.

Tick Treatment and Control:

NexGard[®] PLUS should be administered year-round at monthly intervals or started at least one month before ticks become active.

Intestinal Nematode Treatment and Control:

NexGard[®] PLUS treats and controls adult hookworms (*Ancylostoma caninum*, *Ancylostoma braziliense*, and *Uncinaria stenocephala*) and roundworms (*Toxocara canis* and *Toxascaris leonina*). For the treatment of adult hookworm and roundworm infections, NexGard[®] PLUS should be administered as a single dose. Monthly use of NexGard[®] PLUS will control any subsequent infections. Dogs may be exposed to and can become infected with hookworms and roundworms throughout the year, regardless of season or climate.

Contraindications:

There are no known contraindications for the use of NexGard[®] PLUS.

Warnings:

Not for use in humans. Keep this and all drugs out of the reach of children. In case of accidental ingestion, contact a physician for treatment advice.

Keep NexGard[®] PLUS in a secure location out of the reach of dogs, cats, and other animals to prevent accidental ingestion or overdose.

Precautions:

Afoxolaner, one of the ingredients in NexGard[®] PLUS, is a member of the isoxazole class. This class has been associated with neurologic adverse reactions including tremors, ataxia, and seizures. Seizures have been reported in dogs receiving isoxazole class drugs, even in dogs without a history of seizures. Use with caution in dogs with a history of seizures or neurologic disorders.

Treatment with fewer than six monthly doses after the last exposure to mosquitoes has not been evaluated and may not provide complete heartworm prevention.

Prior to administration of NexGard[®] PLUS, dogs should be tested for existing heartworm infection. At the discretion of the veterinarian, infected dogs should be treated with an adulticide to remove adult heartworms. NexGard[®] PLUS is not effective against adult *D. immitis*.

The safe use of NexGard[®] PLUS in breeding, pregnant, or lactating dogs has not been evaluated.

Adverse Reactions:

In a field safety and effectiveness study, NexGard[®] PLUS was administered to dogs for the prevention of heartworm disease. The study included a total of 272 dogs (134 administered NexGard[®] PLUS and 138 administered active control) treated once monthly for 11 treatments. Over the 330-day study period, all observations of potential adverse reactions were recorded. The most frequent reactions reported in the NexGard[®] PLUS group are presented in the following table.

Table 1. Dogs With Adverse Reactions

Clinical Sign	NexGard [®] PLUS n = 134 Number (Percentage)	Active Control n = 138 Number (Percentage)
Diarrhea	9 (6.7%)	7 (5.1%)
Vomiting	6 (4.5%)	7 (5.1%)
Lethargy	3 (2.2%)	5 (3.6%)
Itching	3 (2.2%)	3 (2.2%)
Dermatitis	2 (1.5%)	1 (0.7%)
Anorexia	1 (0.7%)	4 (2.9%)
Muscle tremor	1 (0.7%)	1 (0.7%)

One dog in the NexGard[®] PLUS group was reported to exhibit muscle tremors along with nausea and depression for one day after the Day 0 treatment. The dog remained in the study and muscle tremors were not reported after any subsequent treatments.

Contact Information:

For a copy of the Safety Data Sheet (SDS) or to report suspected adverse drug events, contact Boehringer Ingelheim Animal Health USA Inc. at 1-888-637-4251 or www.nexgardforpets.com.

For additional information about adverse drug experience reporting for animal drugs, contact FDA at 1-888-FDA-VETS or www.fda.gov/reportanimalae.

Clinical Pharmacology:

Mode of Action:

NexGard[®] PLUS (afoxolaner, moxidectin, and pyrantel chewable tablets) contains the three active pharmaceutical ingredients afoxolaner, moxidectin, and pyrantel (as pamoate salt).

Afoxolaner is a member of the isoxazole family, shown to bind at a binding site to inhibit insect and acarine ligand-gated chloride channels. In particular, those gated by the neurotransmitter gamma-aminobutyric acid (GABA), thereby blocking pre- and postsynaptic transfer of chloride ions across cell membranes. Prolonged afoxolaner-induced hyperexcitation results in uncontrolled activity of the central nervous system and death of insects and acarines. The selective toxicity of afoxolaner between insects and acarines and mammals may be inferred by the differential sensitivity of the insects and acarines' GABA receptors versus mammalian GABA receptors.

Moxidectin is an endectocide in the macrocyclic lactone class. Moxidectin acts by interfering with chloride channel-mediated neurotransmission in susceptible parasites, which results in paralysis and death of the parasite.

Pyrantel is a nematocide belonging to the tetrahydropyrimidine class. Pyrantel acts as a depolarizing, neuromuscular-blocking agent in susceptible parasites, causing paralysis and death or expulsion of the parasite.

Pharmacokinetics:

Following a single oral administration of a near-final formulation of NexGard[®] PLUS (at mean doses of 3.9 mg/kg afoxolaner, 18.8 mcg/kg moxidectin, and 7.8 mg/kg pyrantel pamoate) in fed and fasted Beagle dogs (10 to 21 months of age), afoxolaner and moxidectin were more rapidly absorbed in the fasted state with a time to maximum concentration (T_{max}) of 2 to 3 hours.

The afoxolaner mean maximum plasma concentrations (C_{max}) in the fed and fasted states were 1610 and 2200 ng/mL (CV=33 and 16%), and the moxidectin mean C_{max} values were 11.1 and 15.5 ng/mL (CV=39 and 24%), respectively. The area under the curve (AUC) for afoxolaner and moxidectin were similar between fed and fasted states. Post-dose pyrantel plasma concentrations were quantifiable out to 24 hours.

Following six oral administrations of NexGard[®] PLUS at 1, 3, and 5X the maximum exposure dose of 5 mg/kg, 24 mcg/kg, and 10 mg/kg afoxolaner, moxidectin, and pyrantel pamoate, respectively, every 28 days in 8-week-old Beagle dogs, afoxolaner and moxidectin T_{max} ranged from 2 to 6 hours. The observed mean C_{max} and AUC at steady state in the 1X dose group were 2230 ng/mL and 19000 days*ng/mL for afoxolaner and 14.8 ng/mL and 55.2 days*ng/mL for moxidectin, respectively. Based on mean C_{min}, afoxolaner and moxidectin accumulated by less than 4-fold at steady state. Afoxolaner and moxidectin exposure increased in a dose proportional manner between the 1X and 3X dose groups but was less than dose proportional in the 5X dose group.

Pyrantel pamoate is poorly absorbed into systemic circulation. Pyrantel pamoate is intended to remain in the gastrointestinal tract to allow effective concentrations to be delivered to gastrointestinal nematodes.

Effectiveness:

Heartworm Prevention:

In two well-controlled laboratory studies, NexGard[®] PLUS was 100% effective against induced *D. immitis* infections when administered for six consecutive months.

In a well-controlled US field study consisting of 120 dogs administered NexGard[®] PLUS and 124 administered an active control, no dogs treated with NexGard[®] PLUS tested positive for heartworm disease. All dogs treated with NexGard[®] PLUS were negative for *D. immitis* antigen and blood microfilariae at study completion on Day 330.

Flea Treatment and Prevention:

In a well-controlled laboratory study, NexGard[®] PLUS demonstrated ≥99.8% effectiveness against adult fleas 24 hours after weekly infestations for one month.

In a separate well-controlled laboratory study, afoxolaner alone began to kill fleas four hours after initial administration and demonstrated >99% effectiveness at eight hours.

In an additional well-controlled laboratory study, afoxolaner alone demonstrated 100% effectiveness against adult fleas 24 hours post-infestation for 35 days and was >93% effective at 12 hours post-infestation through Day 21 and on Day 35. On Day 28, afoxolaner alone was 81.1% effective 12 hours post-infestation. Dogs in both the afoxolaner-treated and control groups that were infested with fleas on Day 1 generated flea eggs at 12 and 24 hours post-treatment (0-11 eggs and 1-17 eggs in the afoxolaner-treated dogs, and 4-90 eggs and 0-118 eggs in the control dogs, at 12 and 24 hours, respectively). At subsequent evaluations post-infestation, fleas from dogs in the afoxolaner-treated group were essentially unable to produce any eggs (0-1 eggs), while fleas from dogs in the control group continued to produce eggs (1-141 eggs).

In a 90-day US field study conducted in households with existing flea infestations of varying severity, the effectiveness of afoxolaner alone against fleas on the Day 30, 60, and 90 visits compared with baseline was 98.0%, 99.7%, and 99.9%, respectively.

Collectively, the data from the four studies (three laboratory and one field) demonstrate that NexGard[®] PLUS kills fleas before they can lay eggs, thus preventing subsequent flea infestations after the start of treatment of existing flea infestations.

Tick Treatment and Control:

In well-controlled laboratory studies, afoxolaner alone demonstrated >97% effectiveness against *Dermacentor variabilis*, >94% effectiveness against *Ixodes scapularis*, and >93% effectiveness against *Rhipicephalus sanguineus*. 48 hours post-infestation, for one month. At 72 hours post-infestation, NexGard[®] PLUS demonstrated ≥97% effectiveness against *Amblyomma americanum* for one month.

Intestinal Nematode Treatment and Control:

Elimination of adult roundworms (*Toxocara canis* and *Toxascaris leonina*) and hookworms (*Ancylostoma caninum*, *Ancylostoma braziliense*, and *Uncinaria stenocephala*) was demonstrated in well-controlled laboratory studies.

Target Animal Safety:

Margin of Safety:

NexGard[®] PLUS was administered orally at 1, 3, and 5X the maximum exposure doses at approximately 28-day intervals for six treatments to 8-week-old Beagle puppies. Dogs in the control group were sham-dosed. There were no clinically relevant, treatment-related effects on body weights, food consumption, clinical pathology (hematology, coagulation, serum chemistry, and urinalysis), gross pathology, histopathology, organ weights, or ophthalmic examinations. Mild, self-limiting diarrhea (with and without blood) was possibly related to treatment, as there were more incidences in the NexGard[®] PLUS groups than the control group throughout the study, including within 48 hours after treatment.

Avermectin-Sensitive Collie Safety:

NexGard[®] PLUS was administered orally at 1, 3, and 5X the maximum label dose to MDRI-deficient Collies once on Day 0, with a second administration to the 1X group on Day 28. Dogs in the control group were sham-dosed on Days 0 and 28. No clinical signs of avermectin toxicity were noted in any dog at any time during the study. Vomiting was observed in some dogs in the 3X and 5X groups and resolved without treatment. Diarrhea, with or without blood, was observed in some dogs in all of the NexGard[®] PLUS groups and resolved without treatment.

Heartworm-Positive Safety:

NexGard[®] PLUS was administered orally at 1X and 3X the maximum exposure doses at approximately 28-day intervals for three treatments to Beagle dogs with adult heartworm infections and circulating microfilariae. Dogs in the control group were sham-dosed. Diarrhea was observed in one dog in the 1X group and in three dogs in the 3X group, and vomiting was observed in two dogs in the 3X group. No signs of avermectin toxicity were observed at any time during the study. There were no clinical signs associated with death of the microfilariae observed in any of the dogs.

Field Safety:

In a well-controlled field study, NexGard[®] PLUS was used concurrently with other medications such as vaccines, antibiotics, non-steroidal anti-inflammatory drugs (NSAIDs), anesthetics, sedatives, analgesics, steroids, anthelmintics, antiemetics, and antipruritics. No adverse reactions were associated with the concurrent use of NexGard[®] PLUS and other medications.

How Supplied:

NexGard[®] PLUS is available in five strengths of beef-flavored soft chewables formulated according to the weight of the dog (see Dosage and Administration). Each chewable size is available in color-coded packages of 1, 3, or 6 chewables.

Storage Information:

Store in original package at or below 25°C (77°F) with excursions permitted up to 40°C (104°F).

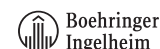
Approved by FDA under NADA # 141-554

Marketed by: Boehringer Ingelheim Animal Health USA Inc., Duluth, GA 30096

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181531-002 Rev. 07/2023



Breaking: AI Revolutionizes *Canine* *Cancer* Detection! Golden Retrievers Lead the Way

A novel canine cancer study funded by Morris Animal Foundation and the Golden Retriever Foundation® is leveraging artificial intelligence to pioneer an innovative approach to early detection and prevention for dogs susceptible to developing diffuse large B-cell lymphoma, the most common form of this deadly cancer.

A team of researchers at the University of Minnesota is testing a new approach coined “test and intervene,” using AI to analyze pieces of DNA fragments in blood. Findings may help identify dogs at higher risk for DLBCL. The team plans to provide pet owners and veterinarians with intervention strategies to help lower the risk in identified dogs.

“**Morris Animal Foundation** is proud to continue our partnership with the **Golden Retriever Foundation®** and extend the impact of the Golden Retriever Lifetime Study with this important research on canine lymphoma,” said Kathy Tietje, Chief Program Officer for Morris Animal Foundation.



“When given the opportunity to provide significant funding for this study, the Golden Retriever Foundation® was excited to be a part of LyRA [project] as well as a continued partnership with Morris Animal Foundation,” said Christine Miele, President of the Golden Retriever Foundation. “Lymphoma sadly affects about one in eight dogs and results in both expense and loss of companionship. We are looking forward to the day of early detection and the application of prevention and treatment.”

The research team will develop the test using a comprehensive evaluation of a large group of dogs and an analysis of samples from Morris Animal Foundation’s Golden Retriever Lifetime Study to identify DNA patterns in the blood before cancer development.

This initiative sets itself apart from similar projects by attempting to assess canine cancer risk through a Lymphoma Risk Assessment test to help veterinarians and pet owners make informed care decisions and reduce the impact of lymphoma on dogs.

“The LyRA test will categorize dogs into low or high risk for developing this form of cancer and will guide in the creation of prevention strategies for dogs deemed high risk,” said Jaime Modiano, the study’s principal investigator and Perlman Professor of Oncology and Comparative Medicine, and the Director of Animal Cancer Care and Research Program at the University of Minnesota. Beyond its direct impact on dogs, this research effort could influence numerous research avenues in other mammals, including cats, endangered species and even humans, Modiano added. The approach may also provide insights into aging, cancer risk and chronic conditions, extending the study’s significance beyond companion dogs.

“WE WANT TO BE VERY MINDFUL ABOUT HOW EVERYTHING WE DO HAS THE POTENTIAL TO PROMOTE GRACEFUL AGING, NOT ONLY FOR OUR DOMESTIC COMPANIONS BUT ALSO FOR OTHER ANIMALS THAT MAKE THE WORLD A PLACE THAT WE ALL WANT TO LIVE IN,” *Modiano said.*

Is Your Social Drinking BECOMING A PROBLEM? 7 WARNING SIGNS YOU NEED TO KNOW!

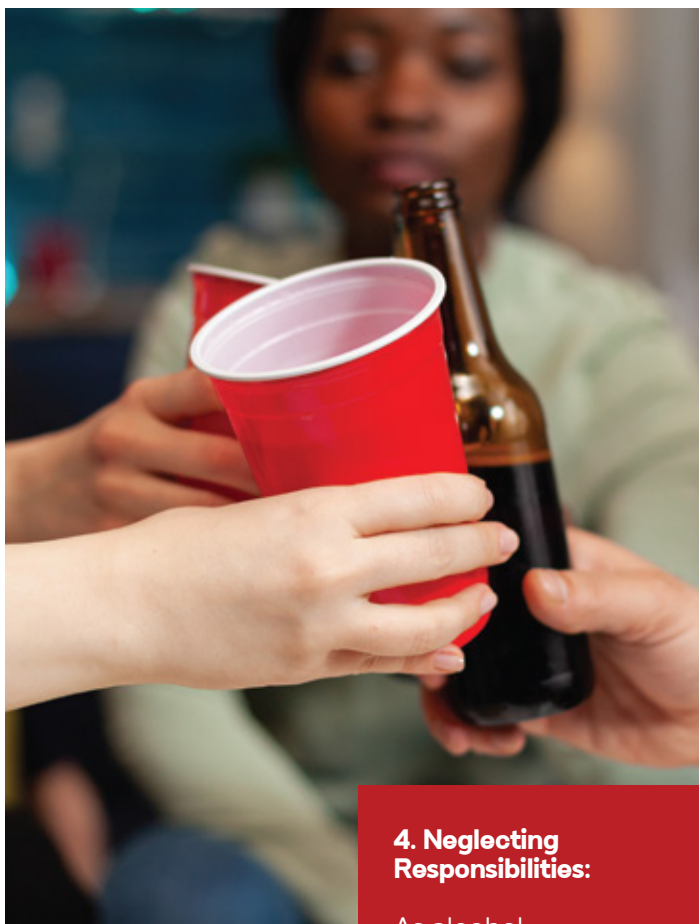
Social drinking is a common and often enjoyable part of many people's lives. Whether it's grabbing drinks with friends after work or toasting to special occasions, alcohol can enhance social interactions and create lasting memories. However, for some individuals, what starts as innocent social drinking can escalate into a more serious problem over time. Recognizing the signs that your social drinking may be crossing a dangerous line is crucial for maintaining your health and well-being. Here are some red flags to watch out for:

1. Increased Frequency:

One of the earliest signs that your social drinking may be becoming problematic is an increase in the frequency of your alcohol consumption. If you find yourself drinking more often than usual or feeling the need to have a drink in social situations to feel comfortable or relaxed, it may be a sign that alcohol is becoming too central to your social life.

2. Difficulty Limiting Intake:

Another warning sign is difficulty controlling the amount of alcohol you consume once you start drinking. You may find that you consistently drink more than you intended or have difficulty stopping after just one or two drinks. This lack of control over your drinking behavior can indicate that your relationship with alcohol is becoming unhealthy.



3. Preoccupation with Drinking:

If thoughts of drinking begin to dominate your mind, even when you're not actively drinking, it could be a sign of a problem. You may find yourself constantly thinking about when you can have your next drink or planning social activities around alcohol. This preoccupation with drinking can detract from other aspects of your life and indicate that alcohol is exerting too much influence over your thoughts and behaviors.

4. Neglecting Responsibilities:

As alcohol consumption increases, you may find yourself neglecting important responsibilities in favor of drinking. This could include missing work or school due to hangovers, neglecting household chores or financial obligations, or spending less time with loved ones in order to prioritize drinking-related activities. These behaviors can have serious consequences for your personal and professional life.

5. Relationship Strain:

Problematic drinking can also take a toll on your relationships with family, friends, and romantic partners. You may find that your loved ones express concern about your drinking or distance themselves from you due to your behavior when under the influence. If alcohol is causing strain in your relationships, it's important to take a step back and reassess your drinking habits.

6. Physical and Mental Health Effects:

Excessive alcohol consumption can have a range of negative physical and mental health effects. These may include frequent hangovers, insomnia, mood swings, anxiety, depression, and memory lapses. If you notice a decline in your overall health and well-being as a result of your drinking, it's a clear sign that your social drinking may be problematic.

7. Inability to Cut Back or Quit:

Perhaps the most telling sign that your social drinking has become a problem is an inability to cut back or quit drinking altogether, despite recognizing the negative impact it's having on your life. If you've tried and failed to moderate your alcohol consumption on your own, it may be time to seek professional help.

If you recognize any of these signs in your own drinking behavior, it's important to take action before the problem escalates further. Reach out to a trusted friend, family member, or healthcare professional for support and guidance. With the right help and resources, you can regain control of your drinking and lead a healthier, happier life.

Understanding Alcoholism: What You Need to Know and

How to Get Help



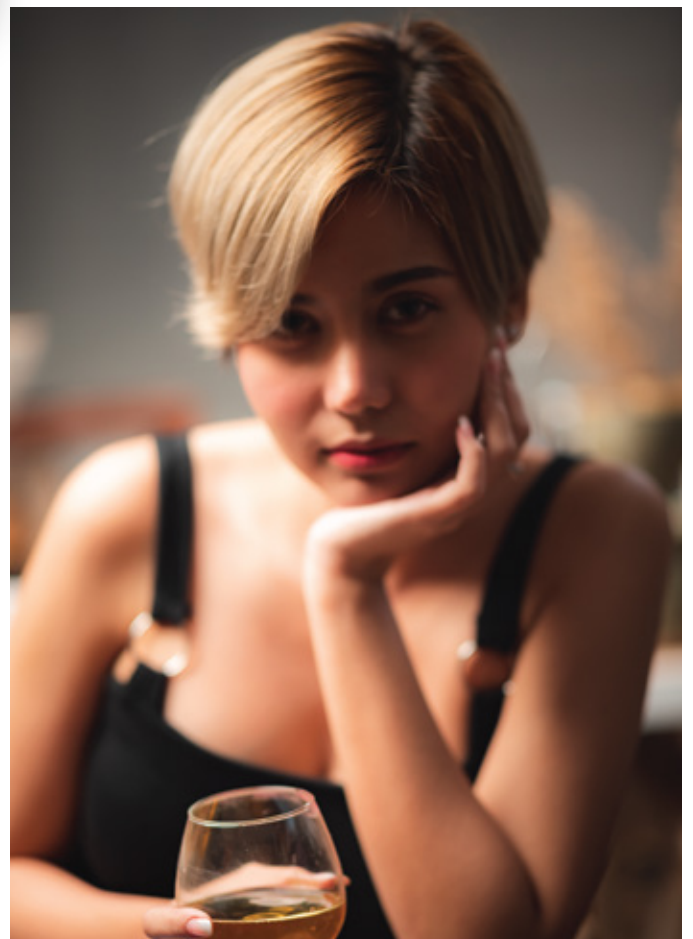
Alcoholism, also known as alcohol use disorder (AUD), is a chronic and debilitating condition characterized by an inability to control one's drinking despite negative consequences. It is a serious and often progressive disease that can have devastating effects on physical health, mental well-being, and interpersonal relationships. If left untreated, alcoholism can lead to severe health complications and even death. However, with the right support and treatment, recovery is possible. Here's what you need to know about alcoholism and how to get help

1. Recognizing the Signs of Alcoholism:

- Alcoholism can manifest in a variety of ways, and the signs and symptoms may vary from person to person. Some common signs of alcoholism include:
- Drinking alone or in secret
- Drinking to cope with stress, anxiety, or depression
- Increased tolerance to alcohol, requiring larger amounts to achieve the same effect
- Withdrawal symptoms when not drinking, such as tremors, sweating, and nausea
- Neglecting responsibilities at work, school, or home due to drinking
- Failed attempts to cut back or quit drinking
- Continued drinking despite negative consequences, such as legal problems or relationship issues

2. Understanding the Causes of Alcoholism:

The development of alcoholism is influenced by a combination of genetic, environmental, and psychological factors. Some individuals may have a genetic predisposition to alcoholism, while others may develop problematic drinking patterns as a result of stress, trauma, or social influences. Additionally, co-occurring mental health disorders, such as depression or anxiety, can contribute to the development of alcoholism.



3. Seeking Help for Alcoholism:

If you or someone you know is struggling with alcoholism, it's important to seek help as soon as possible. Here are steps you can take to begin the journey to recovery:

Reach Out for Support: Talk to a trusted friend, family member, or healthcare professional about your concerns. They can offer support, guidance, and resources to help you navigate the process of getting help for alcoholism.

Consider Treatment Options: There are various treatment options available for alcoholism, including outpatient counseling, residential rehabilitation programs, and support groups such as Alcoholics Anonymous (AA). A healthcare professional can help you assess your needs and determine the most appropriate treatment approach for your situation.

Attend Support Meetings: Support groups like AA provide a supportive and nonjudgmental environment where individuals can share their experiences, receive encouragement, and learn from others who are also struggling with alcoholism. Attendance at support meetings can be a valuable part of the recovery process.

Explore Therapy Options: Therapy, such as cognitive-behavioral therapy (CBT) or motivational interviewing, can help individuals address underlying issues contributing to their alcoholism, learn coping skills to manage cravings and triggers, and develop healthier ways of thinking and behaving.

Take Care of Your Physical Health:

Alcoholism can take a toll on physical health, so it's important to prioritize self-care. Eat a balanced diet, exercise regularly, and get plenty of rest to support your overall well-being during the recovery process.

Embracing the Journey to Recovery:

Recovery from alcoholism is a lifelong journey that requires commitment, perseverance, and ongoing support. It's important to remember that setbacks are a natural part of the process and to be patient with yourself as you navigate the challenges of recovery. Surround yourself with a supportive network of friends, family, and professionals who can offer encouragement and guidance along the way.

Alcoholism is a serious and complex disease, but it is also treatable. By recognizing the signs of alcoholism, understanding its causes, seeking help, and embracing the journey to recovery, individuals can reclaim their lives and find hope, healing, and freedom from the grip of alcohol addiction. If you or someone you know is struggling with alcoholism, don't hesitate to reach out for help. You are not alone, and there is hope for a brighter tomorrow.



Adorable Beagles Retire from *Teaching Duties*

You Won't Believe What's Next!

As retirement plans go, these seven lucky beagles have traded textbooks for treats and classrooms for cozy laps. Yes, you read that right – these former teaching dogs from P.E.I.'s Atlantic Veterinary College are embarking on a new chapter filled with endless cuddles and playful adventures.

Ages ranging from two to about five years old, these canine retirees have captured the hearts of many, especially those who have shared their journey at the college. Among the excited adopters are students themselves, forging deep connections with these furry educators during their time at AVC.

Claire Graham, a third-year veterinary medicine student, is one such proud adopter, taking home the charming three-year-old Brett after fostering him for eight months. Reflecting on the joyous occasion, Graham expresses her excitement, stating, "To be able to bring him home and provide a safe space for him to continue to learn ... how to be a dog, he's going to love it."



With tails wagging and hearts brimming with anticipation, these retirees are ready to embrace their well-deserved golden years, surrounded by love and comfort. For Brett, joining his two-year-old Australian shepherd sibling at home promises endless adventures and cherished moments.

But what does this retirement signify for the Atlantic Veterinary College? As the college evolves, it bids farewell to owning its teaching dogs, paving the way for innovative teaching methodologies. Spearheading this transition are lifelike model dogs, virtual reality simulations, and the integration of client-owned pets into the curriculum, offering students a more dynamic and real-world learning experience.

While these beagles bid adieu to their roles as teaching companions, their legacy lives on in the hearts of students and faculty alike. As they embark on their retirement journey, one thing is certain – the warmth of their affection and the lessons they imparted will continue to inspire future generations of veterinary professionals.

Dreamy Dishes & Netflix Naps:

MY RECIPE FOR STRESS-FREE DAYS

I love to sleep a lot and taking naps or a good sleep really helps me to clear my head after a stressful day. I also really like to cook and watch Netflix. I like exploring new recipes and experimenting new dishes during my free time. I enjoy making food after a long day and just chill at home watching some shows.

Coco Yeung
DVM Candidate, Class of 2026
UC Davis School of Veterinary Medicine



Swipe Right: Top Secret Spots for Your Budget-Friendly SUMMER ESCAPE!

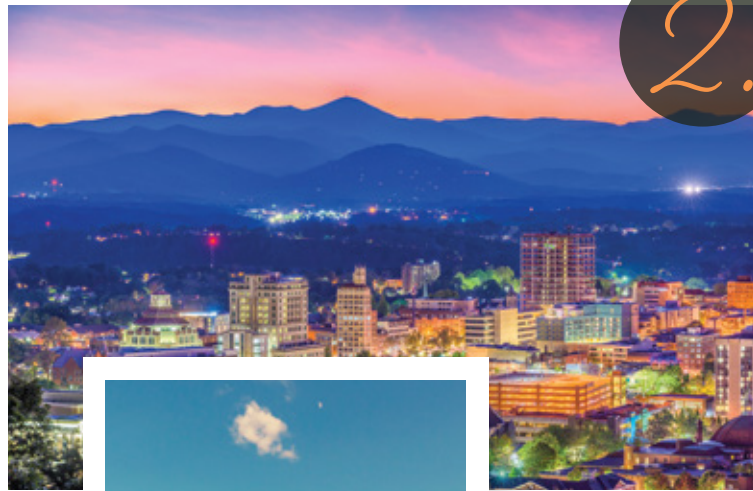
When it comes to planning a summer vacation, popular destinations like tropical beaches or bustling cities often steal the spotlight. However, there are countless underrated locations waiting to be discovered, offering unique experiences and affordability without the crowds.

If you're seeking an unforgettable adventure without breaking the bank, consider these hidden gems for your next summer getaway:

1. LAKE PLACID, NEW YORK:

Nestled amidst the picturesque Adirondack Mountains, Lake Placid is a charming village renowned for its stunning natural beauty and outdoor recreation opportunities. From hiking and kayaking to exploring quaint shops and eateries downtown, there's something for everyone to enjoy. Plus, with affordable lodging options ranging from cozy cabins to budget-friendly motels, Lake Placid offers an ideal summer escape without the hefty price tag.





2.

ASHEVILLE, NORTH CAROLINA:

Escape to the vibrant city of Asheville, where art, culture, and outdoor adventure converge. Explore the eclectic downtown area filled with local breweries, art galleries, and live music venues. Embark on a scenic drive along the Blue Ridge Parkway or hike to breathtaking waterfalls in the surrounding mountains. With affordable accommodations, delicious farm-to-table dining options, and a laid-back atmosphere, Asheville is the perfect destination for budget-conscious travelers seeking a blend of excitement and relaxation.



3.

MOAB, UTAH:

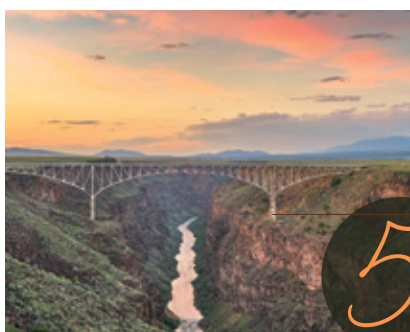
For outdoor enthusiasts craving an adventure-packed vacation, Moab is a hidden gem worth exploring. Home to iconic national parks such as Arches and Canyonlands, Moab offers **unparalleled opportunities for hiking, mountain biking, and rock climbing amidst breathtaking desert landscapes.** Camp under the stars or stay in budget-friendly accommodations in town, and immerse yourself in the rugged beauty of Utah's red rock country without breaking the bank.



4.

TRAVERSE CITY, MICHIGAN:

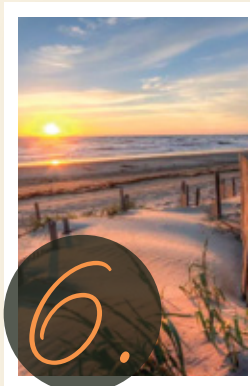
Located on the shores of Lake Michigan, Traverse City is a charming lakeside town known for its scenic beauty, local wineries, and outdoor recreation. Spend your days lounging on pristine beaches, exploring scenic hiking trails, or indulging in delicious cherry treats at roadside stands. With affordable vacation rentals and campgrounds available, Traverse City offers a budget-friendly summer getaway for families and solo travelers alike.



5.

TAOS, NEW MEXICO:

Immerse yourself in the rich cultural heritage of Taos, a historic town nestled in the Sangre de Cristo Mountains of northern New Mexico. Explore the iconic Taos Pueblo, a UNESCO World Heritage Site inhabited for over a thousand years, or discover the vibrant art scene in town. With affordable accommodations ranging from cozy guesthouses to rustic cabins, Taos offers an authentic and budget-friendly summer vacation experience.



6.

OUTER BANKS, NORTH CAROLINA

Escape the crowds and discover the pristine beauty of the Outer Banks, a string of barrier islands off the coast of North Carolina.

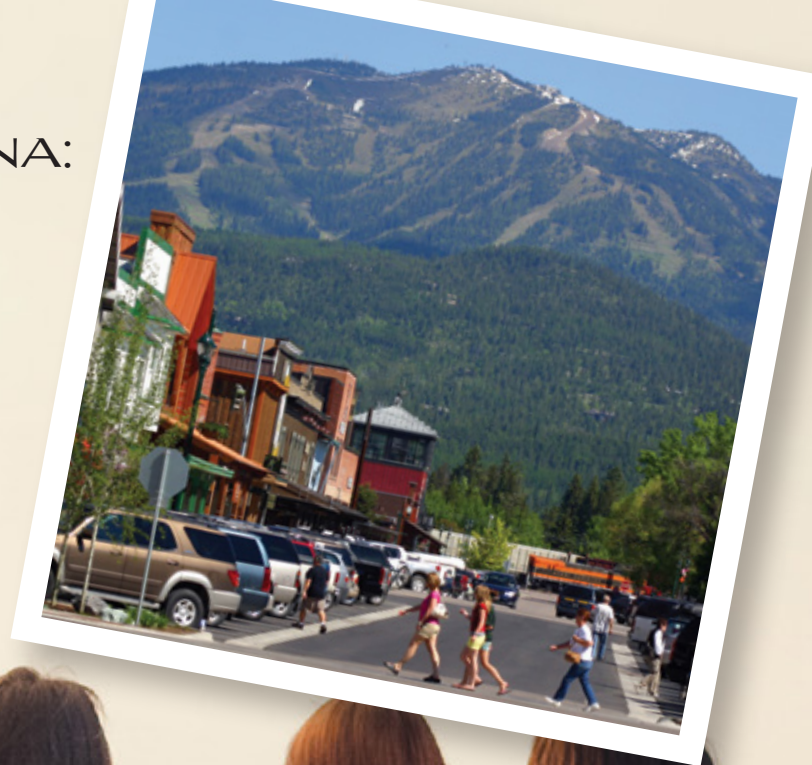
Spend your days lounging on pristine beaches, exploring historic lighthouses, or sampling fresh seafood at local eateries. With affordable beachfront rentals and campgrounds available, the Outer Banks offers an idyllic summer retreat without the hefty price tag of more popular beach destinations.





WHITEFISH, MONTANA:

Experience the charm of small-town America in Whitefish, a hidden gem nestled in the heart of Montana's Rocky Mountains. Explore the quaint downtown area lined with boutique shops and cozy cafes, or venture into nearby Glacier National Park for unparalleled outdoor adventure. With affordable lodging options and outdoor activities galore, Whitefish offers a budget-friendly summer vacation destination for nature lovers and outdoor enthusiasts.



When it comes to planning a summer vacation, don't overlook the underrated destinations waiting to be discovered. ***From charming mountain towns to secluded beach getaways***, these hidden gems offer affordability, authenticity, and unforgettable experiences without the crowds. So pack your bags, hit the road, and embark on a summer adventure to remember!

Cortisol in shelter dog hair

shows signs of stress

Despite the good care, a shelter can be a stressful environment for dogs. Researchers at Utrecht University investigated if the amount of the hormone cortisol in hair indicates the levels of stress that dogs experience before, during and after their stay in the shelter.

There is no difference between the cortisol levels of dogs when they enter the shelter and the control group of domestic dogs. After six weeks in the shelter, cortisol levels in the hair appear to have increased by one-third (on average from 16 pg/mg to 21.8 pg/mg). In measurements six weeks and six months after adoption, cortisol levels lowered, moving in the direction of the values at admission to the shelter. The results were published in the scientific journal *Scientific Reports* on 21 April 2022.

Cortisol in hair

The stress hormone cortisol accumulates in hair, in humans but also in animals. By measuring cortisol levels in hair, researchers can get an idea of the stress response and recovery over weeks or months - depending on the length of the hair examined. This technique has been used extensively in humans and other species, and some fifteen scientific studies have been carried out in dogs so far.

"In addition to the cortisol measurements in hair, we also measured cortisol values in the dogs' urine. This gives a short-term picture while the hair measurements show the long term", researcher Janneke van der Laan explains.

To the shelter every day

The researchers examined hair of 52 shelter dogs at four moments: just before admission, after six weeks in the shelter, six weeks after adoption and six months after adoption. They compared the cortisol values before admission with those of twenty domestic dogs, which were similar in terms of breed, age and sex.

Van der Laan: "We took daily measurements in the shelter for over a year. After adoption, the new owners - after clear instructions - cut the dogs hair and sent it to us. They were helpful and enthusiastic, and were very interested in what their dog had experienced before adoption."

More cortisol in small dogs

A surprising result is that smaller dogs generally have higher cortisol levels than larger dogs. "We have also seen this pattern in previous studies, for example in a study on the resting pattern of shelter dogs. We don't have a clear hypothesis about why that is, but it is interesting and is an area of focus for future research."

Well-being in shelter

All the examined shelter dogs were in the same shelter. Of course there are significant differences between shelters, not only within the Netherlands but also internationally. In The Netherlands, dogs are usually kept individually, while in other countries they are often kept in groups.

"We know that a shelter is not a stress-free environment for dogs, even though staff members do their best to achieve the highest possible welfare," Van der Laan says. "Even if you organise a shelter in the best possible way, there are still stress factors, such as crowds of other dogs and not being able to go outside as often as usual. And most important: the dog is gone from their old, familiar environment."

The shelter in this study has a pioneering role in improving the welfare of dogs: they use glass walls instead of bars to reduce noise pollution for the dogs, for example. "The fact that we measured an increased amount of cortisol even in this shelter, suggests that this will also be the case in other shelters," Van Der Laan said.



THE FIRST AND ONLY FELINE BROAD-SPECTRUM PARASITE PROTECTION THAT TREATS TAPEWORMS



FLEAS



TICKS



HEARTWORM
DISEASE



ROUNDWORMS



HOOKWORMS



TAPEWORMS

The One You Want for One-And-Done Monthly Parasite Protection

- ✓ First-of-its-kind formulation includes esafoxolaner—specifically developed for use in cats
- ✓ Easy-to-apply monthly topical solution
- ✓ Safe for use in kittens as young as 8 weeks, weighing 1.8 lbs or more

[Contact your Boehringer Ingelheim Representative to learn more](#)

IMPORTANT SAFETY INFORMATION: NexGard® COMBO (esafoxolaner, eprinomectin, and praziquantel topical solution) is for topical use only in cats. Use with caution in cats with a history of seizures or neurologic disorders. The most frequently reported adverse reactions include vomiting, application site reactions, lethargy, and anorexia. If ingested, hypersalivation may occur. Avoid direct contact with application site until visibly dry. For more information, see full prescribing information or visit NexGardCOMBOclinic.com.

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NexGard[®] COMBO

(esafoxolaner, eprinomectin, and praziquantel topical solution)

For topical use in cats only

CAUTION: Federal law restricts this drug to use by or on the order of a licensed veterinarian.

Description:

NexGard[®] COMBO is a topical solution containing esafoxolaner, eprinomectin and praziquantel available in 0.3 mL and 0.9 mL unit applicators to treat cats from 1.8 lbs to 33 lbs. Each mL of NexGard[®] COMBO contains 12 mg of esafoxolaner, 4 mg of eprinomectin, and 83 mg of praziquantel. Inactive ingredients: dimethyl isosorbide, unstabilized glycerol formal, and butylated hydroxytoluene.

Esafoxolaner is a member of the aryl isoxazoline class of compounds. Its chemical name is 4-[(5S)-5-[3-chloro-5-(trifluoromethyl)phenyl]-5-(trifluoromethyl)-4,5-dihydro-1,2-oxazol-3-yl]-N-[2'-oxo-2'-(2,2,2-trifluoroethyl)amino]ethyl-1-naphthamide.

Eprinomectin belongs to the avermectin class of anthelmintics and is a mixture of homologous components referred to as eprinomectin B1a and B1b. The chemical name for eprinomectin B1a is (4'R)-acetylamino-5-O-demethyl-4'-deoxyavermectin A_{1a}. The chemical name for eprinomectin B1b is (4'R)-acetylamino-5-O-demethyl-25-de(1-methylpropyl)-4'-deoxy-25-(1-methylethyl)avermectin A_{1b}.

Praziquantel is a pyrazinoisoquinoline anthelmintic. Its chemical name is 2-(Cyclohexylcarbonyl)-1,2,3,6,7,11b-hexahydro-4H-pyrazino[2,1-a]-isoxinolin-4-one.

Indications:

NexGard[®] COMBO is indicated for the prevention of heartworm disease caused by *Dirofilaria immitis* and for the treatment and control of roundworm (fourth stage larval and adult *Toxocara cati*), hookworm (fourth stage larval and adult *Ancylostoma tubaeforme*; adult *Ancylostoma braziliense*), and tapeworm (*Dipylidium caninum*) infections. NexGard[®] COMBO kills adult fleas (*Ctenocephalides felis*) and is indicated for the treatment and prevention of flea infestations and the treatment and control of Ixodes scapularis (black-legged tick) and Amblyomma americanum (lone star tick) infestations for one month in cats and kittens 8 weeks of age and older, and weighing 1.8 lbs or greater.

Dosage and Administration:

NexGard[®] COMBO is dosed at a minimum of 0.055 mL/lb (0.12 mL/kg), which delivers a minimum dose of 0.65 mg/lb (1.44 mg/kg) esafoxolaner, 0.22 mg/lb (0.48 mg/kg) eprinomectin, and 4.53 mg/lb (9.98 mg/kg) praziquantel.

For heartworm disease prevention, apply once monthly for at least three months after last exposure to mosquitoes (see Effectiveness).

Administer the entire contents of a NexGard[®] COMBO unit applicator topically once a month as specified in the following table:

Dosing Schedule

Cat Weight (lb)	Volume (mL)	Treatment Group			
		Esafoxolaner (mg)	Eprinomectin (mg)	Praziquantel (mg)	
1.8-5.5	0.3	3.6	1.2	24.9	
5.6-16.5	0.9	10.8	3.6	74.7	
16.6-22	0.3 + 0.9	14.4	4.8	99.6	
22.1-33	0.9 + 0.9	21.6	7.2	149.4	

A veterinarian or veterinary technician should demonstrate or instruct the pet owner regarding the appropriate technique for applying NexGard[®] COMBO topically to cats and kittens prior to first use.

Keep product in original packaging until ready to use



- Use scissors to cut the blister along the dotted line.
- Then pull the lid away.
- Remove the applicator from the package and hold it upright. Pull back the plunger slightly.
- Twist and pull off the cap.
- Part the hair on the midline of the neck, between the base of the skull and the shoulder blades until the skin is visible. Place the tip of the applicator on the skin and apply the entire contents directly onto the skin in one spot. The product should be applied to dry skin on an area where the cat cannot lick it off. If the weight of the cat requires a second application, apply the contents in the same manner as described above in the same location.
- Wash hands after use with soap and water.

Heartworm Prevention:

For the prevention of heartworm disease, NexGard[®] COMBO should be administered once a month year-round. At a minimum, administration of NexGard[®] COMBO should start at least 1 month before the cat's first expected exposure to mosquitoes and monthly thereafter until at least 3 months after the cat's last seasonal exposure to mosquitoes (see Effectiveness). If a dose is missed and a 30-day interval between doses is exceeded, administer NexGard[®] COMBO immediately and resume the monthly dosing schedule. Treatment with fewer than 3 monthly doses may not provide complete heartworm prevention. When replacing another monthly heartworm preventive product in a heartworm prevention program, the first treatment with NexGard[®] COMBO should be given within one month of the last dose of the former medication. At the discretion of the veterinarian, cats older than 6 months of age may be tested to determine the presence of existing heartworm infection before treatment with NexGard[®] COMBO. Cats already infected with adult heartworms can be given NexGard[®] COMBO monthly to prevent further infections.

Flea Treatment and Prevention:

For the treatment and prevention of flea infestations, the use of NexGard[®] COMBO may begin at any time of year. NexGard[®] COMBO should be administered year-round at monthly intervals or begin at least one month before fleas become active. However, an environmental infestation may persist for a short time after beginning treatment with NexGard[®] COMBO because of the development of adult fleas from eggs that were laid prior to the initiation of treatment.

Tick Treatment and Control:

For the treatment and control of infestations with *Ixodes scapularis* and *Amblyomma americanum*, the use of NexGard[®] COMBO may begin at any time of year. NexGard[®] COMBO should be administered year-round at monthly intervals or begin at least one month before the ticks become active.

Treatment and Control of Roundworms, Hookworms, and Tapeworms: NexGard[®] COMBO provides treatment and control of roundworms (adult and fourth stage larval *Toxocara cati*), hookworms (adult and fourth stage larval *Ancylostoma tubaeforme*; adult *Ancylostoma braziliense*), and tapeworms (*Dipylidium caninum*). For the treatment of hookworm, roundworms and tapeworm infections, NexGard[®] COMBO should be administered once as a single dose. Monthly use of NexGard[®] COMBO will control any subsequent infections. Cats may be exposed to and can become reinfected with roundworms, hookworms, and tapeworms throughout the year, regardless of season or climate.

Contraindications:

There are no known contraindications for the use of NexGard[®] COMBO.

Human Warnings:

Not for human use. Keep this and all drugs out of sight and reach of children.

Avoid direct contact with application site for 4 hours or until visibly dry.

This product may act as a mild to moderate eye irritant.

Keep product in the original packaging until use. Wash hands after product administration. If the product accidentally gets into the eyes, rinse thoroughly with water. If wearing contact lenses, flush the eyes first with water and then remove the lenses and continue to flush thoroughly with water. In case of accidental ingestion, or if skin or eye irritation occurs, contact a poison control center or physician for treatment advice.

Precautions:

Esafoxolaner, one of the ingredients in NexGard[®] COMBO, is a member of the isoxazoline class. This class has been associated with neurologic adverse reactions including tremors, ataxia, and seizures. Seizures have been reported in cats receiving isoxazoline class drugs, even in cats without a history of seizures. Use with caution in cats with a history of seizures or neurologic disorders.

Do not administer orally. Cats may salivate excessively if NexGard[®] COMBO is accidentally administered orally or is ingested through licking/grooming the application site (see Target Animal Safety).

The safety of NexGard[®] COMBO has not been fully evaluated in breeding, pregnant, or lactating cats.

The safety of NexGard[®] COMBO has not been tested in kittens less than 8 weeks of age or weighing less than 1.8 lbs (0.8 kg).

Adverse Reactions:

In a field safety and effectiveness study, which included a total of 201 households and 380 treated cats (244 cats treated with NexGard[®] COMBO, 136 cats treated with an active control), the safety of NexGard[®] COMBO was evaluated over a 90-day period through in-clinic physical examinations or through reporting of abnormalities by the owner. The most frequently reported reactions in the NexGard[®] COMBO and active control groups are presented in the following table.

Adverse Reactions by Treatment Group

EVENT	Treatment Group			
	NexGard COMBO		Active Control	
	n ¹	% (n=244)	n ²	% (n=136)
Vomiting	16	6.56	8	5.88
Application Site Hair Change	9	3.69	0	0.00
Anorexia	7	2.87	4	2.94
Lethargy	6	2.46	5	3.68
Bacterial skin infection	4	1.64	1	0.74
Itching	4	1.64	0	0.00
Sneezing	4	1.64	5	3.68
Skin Peeling	3	1.23	2	1.47
Diarrrhea	3	1.23	3	2.21
Epiphora	3	1.23	1	0.74
Hypersalivation	3	1.23	0	0.00
Hyperthermia	3	1.23	0	0.00
Alopecia	2	0.82	0	0.00
Dermal thickening	2	0.82	0	0.00
Ear Pruritus	2	0.82	1	0.74
Application Site Redness	2	0.82	0	0.00
Conjunctivitis	1	0.41	1	0.74

¹Number of cats treated with NexGard[®] COMBO with the identified abnormality.

²Number of cats treated with Active Control with the identified abnormality.

Contact Information:

To report suspected adverse events, for technical assistance or to obtain a copy of the SDS, contact Boehringer Ingelheim Animal Health USA Inc. at 1-888-637-4251 or www.nexgardforpets.com.

For additional information about reporting adverse drug experiences for animal drugs, contact FDA at 1-888-FDA-VETS or online at www.fda.gov/reportanimalad.

The Safety Data Sheet (SDS) provides additional occupational safety information. For customer service or to obtain product information, including the SDS, call 1-888-637-4251.

Clinical Pharmacology:

Mode of Action:

Esafoxolaner is a member of the isoxazoline family, shown to bind at a site to inhibit insect and acarine ligand-gated chloride channels, in particular those gated by the neurotransmitter gamma-aminobutyric acid (GABA), thereby blocking pre- and post-synaptic transfer of chloride ions across cell membranes. Prolonged esafoxolaner-induced hyperexcitation results in uncontrolled activity of the central nervous system and death of insects and acarines. The selective toxicity of esafoxolaner between insects/acarines and mammals may be inferred by the differential sensitivity of the insects/acarines' GABA receptors versus mammalian GABA receptors.

Eprinomectin is an endectocide in the macrocyclic lactone class that binds to glutamate gated chloride channels that are present in invertebrate nerve and muscle cells and increases the permeability of the cell membrane to chloride ions that triggers hyperpolarization of the nerve or muscle cell in susceptible parasites, resulting in paralysis and death of the parasite.

Praziquantel's mode of action is not precisely known, but treated tapeworms undergo muscular paralysis accompanied by a rapid influx of calcium ions and the disruption of the tegument.

Pharmacokinetics:

After a single topical administration to healthy male and female cats of a combined topical formulation containing esafoxolaner (12 mg/mL), eprinomectin (4 mg/mL), and praziquantel (83 mg/mL), at dose volumes of 0.06, 0.12, or 0.24 mL/kg, there was a dose proportional increase in the exposure of each ingredient based on maximum plasma concentration (C_{max}) and area under the plasma concentration time curve (AUC). After repeated monthly doses of the combined topical formulation at the target dose of 1.44 mg/kg esafoxolaner, 0.48 mg/kg eprinomectin, and 9.98 mg/kg praziquantel, steady state was reached by the fourth dose for esafoxolaner and after the second dose for eprinomectin and praziquantel. Additionally, modest accumulation was observed for esafoxolaner (approximately 3-fold) and praziquantel (approximately 1.5- to 2-fold) between the first and fifth dose, whereas no accumulation was observed for eprinomectin.

Effectiveness:

Heartworm Prevention:

In well-controlled laboratory studies, NexGard[®] COMBO (esafoxolaner, eprinomectin, and praziquantel topical solution) was 100% effective in preventing the development of heartworms in cats inoculated with infective larvae of *Dirofilaria immitis* 30 days prior to the first of three consecutive monthly treatments.

Flea Treatment and Prevention:

In a well-controlled laboratory study, NexGard[®] COMBO killed >92% of fleas within 24 hours. During subsequent weekly infestations, NexGard[®] COMBO killed >95.5% of fleas within 24 hours through Day 31 and killed fleas before they could lay eggs. The effectiveness against adult fleas at 24 hours post-infestation in the treated cats virtually eliminated flea egg production (99.8 – 100% control of flea egg production by 24 hours) throughout the remainder of the month. In a field safety and effectiveness study in the United States, conducted in households with existing flea infestations, the effectiveness of NexGard[®] COMBO against fleas was 97.8%, 99.6%, and 99.9% when assessed on Days 30, 60, and 90, respectively. Cats with signs of flea allergy dermatitis showed improvement in alopecia, dermatitis/ pyodermitis, pruritus, erythema, papules, and scaling, as a direct result of eliminating fleas.

Tick Treatment and Control:

In well-controlled laboratory studies, NexGard[®] COMBO demonstrated ≥95.1% effectiveness against *Ixodes scapularis* 48 hours post-infestation for a month and ≥95.6% effectiveness against *Amblyomma americanum* 72 hours post-infestation for a month.

Treatment and Control of Roundworms, Hookworms, and Tapeworms:

In 2 well-controlled laboratory studies, NexGard[®] COMBO provided 98.9% and 100% effectiveness against natural and/or induced roundworm infections with the dose-limiting gastrointestinal nematode species (adult *Toxocara cati*), respectively. Effectiveness studies against fourth stage larval *Toxocara cati* and hookworms (adult and fourth stage larval *Ancylostoma tubaeforme*; adult *Ancylostoma braziliense*) were conducted with an early formulation. The doses of eprinomectin in this early formulation are equivalent to that of the final formulation of NexGard[®] COMBO. In well-controlled laboratory studies, NexGard[®] COMBO provided an average 92.8% effectiveness against natural and/or induced infections with *Dipylidium caninum*.

Target Animal Safety:

Margin of Safety Study:

NexGard[®] COMBO was applied topically to healthy kittens (8 to 9 weeks of age) at 1X, 3X, or 5X the maximum exposure dose six times at 28-day intervals; kittens in the control group were dosed with mineral oil. One kitten in the 5X group exhibited recumbency, tremors, hypothermia, ataxia, disorientation, and pupil dilation (responsive to light) 9 hours after the third dose. This kitten received supportive care, including washing the application site, and recovered within 48 hours post-dose. During necropsy, a dark red subcutaneous area (<5 mm diameter) was observed in the treatment site area of three cats in the 5X group, but microscopic examination revealed no histologic abnormalities. No significant changes related to NexGard[®] COMBO were observed for physical examination, body weight, clinical pathology (hematology, coagulation, and serum chemistry), histopathology, or organ weights.

Study in Heartworm Positive Cats:

Adult cats, 4.7 to 6.6 months of age, were experimentally infected with adult heartworms (*D. immitis*) by venous transplantation. All cats were negative for heartworm antibody, antigen and microfilariae prior to transplantation. Two weeks after transplantation, immunoserology verified positive antigen and the presence of microfilariae in all enrolled cats. A combination of ivermectin, eprinomectin, praziquantel, and (S)-methoprene was applied topically to cats at 1X or 3X the maximum exposure dose once every 28 days for three consecutive treatments; cats in the control group were dosed with mineral oil. One cat in the 1X group exhibited cyanotic mucous membranes and tachypnea for 24 hours following the first treatment. The cat recovered and exhibited no abnormal signs following two subsequent treatments. There was no difference between the treatment groups in the number of adult *D. immitis* recovered at the end of the study.

Oral Administration Study:

Oral tolerance was evaluated to assess the effects of accidental oral ingestion. Kittens (male and female) ranging in age from 7.4 to 8.9 weeks were orally administered NexGard[®] COMBO at 1X the maximum exposure dose; kittens in the control group were dosed with saline. Cats were observed for adverse reactions at 1, 2, 3, 4, and 8 hours following administration, then twice a day until Day 14. All 8 cats administered NexGard[®] COMBO immediately exhibited excessive hypersalivation after oral administration. However, all cats stopped salivating within 1 hour after exposure. No additional health-related observations were seen for the remainder of the study.

How Supplied:

NexGard[®] COMBO is packaged as a single dose in 0.3 mL (for cats 1.8 – 5.5 lb) and 0.9 mL (for cats 5.6-16.5 lb) applicators. Each size applicator is available in cartons containing 1, 3 or 6 applications.

Storage Information:

Store at 59° – 86°F (15° – 30° C). Brief periods up to 104° F (40° C) are permitted. Protect from light.

Approved by FDA under NADA # 141-570

Marketed by: Boehringer Ingelheim Animal Health USA Inc., Duluth, GA 30096

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Embarking on a job search is an exciting yet daunting endeavor. As you navigate through the application process and attend interviews, one crucial aspect to consider is the character of your potential boss. While job titles and company perks may be enticing, working under a toxic or abusive manager can quickly turn your dream job into a nightmare. **So, how can you ensure that your potential boss isn't a monster?** Here are some strategies to help you make an informed decision:

1. DO YOUR RESEARCH:

Before applying for a position or attending an interview, take the time to research the company and its leadership team. Look for reviews on websites like **Glassdoor** or **LinkedIn** to gain insights into employee experiences. Pay attention to recurring themes or red flags mentioned in reviews, such as micromanagement, lack of communication, or disrespectful behavior from managers.

2. TRUST YOUR GUT:

During the interview process, trust your instincts and pay attention to your gut feelings. Take note of how your potential boss communicates with you and whether they demonstrate respect and professionalism. **If something feels off or uncomfortable, don't ignore it.** Your intuition can be a valuable guide in determining whether a manager is someone you want to work for.

3. ASK THE RIGHT QUESTIONS:

Don't be afraid to ask probing questions during interviews to assess your potential boss's leadership style and management philosophy. Inquire about their approach to employee feedback, work-life balance, and conflict resolution. Listen carefully to their responses and observe how they handle your questions. Transparent and honest communication from the interviewer can be a positive sign.

4. SEEK FEEDBACK FROM CURRENT OR FORMER EMPLOYEES:

If possible, reach out to current or former employees of the company to gather firsthand insights into their experiences with the management team. Networking with professionals in your industry or connecting with employees on LinkedIn can provide valuable perspectives that may not be apparent during the interview process

5. LOOK FOR WARNING SIGNS:

Be vigilant for warning signs that indicate a potentially toxic or abusive boss. These may include frequent turnover among employees, a culture of fear or intimidation, or a pattern of disrespectful behavior towards staff. Trust your observations and take heed of any red flags that arise during your interactions with the hiring manager or company representatives.

6. ASSESS COMPANY CULTURE:

Consider the broader company culture and how it aligns with your values and expectations. A positive and supportive work environment is often indicative of strong leadership and respectful management practices. Look for signs of employee engagement, diversity and inclusion initiatives, and opportunities for professional growth and development

7. UTILIZE ONLINE RESOURCES:

Take advantage of online resources and tools designed to evaluate workplace culture and leadership effectiveness. Websites like The Muse, Glass Ceiling, or Vault provide valuable insights into company culture, employee satisfaction, and leadership quality through company reviews and rankings.



So, while landing a new job is an exciting milestone, it's essential to ensure that your potential boss is someone you can respect and trust. By conducting thorough research, trusting your instincts, asking the right questions, seeking feedback from others, looking for warning signs, assessing company culture, and utilizing online resources, you can make an informed decision and avoid working under a monster boss. Remember, your well-being and professional satisfaction are worth prioritizing in your job search journey.



Read this before you sign that contract!

Hooray!

You have successfully completed an interview, the panel seemed to love you, and now they want to offer you a job working at their veterinarian office.

It's like a dream come true.

But before signing on the dotted line, have you read over the contract in detail? Chances are, buried in the pages of paperwork is a non-compete clause. This little section of text might only be a couple of sentences long, but it's incredibly important. A bad, poorly written, or otherwise unethical non-compete agreement has the potential to turn that exciting new job into, well...a veterinarian's worst nightmare for long term career growth!

The last thing you want is to be restricted professionally. Or feel stuck in a position you can't leave. **So, to help vets focus on their animal patients and doing what they love (instead of feeling confused, angry, unfairly treated, taken advantage of, etc.)** We have compiled a list of everything you need to know about non-compete contracts.

What is a non-compete agreement?

Firstly, let's define what a "non-compete agreement" really is.

According to NOLO.com, a non-compete agreement is a legally binding document which "states that the employee will not directly compete with the employer after termination of employment." So, when veterinarians resign from their current position, depending on the nature of the agreement, they can be limited geographically and by time. For instance, saying you cannot go work for another office within three years of quitting within a 30-mile radius. Depending on your location, that 30-mile radius could drastically affect your ability to make a living.

Why would a hiring manager insist on such rules?

Think about it this way: If you were the owner of a practice, the last thing you would likely want is for a former employee to set up shop – so to speak – right across the street. Non-compete agreements are also meant to stop vets from "stealing" clients or increasing local competition. But this can be horribly controlling for vets who need to switch jobs, for whatever reason. Suddenly, the daily commute is longer, childcare might not be available, housing costs are different, the town or city is unfamiliar, you have no professional reputation in this new place, and your livelihood is under threat. But, that doesn't mean that they can create terms that are not fair or legal.

Oh dear...

That's why knowing about red flags, warning signs, and how to understand ambiguous contract language is key.



The devil is in the details!

What to look for

You have successfully completed an interview, the When it come to veterinary non-compete agreements, you'll want to keep your eyes out for three details:

1) Geography

This covers where you can practice. Veterinarians looking to settle down in a desired area should be very careful about agreeing to this element of the contract, especially if they work in rural settings with a smaller population to serve. Radius limits *can be* enforceable.

2) Length of Time

Next is how long you must wait after leaving one job to start another. Again, different states will have different rules. Looking to live in Washington, DC? Good news. Non-compete agreements can only last a maximum of 18 months. However, that can't be said for other places. Knowing the law helps you avoid unproductive months of waiting around for the clock to expire.

3) Nature of Activities

Lastly, read over the details pertaining to what you're allowed to do. Though these are rarer, it is possible for a clause to restrict a veterinarian from offering some services, particularly if they were highly specialized. Some contracts may restrict you from working per diem in the area or working part-time for a telemedicine app.

The importance of having an attorney look things over

As you can see, understanding the delicate ins and out of a contract is no small feat.

And you are a trained veterinarian – not a lawyer.

This is why you should hire an attorney who works in employment law to review your contract before you sign it.

Remember, state laws regarding non-compete clauses vary widely. What is true and enforceable by the court of law in New York will be vastly different from what veterinary professionals face in, say Arizona!

A specially trained attorney will help navigate these murky waters.

Negotiating a fair contract is a team effort. And yes, it will cost you to have the attorney review, but the money you pay for this would be much less than the costs of fighting the contract in court later, or simply being miserable in a job that you hate and can't leave because of the signing.



Uh oh. I find myself in a horrible contract. What now?

Before pulling your hair out and crying, take a deep breath. Yes, being locked into a terrible contract is scary, but you may have a way out, especially if the contract is unfair or doesn't meet state rules.

However, veterinarians do have options and that means contacting an employment lawyer, ideally one who has experience handling similar cases. Depending on the nature of the original agreement language, it might be possible to challenge the non-compete. For instance, maybe the length of time is no longer reasonable. Two years is a long time! Could it be negotiated down to 1? Lawsuits are pricey and time consuming. It could be easier to settle.

Similarly, those stuck in awful contracts can inquire about enforceability.

Above all, know your rights. Read every single word extremely carefully and chat with a lawyer beforehand to ensure smooth sailing at this job, and your next one, too!

Find an employment lawyer before you sign a contract: <https://www.nela.org>

Shocking Revelation: IS CBD SAFE FOR DOGS?

Landmark Study Finally Unveils the Truth

In an unprecedented move, the National Animal Supplement Council (NASC) has unleashed a game-changing revelation about the safety of cannabidiol (CBD) products for dogs. With the publication of results from a groundbreaking study in *Frontiers in Veterinary Science*, pet owners worldwide are on the edge of their seats, eager to discover the truth behind CBD's potential impact on their beloved companions.

A Paradigm-Shifting Discovery:

After years of speculation and uncertainty, the NASC has finally shed light on the safety of CBD products for dogs through a meticulously conducted peer-reviewed safety study. The findings, published in one of the most respected scientific journals, present a paradigm-shifting perspective on the use of CBD in pet care.

Unveiling the Study:

The pivotal study, a first-of-its-kind endeavor, involved 32 healthy beagle dogs subjected to rigorous testing over a span of 90 consecutive days. Divided into four treatment groups, the dogs were administered varying formulations of CBD, meticulously monitored to assess safety and tolerance levels.



Jaw-Dropping Results:

Contrary to lingering doubts and speculation, the study yielded astonishing results, demonstrating that CBD products, when administered at a dose of 5 milligrams per kilogram of body weight per day, were well tolerated by healthy male and female beagles. With no adverse effects reported, the study marks a monumental breakthrough in our understanding of CBD's impact on canine health.

A Testament to Safety

Bill Bookout, President of NASC, emphasized the comprehensive nature of the study, which not only incorporated a meticulously controlled protocol but also drew upon a decade of post-market surveillance data. This holistic approach ensures a thorough assessment of CBD's safety profile, reassuring pet owners of its efficacy and reliability.

Gratitude and Acknowledgment:

Acknowledging the monumental effort behind the study, Bookout extended gratitude to the NASC Board of Directors, members, retailers, and veterinarians whose unwavering support propelled this landmark research forward. Special recognition was also extended to the study co-authors and collaborators whose dedication made this breakthrough possible.

A Beacon of Hope for Pet Owners:

As pet owners navigate the complexities of companion animal health, the NASC's groundbreaking study offers a beacon of hope and reassurance. With the yellow NASC Quality Seal serving as a symbol of trust and reliability, pet owners can confidently embrace CBD products backed by rigorous scientific scrutiny. In a world filled with uncertainties, the NASC's landmark study provides much-needed clarity and reassurance to pet owners worldwide. With CBD products emerging as a promising avenue for enhancing canine well-being, the future of pet care looks brighter than ever before. Stay tuned as the NASC continues to lead the charge in championing the health and well-being of our cherished four-legged companions.

→ [Read the full study here](#)

VETERINARY NEUROLOGIST Exposes Insider Secrets:

*Dr. Gaemia
Tracy*

Unheard Vet Life Confessions Revealed in Exclusive AMA!



**Brace
yourselves
for some
*insightful
knowledge!***

Dr. Gaemia Tracy, a renowned expert in veterinary neurology, recently hosted an enlightening "Ask Me Anything" session. We're here to give you the scoop on all the fascinating insights and revelations. Stay tuned for some real talk from the world of vet neurology!

Why Neurology?

Dr. Tracy's passion for neurology stems from its unique blend of medicine and surgery. He finds the challenge of solving intricate puzzles in patients who can't communicate particularly fulfilling. For him, the combination of hands-on treatment and medical knowledge makes neurology an endlessly fascinating specialty.

Strangest Neurological Case

When asked about his strangest case, Dr. Tracy recalled treating a cat with Myasthenia Gravis, a rare neurologic disease more commonly seen in dogs. This case stood out because of its rarity in cats and the dramatic response to the tensilon test, where the cat regained the ability to walk. His successful treatment of this unusual case is a testament to his expertise.

Most-Used and Favorite Tools

Dr. Tracy's most-used tool is the MRI, essential for accurate neurologic diagnoses. His favorite, however, is the humble hemostat. He values its versatility in checking reflexes, sensation, and response to stimuli, making it a surprisingly powerful tool in neurology.

Epilepsy in Cats vs. Dogs

Addressing epilepsy, Dr. Tracy believes it's generally easier to treat in dogs. Dogs respond better to medications, and diagnoses are more straightforward compared to cats. Each cat with epilepsy presents unique challenges, including varied causes and medication tolerances.

Advice for Pet Parents of Epileptic Pets

For pet parents with newly diagnosed epileptic pets, Dr. Tracy emphasizes their crucial role in treatment. He encourages them to understand their pet's tendencies, monitor them closely, and administer treatment to enhance their pet's quality of life.



Stay tuned for more AMA sessions with experts like Dr. Tracy for deep dives into specialized fields!

Want more Dr. Gaemia? Check out Vet Candy for more!



5 Must-Know Tips to Level Up Your Surgery Confidence

1. **Catch the Pros in Action:**

Keep your eyes glued on a pro-surgeon crushing it in the OR. The more surgeries you watch, the more your confidence will grow.

2. **Pre-Game with Knowledge:**

Hit the books before you scrub in. Knowing your stuff about the surgery can make a world of difference.

3. **Post-Op Debrief with Books:**

Just finished a surgery? Time to dive back into those books. Reflecting on what you read vs. what you did is key!

4. **Skill Up with Extra Classes:**

Check out Vet Candy's library of surgical videos, like our Master Course in Surgery with veterinary surgeon, Dr. Philippa Pavia, or Common Surgical Mistakes with surgeon, Dr. Courtney Campbell or listen to our Surgical Insights podcast feature expert information from board certified surgeons. It's like leveling up in a video game, but for real-life surgery skills.

5. **Volunteer & Gain XP:**

Get in on volunteer gigs for low-cost spay/neuter programs. It's like a cheat code for gaining mad surgical experience.



**Stay sharp, future
surgery legends!**





MASTERING THE ART OF HUMBLE BRAGGING: CELEBRATING YOUR ACHIEVEMENTS *with Grace*

In a world where self-promotion often walks a fine line between confidence and arrogance, finding the right balance can be challenging. While it's important to acknowledge and celebrate your accomplishments, doing so without coming across as a self-absorbed braggart requires finesse.

So, how can you effectively highlight your achievements without rubbing others the wrong way?

Let's dive into the art of humble bragging and discover how to showcase your successes with grace.

- 1. LEAD WITH GRATITUDE:**
When sharing your accomplishments, start by expressing gratitude for the opportunities that have led to your success. Acknowledge the support of mentors, colleagues, and loved ones who have contributed to your achievements. By recognizing the role of others in your journey, you demonstrate humility and appreciation.
- 2. FOCUS ON THE JOURNEY, NOT JUST THE OUTCOME:**
Instead of simply boasting about the end result, share insights into the challenges you faced and the lessons you learned along the way. Emphasize the hard work, dedication, and perseverance that went into accomplishing your goals. By highlighting the process behind your achievements, you convey authenticity and relatability.
- 3. SHARE THE SPOTLIGHT:**
Humble bragging isn't just about showcasing your own accomplishments—it's also about celebrating the successes of others. Use your platform to shine a light on the achievements of your peers and colleagues. When you uplift others, you create a positive and supportive environment where everyone can thrive.

4. USE HUMOR AND SELF-DEPREICATION:

Injecting a dose of humor and self-deprecation can help to soften the impact of your bragging. Instead of coming across as boastful, approach your accomplishments with a lighthearted attitude. Poke fun at yourself and acknowledge your imperfections along the way. This shows that you don't take yourself too seriously and adds a humanizing element to your self-promotion.



5. BE GENUINE AND AUTHENTIC:

Above all, be genuine in your communications. Avoid exaggerating your achievements or embellishing the truth. Authenticity is key when it comes to humble bragging. Share your successes in a sincere and transparent manner, and others will be more likely to respond positively.



6. PRACTICE EMPATHY AND CONSIDERATION:

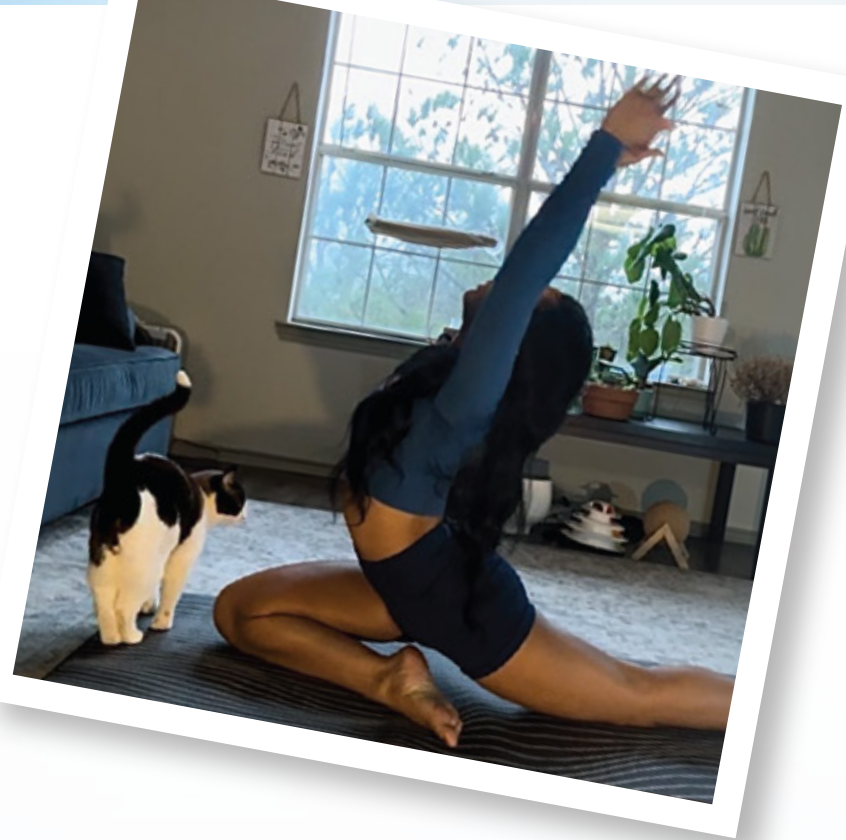
Put yourself in the shoes of your audience and consider how your bragging might be perceived by others. Avoid coming across as boastful or dismissive of others' accomplishments. Instead, strive to uplift and inspire those around you through your words and actions.

7. KNOW WHEN TO HOLD BACK:

Finally, recognize that there is a time and place for humble bragging. While it's important to celebrate your achievements, there are instances where it may be more appropriate to take a step back and listen to others. Practice discernment and discretion, and choose your moments to shine wisely.

Humble bragging is an art form that requires sensitivity, tact, and self-awareness. By leading with gratitude, focusing on the journey, sharing the spotlight, using humor and self-deprecation, being genuine and authentic, practicing empathy and consideration, and knowing when to hold back, you can effectively showcase your accomplishments without coming across as a jerk. So go ahead, celebrate your successes with grace and humility—you've earned it!

Inside the Hustle: A day in the *Life* of Gabriella Turnipseed Will Blow Your Mind!



Hello! I'm Gabriella Turnipseed, a veterinary student at Tuskegee University. My days are a whirlwind of learning, self-care, and a deep-seated passion for veterinary medicine. Let me walk you through a typical day in my life, balancing the rigors of academia with personal wellbeing.

5:30 AM: Welcoming the Day

My day begins before the sun rises. I start with yoga and meditation, creating a peaceful foundation for the demanding hours ahead. This quiet time helps me center my thoughts and prepare for the challenges of the day.

6:00 AM: Breakfast - The Most Important Meal

I believe in starting my day with a nutritious breakfast. My go-to is a toasted cinnamon raisin bagel with peanut butter, accompanied by a banana and my favorite Bloom drink. It's the perfect fuel for my brain and body.

6:30 AM: Pre-Class Prep

Next, I dive into my studies. I review today's lectures on my iPad using Collanote. This helps me grasp the key concepts and prepares me for the intensive learning ahead.

7:40 AM: Off to Campus

I hit the road, excited and ready to absorb new knowledge.

8:10 AM - 11:00 AM: Academic Deep Dive

My mornings at university are packed. I attend back-to-back lectures in Physiology, Epidemiology, and Infections and Immunity. Each class is a step closer to my dream of becoming a vet.

11:00 AM: Culinary Therapy

After lectures, I head home to whip up something delicious. Cooking is my creative outlet. Today, it's ricotta and mozzarella ravioli, lemon pepper tilapia, and chicken alfredo with broccoli - a feast that keeps me going through the week.

2:00 PM: Pilates Time

I keep my mind and body in harmony with a pilates routine. It's essential for maintaining my focus and energy levels.

3:00 PM: A Break for My Soul

I take a mental break in the afternoon. It's my time to connect on social media, share some fun facts or motivation, and check on my plants (and make sure my cat hasn't been at them!).

5:00 PM - 9:00 PM: Library Hours

I spend my evenings in the library, reviewing the day's materials and preparing for tomorrow. It's intense, but I love every moment of it.

7:00 PM: Journaling My Journey

Dinner time is also when I journal. Writing helps me reflect on my experiences and maintain a sense of balance.

9:00 PM - 10:00 PM: Winding Down

After a productive day, I head back home, feeling fulfilled and a bit tired.

10:00 PM: Planning Ahead

Before bed, I update my calendar with upcoming events and meetings. Staying organized is key in vet school.

10:15 PM: Time to Recharge

Finally, I get ready for bed. Rest is crucial because tomorrow, I get to do it all over again. Each day is a blend of hard work, dedication, and a bit of fun. It's not just about becoming a veterinarian; it's about growing as a person and making a difference in the world, one animal at a time. I hope you enjoyed a glimpse into my life here at Tuskegee University!



Dive into Megan Lemke's Epic Summer:


Exploring Wildlife Medicine in South Africa!

Get ready to follow Megan Lemke's summer saga as she jets off to South Africa for a one-of-a-kind wildlife medicine program. From getting up close and personal with exotic creatures to applying her classroom smarts in the real world, Megan's adventure promises to be nothing short of epic! So buckle up, because we're about to embark on a wild ride alongside Megan as she dives into the heart of animal care like never before. Let's go!

"This summer I'll be traveling abroad to South Africa with VetX Wildlife Capture & Conservation, to participate in a wildlife medicine program! I'm most excited to get hands on experience with a broad variety of species we don't get to work with on the everyday and to be able to apply some knowledge I've learned over the past year! After returning home from the 3 week program, I plan to continue working at my hometown small animal general and emergency medicine combined practice!"



Creating a *Cozy* Haven: Budget-Friendly Home Decor Tips for *Veterinary Students*



Being in vet school can be both exhilarating and overwhelming. Amidst the rigorous coursework and clinical rotations, having a cozy and inviting space to call home is essential for unwinding and recharging. However, decorating on a student budget can seem like a daunting task. Fear not! With a bit of creativity and resourcefulness, you can transform your humble abode into a sanctuary of relaxation without breaking the bank. Here are some budget-friendly home decor tips tailored just for you:

Thrift Store Treasures:

One person's trash is another's treasure! Explore thrift stores and second-hand shops for unique decor finds at wallet-friendly prices. From vintage picture frames to quirky knick-knacks, **you'll be amazed** at the gems waiting to be discovered. Plus, repurposing items adds character and charm to your space.

DIY Delights:

Unleash your inner artist by crafting your own decor pieces. Get crafty with DIY projects like hand-painted canvases, homemade throw pillows, or macramé wall hangings. Not only are these projects cost-effective, but they also allow you to infuse your personality into your living space.



Nature's Touch:

Incorporate elements of nature into your decor scheme to bring the outdoors in. Display a vase of fresh flowers or potted plants to add life and vibrancy to your space. Not only are plants aesthetically pleasing, but they also purify the air and promote a sense of calmness.



Functional Furniture:

Opt for multifunctional furniture pieces that serve both practical and decorative purposes. Look for storage ottomans, futons with built-in storage, or coffee tables with shelves. These pieces not only maximize space but also add a touch of functionality to your home.

Lighting Magic:

Lighting can make or break the ambiance of a room. Brighten up your space with inexpensive string lights, LED candles, or floor lamps. Experiment with different lighting arrangements to create a cozy and inviting atmosphere perfect for relaxation.

Textile Treats:

Elevate your space with textiles such as rugs, curtains, and throw blankets. Layering textures and patterns adds depth and visual interest to your decor. Look for affordable options at discount stores or online marketplaces to stay within your budget.

Personal Touches:

Infuse your space with personal touches that reflect your interests and hobbies. Display cherished photographs, artwork, or memorabilia that bring joy and nostalgia. Your home should be a reflection of you and your unique personality.

Just because you are living there temporarily doesn't mean you have to miss out on a great design. Remember, creating a home that feels like a sanctuary doesn't have to break the bank.

With a **little creativity, resourcefulness, and a sprinkle of DIY magic**, you can design a space that is not only budget-friendly but also a place of comfort and relaxation amidst the demands of veterinary school life.

Happy decorating!

Understanding YOUR LOVE LANGUAGE

By Shauna Simmons



Every Relationship in Your Life is Operating From a Language of Love

How we express love is limitless. This is why it can be difficult to feel loved even when it is being shown. How we prefer to be loved matters. The people who care about us most will take the time to understand what we need to feel loved. **So while we wait to feel loved and understood by others, what can we learn about ourselves?**



The 5 Primary Love Languages

There are 5 basic categories that people use to begin understanding love languages. These categories include **words of affirmation, quality time, receiving gifts, acts of service, and physical touch.**

If your dominant love language is words of affirmation, you might hold a deep value for compliments, verbal recognition, and deep communication. If you value quality time, you feel most appreciated through intentional one-on-one interactions and intimate discussions.

If receiving gifts is the love language that resonates most, then a gift of flowers could go a long way. If you feel most appreciated through acts of service, then you are a practical lover.

You will feel loved through small gestures of spontaneity, like having a bath run for you or someone cooking dinner for you. If you value physical touch, a hug or holding hands might mean a lot more to you than it would for most people.

Why It Matters

How you give and receive love is a pillar in your ability to build relationships. It often determines who you attract and who you feel most attracted to. Understanding how you prefer to be loved can help you teach others how to treat you properly.

While we all enjoy different forms of love from others, each of us has a preference for how we wish to be loved. In fact, it's less about preference and more about how our needs are best met. **The way we prefer to be loved is how we choose to love others by default. This means it's up to you to learn other languages of love so you can meet people where they are best met in love.** This will help strengthen the relationships in your life all across the board.

If you don't know yourself and your love language, it won't be easy to expect understanding from someone else. Not everyone who comes into your life will know exactly what you need to feel appreciated. A lot of the time, it's up to you to set the standard for how others treat you and get to know you on an intimate level.



Summer Vibes Christina Nau's Pre-Vet Adventure

Check out Christina Nau's summer hustle! Between crushing summer classes and clocking hours at the vet clinic, she's planning on diving into new experiences like working with aquatic animals and getting hands-on with sea turtle conservation.

Follow her journey of growth, learning, and making waves in the world of vet medicine.



“I am most looking forward to working with aquatic animals as that is one of the few experiences I don't have yet, as well as my principles of toxicology course! My 10 credits of college coursework over the summer consist of organic chemistry lecture, microbiology lecture and lab, and principles of toxicology! I will also continue to work full time as a gp/exotic vet tech and an ER scribe with VEG! Lastly, I am in the works of finishing my volunteer training for the Clearwater Marine Aquarium so I am able to do basic husbandry tasks and feedings, as well as aid with events, rescue work, and sea turtle conservation!”

Christina Nau



Hold onto your hats, because **Cornell Class 2027's Natalie Smith**, aka @natalie.vet, is about to take us on the safari of a lifetime! 🚀

From Dream to Reality: Natalie's African Adventure Unveiled

Since forever, Natalie's been dreaming of Africa. And guess what? This summer, she's making it happen! Two months, South Africa, and a whole lot of wild adventures await. With @savingthesurvivors, she's diving into wildlife medicine and research. From rhinos to leopards, Natalie's on a mission to make a difference.

"I cannot wait to share my experience this summer, and to finally fulfill my dream of going to and working in this beautiful place. It still doesn't feel real, but I am enjoying every second of planning and prepping for this once in a life trip! Stay tuned for more trip details and hopefully many videos and pictures this summer!!"

Follow her on Insta for her snaps and vids—it's gonna be a ride you won't wanna miss!

Understanding and Coping With Self-Harm

by Shauna Simmons

Symptoms and Solutions

Self-harm is typically a way people respond to severe anxiety or depression. When left untreated, this can become life-threatening as it indicates mental instability. Self-harm often refers to a person's actions toward intentionally harming themselves. Many people who engage in self-harm are not initially trying to end their lives. It is more like a last-ditch attempt to gain a sense of control when they feel they have lost it.

Self-Harm Comes in Different Forms

There are many different forms and symptoms of self-harm. Knowing these can better equip you to notice them in yourself or others before it gets out of control. It's best to remember that self-harm is all-inclusive of any harm to the self on purpose.

Types of Self-Harm:

- Cutting
- Burning
- Scratching
- Hitting Oneself for any reason
- Pulling out hair (from the head, face, or other body parts)
- Piercing the skin with sharp objects
- Re-opening past wounds

Symptoms/Warning Signs:

- Frequent open wounds
- Scars
- Frequently wearing long sleeves or pants, even in hot weather
- Poor social skills
- Fractured self-image
- Low self-esteem
- Emotional Instability
- Feelings of hopelessness, helplessness, or worthlessness
- PTSD

Dealing/Coping With Self-Harm

If you are ever feeling urges to harm yourself, please seek the help of a trusted friend or professional. If you feel overwhelmed and don't know where to turn, you can call or text this Self-harm Crisis Hotline for access to a crisis counselor anytime.

Other healthy ways to cope with self-harm include journaling when you feel overwhelmed. This can help you process your feelings and may even provide some clarity. You can try to channel your energy into something creative like art or music. Anything that can help you work through what you are feeling will be helpful to redirect your thoughts and energy.

Seek a calm space where you can breathe deeply and return to yourself. Sometimes when we feel overwhelmed, it isn't necessarily coming from within us. It can help to change your environment if you feel it is playing any role in your discomfort.

Remember that your mental health is detrimental to living a healthy lifestyle. If you, or someone you love, is battling depression or anxiety, the best thing you can do is seek help. Whether that help comes from within, a support group, or a professional. Nobody is ever alone in their struggle.



Meet Our Guest Editor: TAYLOR EMERY

From Court to Clinic: How Virginia Maryland Class of 2025's Taylor Emery's Journey Will Make You Rethink Success

What sets your soul on fire?

When you wake up in the morning, what gets you excitedly bouncing out of bed?

For Taylor Emery, it's a combination of things.

Originally born in Bremerton, Washington, Taylor has big dreams of becoming a veterinarian. The thought of serving others [particularly people experiencing homelessness and their pets] is the driving force behind her decision to pursue veterinary medicine as a career.

But before this, she lived a very different life...

In fact, this CEO & Founder of MerakiTay was once a "Former Pro Hooper."

AKA, a professional basketball player!

Vet Candy is beyond thrilled to have had the opportunity to speak with sports legend Taylor Emery recently. Today, she explains why retiring from basketball was the hardest – but also best – career decision, explains some helpful advice she received, plus tells us about her goal of one day opening a MerakiTay Center for vulnerable families and their animals.



From Basketball Court to Vet Clinic: Slam Dunking for Pets

Changing careers can be stressful even under ideal circumstances.

After all, you're letting go of an "old" version of yourself. Maybe one you have been comfortable with for years – even decades. Yet to grow emotionally, mentally, and spiritually, occasionally a job switch is necessary.

Taylor Emery can relate.

"Retiring from basketball was probably the hardest and best career decision I ever made," she admits. "I played ball since I was 5 years old. Retiring was scary because it felt like I was losing a piece of myself and even somewhat losing my own identity in a sense. I got annoyed with the politics and my journey with ball seemed as if it was a continuous uphill trek. So, I dove right into the deep end and retired at a time that nobody expected as I was in my prime skill wise."

Turns out, this was the right call.

Before long, Taylor started a business with the money she made overseas. Veterinary school was the next logical step.

Now Taylor says, "My soul has been fulfilled. I've been able to help so many people with the clothes I make and been able to help so many animals. It's been everything I've wanted and so much more."

Vet Candy loves to hear that!

Check out her "paw-some" clothing brand on Instagram @merakitay_

According to Taylor, "I take great pride in introducing MerakiTay as a business owned by a black woman and a member of the LGBT community. The name "Meraki" originates from Greek, symbolizing the act of pouring your passion and dedication into everything you do, leaving a lasting impression. "Tay" represents my nickname. At MerakiTay, we are committed to creating gender-neutral clothing options, including mid-thigh length cargo shorts and retro basketball shorts. Moreover, we offer modified boxer briefs designed for pad application, catering to individuals who experience a menstrual cycle. We are currently in the process of patenting our innovative boxer briefs."



WHAT MAKES YOU HAPPY?

When asked about career advice, Taylor Emery didn't need to think long. And her answer was spot on.

"Not to chase the money," she says. Indeed, research shows that money doesn't always equal happiness.

"When you chase money and how much you can make, your happiness dramatically declines because when do you decide you've made enough money?" Taylor explains. "Most times you don't. You just keep going until you die. I chase what makes me happy and feeds my soul instead. By doing that, I've made more money than I did when I was actually chasing money. After hearing this, my life changed along with my life path. I made decisions for me and my happiness. I have never felt this good in life."

Therefore, to any vet med professional feeling stuck or in a rut, just remember...

Money comes and goes but happiness is priceless!

RETHINKING HOW WE ADDRESS HOMELESSNESS

According to The Department of Housing and Urban Development (HUD), approximately 582,000 Americans are homeless.

To Taylor Emery, these aren't just numbers. During her senior year in college, Taylor's own sister and her six children became homeless themselves.

Taylor recalls:

"It was going to be extremely difficult for them to travel as a family to homeless shelters, so I took her 4 pre-teen boys for the summer so she could get back on her feet with only two babies to feed. I realized that these homeless shelters don't keep families together. Men and women can't stay together. A lot of people can't keep their pets either."

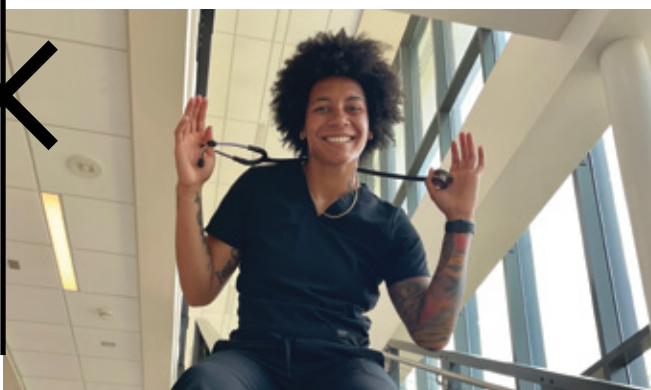
Thus, MerakiTay Centers were born.

The vision is this: a homeless shelter attached to an animal shelter.

Taylor sees it as apartment style living for families. Of course, people who come into the MerakiTay Center with pets have "fur family members" that would be welcome to stay too. By providing professional resources to obtain jobs and things needed to sustain life outside of a MerakiTay facility, Emery's hope is to become a shelter veterinarian and positively impact as many lives as possible.

It's an incredible goal.

One that Vet Candy is sure will be a winning swish, if Taylor Emery is involved!

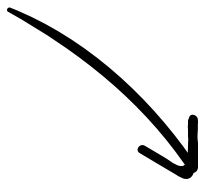


Three things **Amber Elalem** can't live without



Amber Elalem

The three **biggest** things to me are



1. People you love supporting you

My friend group both in California and Florida are my second families. Like any family, we are a little dysfunctional at times but we love and support each other regardless, we also always have each others best interest in mind.

2. A hobby to help you relax or unwind.

For me that hobby is watching hockey, anyone who knows me even remotely well, knows I am such a big hockey fan. Being born and raised in Tampa Florida, we don't mess around with our hockey. I may or may not even have their logo tattooed on me Go bolts

3. A purpose.

Remembering why I am here. Remembering how many pets I am going to be able to help with this knowledge I am gaining daily. Sometimes it's hard to not get caught up in all the hustle and bustle of vet school, but taking a moment to think about the fact that I've made it and I am actively living out my dream, it couldn't be better!

NAVLE PREP with Dr. Gaemia Tracy

Insights into Canine Epilepsy Management By Dr. Gaemia Tracy

Canine epilepsy, characterized by seizures or convulsions, presents a challenging neurological puzzle for both pet owners and veterinary professionals. This multifaceted disorder involves paroxysmal disturbances in the cerebral (forebrain) region, resulting in abnormal electrical activity and overt signs known as seizures. In this exploration of canine epilepsy, we will delve into the intricacies of this condition, encompassing causes, seizure types, diagnostics, and treatment.

Understanding Canine Seizures

Canine seizures are intricate events characterized by sudden, abnormal electrical activity in the brain, resulting in a loss of consciousness or control over a specific muscle group. Identifying the root causes of seizures is paramount for effective management, with triggers ranging from metabolic disorders, brain tumors, toxin ingestion, trauma, birth defects, to idiopathic epilepsy.

Exploring Types of Canine Seizures

Seizures in dogs manifest in different forms, each presenting distinct characteristics. Focal seizures affect specific muscle groups, with dogs typically remaining conscious. Absent seizures may involve staring off or zoning out, often accompanied by falling over or loss of consciousness. Generalized seizures, or "Grand Mal," encompass full-body convulsions with a loss of consciousness, lasting between 30 seconds to 3 minutes.



The Three Phases of a Canine Seizure

Understanding the three phases of a canine seizure is crucial for both pet owners and veterinarians. The pre-ictal phase may involve hiding or attention-seeking behavior, along with signs of worry or confusion. The ictal phase encompasses the seizure event, while the post-ictal phase may include confusion, fatigue, aggression, loss of vision, and pacing, potentially lasting up to one week.

Diagnostic Procedures for Canine Seizures

Diagnosing the cause of seizures in dogs necessitates a comprehensive evaluation by veterinarians. This involves discussing the pet's general history, seizure frequency, and their appearance. Diagnostic tools may include general chemistry, complete blood count (CBC), urinalysis, and advanced procedures such as brain MRI and spinal tap for cerebrospinal fluid analysis.

Treatment Options for Canine Seizures

The treatment approach for canine seizures varies based on the underlying cause. Idiopathic epilepsy often involves the use of anti-seizure medications. Conditions like meningitis may require anti-inflammatory and immunosuppressive medications, while brain tumors may necessitate surgical intervention, radiation therapy, or chemotherapy. Immediate toxin removal is crucial for toxin ingestion cases. Supportive care and blood thinners may be prescribed for strokes, and addressing specific diseases is essential for metabolic conditions.

#SPOTLIGHTONNAVLEPREP

Understanding Canine Epilepsy Medications: A Multifaceted Approach

Managing canine epilepsy often involves a combination of medications tailored to the individual needs of each patient. The following medications are commonly used, each with its unique mechanism of action:

Phenobarbital:

Mechanism of Action: As a barbiturate, phenobarbital enhances the activity of the neurotransmitter gamma-aminobutyric acid (GABA), resulting in a calming effect on the brain.

Monitoring: Therapeutic blood level testing is available to ensure the medication is within the optimal range for seizure control.

Phenobarbital for Seizure Control

In addition to potassium bromide, phenobarbital stands out as a notable medication for controlling seizures in dogs. As a barbiturate, phenobarbital works by enhancing the activity of a neurotransmitter called gamma-aminobutyric acid (GABA), resulting in a calming effect on the brain. It is often prescribed for long-term use and requires careful monitoring to ensure therapeutic blood levels are maintained.

Potassium Bromide (KBr):

Potassium bromide emerges as a well-established medication in the management of seizures in canine patients, especially those with idiopathic epilepsy. This antiepileptic drug plays a pivotal role in stabilizing nerve cell membranes and reducing the excitability of neurons, minimizing the occurrence of seizures. KBroVet®-CA1, an FDA conditionally approved flavored chewable tablet containing potassium bromide, is a valuable addition to the treatment arsenal.

Mechanism of Action: KBr, a halide salt, passes through neuronal chloride ion channels, hyperpolarizing neuronal membranes. This raises the seizure threshold and stabilizes neurons against excitatory input from epileptic foci.

Monitoring: Like phenobarbital, therapeutic blood level testing is employed to maintain an effective concentration in the dog's system.

Administration and Monitoring of Potassium Bromide

Typically administered orally, the efficacy of potassium bromide is closely monitored through therapeutic blood level testing. This ensures that the medication is at an optimal concentration in the dog's system to effectively control seizures. The dosage of potassium bromide is often weight-dependent, emphasizing the importance of precise dosing.

Levetiracetam:

Mechanism of Action: Levetiracetam modulates neurotransmitter release by binding to synaptic vesicle protein SV2A, thus reducing neuronal hyperexcitability.

Monitoring: While therapeutic blood level testing is less common for levetiracetam, regular veterinary check-ups are essential to assess overall health.

Zonisamide:

Mechanism of Action: Zonisamide primarily works by blocking sodium and calcium channels, stabilizing neuronal membranes and reducing excitability.

Monitoring: Close veterinary monitoring is crucial to evaluate the medication's effectiveness and address any potential side effects.

Long-Term Considerations and Combination Therapy

Once anti-seizure medication is initiated, it is typically a lifelong commitment. Consistency in administration is paramount to achieving optimal seizure control. In certain cases, a combination of medications, known as combination therapy, may be recommended. This approach aims to address seizures comprehensively by leveraging the strengths of different medications.

Optimal Seizure Control and Seeking Urgent Veterinary Care

Achieving optimal seizure control is a primary goal, defined as experiencing one seizure every 2 to 3 months or a 50% reduction in overall seizure frequency. Vigilant pet owners should seek veterinary attention in scenarios such as cluster seizures or status epilepticus, where injectable anti-seizure medication may be required.

Maintaining a Seizure Log for Canine Epilepsy

Pet owners can significantly contribute to the management of canine epilepsy by maintaining a seizure log. This log helps identify patterns, triggers, and potential factors influencing seizure occurrence. Record details such as the date, time, duration, nature of the event, and associated circumstances.

Monitoring and Therapeutic Blood Level Testing

Therapeutic blood level testing plays a pivotal role in the ongoing management of canine epilepsy. Regular testing ensures that the concentration of the medication in the dog's system is within the therapeutic range, maximizing efficacy while minimizing potential side effects. For medications like phenobarbital and potassium bromide, these tests provide valuable insights for adjusting dosage as needed.



As we unlock the secrets of canine epilepsy treatment, a personalized and nuanced approach emerges. Medications like phenobarbital, potassium bromide, levetiracetam, zonisamide, and topiramate offer hope for seizure control, with ongoing monitoring and therapeutic blood level testing guiding the way. The commitment to lifelong medication and the possibility of combination therapy underscore the importance of a collaborative journey towards enhancing the quality of life for our furry companions affected by epilepsy.

Effectively managing seizures in dogs is an art, as each pet responds uniquely to various medications. Open communication and collaboration between veterinarians and pet owners are key. Sharing experiences and insights contribute to a collective understanding of this complex neurological condition, ultimately enhancing the quality of life for dogs affected by epilepsy. If your pet has experienced seizures, consult with your veterinarian to tailor a comprehensive and individualized treatment plan suited to your furry friend's specific needs.

Collaborative Care for Canine Epilepsy Patient

Effective management of canine epilepsy requires a collaborative effort between pet owners and veterinary professionals. Open communication is essential for monitoring the pet's response to medication, addressing concerns, and making informed decisions about potential adjustments to the treatment plan.



Test your
knowledge
on the following
page!



Test your knowledge



Question 1:

Which of the following is NOT a type of canine seizure?

- A. Focal seizures
- B. Absent seizures
- C. Grand Mal seizures
- D. Cardiac seizures

Question 2:

What is the primary mechanism of action of phenobarbital in the management of canine seizures?

- A. Blocking sodium and calcium channels
- B. Modulating neurotransmitter release
- C. Enhancing the activity of gamma-aminobutyric acid (GABA)
- D. Hyperpolarizing neuronal membranes

Question 3:

Which diagnostic procedure is NOT mentioned as a tool for diagnosing the cause of seizures in dogs?

- A. Brain MRI
- B. Spinal tap for cerebrospinal fluid analysis
- C. Electrocardiogram (ECG)
- D. General chemistry and complete blood count (CBC)

Question 4:

What is the goal of achieving optimal seizure control in canine epilepsy management?

- A. Experiencing one seizure every 2 to 3 months
- B. Completely eliminating all seizures
- C. Reducing seizure frequency by 75%
- D. Achieving a 50% reduction in overall seizure frequency

Question 5:

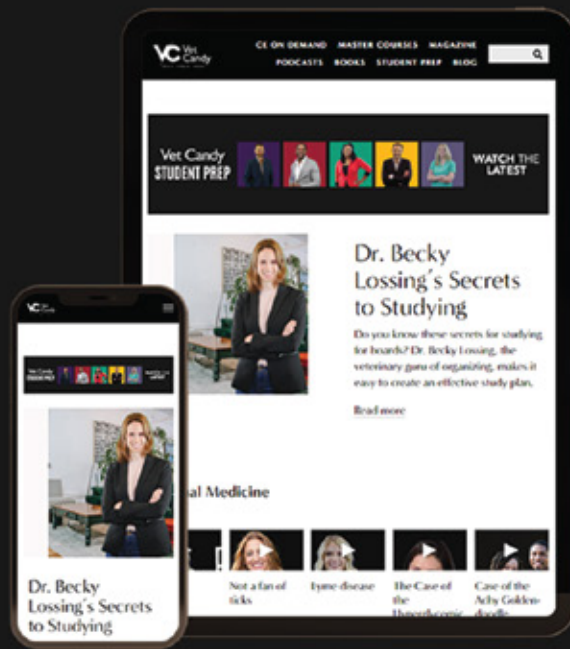
Which medication for canine epilepsy management primarily works by blocking sodium and calcium channels to stabilize neuronal membranes?

- A. Phenobarbital
- B. Levetiracetam
- C. Zonisamide
- D. Potassium bromide

ANSWERS: 1. D] Cardiac seizures - 2. C] Enhancing the activity of gamma-aminobutyric acid (GABA) - 3. C] Electrocardiogram (ECG) - 4. D] Achieving a 50% reduction in overall seizure frequency - 5. C] Zonisamide

PREPARE FOR NAVLE®

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