

PET CANDY

JULY 2022

5 THINGS

YOUR
CAT
LOVES

WHAT
CAN YOU
DO
ABOUT
**ANXIOUS
DOG?**

WHAT TO DO
IF YOUR
PET RUNS
AWAY

HOW
SMART
**IS YOUR
DOG?**

SECRETS
TO AN EASIER
VET VISIT

WHY IS
MY DOG
**CHEWING
ON MY
THINGS?**

**HOT
SAFETY
TIPS**
FOR A HOT
SUMMER-
TIME

**DR. JESSICA TRICE &
DR. JEN REMNES**

are ready for their
next challenge

+ much more

Contents

PC Pet Candy Magazine • July 2022



04

04 | Dr. Jessica Trice and Dr. Jen Remnes are ready for their next challenge



17

17 | How To Prepare For A Road Trip With Your Dog

22

17 | Secrets to an easier vet visit



06

06 | What can you do about your anxious dog?



23 | Five things your cat loves



08 | What to do if your pet runs away

10 | Get your nervous dog ready for the 4th of July fireworks with these tips!



20

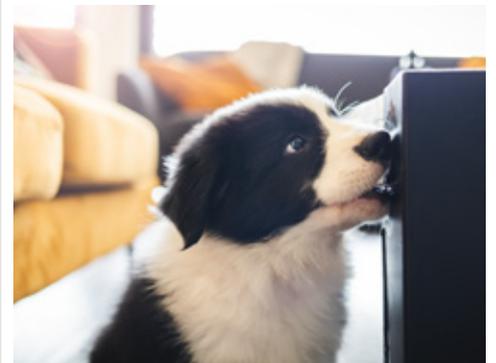
20 | Hot safety tips for a hot summertime

21 | Why do cats like catnip so much?



25

25 | Why is My Dog Chewing on My Things?



12 | How Smart is Your Dog?

14 | Do you know these facts about Lyme disease?

27 | What Cats Are Really Into -- Bonding Tip of the Month

28 | How to show your veterinarian that you care



Dr. Jill Lopez
Editor in Chief

Antonio Lopez
Creative Director

Shannon Gregoire
Editor

Yagmur Karaman
Design Editor

Eoin Finnegan
Copy and Research Editor

A.M. KUSKA
Features Editor

Renee Machel
Health and Wellness Editor

Shayna Chapman
Food Editor

Arlene Torres
Fitness Editor

Giselle Richardson
Nature and Science Editor

Published by
Vet Candy Media

Chief Executive Officer
Dr. Jill Lopez

Vet Candy trademark and logo are owned by Vet Candy, LLC
Copyright @2022

All rights reserved. No part of this publication may be reproduced, distributed, or transmitted in any form or by any means, including photocopying, recording, or other electronic or mechanical methods, without the prior written permission of the publisher, except in the case of brief quotations embodied in crucial reviews and certain other non-commercial uses permitted by copyright law. **For permission requests write to hello@myvetcandy.com.**

Welcome to the world of
PET CANDY

by Dr. Shannon Gregoire



This month we are celebrating your pet's best friend...the veterinarian! Your vet is often there for you during the most difficult times of your life. They comfort you at the passing of an elderly or injured animal, bring our pets back from the brink of death, laugh over our puppies, and share many important animal milestones with us. A good vet is an essential part of our animal care, but they don't always get the credit they deserve.

And that's why we are featuring two amazing veterinarians on our cover this month, Dr. Jessica Trice and Dr. Jen Remnes. Not only are they the coolest veterinarians, these BFF's are also entrepreneurs. This month, they will be opening their first veterinary clinics, aptly named Vetique. With state-of-the-art facilities and progressive medical technology, these two veterinarians are exceeding conventional patient care standards in just about every way possible. If you live in the Chicago area, definitely check them out and tell them Pet Candy sent you!

What about your veterinarian. Did your vet save your pet's life? Did she successfully give your grumpy guy his needed vaccines and didn't lose any fingers? Did you have a really great experience with your pet? We would love you to tell us all about it by tagging us @mypetcandy. Your veterinarian may be selected to be featured in an upcoming issue!

As always, I would like to thank our team of amazing writers who made this issue possible. I hope you enjoy the read!

Welcome to the world of
PET CANDY



Dr. Jessica Trice and Dr. Jen Remnes are ready for their next challenge

Pets deserve to be pampered.

After all, our animal companions (whether big, small, furry, feathered or scaled) shower us with love their whole lives. In return, it's our job as "hooman" caregivers to ensure they receive only the finest things in life...like healthy food, fun toys, routine checkups, etc.

But at Vetique, Dr. Jessica Trice and Dr. Jen Remnes take the concept of high-end pet care to a whole new level!

With state-of-the-art facilities and progressive medical technology, these two veterinarians are exceeding conventional patient care standards in just about every way possible.

Today, My Vet Candy joins both devoted animal lovers to talk about their mission to revolutionize the future of veterinary medicine, one Vetique franchise at a time.

What Makes Vetique a Luxury Veterinary Experience Like No Other?

Vetique is not your ordinary Mom & Pop veterinary clinic.

In fact, it's tremendously unlike the loud, busy, and sometimes scary veterinary environment your cat or dog might be used to. Whereas traditional practices are places that pets often associate with high stress experiences, Vetique's goal is to provide services in a relaxed atmosphere.

For this reason, Vetique staff use a stress-free nose-to-tail approach and will facilitate convenient in-home visits with you and your pet.

Together, Dr. Trice and Dr. Remnes practice high-quality and collaborative traditional Eastern, Western, and integrative veterinary medicine. This includes acupuncture and chiropractic manipulation, as well as routine and advanced surgery. Vetique's future will

incorporate a one-health-one-medicine concept, offering pet parents human medical grade wellness services, such as Botox and dermal fillers, vitamin injections, IV hydration therapy, etc.

Basically, all the fancy and feel-good stuff.

Plus, there is going to be a pet and human friendly treat bar!

Pawsecco spritzer, anyone?

Co-owning a Business (and Staying Friends Through It All)

Launching a new venture is exciting.

As the Medical Director of VCA Animal Hospitals, Dr. Jessica Trice knows what it takes to work hard and achieve your dream of landing a leadership role in the veterinary world.

Similarly, Dr. Jennifer Remnes' past experience as the Medical Director of GoodVets (in addition to years of practice as a veterinarian in the Chicago, Illinois area) prepared her well for an entrepreneurial venture.

Together, the two friends became an unstoppable force of nature!

When asked if there were any challenges associated with running the Vetique business together, the pair had this to share:

"We can honestly say our relationship has remained indestructible. Maintaining a mutual ground of respect for one another, supporting each individual's decisions and upholding our common focus of serving others are crucial to joint success. At the end of the day, we can still laugh, smile and enjoy the rollercoaster of emotions that accompany co-ownership of a business."

Good news, especially for veterinarians wondering about potential pitfalls of mixing friendship and business.

On a practical note, the women explain, "Communication is key in a successful relationship with your partner. Keeping personal and professional lives separate is pertinent. All joint decisions must be clear, precise and consistent."



Challenges of Practice Ownership for Women

Now, that's not to say Vetique came about with no hardships.

For example, there will always be individuals who try to tear down your ideas. This could be due to jealousy, resentment, doubt, racism, sexism...unfortunately, Dr. Jess and Dr. Jen have heard it all.

"No one will take them seriously."

"Just smile and look pretty. Your ideas seem far-fetched."

"This concept will never work. Standardize your business plan."

"She is way too passive and weak to be a leader."

"Just let him run the show. You are not qualified to make the decisions."

Yikes!!!

But are Dr. Jess and Dr. Jen letting these negative comments and microaggressions prevent them from reaching their Vetique goals? Of course not!

In fact, such words only make the two strive to work harder to offer the crème de la crème of veterinary health professionals and services.

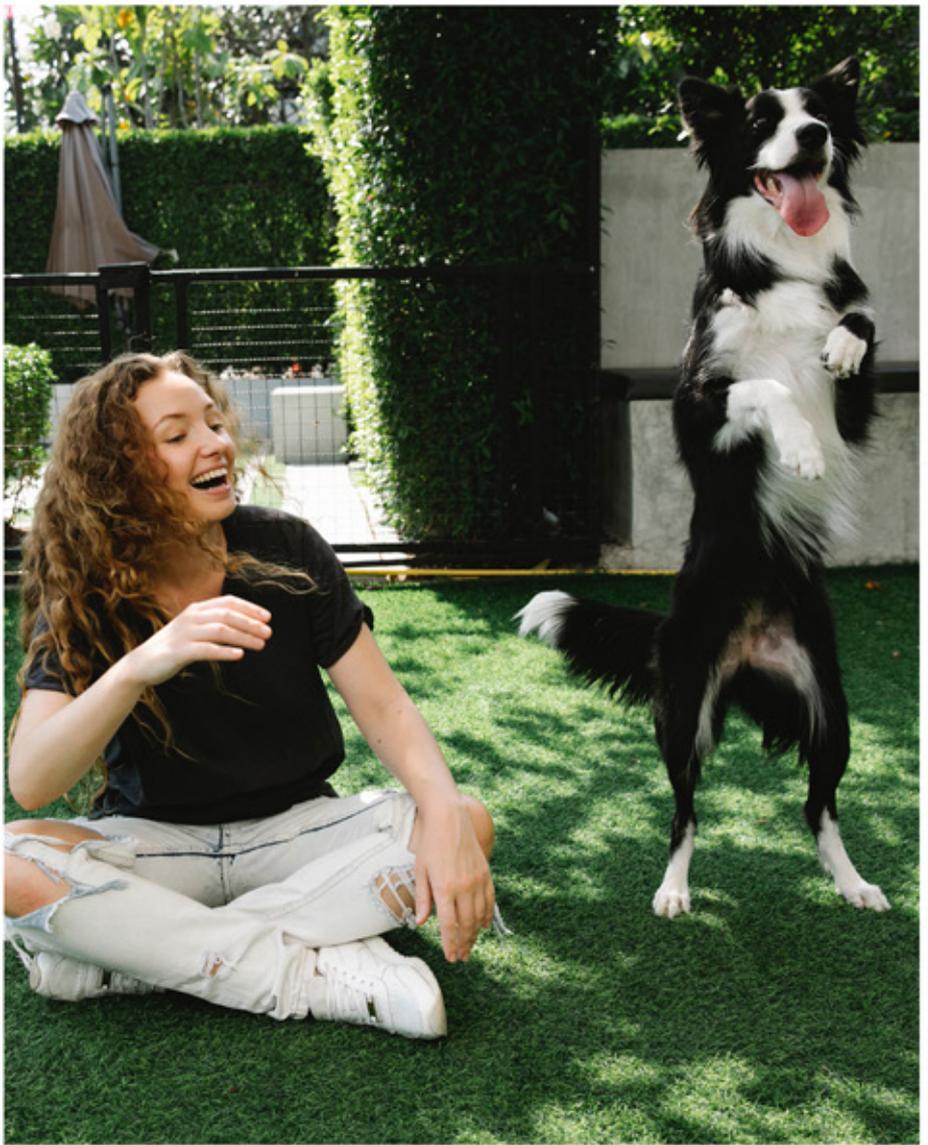
In 5 years, they plan to open 2-3 high-end, boutique clinics strategically placed in upscale neighborhoods of the Windy City. In 10 years, they are aiming to expand throughout the major luxury cities of the US. Palm Beach, FL, Miami, FL, Nashville, TN, Austin, TX, The Hamptons, NY.

In their own words, "Women need to strengthen their perseverance and never allow giving up to be an option."

Quite certainly, these two veterinarians are revolutionizing the industry of veterinary medicine for our past, present, and future generations!

WHAT CAN YOU DO ABOUT YOUR ANXIOUS DOG?

By Laurie Peterson



It's hard to imagine life without our dogs because they are more than companions— they're family. When our dog has anxiety, how do we help them become their playful self again? Naturally, some dog owners wonder if it is safe to give their dogs anti-anxiety supplements.

What are Canine Anti-Anxiety Supplements?

If you're at the point of looking for at-home treatments for your pet's anxiety, you have plenty of choices. There are many safe and effective supplements available to try that can be a great help to ease your pet's anxiety symptoms.

There are several ways to treat an anxious dog. These include reconditioning or reprogramming the dog to be able to respond positively to its anxiety-related trigger, desensitization of the dog by exposure to the source of anxiety, which helps it develop resistance, and the use of medications.

You can also opt for a plant-based solution. For instance, tapping into the powers of Souroubea. This botanical approach to using medications to curb anxiety in dogs has proven very effective with little to no side effects. The leaves of Souroubea spp., contain a primary anxiolytic chemical called Butelinic Acid.

Here's how it all works:

Simply put, Souroubea extracts have anxiolytic – AKA anti-anxiety – effects. The plant has the capacity to reduce stress-induced cortisol levels in canines, and this makes it a very formidable anxiolytic medication. In fact, the drug was once tested on a group of Beagle dogs with fear-related anxiety, using thunderstorms as a trigger. In the end, dogs who received the Souroubea-Platanus tablets showed less anxiety than the dogs placed in other groups.



Are anti-anxiety supplements safe?

A recent study found that more than 74% of dogs have some type of anxiety. So, you are not alone in your journey to treat your dog's condition.

Medications for pet anxiety symptoms may be calming supplements, herbal remedies, or prescription medications from a veterinarian.

When it comes to choosing medicine for your pet, it is most important to find a safe and effective one. Pet owners worry about giving their dogs any type of drug because they don't want to hurt them or make them sicker than they already are, but this isn't the case with all supplements. There are generally safe supplements and medications that you can feel confident about giving to your pet in their time of anxiety.

However, take care to avoid supplements that are toxic or have not been approved for use for dogs, so your pet won't have any adverse reactions.

As a dog owner, you should know that many anxiety supplements are safe and effective. Anti-anxiety supplements may improve your dog's health when they suffer from phobias or panic attacks. It may be comforting to know that even though many dogs struggle with an anxiety disorder, most dogs respond well to treatment.





What to do IF YOUR PET RUNS AWAY

It's difficult to envision your pets running away when you adore them and provide for all of their needs. It occurs in both cats and dogs and sometimes it's just a case of being curious. Your pet, like you, curious about the world beyond the front gate. They may also flee because they are afraid or nervous about circumstances or persons that you are unaware of. It makes no difference why your pet has left. All you want is for them to return home. The following are the steps you can take:



1. Methods of traditional search

The officer in charge of animal control in Hebron should be one of your initial contacts. His division is in charge of tracking down stray animals. The office may have information on your pet if it was reported. If your pet is found roaming, the Control Officer is responsible for dealing with the situation in accordance with Connecticut General Statutes Chapter 435. These laws provide you the choice of safeguarding both your dog and the general public. You can also distribute leaflets across your neighborhood, speak with neighbors, and place advertising in your local newspaper. The majority of local newspapers publish hard copy and online classified advertisements, and some even provide free "found" ads. These methods are still effective, and children may assist.

2. The Internet such as Social Media

You can post a photo of your pet on Facebook, Twitter, Instagram, and other social networking sites. Request that your contacts forward your message to their friends. Sharing on social media is completely free and has the ability to reach a much larger audience than you could on your own. You can also join Facebook groups like Missing Pets USA or Misplaced and Found Pets of Connecticut to find lost pets. These and other groups allow you to upload a photo and information about your pet to their page. You can invite users to participate in your search by asking them to share your post with their friends.

3. "Amber Alert" programs for pets

Paid businesses like FindToto use technology to put out an "Amber Alert" for a lost pet. When you report your lost pet, they use information from your phone and social media to notify individuals in a specific geographic area.

Their technology places robocalls to local lines, leaving a message about you and your lost pet. FindToto claims to have tracked down more than 10,000 pets.

4. Preparation is the key

You have no way of knowing when or if your pets may flee. If they do, technical advancements improve your chances of finding them. Home Again, for example, provides microchip implant services that implant a small permanent chip beneath your pet's skin. When your pet is taken to a shelter or one of the 50,000 organizations with scanning equipment across the country, pet scanners read the identification information.

5. Get a pet tracker

Pet tracking devices are a less intrusive way to keep track of your pet. You buy a smart collar like Link or a wearable device like Paw Tracker. To locate your dog, these devices use GPS tracking and a mobile app. The gadget charges an initial purchase price for these and other digital services. Some companies additionally charge a monthly fee for monitoring.

If you're not comfortable with using digital pet-tracking equipment, make sure your dog is properly identified. Purchase collar identification tags with your name and contact information imprinted on them for your dog or cat. Make sure your pet's collar is firmly fastened. For lost pet images, make sure you have an up-to-date photo of your pet.



Get your nervous dog ready for the 4th of July fireworks with these tips!

By Dr. Jill Lopez

The Fourth of July is an exciting time! Fireworks are the main event but can be the main cause of your dog's stress. If your dog is distressed by the loud and sudden noises during the holiday, let's look at simple solutions to have a more enjoyable Fourth of July-- for everyone!

A Quiet and Safe Place

Dogs with firework anxiety usually hide, but that doesn't mean they want to be alone. Your dog will appreciate being in the same room as you, and it can give them a greater sense of safety.

Your dog will also appreciate a safe, dark space to hide. Shut out any lights from outside and drown out large booms with dog-approved music or white noise. Pets usually like being in a bathroom or a bedroom, even in a cozy crate. Wherever your pet may feel comfortable is good.

Calming Supplements For Your Dog on the Fourth of July

Brave Paws Anxiety and Stress Support Chewables may promote calm behavior in dogs who exhibit nervousness or anxious behavior. The clinically-studied and patented botanical blend contains naturally occurring bioactives, including betulinic acid, which have been found to promote a sense of calm and relaxation in dogs when they need it, like when they are around fireworks, thunderstorms, or have separation anxiety. They are also fast-acting and non-drowsy!



Discover the power of **Brave Paws**
ANXIETY & STRESS
SUPPORT FOR DOGS



Veterinarian recommended and clinically researched
to promote calmness in dogs.

mybravepaws.com

How smart is Your Dog?

By Gina Salmons

Have you ever considered your dog's intelligence? She seems to know when it's time to feed and how to warn you when she detects danger. However, comparing her IQ to that of a person is difficult.



HOW TO DETERMINE YOUR DOG'S INTELLIGENCE AT HOME

Although there are several websites that provide techniques to test your dog's intellect, the most straightforward method is also the simplest. Bring a huge towel to your pet and display it to him. Allow him to smell it. Then fling it over his head and start counting down the seconds (many smartphones have this function). Time how long it takes your adult dog to emerge from the towel. If he does:

In 15 to 30 seconds, it's gone = A student;

B students remove it in 31 seconds to 2 minutes;

In 2 minutes, or tries but fails to remove it = C student

Lovable doofus who doesn't try to take off the towel

Even if your dog isn't quite ready for Harvard, he can benefit from training and is already doing what dogs do best: sniffing about every day, demonstrating love and loyalty.

How to Determine Whether or Not Your Dog Is Intelligent

When you chat to your dog (don't be embarrassed; we all do it), he sometimes appears to be actually listening. He's clearly the family's cutest, most well-behaved, and adorably wicked member. But how does your dog compare to other members of his breed and the greater dog community when it comes to intelligence?

There is no formal IQ test for dogs at the moment - at least not yet. There are, however, a few simple tests you may perform to determine whether or not your four-legged best friend is intellectual. Continue reading to learn how to identify whether your dog is intelligent.



1. He's a master at disguise

Any dog who masterminds his own escape is incredibly smart, whether he's found out how to lift the gate handle, control his crate's door lock, or even turn the handle and open the back door. This attribute might be aggravating for owners, yet it is a sign of great intelligence.

3. She enjoys putting puzzle toys together

You might have noticed those complicated-looking puzzle toys at the pet store and wondered if your dog would enjoy them. To receive a treat out of the puzzle, these toys frequently require a dog to accomplish specified actions. If they can achieve it, it demonstrates their superior problem-solving abilities.

You can even make your own puzzle game by placing treats throughout your home and seeing how long it takes your dog to discover them.

5. She is aware that you are departing.

Have you ever noticed how your dog becomes more hyper and needy as you prepare your suitcase? This demonstrates that she is keenly aware of changes in the environment. If you've taken trips before, your dog may link the luggage with being taken to the kennel and being separated from you.

2. He recalls commands even when he hasn't practiced them.

Sometimes commands don't stay consistent, whether you've been lazy about teaching your old dog new tricks or you adopted a shelter pet and aren't sure what they previously knew.

4. When you're angry, she cuddles you.

When you've had a bad day, is there anything nicer than a little nudge from your dog's nose on your elbow? It's not your imagination: intelligent canines can sense your emotions and want to console you when you're upset. Cuddling from your dog is done on purpose to make you feel better!

Do you know these facts about Lyme disease?

by Melissa Evans LVT, CVT, VTS (ECC) for VetCandy LLC

Lyme is a bacterial disease caused by the bacterium *Borrelia burgdorferi*. It is transmitted by the bite of a tick and commonly affects dogs, horses and humans. Other animals can get Lyme disease, including wildlife, such as deer, but dogs and horses are the most common domestic animals to be infected. Interestingly, cats, even outdoor cats, are almost never affected.

Ticks are known as vectors. A vector is a living organism that doesn't cause the disease, but which carries infection and transmits disease. Lyme disease is the most common vector borne disease in the US.

It is the Ixodes species of tick that is the main carrier of Lyme disease. Their common name is black-legged ticks or deer ticks. Ticks are found outdoors, usually in tall grasses or thick brush in marshes and woods. They feed on blood from animals and humans and pass the bacteria into the blood stream. Ticks are not able to fly or jump, but they wait on long grasses and in shrubs for a host to walk by and brush the plant. At that point they climb on to the passing host and find a space of open skin where they can bite the host and latch on. Ticks are able to attach to any part of the body, but will often attach to legs and armpits on humans. In dogs and horses they often attach around the ears, base of the tail and legs. Most humans and dogs are infected from the bites of juvenile ticks called nymphs. The nymphs are extremely small, smaller than a poppy seed, so you may not even notice they are there. These nymphs are most active in the spring and summer months. Adult ticks are much larger and are more likely to be discovered and removed before being able to pass on the disease. The adult ticks tend to be more active during the fall.

The infected tick must be attached for 1 - 2 days before the disease is transmitted.

What are the symptoms of Lyme disease?

Unfortunately, Lyme disease is fairly common in dogs. Symptoms include, fever, loss of appetite and lethargy. Lyme disease tends to affect the joints at



first causing intermittent lameness as well as painful and swollen joints. If left untreated, Lyme disease can damage the nervous system, heart, and the most common injury secondary to joints, the kidneys. Sadly, this leads to kidney failure and is almost always fatal.

Symptoms of Lyme disease in humans are similar, including fever, headache, fatigue and joint pain and swelling. The most common sign of Lyme disease in humans is target shaped rash known as erythema migrans. This rash occurs in up to 80% of humans with Lyme disease, but does not occur in animals. It appears at the location of the tick bite within one week of being bit, but can take up to 30 days to appear. It is usually not painful or itchy. The classic shape is a bulls-eye or target shape, but it may appear as just a circle.

If Lyme disease is left untreated in humans it can lead to nerve pain, shortness of breath and dizziness, extreme swelling of the joints; particularly the knees; and even inflammation of the brain and spinal cord.

How is Lyme diagnosed?

In both humans and dogs, Lyme disease is diagnosed by getting a full history. Your doctor or veterinarian will need to know if you and your dog have been anywhere that ticks might be prevalent and will definitely need to know if you have found a tick on yourself or your dog.

Blood tests can be done to test for antibodies against Lyme disease. If your veterinarian suspects that your pet has Lyme disease, they will likely recommend a 4Dx snap test. This is a quick in-clinic test that uses a small amount of blood to test for common tick borne diseases, Lyme, anaplasma and ehrlichia, as well as heartworm disease.

Blood tests for humans need to be run at a lab.

How is Lyme treated?

Antibiotics are important to treat Lyme disease. Doxycycline is the antibiotic of choice for Lyme disease in both humans and dogs. Most dogs need to be on antibiotics for 4 weeks. In some dogs that have severe illness, a second round of antibiotics may be necessary.

The duration of antibiotic treatment for humans may vary depending on age and health status. Once medications are started, symptoms tend to resolve quickly, but it is important to complete the course of antibiotics, even if you or your dog seem to be better. Completing all of the medication ensures that the bacteria have been killed and helps prevent antibiotic resistance.

Is Lyme Disease preventable?

Good News! Lyme disease is 100% preventable!

How do you prevent it? Well, the first step is by protecting your pet and yourself. There are two main preventatives for ticks in dogs and your veterinarian will help you decide which one is right for your pet. These preventatives come in an oral form, usually as a chewable tablet, or a topical form, either as a liquid that is placed right on your dog's skin or as a collar. Consult your veterinarian for recommendations.

Humans can use an over-the-counter bug repellent when they are anywhere there is concern for ticks. It is imperative that you DO NOT use insect repellent made for humans on your dog. The two main ingredients in insect repellent are DEET and Picardin. These are toxic to animals and can cause vomiting, and seizures.

If you are outside with your pet in an area that has the potential for ticks, try to keep them out of the tall grasses and shrubs that ticks like to hang out on. Owners should wear long pants and long sleeves to prevent ticks from having anywhere to latch on. When you get home, check your dog thoroughly for any ticks that could have latched on. Specifically check their feet, ticks like to hide between the toes, around and inside the ears, around the eyes and under the tail. Run your hands along your dog's body, going in the opposite direction of hair growth to feel for any ticks.

If you find a tick on yourself or your pet, remove it immediately. The faster you remove the tick the lower the chance they will pass on Lyme disease. Remember, it takes 24-48 hours for the tick to transmit the bacteria. So, if you remove the tick before that time, it is unlikely you or your pet will contract Lyme disease. There are videos on the internet that will show you the best way to remove a tick, or you can contact your veterinarian. It's important not to leave any bit of the tick attached, so appropriate removal is critical. If you don't feel comfortable removing the tick from your dog, be sure to take him to the vet to get the tick removed.

There is also an option for a non-core vaccine for Lyme Disease for your dog. If your dog's lifestyle supports the need for this vaccine your veterinarian may suggest that he get this vaccine. Check with your veterinarian if you think this may be appropriate for your dog.





PET CANDY'S GUIDE TO DOG BEHAVIOR

Why dogs misbehave
and what to do about it



Edited by Dr. Shannon Gregoire

With
Dr. Amy Pike
Dr. Sally Foote
Dr. Vanessa Spano

Brought to you by **Reconcile**
(floxetine hydrochloride)

Edited by
Dr. Amy Pike
Dr. Sally Foote
Dr. Vanessa Spano

Brought to you by **Reconcile**
(floxetine hydrochloride)

A MUST READ
FOR EVERY
DOG LOVER!

**GET YOURS
FOR FREE**



kindleunlimited



How To Prepare For A Road Trip With Your Dog

By Gina Salmons



1. Visit your vet

If your dog hasn't had a check-up in a while, now is the time to bring him in. Ensure that your dog is up to date on vaccines, and inquire about any additional immunizations that may be required for the trip, as your dog may face different hazards, such as Lyme disease, at your destination or along the road. Also, just in case your travel is delayed, grab a copy of your dog's medical records and extra medications. Finally, program your phone with contact information for a 24/7 emergency canine vet at your destination, including the address.

2. Make a route plan.

You should make sure that your timetable allows for regular breaks. Your dog needs to be able to relieve himself as well as walk around and explore the new area for his physical comfort and happiness. Every 4 hours, take a 15-to 30 minute rest. Plan stops in locations with pet-friendly attractions, even if it's simply a lovely dog park, to make long drives more enjoyable for both of you.

3. Request a Weather Forecast

This can help you better prepare for things like rain, which can cause delays in your travel, as well as natural disasters like hurricanes, tornadoes, and floods. When preparing for your dog, keep the weather in mind as well. You may need to bring some clothing for her as well if it's colder than she's used to.



4. Reservations for Pet-Friendly Hotels

Now that you've planned your trip, it's time to think about where you'll stay. Pets are not allowed in all hotels, and even camping has its own set of rules. This may need contacting individual hotels ahead of time to inquire about their pet policies, which may include breed limitations, prohibitions, and costs. This information will be posted on the websites of some pet-friendly hotel chains, such as Best Western.



5. Make arrangements for your dog's care when you arrive at your destination.

You should choose a day care or boarding service if you are attending an event, such as a wedding or graduation, which will require you to be away from your dog for an extended period of time while you are at your destination. Don't forget to keep an eye on your dog. As your dog may be more anxious in an unknown place than at home, you should make sure he's being looked after by professionals. Ask your friends and family for recommendations for dog care if you have any at your location.

6. Pack a Bag for Your Canine Companion

Separating them from your belongings will make it easier for you to find them when you need them throughout the travel. When packing, keep in mind all of the sites you'll visit along the journey. You may require the following items:

- Food and a bowl for food
- Water, a bottle of water, and a bowl
- Leash
- Chewing and fetching toys
- Medications
- Clothing that is protective
- Insect repellent and sunscreen for dogs
- Goggles for water
- Tow blanket and dog
- Brush and shampoo their hair
- Tick remover and flea comb
- Bags for poo
- Treats

7. Check to see if your dog's identification is current.

If your dog becomes separated from you during your journey, you'll want to find him as soon as possible. This could be challenging if the phone number on his tag is your home phone number. Make a special ID for the trip that includes not just your cell phone number but also the emergency phone number of a friend or family member who lives nearby.

8. Get Your Dog Ready for the Journey

Because many dogs become car sick, it's better to feed them a few hours before you get in the car. Take a lovely, long walk before you leave, so she'll be ready to rest and relax for the journey.

9. Maintain a Regular Schedule

When you arrive at your destination, feed and walk your dog as you would at home. Increase the walk duration if possible to help him get rid of the trip's added excitement and tension.



Hot Safety Tips

for a Hot Summertime

By Laurie Peterson

Summertime is the best time! It's a time to be active and travel anywhere your heart desires. When bringing your dog along for some fun in the sun, take the necessary preventive measures to avoid your dog experiencing a heat stroke or dehydration. Dogs love to play hard so taking these precautions will help keep the good times rolling for you and your dog this summer.



- If your pet will be going on adventures and socializing frequently this season, **keep them up-to-date on vaccinations and flea and tick medications.**
- Your pet **may have exposure to toxic chemicals** such as bug repellent candles, torches, pesticides and lawn treatments to name a few. It's just a matter of keeping these harmful substances away from your pet and not having them walk on treated grass – if they do, just wipe off their paws really well.
- **Many foods and beverages (alcoholic drinks) at cookouts are not pet safe.** The consequences of your dog eating or drinking something they

shouldn't ingest could lead to diarrhea, coma, or even worse. Don't assume that people around you know what foods are safe for dogs. You can let everyone know beforehand to ask before feeding any treats to avoid feeding your dog anything poisonous.

- **Prevent dehydration by providing plenty of water** and taking rest periods indoors or in the shade if the weather becomes too hot for comfort. In the event of dehydration, your dog will need more than just water, they will need their electrolytes replenished with electrolyte-enhanced drinks or IV fluids.
- If a dog has too much exposure to the summer heat and is unable to cool down fast enough, they will suffer from heatstroke, which is a serious and potentially fatal condition that is best to prevent. **Plan trips when the temperatures will be cooler to avoid heatstroke.**
- Of course, **leaving a pet in a car during hot weather is a bad idea** because temperatures rise very quickly in enclosed spaces and result in suffocation within minutes— yes, just minutes!
- **Keep an eye on your dog around pools and other bodies of water.** Just like people, dogs can benefit from wearing flotation devices and having a swimming buddy to stay safe. You can skip the life vest if you're just filling up the kiddie pool though!
- **Shorter snout dogs, such as Pugs or Boxers, have more difficulty regulating their body temperature** and need to have plenty of access to air-conditioned locations.

Taking some preventive measures and having a well-thought-out plan this summer will pay off in the long run— and your dog will thank you for it!



WHY DO CATS LIKE CATNIP SO MUCH?

Crack open a tub of dried catnip or rub leaves of fresh catnip, and you'll be sure to please a cat or two in your house. Watching a cat's antics when they smell catnip can be hilarious, but have you ever wondered why they act this way in the first place?

The secret to cat's love for catnip is nepetalactone. Catnip produces this oil in their stems and leaves. When the cat smells it, it triggers receptors in their brains that specialize in sensing pheromones. When these receptors are triggered, they give the cat a feeling of overwhelming happiness.

Catnip is comparative to psychedelics in humans, but don't worry. The effects wear off very quickly, and after a few minutes the cat will ignore the catnip for a while. It may take a couple of hours for a cat to become interested in catnip again after enjoying it the first time.

If you have a cat that isn't interested in catnip, you're not alone. The ability to enjoy catnip in cats is hereditary, and not all cats can. It's estimated between 50% and 75% of cats can sense the oils in catnip, while the rest can't and therefore don't react.

Another factor at play may be where you got the catnip. Ornamental catnips for use in the garden are bred to have very little nepetalactone, which means it won't attract cats. If you got catnip of this variety, you may have disappointed cats.

Instead, order catnip plants designed for pets, collect wild catnip if it is native in your area, or get dried catnip from the pet store to see if your cat has a reaction.

Catnip is fine to give your cats, and won't cause them any harm. If you enjoy seeing your cat purring and rolling about on some catnip leaves, feel free to keep doing so.



SECRETS TO AN EASIER VET VISIT

By Dr. Jill Lopez

It's an age-old question, how can vet appointments with my dog be less stressful?

Dogs are nervous in unfamiliar territory – especially in the vet's office! With the new smells and sounds in the environment, your dog doesn't know what to expect.

The good news is that with some patience and planning, trips to the vet can be enjoyable for you and your dog. Let's cover the main tips to making trips to the vet a walk in the park!

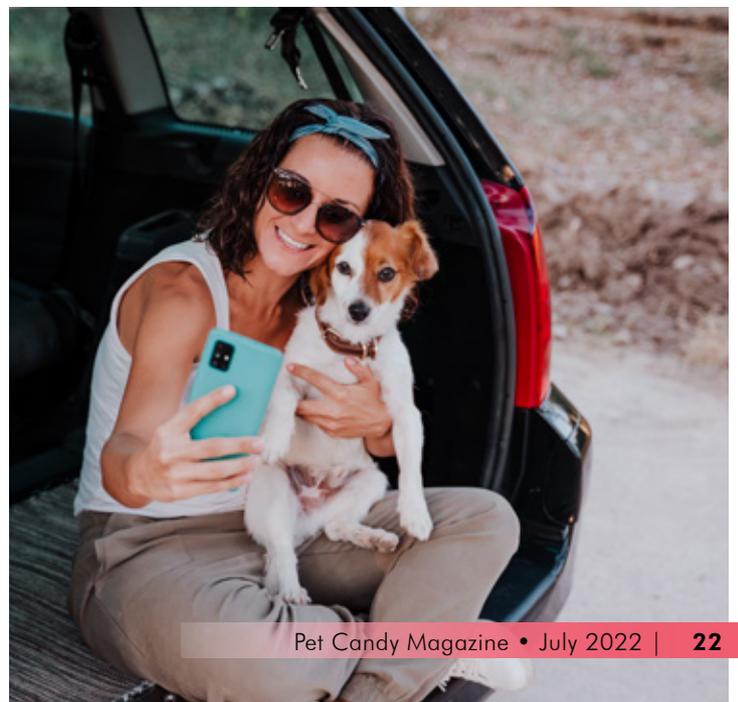
DESENSITIZE YOUR DOG TO THE VET

The key is to get your dog to have positive associations with going to the vet. You've probably heard of positive reinforcement dog training– it's simple to do!

First, call your vet to ask their permission to come by their office for a brief visit to say hello and give treats for a few minutes. You can let the office know you want to desensitize your dog to the vet; that way, he's more relaxed on the day of the appointment. You can even weigh your dog on the scale to familiarize him with appointment procedures.

MAKE THE ROAD TRIP FUN

A well-thought-out plan before heading to the vet helps create a positive experience. Before traveling, bring your dog for a short walk so they're less restless during travel. If your dog is comfortable, they're more likely to enjoy the ride! For some dogs, traffic noise is distressing – playing soft music and driving slower may help. Some other things that dogs can benefit from before their appointment are having a healthy meal or a little nap.



Five Things Your Cat Loves

Cats can have a vast list of likes (and, possibly, an equally long list of dislikes!) because they are intelligent, sentient beings. Most of the time, your cat enjoys the same things you do, such as fresh, tasty food, lengthy sleeps in cozy areas, and a variety of enjoyable pastimes, to name a few.

Cats, like humans, change their minds about what they find intriguing, entertaining, or thrilling as they get older—your cat may love her feathered toy one day and find it dull the next. It's your job as a kitty parent to notice when your cat's interests shift so you can keep her happy, healthy, and interested. Although cat tastes vary, these five "likes" for kittens are an excellent place to start.



1. Cats enjoy napping.

Cats are known for their fondness of sleeping. Every day, the average cat sleeps between 12 and 16 hours! Cats are nocturnal creatures, so they sleep for the majority of the day—and who can blame them? Everyone enjoys a lengthy, relaxing slumber in a warm, inviting environment.

Keep in mind that kittens and senior cats will sleep more than an adolescent cat, for example. However, if you're concerned that your cat is sleeping too much—or too little—consult your veterinarian about what's normal for his breed, age, activity level, and size.

2. Cats love fresh, nutritious food.

At dinnertime, it's unlikely that you'd want to dig into a large platter of rotten food. Your cat is in the same boat. Stale and spoiled food isn't just unpleasant to eat; it can also grow mold or harbor bacteria such as *Salmonella* and *Staphylococcus*.

When serving your kitty's meals, check the expiration dates on both wet and dry food. This way, you'll be able to feed her only fresh, nutritious, and safe items.

3. **Cats are attracted to running water.**

If you own a cat, you're well aware that they will try to drink water from running faucets whenever the opportunity arises. Fortunately, there are numerous drinking fountains created just for cats, ensuring that they always have access to cool, fresh, running water.

Believe it or not, several cat breeds prefer playing in the water. Fill the bathtub or a kiddie pool with a few inches of water during your cat's playtime if she enjoys splashing around. This activity will help her to get some exercise and cool off on extremely hot days.

4. **Cats Love Scratching and Clawing**

Sharpening their claws by scratching and clawing various surfaces is one of the cats' basic habits. They, too, get a lot of enjoyment out of it.

Scratching can help cats relax and rejuvenate as well as sharpen their claws. When your muscles are fatigued or achy, think of it as the human version of a nice, long stretch. A simple scratch on a cat tree or scratching post will instantly wake up a weary kitty.

5. **Cats like playing on a daily basis.**

Cats take their playtime very seriously, from kittenhood to old age. It doesn't take much to keep a cat entertained—she'll play with anything from lint to high-tech cat toys—but it is critical to their general health and development. Playtime not only transports them back to their wild days of chasing, hunting, and capturing their prey, but it also keeps them active, engaged, and content.

There are literally hundreds of thousands of cat toys on the market, but your cat might like games like hide and seek. No matter what your cat prefers to do, it's critical to sneak in a few minutes of fun every day.



Why is my dog Chewing on my Things?

By Laurie Peterson

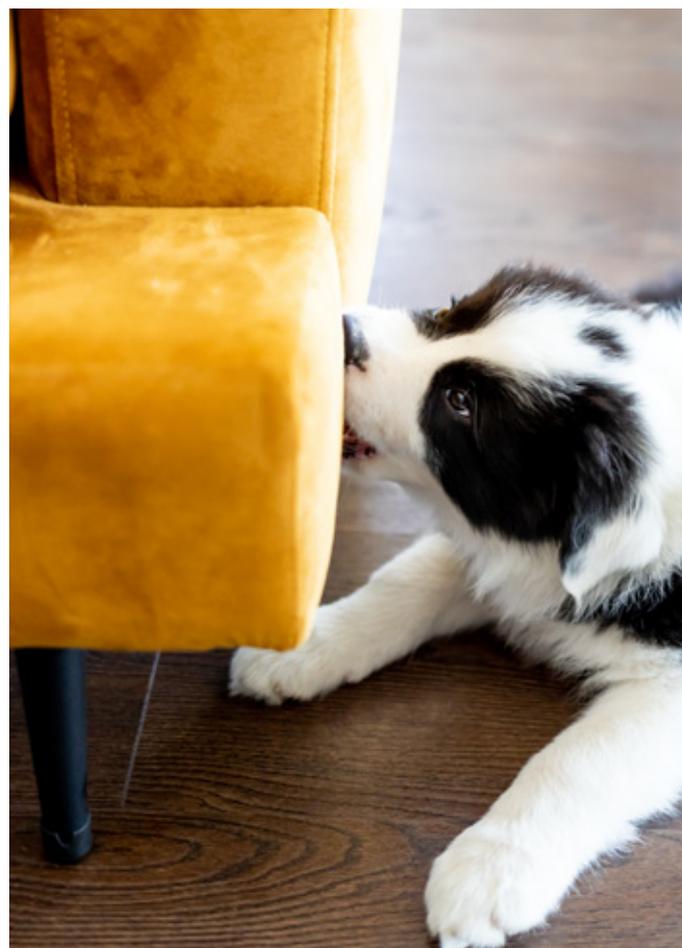
Do you have a destructive chewer in the house? Chewing on bones, toys or anything else is a way for dogs to increase their serotonin levels— so that's why they love chewing bones! However, your dog may turn to chewing on things that aren't designated chewing toys.

Dogs don't have the same mental capacity as a human. They don't understand the dangers that chewing on certain things have. Some dogs seem to chew on anything in their way or in sight if they happen to be bored, excited, or even hungry.

The Reason Behind the Chewing

To determine the reason behind your dog's destructive chewing, let's look at the possibilities underlying their behavior.

- Separation anxiety
- Dog doesn't know the difference between dog toys and human toys (lack of training)
- Boredom and lack of intellectual stimulation
- Energetic and need physical exercise
- Puppy teething



How to Stop Destructive Chewing

The first thing you should do if your dog starts chewing an inappropriate object is to remove it from its mouth. You should then give them an approved chew toy to entertain themselves with, and if applicable, relieve teething pain.

Let's talk about training your dog to stop chewing. Some dogs may respond well when instructed not to chew on certain objects. Such training requires persistent instruction and discipline on your part. Training your dog not to chew something without giving a replacement chew toy may be the hardest route because dogs generally enjoy chewing and you can use this to your advantage. Instead, the easiest way to eliminate destructive chewing could be by providing your dog with plenty of chew toys that are more attractive than anything else in the household.

In addition, it is wise to dog-proof your house so that most chewing temptations are out of the way.



Puppy Teething

If you have a new puppy who likes to chew destructively, it is important that you establish what is acceptable and what must never be chewed on. Some baby toys closely resemble dog toys and it can be confusing for your pet. Establishing these ground rules early on will help leave baby toys intact and safe from harm.

by Molly DeVoss



What Cats Are Really Into

BONDING *Tip of The Month* TREAT TOSSING!

I want to talk about a bonding tip that also happens to be really good exercise for your cat. And that tip is: play a game of treat toss!

It looks a little like this: take a hard treat, like Vitakraft's Purrsticks—they come sectioned, so it's really easy to break off a piece—and toss it. Your cat goes running for it! And, if you toss the treat behind something, like curtains or a couch, your cat then has to go and forage for it.

Here's why this is so great: your cat is a hunter, and treat toss mimics the chase part of the hunting sequence. In the wild, your cat would hunt for six hours a day, a sequence that looks like staring, stalking, chasing, pouncing, and delivering the kill bite, sometimes with a bit of struggling or wrestling in the process. They need to simulate this sequence as much as possible throughout the day.

Treat toss gives your cat the opportunity for the short bursts of chase and pounce that they're naturally inclined towards. It's also great for keeping your kitty's brain healthy and agile, since stress from frustration and boredom can build up if these natural instincts aren't engaged. This game is an outlet for that!

So play a little treat toss with your cats this week for a happier, healthier kitty. If your cat doesn't go after the treat right away, point them in the right direction. Cats are observant and that's how they learn, so they're sure to catch on eventually.

Tune in again next week for another bonding tip!

Happy Tossing,

What Cats Are Really Into Bonding Tip of the Month are created in cooperation with Molly DeVoss, cat behaviorist and Vitakraft Cat Treats. For more information on Vitakraft Cat Treats Please visit <https://www.vitakraft.us/cats/> to learn more about Vitakraft's collection of small-batch cat treats packed with healthy and flavorful ingredients in the shapes, tastes, and textures your favorite feline will love. Plus, find the best tips for cat owners to strengthen the bond with their cats.

For more information on Molly DeVoss, Cat Behaviorist go to

Instagram: @MollyDeVoss

Facebook: <https://www.facebook.com/catbehaviorsolutions/>

Yelp: <https://www.yelp.com/biz/cat-behavior-solutions-dallas>



HOW TO SHOW YOUR VETERINARIAN *that you care*

Your vet is often there for you during the most difficult times of your life. They comfort you at the passing of an elderly or injured animal, bring our pets back from the brink of death, laugh over our puppies, and share many important animal milestones with us.

A good vet is an essential part of our animal care, but they don't always get the credit they deserve. When an animal dies on their watch, they feel personally responsible even if there is nothing they can do. Rude customers can strike at their hearts, and they often don't get the credit they deserve for the work that they can do.

This is why veterinarians and those who work in the veterinary field have one of the highest suicide rates compared to other industries, and they often suffer from depression and burn out. Compassion fatigue is real, and it effects our vets as well as doctors and nurses in the medical field.

Often we don't say anything when things are going well, and only unleash our feelings when a mistake was made or something bad happened. It's time we started taking care of our vets and supporting them the same way. You're not powerless in the role you play with your vet. Here's what you can do to help combat compassion fatigue.



Cheer the wins

Did your vet save your pet's life? Did he successfully give your grumpy guy his needed vaccines and didn't lose any fingers? Did you have a really great experience with your pet? Send a thank you note to your vet, make a call, or send along a gift to let them know you appreciate their work.

Often times your vet tends to gloss over the good moments, and let the bad moments crowd out those times. You can help, by being a voice for those good times.

Be kind during your appointment

Sometimes, a dog that came in before your pet is bumped into a room ahead of you due to its behavior. Sometimes the wait is long due to lots of emergencies that day. Even if it seems like your wait is taking forever or your being brushed aside, keep a smile on your face and be as kind as possible.

The vet staff is certainly aware that you are waiting a long time, and they're doing their very best to help you. They will greatly appreciate the break you cut them with a smile and a good attitude.

Donate to their care fund

Many vets have a care fund set up so that when their customers can't afford vet care, they have an option to help. If your vet has a care fund like this, donating to it may help relieve some of the stress they feel when a person needs help paying for treatment. Although this is an indirect way of helping, letting them know you are donating and why can also really help them know you care.

Your vet, and the staff as well, appreciate it when thought and care you give back to them. By offering even a small amount of support, you can help reduce your vet's compassion fatigue, one smile at a time.

