

# 3 GOALS **FOR THE** NEW YEAR



**Campus**  
**Times**

**W**ith the start of 2016, *Campus Veterinary Clinic* has a few things that every pet owner should commit (or re-commit) themselves to with hopes of setting a healthy, happy tone for you and your pet:

## **1. Pet Exercises**

There is no "one size fits all" answer to how much of a workout your pets should get every day. Variables like age, weight, breed and existing medical conditions should be taken into consideration. With that we add a reminder of how important it is to your pets' physical and mental wellbeing to go on walks, to explore, to be social, and to expend energy. Stay consistent with your daily walks and dog park excursions. For cats, consider utilizing interactive toys to get them engaged. Take advantage of the vertical space in your home for your cat to jump on. This could be a window sill, set of empty shelves or a cat tree. This way, even when you're not home to play with your kitty, he still has an opportunity to burn

some energy.

## **2. Conscious, Healthy Feeding Habits.**

Going into the New Year, keep in mind one piece of Dr. Margo Reid's advice: *Food is not love*. Nor is it compensation for the other elements of your relationship that might be missing. A walk around the block is love. A hike, or trip to the park is love. A rub on the belly is love. Creating a balanced and structured lifestyle (meals included) is love. Say no to table scraps. Consider using leaner, smaller sized treats for training. (The concept of reward-based training can still be effective with smaller bites of healthier treats.) *Campus Veterinary Clinic* can help you find a diet that is appropriate for your pet, but it's up to you to adhere to it. Obesity can lower a pet's potential life span and, at the very least, diminish her quality of life. Do your part by having a plan and sticking with it!

## **3. Build your knowledge as a Pet Owner.**

For example, do you know what to do in case of a pet emergency? Or what if you're flying to another country and you'd like to take your pet along with you? How familiar are you regarding common household items that can prove toxic to your animal? *Campus Veterinary Clinic* wants our clients to commit themselves to becoming more experienced pet owners. Learning more about your pets' traits and habits now (as opposed to a time of crisis) can help keep you calm when the need for knowledge arises. Often times, the result of a sick animal leads to frantic Google searches. The information gained is often filtered through a panicked, emotional and reactive state of mind, which often leads to miscalculations and incorrect assumptions. Strengthen yourself as an owner, which in turn, helps us better serve you & your pet. It's trite, but it's true: knowledge is power. Make 2016 the year of furthering your resources. Our website ([campusveterinary.com](http://campusveterinary.com)) has useful information as well as [veterinarypartner.com](mailto:veterinarypartner.com).

# Common Questions about Dental Disease

February is national pet dental month. Our goal is to keep you informed and to answer any questions you might have concerning your pet's dental health. As advocates of solid oral hygiene, *Campus Veterinary Clinic* will be offering a 10% discount for all dental procedures scheduled for the month of February. Call us for more details! In the mean time, here's a refresher on common issues surrounding your pet's dental health.

## **Q1: What does my pet's bad breath come from?**

Halitosis can come from several different sources. The most common source is overgrowth of bacteria in the mouth. Some of these bacteria produce sulfur compounds as waste products which impart an unpleasant smell to the breath. Bad breath can also indicate a kidney or stomach disease, which should be ruled out by *Campus Veterinary Clinic*.

## **Q2: My dog has dirty teeth.... Help!**

Teeth must be cleaned to remove calculus and plaque. Bleeding gums are a sign of gingivitis and developing periodontal disease. While daily brushing is necessary and recommended, it is limited in its ability to remove plaque. Animals, just like humans, must have periodic deep cleanings. To do this thoroughly and completely, anesthesia is necessary. Often, scaling (the removal of plaque via the scraping it away with certain dental instruments) is often necessary and requires the animal to be placed under general anesthesia. After the procedure, the client can create a daily dental routine to maintain good oral health.

## **Q3: I have heard of anesthesia free dentals. Are they effective?**

Unfortunately these are not effective. Most animals will not allow a thorough subgingival scaling and polishing while awake. The subgingival portion of the cleaning is the most important component since this is the area in the mouth where plaque and bacteria can cause the most damage. In addition, quality dental radiographs cannot be properly obtained while the patient is awake. In addition, most dental procedures performed on patients with moderate to severe dental disease will involve some degree of dis-

comfort, so providing anesthesia is a humane approach.

## **Q4: How often should I have my pet's teeth cleaned?**

This depends on the individual animal. Some dogs and cats, particularly the smaller breeds, or those with "squished" faces, need cleanings at least annually. Larger breeds may be able to go a little longer between cleanings. Our pets are like humans in that regard: each is unique and there are no general rules for all.

• **Free Dental Exams**  
• **10% discount for dental procedures**  
• **All February Long**  
• **Call us to schedule an appointment!**  
**Limited space available**

## **Q5: My cat picks up his food and drops it. Sometimes his mouth opens and closes rapidly when this happens. Why?**

Dropping food may be a sign of tooth pain caused by a condition similar to tooth decay. This pet should be examined; dental radiographs may also necessary.

## **Q6: Why must my pet's teeth be pulled?**

Teeth are usually extracted because of severe periodontal disease, fractures, misalignment, and other problems that cause discomfort or difficulty in chewing.

## **Q7: My pet's tooth is fractured. What should I do?**

Only two choices for treatment are practical. *Campus veterinary Clinic* will always extract the tooth. Leaving it alone is not an option because it will result in infection (which is probably already present). This can cause pain and other medical problems. Even if the pet is eating and acting normal, the fracture should be evaluated and treated.

## **Q8: My pet has both baby and adult teeth in place. What should I do?**

This is a common problem, particularly in small breeds. The baby teeth must be surgically removed to allow sufficient room for the adult teeth. If that is not done as soon as it is discovered it may cause permanent orthodontic problems.

## **Q9: What kind of food and/or treats is best for my animal's teeth?**

There is a dizzying array of pet foods available today. Many claim to be good for the pet's oral health. *But* only those which have the Veterinary Health Council (VOHC) seal of approval have proven through research that they do what they claim. Some control plaque formation, and mechanically (through friction) clean the teeth. The most important thing to remember is to follow instructions and contact the manufacturer for any concerns.



### **Before:**

- **Calculus**
- **Gingivitis**
- **Missing tooth**



### **After:**

- **Ultrasonic Scaling**
- **Polished**
- **X-Ray of Missing Tooth shows no remaining root**

# Dental Health at Home

**Step 1: Examine and Touch the Mouth, Teeth, and Gums.** The first step is to make it fun and relaxing for your pet. Use lots of praise and start slowly. Begin by offering a small amount of flavored pet toothpaste on your index finger as a "treat" daily for a week. This conditions your pet to expect a treat when they see the tube of toothpaste.

**Step 2: Brushing the Teeth with Pet Toothpaste.** After this initial introductory period, as you give the paste, use your index finger to rub the teeth and gums in small circles, the same motion as a toothbrush. Continue this for a week. Once your pet becomes comfortable with this, then progress to a soft bristle brush and continue the same routine. You may want to offer a small amount of the paste before and after brushing as a reward. Some pets will require daily brushing, while others can be maintained by brushing a few times a week. Human toothpaste is not meant to be swallowed and should NOT be used on your pet.

**Step 3: Mouth Rinses.** Pets with advanced periodontal disease or pets that will not allow brushing may also benefit from an antiseptic oral rinse. These rinses are not as well liked as the flavored toothpastes and might not remove plaque as well as brushing, but they will help reduce plaque bacteria.



Oral Health Council (VOHC) Seal of Approval on products to ensure that are beneficial for your pet's dental health. For pets with pre-existing dental issues, it is best to avoid hard treats such as real bones, hard plastic bones, and cow hooves as they can lead to broken teeth.

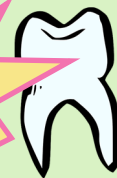
**Step 5: Diets.** Specialty formulated diets are available that help reduce plaque and tartar build-up. Some formulas, like Iams and Eukanuba, have added chemicals that inhibit the mineralization of plaque to tartar, thus making the teeth easier to keep clean. Other diets such as Royal Canine's Dental Diet mechanically "brush" the teeth via friction from chewing. The Dental diet can be fed as the sole diet, or as treats.



**Step 4: Treats.** There are products that have been proven in clinical trials to reduce plaque and tartar accumulation. Look for the Veterinary

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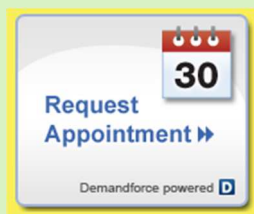


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**You can now request appointments online!**  
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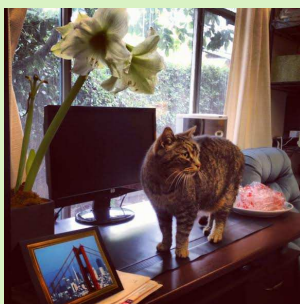
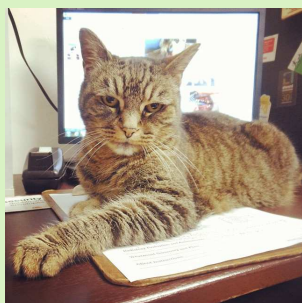


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**Office Hours:**

**Monday - Friday**

**7:20 a.m. - 6 p.m.**

**Saturday**

**7:20 a.m. - 3 p.m.**

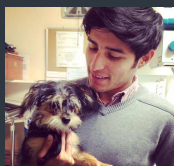
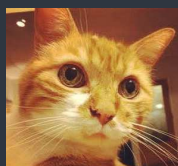
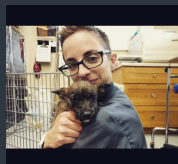
**Sunday**

**Closed**

**Campus Times Jan/Feb 2016**

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**Courtesy of  
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**Campus Veterinary Clinic** Your Pets are our Pets

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