

# HOLIDAY WOOFs

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SPRINGS FAMILY VETERINARY HOSPITAL'S  
WINTER NEWSLETTER



## IN THIS ISSUE:

Message from the Vet  
Holiday and Winter Pet Safety  
Holiday Pet Treat Recipes  
Happenings and Specials at SFVH

# WINTER WOOFs AND WISHES

by Dr. Sara Ryan

This holiday season, I am thankful for all the staff, clients and pets who have played a part in helping Springs Family Veterinary Hospital get off to a great start! I truly appreciate all of the support and trust that I have been given to care for your four legged friends. The staff and I are thrilled to practice in a beautiful, calm environment and the pets seem happier than ever. We at Springs Family Vet wish you and your family a healthy and joyous holiday season and new year.





## TIPS FOR WINTER SAFETY AND COMFORT





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# TIPS FOR WINTER SAFETY AND COMFORT


 **Know Your Pets:** Each pet may have a different tolerance for cold. Older pets with arthritis could have more difficulty walking on slippery surfaces and are prone to falling. Short haired pets have less insulation to protect them from the elements and may benefit from wearing a coat on very cold days. Pets with health conditions, such as diabetes, heart disease, kidney disease, thyroid disease or Cushing's may have a harder time regulating their body temperature.


 **Watch the Ice:** Dogs frequently fracture toenails on ice and can sustain a paw laceration on ice. Broken nails are less likely if nails are kept trimmed. Some dogs will tolerate boots or wax on the paws to help protect the pads. Use pet safe ice-melt and gently wipe the paws with lukewarm water after a walk to remove road salt. In addition, stay away from frozen ponds and lakes during the early winter.

 **Be Seen:** With less daylight, make sure you and your pets are visible when walking outside. Use reflective collars or a blinking light pet tag.

 **Ensure Car Safety:** Be sure the driveway is clear of antifreeze spills, as this is highly toxic to animals. Also, the hood of a car or wheel well can be a good spot for kittens to hide. Remember to make noise by banging on the hood or honking the horn before starting your car if it has been idle for a few days.

 **Leave The Pets Home:** Just like during periods of very warm weather, a car can be a dangerous place during cold temperatures. Your pet's body temperature can decrease rapidly if left in a cold car. Pets that are very young, elderly, or thin are particularly sensitive to the effects of cold environments.

 **Recognize An Emergency:** Urgent conditions that require immediate medical intervention include frostbite and hypothermia. Frostbite commonly affects the extremities such as the eartips, tail, and toes. Young animals, cats, and breeds with thin ears, such as dachshunds or chihuahuas are particularly at risk. Signs of hypothermia include shivering, whining, increased anxiety, decreased mobility and weakness. If you suspect frostbite or hypothermia, bring your pet indoors, provide warmth and call us immediately.

 **Be Prepared:** An emergency pet kit is always a good thing to have on hand during periods of severe winter weather. Include enough food and medications to last at least five days.

# HOLIDAY PET TREAT RECIPES



## How to Make Salmon Cat Treats:

### Ingredients:

- 10 oz canned salmon, undrained
- 1 egg, beaten
- 2 cups whole wheat flour

### Instructions:

- 1.) Pulse the canned salmon in a food processor and chop finely.
- 2.) Combine salmon, egg, & flour in a stand up mixer until it forms a dough.
- 3.) Roll out dough to 1/4 inch thickness on a floured surface.
- 4.) Use a cookie cutter (a 3/4 inch cutter is recommended) to cut into pieces.
- 5.) Put the treats on a baking sheet & bake at 350°F for 20 minutes.



## Peanut Butter and Apple Sauce Cookies for Dogs

- 3 c whole wheat flour
- 2 c quick-cook oats
- 1 c peanut butter (smooth or chunky, your choice!)
- 1 c unsweetened organic applesauce
- 1 t baking powder
- 1/4-1/2 cup olive oil or coconut oil, optional



### Instructions:

- 1.) Preheat oven to 350 degrees and cover 2 baking sheets with parchment paper.
- 2.) In a mixing bowl, combine all ingredients well.
- 3.) Knead dough on a lightly floured surface. If the dough is too loose and crumbly, you can add a 1/4-1/2 cup olive oil or coconut oil at this point.
- 4.) Use a rolling pin to roll the dough to about 1/4 inch thick and then cut into shapes with cookie cutters. If you don't want to use cookie cutters, simply make small dough balls.
- 5.) Place cookies on baking sheet, approximately 1/2 inch apart.
- 6.) Bake in preheated oven for approximately 25 minutes or until lightly browned. Let cool and then serve.





## HAPPENINGS & SPECIALS AT SFVH



### FEBRUARY IS NATIONAL VETERINARY DENTAL MONTH!

To celebrate, we are offering \$50 off all of our dental packages for dentals scheduled between January 15 and March 18, 2020!

Did you know that 80% of dogs and 70% of cats will develop some form of oral disease by the age of three? With routine dental prophylaxis you may be able to prevent severe, life-threatening conditions, such as heart and kidney disease. For more information on the benefits of dental prophylaxis and at-home oral care, please visit us at [www.springsfamilyvet.com](http://www.springsfamilyvet.com). And as always, please call us at (518) 554-8484 if you have any questions or concerns about your pet's needs.



**Coming soon!** We will be announcing exciting new rebates for 2020. Look for money-saving rebates on products we all love, such as Interceptor, Bravecto, and Seresto. And ask us about how you can earn Zoetis Rewards on Rimadyl, Apoquel, and Proheart. These offers will be posted to our website and Facebook pages as soon as they are made available to us!



### MONEY-SAVING REBATES & REWARDS!!



### YOU REFER, WE REWARD!

Your referrals are greatly appreciated! Do you have a friend or family member looking for next level, fear free veterinary care? Please tell them about us! We reward our clients with a \$10 referral bonus, good for SFVH products or services, at the time of their referral's first appointment.

**We wish you and your family a happy and healthy 2020!**