

# Blue Ravine News

YOUR PET'S HEALTH IS OUR CONCERN

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## Christmas Open House

Christmas time is near! Blue Ravine Animal Hospital will celebrate Open House on Saturday, December 2, 2023 from 2:00 to 6:00 p.m. Come celebrate with us! We'll have:

- Santa Photos
- Delicious Refreshments
- Goodie Bags
- Prizes
- A screening of our new Phovia Education room.

Reservations are strongly recommended for Santa photos so that we can accommodate everyone in a timely manner. Please call by December 3rd to schedule a time slot between 2:00 and 6:00 p.m. during the Open House.

We hope you will come visit the staff, take a tour of the facilities, learn about our Phovia treatment, enjoy some good food and drink, and coax your pet to schmooze with Santa!



### What is Phovia?

Phovia is a fluorescent light therapy for pets used to help heal canine dermatological conditions including surgical incisions, perianal fistulas, interdigital furunculosis, and superficial and deep pyoderma. Treatment time for pets with skin lesions is reduced which means less time in e-collars and bandages.

The service is performed by trained veterinarians, technicians, or assistants. The Phovia kit has two components: an LED Lamp, which emits blue, low-energy light and the Phovia Gel, which is a unique topical photoconverter activated by light from the Phovia Lamp. While most light therapy systems are limited to a single wavelength — addressing at most one layer of the skin — the Phovia chromophore gel releases fluorescent light energy (FLE) at multiple wavelengths, giving multiple beneficial cellular responses simultaneously.

**Come see a demonstration at the Open House.**



## November is National Pet Diabetes Month

Diabetes is a chronic disease that can affect dogs and cats and other animals (including apes, pigs, and horses) as well as humans. Although diabetes can't be cured, it can be managed very successfully.

*Diabetes mellitus*, or "sugar diabetes," is the type of diabetes seen most often in dogs. It is a metabolism disorder that refers to how the body converts food to energy. Converting food into energy powers the body's cells in an ongoing interplay between glucose and insulin. Cats mostly have Type 2 Diabetes and may not require insulin if diagnosed early. (Visit us at our Open House to learn more.)

If your dog has diabetes, the glucose-insulin connection isn't working as it should. Diabetes occurs as insulin deficiency or insulin resistance diabetes and the negative effects on the body are the same. Excessive sugar builds up in the dog's bloodstream, but the body's cells that *need* that sugar can't access it.

- Cells are starved for vital "fuel." Muscle cells and certain organ cells are deprived of the glucose "fuel" they need for energy. In response, the body starts breaking down its own fats and proteins to use as alternatives.
- High sugar level in the bloodstream damages many organs. Without insulin to help convert the glucose in the bloodstream into fuel, high levels of glucose build up in the blood. Unfortunately, this abnormal blood chemistry acts like a sort of poison and eventually causes multi-organ damage. This often includes damage to the kidneys, eyes, heart, blood vessels, or nerves.

### What Are the Symptoms of Diabetes in Dogs?

Early signs are:

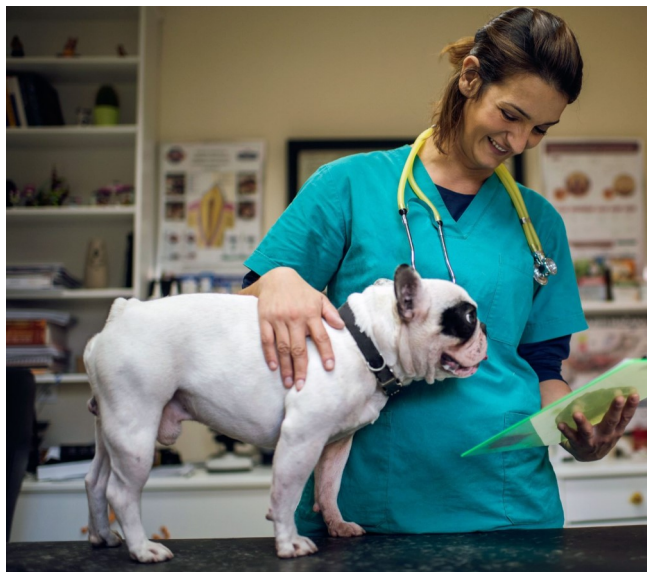
- **Excessive thirst.** The dog may drink frequently and empty the water bowl more often.
- **Increased urination.** The dog may ask to go outside frequently and may start having "accidents" in the house. Increased urination (and increased thirst) happens because the body is trying to get

rid of excess sugar by sending it out through urine, along with water that bonds to the sugar.

- **Weight loss.** The dog can lose weight despite eating normal portions. This is because the dog isn't efficiently converting nutrients from its food.
- **Increased appetite.** The dog can be very hungry all the time because the body's cells aren't getting all the glucose they need, even though the dog is eating a normal amount.

**Advanced sign:** As cases of diabetes advance, symptoms can become more pronounced and can include:

- Loss of appetite



- Lack of energy
- Depressed attitude
- Vomiting

**Threats to health.** Uncontrolled diabetes can lead to devastating effects on the dog's body; effects on the dog's health can include:

- Cataracts (leading to blindness)
- Enlarged liver
- Urinary tract infections
- Seizures
- Kidney failure
- Ketoacidosis is a potentially life-threatening acute condition that can be accompanied by rapid breathing, dehydration, lethargy, vomiting, or sweet-smelling breath and can be triggered by stress, surgery, fasting, infection, or an underlying health condition combined with low insulin level. Owners of diabetic animals should always have ketone testing sticks on hand to test their dog's urine if any of the above occurs. If the dog's urine tests positive for ketones, an emergency vet visit is needed.

### Diagnosis

Your veterinarian will do simple tests to check for diabetes, including testing for excessive glucose (sugar) in the blood and urine. Blood tests can also show high

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## National Pet Diabetes Month, cont'd.

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liver enzymes and electrolyte imbalances, other indications of diabetes.

The sooner diabetes is diagnosed and treatment begins, the better chance for your pet's normal life.

While diabetes can occur at any age, it mostly happens in middle-aged to senior dogs, aged 5 or older when diagnosed.

Your veterinarian will work with you to determine the best management plan for your dog. At the beginning of treatment this may mean frequent visits to the clinic for testing and medication adjustments, but hopefully the right combination of medication, dosage, diet, and home monitoring will soon be arrived at that will enable you to keep your dog's blood sugar consistently regulated and help him live a full, happy life.

Your dog's treatment plan will probably include information about:

- insulin medication and how to give injections
- diet and exercise recommendations
- a daily glucose-monitoring system that will work best for your dog
- any warning signs to watch out for

If your pet is diagnosed with diabetes, don't panic. With good veterinary support from Blue Ravine Animal Hospital you should be able to provide the right care for your pet. This will ensure you both many more happy years together! Call 916-984-0990.



**W**inter holidays are a wonderful time to enjoy being with family and friends, but with all the extra hustle and bustle, you may forget to abide by the same pet-proofing measures you follow the rest of the year. Here are some holiday pet safety hazards that you should be aware of to help keep your pet safe and happy through this holiday season.

- Secure your Christmas tree
- Be sure electrical cords and wires are out of harm's way
- Keep Holiday plants away from pets
- Do not leave pets near lit candles
- Watch out for broken ornaments
- Christmas tree water—do not put anything in it in case your pet drinks it
- Watch the exits: a pet can escape through an open door!

## Which parts of a Christmas dinner can I give to my dog?

Providing your dog is healthy and is not allergic to the following foods, it's safe to feed your dog a little bit of these foods at Christmas:

- turkey meat (no skin or bones)
- salmon (fillets or cooked in spring water are preferable to smoked salmon)
- lamb meat (no bones)
- green beans
- Brussels sprouts
- parsnips
- carrot
- peas
- mash potato (best without added butter)
- new potatoes
- sweet potatoes



### Toxic Christmas food for dogs

Lots of our favorite festive foods are toxic to our dogs and should be kept well out of paws reach:

- chocolate – chocolate is toxic to dogs and even small amounts can cause serious illness.
- Christmas pudding and mince pies – grapes and dried vine fruits, including currants, sultanas and raisins, can cause severe kidney failure
- onions (and garlic, leeks, shallots and chives) – these all belong to the allium species of plant and are poisonous to dogs whether cooked or uncooked.
- alcohol – alcohol has a similar effect in dogs as it does in their owners. Make sure your dog can't help themselves to any unattended alcohol left lying around.
- macadamia nuts – macadamia nuts can cause lethargy (tiredness), weakness in the back legs, increased body temperature, tremors and stiffness
- leftovers – don't be tempted to give your dog leftover Christmas food – they can include hidden ingredients toxic to dogs and mould in leftovers can make them ill
- sweets – many of the sweets we eat over Christmas, such as candy canes, contain a sugar-free sweetener called xylitol, which is poisonous to dogs

### Important

If you think your dog has eaten something they shouldn't, contact your vet for advice.





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From Blue Ravine to all our clients:  
We wish you Happy Holidays, a Happy New Year and a safe, healthy and prosperous year ahead in 2024.

## BLUE RAVINE OFFICE HOURS

Office hours: Monday through Friday, 7:00 am to 6:00 pm; Saturday, 8:00 am to 5:00 pm; Sunday, closed.  
For emergencies outside regular office hours, please call MarQueen Pet Emergency & Specialty, 916 757-6600 or Sacramento Veterinary Referral Center, 916 362-3111.

[www.blueravineanimalhospital.com](http://www.blueravineanimalhospital.com)

### Christmas Coupon

Come to Blue Ravine's December 2nd Christmas Open House to visit with our staff, partake of some great food and pick up your gift bag. Plus, visit the Phovia and Diabetes rooms and take a free Christmas photo with Santa and your pet.  
Can't wait to see you!

Appointments are needed for photos with Santa. Please call ahead to schedule so we can accommodate everyone:

916 984-0990

Thank you!

The Staff of Blue Ravine Animal Hospital



BLUE RAVINE ANIMAL HOSPITAL  
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