



# The MVVH Newsletter

By Christina Vitazko, LVT

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## Allergies



Just like in people, our furry friends can suffer from allergies of various kinds. While people will often show signs of allergies by sneezing, hives, coughing and a runny nose, most pets will show other signs such as red/itchy skin, hair loss, diarrhea/vomiting and sometimes difficulty breathing. Just like people, these allergies can develop over time. Food allergies, meaning your pet is sensitive to something in its diet, can mean a change in diet to find out what your pet can't tolerate. Your vet will advise you on what types of food trials you can do to discover which food best suits your pet. Contact and inhalant allergies can be triggered by household products or seasonal pollens and molds outside. Pets can even be allergic to dust mites and human/pet dander! Flea allergy dermatitis, meaning your pet is allergic to the saliva in the flea bite, can make your pet miserable from a single flea. In some allergy cases where the usual treatments just aren't working, the pet may need to visit a veterinary dermatologist to be tested for certain allergies so they can be treated properly.

## Local dog-friendly destinations and activities



While the dog days of summer may be coming to an end in the next few months (if summer ever gets started!) there are still plenty of things you and your dog can enjoy together around town. If walking around the same neighborhood is getting old, and your dog wants new places to sniff or new squirrels to bark at, try going for a walk around Capital Lake. This is also a good place to take dogs who need some help with social skills or training with distractions, as there is plenty of room to pass people on the trail/sidewalk and all dogs should be on a leash. The Chehalis-Western trail is also a great walk with many access points around town. It's a very dog friendly path, and even has poop-bag dispensers at some entrances! Wanting a little more forest or salt-water on your paws? Check out Priest Point Park and Burfoot Park, both quick drives in Olympia with a variety of nature trails depending on how much exercise you and Rover want. Maybe some off-leash fun is more what your canine companion is craving; if so, check out the off-leash dog park in Hawks Prairie right off I-5 at exit 111. There is also an off-leash dog park in West Olympia in Sunrise Park. If you are looking for a new way to bond with your dog over a fun dog sport, check out Fido's Farm. At Fido's, you can do everything from work on positive reinforcement obedience training (for the young and old dogs) to agility or herding. For something a little different, try a tracking class or get involved with the fun sport of flyball with the Puget Hounds! Wanting to volunteer with your dog? Check out the Providence Animal Assisted Activities and Therapy program to see if your dog would enjoy being a therapy dog and helping people heal. For more information, email the coordinator at: [Danni.Sabia@providence.org](mailto:Danni.Sabia@providence.org).

## MVVH News

As the construction at MVVH continues to change the scenery of the clinic, you may notice some new faces around the staff as well. With a sad note we say goodbye and good luck to Sam, the wonderful kennel assistant, who has left us for college.

Joining us is Caitlin Sutter as our new kennel assistant. She comes to us with a few years of experience from another local vet clinic. When not at work she enjoys spending time with her three cats and watching Netflix.

We also welcome a new Licensed Vet Tech, Elizabeth (Beth) Hanna, who is a recent graduate of the Pierce College Vet Tech program. Outside of work she enjoys backpacking and reading. So be sure to extend a friendly paw to these two new staff members!

### Favorite Quotes

"Cats have it all - admiration, an endless sleep, and company only when they want it."

~Rod McKuen



## Breed of the month

### Shiba Inu



This spunky breed was first recognized as a member of the non-sporting group by the AKC in 1992. Originally from Japan, this compact dog was created to hunt in thick brush in the mountains of Japan. A naturally alert and curious dog, it mainly serves as a great watch dog and companion today. What this breed lacks in size, he makes up for in personality! This is a breed that likes to stay busy and be with its family. Although sometimes known for being vocal and stubborn, with early training this breed has excellent potential to do whatever it sets its mind to! The Governor even has a Shiba named Trooper that can often be seen walking the Capital Campus grounds with Mike the First Gentleman! This breed can come in a variety of colors, but should always be about the same size. It needs regular brushing to keep its thick double coat in check; however, other hair cutting is not necessary.

## Client Questions:

Do any flea products for pets have a guarantee?



So you've applied Frontline Plus to your pet, but you're still seeing fleas...now what? Well with a new guarantee from Frontline, your pet should be flea free in no time! If Frontline Plus doesn't work for your pet, you can choose from one of three options; either Frontline will pay to have your house treated for fleas by Terminix pest control, you can choose to have your money refunded, or you can get a free replacement package of Frontline. To qualify for the guarantee, you must have purchased a 3 or 6 pack of Frontline Plus from a veterinarian. You must also have applied a size appropriate dose of Frontline once every 30 days for 3 or 6 consecutive months according to label instructions, and every pet in the house (dog/cat) must be on Frontline during that time. Ask the front desk for more information on this offer. If that doesn't make you want to give Frontline a try, then maybe their free doses with purchase will! For a limited time here at MVVH, buy a 3 pack of Frontline and get 1 extra dose free, and buy a 6 pack of Frontline and get 2 extra doses free! Your wallet and your pet will thank you!

**Have a question you would like to see answered in the newsletter? Please submit your question in writing to our Comments Box!**

## Pet of the Month

Attention established clients! Enter your favorite photo of your pet for our "pet of the month" contest. Each month the staff will vote for the best picture, and that month's winner will win one bag of lean treats and have its photo featured in our newsletter! Just submit your photo with a brief description of your pet to the front desk.

**Rules:** Please one photo per pet, contest open to pets who have been seen here for an exam within the last year.



Biscuit is a super sweet 8 year old Dalmatian owned by the Aebi family. Biscuit is shown making the most of our short summer by sunbathing with her adorable pig friend Libby!

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