

# The Paw Press

Spring 2011

Edition

Issue 12

*"Let Our Family Take Care of Your Family"*

## *Let's Live Longer and Healthier Lives*

Most people focus on the quantity of life, not the quality of life. Let's focus on BOTH! Together we can strive to live a highly active lifestyle for the majority of our lives and avoid years of declining health. A normal quality of life curve looks like a standard bell curve. We gradually rise to a peak in our 30's and 40's (five-to-seven in dogs, and seven to nine in cats) and then begin a long and gradual decline toward the end. This results in about half our lives spent in great health and then the remainder in declining health. With the constant advances in science and medicine, it doesn't have to be this way. Keep your pets (and ourselves) fit and lean: obesity shortens life expectancy and leads to many avoidable diseases. Feed your pet the best quality food that you can afford. We recommend bringing your pet in for regular examinations and basic blood and urine tests that can uncover illnesses before it's too late. Daily exercise is also very important. Walking your pet for just 20-30 minutes a day will help boost the immune system, strengthen the heart, lower blood pressure and help calm frazzled nerves. Following these simple steps will not only help you and your pet live longer, they will help you both live healthier. After all, we should be less interested in surviving and more interested in thriving.



## *Did you know?*

- Dogs have about 100 different facial expressions, most of them made with the ears.
- A pack of kittens is called a kindle, while a pack of adult cats is called a clowder.
- Cats have better memories than dogs. Tests conducted by the University of Michigan concluded that while a dog's memory lasts no more than 5 minutes, a cat's can last as long as 16 hours—exceeding even that of monkeys and orangutans.
- Many hamsters only blink one eye at a time.

Spring is approaching quickly and we are all anxious to get out and enjoy the warmer weather. It is always best to pack a first aid kit with you when head out hiking or camping with your pet. Hopefully you will not need it, but it is better to be safe than sorry. The most common problems that you may run into are typically trauma or toxin-related incidences. We have put together a list of items you should pack in your first aid kit.

- Bandage material, including some absorbent gauze and tape, in case you need to bandage or apply pressure to a wound.
- A large towel or blanket is useful in the unlikely even your pet is seriously injured. You can use this to keep a shock-stricken animal warm, or as a makeshift stretcher.
- A 3% hydrogen peroxide solution is useful to induce vomiting. We only recommend doing this when directed by a veterinarian.
- Scissors
- Latex gloves
- An extra leash
- Antibiotic ointment/cream
- Rectal thermometer
- Tweezers for removing ticks or thorns
- Our phone number (828-651-8868) along with a number for a local emergency hospital
- The number for the animal poison

# Avery Creek Pet Hospital

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## TO

To show how much we appreciate you, we have started a *customer loyalty program*. Each time you come in, we will give you one or more business cards with your name written on the back. You can share them with family and friends that you know would benefit from our services.

For every new client you refer that becomes established with our hospital, you will receive 20% off your pet's next physical exam.

### In Loving Memory

Bud Merrick	Sabel King	Fluffy Connor	Angus Pippen
Tiki Michael	Chaos Greck	Jessie Soesbee	Rudy Carman
Rose Drake	Indy Tatum	Bonnie Mills	Twinkle Toes Flues
Moster Stover	Tyson McKee	Charlie Beyer	Gretchen Jefferies
Jack Brooker	Sassie Galloway	Betsy Biro	Savannah Nichols
Daisy Hearn	Amber Leyva	Alana Tolbert	Maxi Pickering
Kylie Smith	Nikki Carr	Pepper Bush	Ditty Kitty Beasley
Sassy Kenrick	Ellie Carman	Petey Pippen	Móira Eileen Webb
Shelby Palko	Bear Mulcahey	Sugar Weas	Ned Gullie
Katie Sayers	Max Briggs	Sadie Louis	Sammy Conrad
Talley Gruber	Maggie Webster	Frosty Althaus	Tiger Nichols
Sadie Gillespie	Bobcat Powell	Ariya Moore	CoCo Ulrich
Buddy Williams	Maybe-Baby Schapira		

