



Chubby Pets!

When considering how to take off those extra pounds off of your pet, a factor that can make a real difference in weight loss is treats. Treats can be a significant source of extra calories and be the difference between weight loss success and failure.

We are not advocating removing treats from your pet's diet. Treats are an important tool for training and for bonding with your pet. Try changing what you feed your pet. Instead of dog treats, try small pieces of fresh or canned veggies. Air popped popcorn (no butter!) or small pieces of rice cake are crunchy and inexpensive. You will be surprised how much your pet enjoys these options.

It is important that the whole family is in agreement about how much your pet gets for treats. Very often we hear that one family member is primarily responsible for overfeeding a pet. Have a family meeting and discuss how many treats your pet will be allowed per day. It is a good idea to have a container that is filled each day with treats, and everyone has to take treats from that container. When the container is empty, the pet doesn't get any more treats for the day.

Table scraps and "people food" are some of the worst choices you can make for your pet for treats. The leftovers on our plate tend to be high in fat, sugar and calories. Again, reach for the fresh veggies for your pet. Remember, your pet can't order at the drive through, open the freezer or scrape the dinner dishes. What you feed your pet is up to you.

Please visit <http://www.petobesityprevention.com/> to find out if your pet is carrying any extra weight, and for more tips on how to take off those extra pounds. At your pet's next wellness exam, ask what you can do to keep your pet with you for as long as possible. Consider this chart, comparing overweight pets with the equivalent weight in adult humans.

Pet	% Overweight	5'4" Woman	5'9" Man
14 pound average cat	40%	203 lbs	237 lbs
10 pound Chihuahua	67%	242 lbs	282 lbs
90 pound female Golden Retriever	38%	201 lbs	234 lbs

Note: For comparative purposes only. Your pet's actual body condition should be determined by your veterinarian. Not intended to be used as a substitute for BCS or medical evaluation.
Source: Association for Pet Obesity Prevention, ©2010 Dr. Ernie Ward Used with permission

MELISSA continued from pg. 1

helping the four-legged patients that come into the clinic every day. Melissa comments, "I love getting up every morning and coming to work to do what I love."

In her spare time, Melissa is a people person, and she enjoys hanging out with friends and family. She shares her life with her longtime boyfriend Brent, and her newest addition, a kitten named Dexter.

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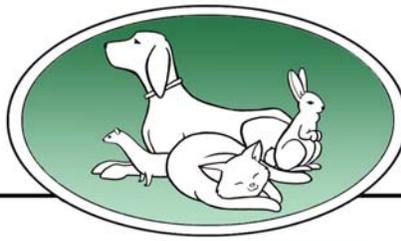
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EAST VALLEY





Paw Talk



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Melissa and Dexter

Welcome Melissa!

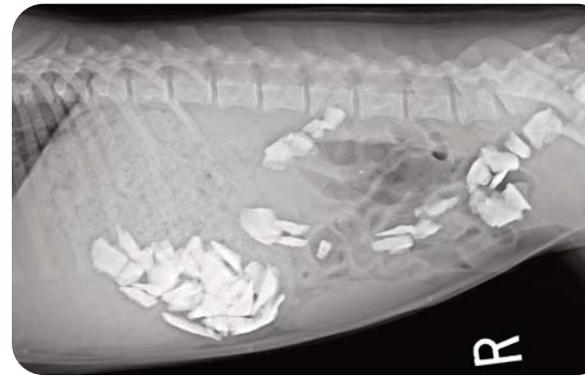
The staff at East Valley Animal Clinic would like to extend a belated welcome to Melissa, our newest certified veterinary technician. Melissa started with us in the fall of 2009 as a veterinary technician intern. She was so well liked by staff and clients alike that we couldn't let her go.

Melissa loves all aspects of her job, but she's an animal lover, and enjoys

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What's Inside

Veterinary imaging refers to diagnostic tools that allow us to see "inside" your pet. It includes things like x-rays, ultrasound and CT scans. At East Valley Animal Clinic, we have upgraded our x-ray machine to produce digital images of x-rays, which gives us sharper and cleaner images, often using less radiation. But once those images are produced, the veterinarian still has to interpret those pictures. Sometimes, the picture says it all, like this picture of a puppy that had a bad habit of swallowing rocks!



If we have any questions about what we are seeing on an x-ray, we have the expertise of a board-certified radiologist that we can turn to for consultation. Dr. Patricia Walter is a veterinarian that has advanced training in diagnostic imaging. Dr. Walter was a faculty member at the University of Minnesota prior to starting her own consulting service. The veterinarians at East Valley Animal Clinic meet with Dr.

Walter regularly to review our x-rays and learn from her expertise.

We also employ the services of Dr. Ralph Weichelbaum and his associates for ultrasound images. Dr. Weichelbaum has been ultrasounding pets for EVAC for 16 years. He has a wealth of knowledge.

We are proud to partner with these imaging experts to provide the best care for your pet!



East Valley Animal Clinic

**10%
OFF**
ON DENTAL
SERVICES

In recognition of the upcoming "Dental Health Month," we will once again be offering a 10% discount on dental services. The discount applies to both the dental procedure and the pre-anesthetic blood work, and is only valid for dentals performed between January 1 and February 28, 2011.