



Hello everybody! It's sad to see summer go but it's football season, Yeah!! This month we are going to talk about our veterinary assistant, Scott's idea of pet nutrition. He wrote the informational part of the newsletter. Thanks Scott!

PET NUTRITION:

We all want the best for our animals, yet many pet owners pay little attention to Fido or Fluffy's diet. Many of us take for granted that the bag of pet food we pick up at the grocery or our vet's office will suffice in meeting our animal's needs. Fortunately, it usually does; yet, we can all learn a bit more about our animal's nutritional needs. By best meeting our animal's nutritional needs, we can help them to be healthier, perhaps adding years to their life.

Like humans, our pets require six essential nutrients, which must be provided in a balanced form. These are water, protein, carbohydrates, fat, vitamins, and minerals. Let's take a closer look at these nutrients:

- **Water:** The most essential nutrient. Your pet's body is more than 60% water and water is essential for all of life's functions. Pets should be offered free choice access to fresh, clean water at all times. Most dogs and cats will consume about 1 oz. of water per lb body weight daily. This means a 60 lb dog will drink more than half a gallon of water a day!

- **Protein:** Protein, made up of amino acid, is the building block of tissue. Protein also makes up enzymes, helping to turn food into energy, and hormones, directing all the body's processes. Because of their growth, puppies and kittens will require more protein in the diet than older animals. In older animals, too much protein can be a concern, as protein cannot be stored and must be "burned" by the body. Protein in the pet diet is typically provided by meat sources.
- **Carbohydrates:** Carbohydrates include sugars, starches, and fiber. Sugars and starches are typically used as energy sources, and may make up 40-60% of the diet. Fiber, non-digestible carbohydrate, helps with intestinal health and in stool formation. Fiber may also be used to increase satiety, or the feeling of "fullness", without increasing calorie content.
- **Fats:** Fats and oils are the most energy dense nutrient. Fats are typically included in pet diets to increase palatability as well as provide calories in diets for high performing animals. Pet food may contain as much as 25-40% fat, without the concerns seen in high-fat human diets.
- **Vitamins:** Needed in much smaller amounts, vitamins work with enzymes and other nutrients to complete reactions within the body, allowing metabolic processes to take place, helping with blood clotting, and more. A vitamin supplement is added to all commercial diets.
- **Minerals:** Minerals, including calcium, phosphorus, magnesium, sodium, and more are essential for bone formation, muscle metabolism, nervous system function, and fluid balance. Be careful, however, as over-supplementation of minerals may be toxic!

Now that we know a bit more about nutrients, how do we choose a diet for our pets? And how do we best feed them? Here are some guidelines:

- Choose a diet formulated for your pet's needs. Do you have a young, growing dog? A mature indoor cat? A high-energy, active dog? A cat with diabetes? Diets are especially available for each of these groups and more. Simply select the right variety for your pet, and begin feeding according to directions on the bag or can.

- Select a food with Association of American Feed Control Officials (AAFCO) guarantee and an expiration date. This is an assurance that the food meets quality standards.
- Look for meat products, such as chicken, beef, lamb, or turkey as the number one ingredient. While many diets contain grains, some animals may be unable to have grains in the diet, particularly corn, due to allergies.
- Feed your animal to an ideal body condition. This means your pet should be neither too thin nor too heavy. Discuss your animal's ideal weight with your veterinarian. You should recognize, however, that your pet's ribs should be easily felt, but not seen. Similarly, he or she should exhibit a "waist". If you pet is too heavy, decrease the amount fed daily by 10-20% until your animal reaches a more desirable weight. Increase the amount fed for pets appearing thin, recognizing that more food may be necessary when the energy level increases, such as during the summer months for some of our more active pets.
- Feed your pet a pre-measured amount 2-3 times daily. This will keep your animal from becoming obese and can help keep a pet from becoming a picky eater. If you pet has not consumed its ration in 20 minutes, remove and re-offer at the next feeding time.
- Avoid feeding your pet table scraps. Unlike humans, our pets don't get bored with the same food day after day, and alterations in diet can easily upset their digestive system. In some cases, this may lead to painful and sometimes fatal pancreatitis.
- Finally, be careful about the number of treats your pet consumes. While an occasional treat is a fine addition to his diet, as you can see from the attached table, many treats can be VERY high in calories and are a common culprit causing obesity.

Weight, calories, and your pet:

Ideal weights:	
Beagle	26-31 lbs.
Domestic cat	8-10 lbs.
Boxer	53-70 lbs.

Labrador retriever 55-80 lbs.
Miniature poodle 11 lbs.
Shih Tzu 8-18 lbs.
Yorkshire terrier 8 lbs.

Daily caloric needs:

10-lb. cat275 calories
10-lb. dog300 calories
20-lb. dog500 calories
50-lb. dog1,200 calories

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SOURCE: Dr. Ernest E. Ward Jr., owner of Seaside Animal Clinic in Calabash,
N.C.

Calories in common pet treats:

Milk-Bone	
Original	10
Medium Biscuits	40
Large Biscuits	115
Extra Large Biscuits	225
Gravy Bones	
Small/Medium	35
Large	80
Mar-O-Snacks treat	30
Grillin' Bites	
Beef Steaks	30
Chicken Drumsticks	25
Beggin' Strips	
Bacon	30
Cheese & Bacon	30
Beef & Bacon	30
Beggin' Littles (Bacon)	7
Beggin' Wraps	
Bacon & Beef	18
Bacon & Cheese	18
Busy Bone	
Small/Medium	309
Large	600
Chew-eez Chew Strips	
Savory Chicken	60
Hearty Beef Basted	60
T Bonz Sizzlin' Steak	42

Sizzlin' Steak & Bacon	42
Tiny TBoyz Steak	18
Purina One Adult Biscuits	
Beef & Rice	33
Lamb & Rice	30
Large Breed (Chicken & Rice)	84
Healthy Weight (Turkey & Rice)	26
Purina Pro-Plan	
Adult Biscuits (Beef & Rice)	35
Large Breed Biscuits (Chicken & Rice)	87
Pedigree	
Breath Buster	
Small	28
Regular	49
Dent Bone	
Small	105
Medium	188
Large	300
Denta Stix	
Small	49
Regular	70
JumBone	
Small	297
Large	624
Pup-Peroni	24
Snausages	25

SOURCE: Dr. Ernest E. Ward Jr., owner of Seaside Animal Clinic in Calabash, N.C.

DR. TIDBIT by Dr. Aaron Pollock:

I recently took a trip down the pet food aisle at the local mega-mart, two hours later I made it to the other end and realized that I was overwhelmed. Canned or dry? Shiny or plain bag? Beef or fish? Turkey or lamb? Healthy skin or sensitive stomach? Puppy formula or growth phase diet? Dick Van Patten or Rachel Ray? With gravy or without? Multiple cat or indoor-only cat or indoor multiple, less active, hairball formula cat?

Please feel free to contact your veterinarian for a recommendation. I will say this: 1. Try not to be fooled or persuaded by clever marketing 2. Feed less 3. Avoid abrupt changes to "add variety"

As a rule, we tend to feed our pets 25% more than what they actually need, and obesity as well as many GI diseases can be directly attributed to not only the type of diet but to the amount of diet fed.

Also, please ask for any advice on supplementation (vitamins etc.)

The best diet for your pet is the one that your pet tolerates well and helps maintain proper body condition.

ADOPTIONS:



I am happy to report that 3 out of 6 of our kittens have gotten adopted. We would like to thank, Joyce and Stephanie Lang, Roger and Jeannine Bell and family and Casie Marshall for adopting these little ones. 😊 We still have 3 kittens and the mother still looking for their perfect home. We have 2 female and 1 male kittens. The mom is a beautiful, playful longhaired cat who is very sweet. They have all been

felv/fiv tested, vaccinated, de wormed and will be spayed and neutered.

CRITTERS AT THE CANINE ADOPTION CENTER:



Her name is Almondine. She is appx. 3-5 yrs old and very loving to people. She, on the other hand, is not fond of sharing her space with another dog. Her kisses are light and fluffy as is her fur. She has one blue eye and one brown. She was removed from a home where she was tied outside constantly with no shelter and a master who worked away for a week at a time. Its no wonder she does not want to share her space. She was a very isolated dog. She holds no grudge against humans, though, because she loves to be around us. In a shelter setting she is not an adoptable dog because she must be able to be with other dogs.



Moe is a wonderful guy. He is a Terrier mix who is stunningly handsome, so handsome in fact, a woman called me from Minn. who worked with an advertising company that was interested in Moe for commercials. They are very picky and Moe was not picked because his eyes were the same color as his hair surrounding his eyes! He is 3 yrs old, housebroken and extremely gentle.



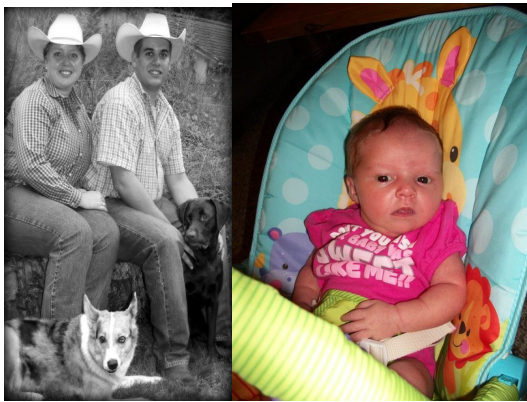
Jade is a 3yr old Terrier mix that came to us as a stray. She is very well behaved and does great with people and other dogs. She is in need of a good haircut but other than that she is pretty much perfect!

UPCOMING EVENTS:

Animal Friends is currently having a Steeler Ticket Raffle. The tickets are for 2 Steeler tickets for the October 3rd game vs. Baltimore. The winning ticket will be drawn Sept. 26th. Tickets are \$1 each or 15 for \$10. Raffle tickets are available at Lucky's Attic, Woofs, Masman Jewelers, Hillcrest Vet Clinic or by calling 304-282-4052. **LET'S GO STEELERS!!**

The winning ticket will be drawn at the annual Vera Bradley Bingo. This fun event will be Sunday September 26th at the Elks Lodge on Chestnut Ridge Road. Doors open at 12:00 and festivities start at 1:00. \$20 for 20 games. Come out and show your support to Animal Friends while having a good time!

EMPLOYEE SPOTLIGHT:



Scott Spooner grew up caring for animals on his family's farm in central Indiana. After high school, Scott moved to College Station, TX where he was a veterinary technician for Texas A&M University's College of Veterinary Medicine, working exclusively with horses. Scott then relocated to Michigan, managing a farm store. Scott and his wife, Holly, a professor of animal science at WVU, moved to Morgantown in 2008 and Scott began working at HVC. In their free time, Scott and Holly enjoy showing Quarter Horses and spending time with their dogs, Cash & Beaumont. Scott and Holly just joyfully welcomed their first daughter, Grace, and can't wait for her to start enjoying the animals with them! Grace already has her first equine...a miniature donkey!

That is all we have for this month. If you have any questions about pet nutrition or any of the many cute adoptions, 😊 please feel free to call us! We will be open from 9-10 on Saturday morning September 4th for board animals but closed then the rest of the day and Monday September 6th. The emergency clinic will be open 304-363-2227. Have a safe and happy Labor Day Weekend!