



We had a lot of birthdays this quarter. Fran celebrated her birthday in October. Darcy enjoyed her birthday in November. Carol, Rebecca, Vyolet, and Alicia are all December babies. We are still undecided where we will be celebrating our team Christmas party this year.

Dr. Sammie, Rebecca, and Kristi will be leaving us to attend the North American Veterinary Conference in Orlando, FL. They will also be attending a seminar to learn how to perform a "PennHip" radiograph for the Orthopedic Foundation

### "STAFF STUFF"

of America's hip certification program.

Kristi, Tina, and Alicia celebrated their third year anniversary, and I (Brad) celebrated my second.

Our website is really coming together. Visit it as soon as you can at [www.esvh.com](http://www.esvh.com)! You'll find links to great sites, past newsletters, staff biographies, training information, and much more!

Whitney (Dr. Clair and Dr. Sammie's golden retriever) just won the first leg of her senior hunter's title. She will also be

competing for her second obedience title this winter.

Dr. Sammie went to jail for the MDA Lock-Up fundraiser. With the help of our staff, friends, family, and clients, she was able to raise over \$2,000.00 toward the charity event.

Alicia, from our Kennel team, will be attending Northampton County Community College in January to start their veterinary tech program.

The team at ESVH would like to wish all of our clients, their pets, and their families a safe and happy holiday season!

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# Thompson Tribune

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## Who's Who at East Stroudsburg Veterinary Hospital

In this quarter's "Who's Who at ESVH", we will highlight our newest team member, Jennifer Smith, and one of our Veterinarians, Dr. Samantha Thompson. Jennifer Smith joined our Healthcare Team this past November. Jennifer comes to us from working at the Northeastern Rehabilitation and Pain Management center. She worked there for a year and a half as an administrative assistant to the physical therapy department. Jennifer always wanted to work with animals, and started her veterinary career a few years ago while working at the Maple Hills Veterinary Hospital. She really enjoyed her time there. Jennifer recently decided that she wanted to return to veterinary medicine, and that's when she answered our advertisement to join our Healthcare Team. Jennifer has been a wonderful addition to our team. She comes with the compassion and

skills that are an integral part of the job on our Healthcare Team. Jennifer lives with her husband Brian and they have a 3 year old son named Gabriel. They have two dogs, a black lab named Bailey and a lab mix named Lucas. They also have one cat named Chaplain due to some conveniently placed patches of white fur. Dr. Samantha Thompson has many positions of responsibility at hour hospital. She is a practicing veterinarian, co-owner of the practice, and also the hospital administrator/practice manager. Dr. Sammie moved to this area in 1979 from Kingston, England. Dr. Sammie attended Drew University in NJ for her undergraduate studies. Once she graduated from there, she attended veterinary school at the University of Pennsylvania. Dr. Sammie knew ever since she was little that she wanted to be an equine vet. She's always loved

horses. Consequently, she pursued her degree in veterinary medicine specializing in equine medicine. She graduated with a doctorate in veterinary medicine from the University of Pennsylvania in 1991. Three weeks prior to date classmate Clair Thompson who also graduated with a doctorate in veterinary medicine at the same time, and will be featured in a future newsletter. After school, Dr. Sammie worked an internship at an equine medical and surgical referral center in Pittsburgh for a year. She then worked at an general equine practice for 10 years until she injured her back while delivering a baby foal. After she and Dr. Clair married, they bought this practice, and as it started to grow, Dr. Sammie came to the hospital full time as practice manager and veterinarian. She is a great veterinarian and a wonderful team leader!

## Pet Presents

Don't forget your four legged friends this gift giving season. We have several things at our office that any pet would love to receive this holiday. Stop in and check out the following gift ideas:

1. Greenies—The edible "toothbrush" for cats and dogs. For cleaner teeth and fresher breath.
2. Kongs—For dogs. Get our list of Kong recipes to keep your pet entertained and out of trouble for hours.
3. Gentle Leaders—This one's a gift for you as well. Stop in and ask any one of our team members for details.

## Aggression At the Veterinarian's Office



Dogs or cats visiting a veterinary hospital are often aware before entering the reception area that something different is about to happen. A fearful response at the veterinarian's office is probably the most common phobia in companion animals. A pet may become aggressive at the veterinarian's office because of fear and inability to escape. Some dogs are additionally motivated by defensive aggression aimed at protecting their owners in an

apparently menacing situation. Sometimes it is very helpful for veterinarian's and their staff to separate a dog from its owner, so as to reduce aggression during a veterinary visit. Isolating a dog from its owner often eases its aggressiveness. This calming effect on the dog may also reflect the additional tension caused by its concerned owners. Placing a muzzle on an aggressive dog frequently has a calming effect, as well as ensuring everyone's safety. *It is not cruel*

*to muzzle a dog for brief periods.* If you are asked to separate yourself from or to place a muzzle on your agitated dog, have confidence in your veterinarian's judgment and concern for your dog's best interest. Some pets become so fearful at the veterinarian's office that they risk injuring themselves and anyone attempting to handle them. Seeking the help of a veterinary behaviorist. They can help desensitize pets and alleviate their fearful behavior.

### Dirty Litter Box

### Negative Litter Box Experience

### Spraying

### Territorial Marking

### Medical Problem

## Elimination Problems in Cats

A cat's failure to urinate appropriately in the litter box may have several causes. A dirty litter box may cause a cat to avoid the box. A negative experience associated with the litter box could also deter its use. Never scold or startle a cat in the vicinity of its litter box. Inappropriate urination can also be a form of territorial marking.

Getting your cat's ovariohysterectomy or neutered will help. Urine marking in the standing position is called spraying. Territorial conflict between cats in multi-cat homes may cause problems relating to use of the litter box. As a guideline, provide one litter box for every cat in your household plus one extra. Also, a cat can develop

preferences for a certain target surface, such as carpeting, and eventually mark similar surfaces throughout your home. It is always important to investigate a possible medical problem associated with inappropriate urination. If any of these symptoms should occur, contact our office for a medical examination or a behavioral consult.

## Destructiveness During Isolation



In an owner's absence, dogs may chew, dig, scratch, or knock over objects. An anxious dog may direct its anxiety toward an obstacle that blocks its escape from confinement, such as a gate, door, door frame, or window sill. It may vent its frustration on upholstery or

wooden furniture, or seek objects on elevated surfaces. Gaining access to difficult to reach or forbidden objects may be more challenging and therefore more stimulating to certain dogs. It is always important to remove potentially attractive targets before periods of isolation.

Fragile possessions and things that may be swallowed must be cleared away. Concentrate on ways to prevent anxiety, such as increasing your pet's exercise and positive social interaction when you are home. Confinement to a crate or pet-proof room may be necessary.

## Elimination Problems in Dogs

House soiling in adult dogs ranks among the most common complaints of dog owners. If your trained dog suddenly loses its house-training manners, the possibility of an underlying medical condition should be evaluated. Dogs may lose desirable habits in response to events that are not immediately obvious to their owners. For example, a female dog may be in heat, arousing tensions in dogs of both sexes. A new dog in the neighborhood may pose

a threat to your dog's territorial security. Also an aging pet may lose its position of dominance when a younger dog challenges its social status. They may also react to their owner's stress. Dogs are sensitive to owner's moods and will react by reasserting territorial claims with deposits of stool or urine in the house. If your dog loses its house-training manners, follow these steps: Prevent accidents by resuming basic house training. Provide frequent opportu-

nity for your dog to eliminate in an appropriate place. Remember that it is not useful to punish a pet for inappropriate elimination. Decrease your pet's desire to return to soiled areas. Odors must be removed because they will attract your pet and maintain objectionable habits long after the initial cause of the misbehavior is gone. The longer the misbehavior is allowed to continue, the more slowly it will respond to correction, if at all.



## Holiday Car Travel With Your Dog

Car or motion sickness is the result of the effect of irregular motion on the balance mechanism of the middle ear. The signs are restlessness, salivation, and vomiting. Waiting at least six hours between the last meal and traveling will help. Have the dog ride inside the car rather than in the back of a

pick-up or inside a camper. Don't allow the dog to run and jump around in the car, especially not near the driver. Make sure there is plenty of fresh air and that the temperature is not too hot towards the back of the car where the dog will likely be. If you need to open a window, keep it closed enough that the

dog cannot stick his head out of the window and be injured by debris. Stop at regular intervals to give your dog a chance to exercise, relieve himself, and drink water. Call our office for more ideas to help ease your holiday travels, such as using a dog appeasing pheromone spray to help calm your pet.



## Don't Put on the Winter Fat

It is important to not allow your pet to over-indulge in the goodies this holiday season. Approximately 40% of all Americans are obese. Unfortunately, this same number applies to pets. Remember that some goodies can actually be harmful to your pet. Baker's

chocolate and xylitol (ingredient found in certain candies, gum, toothpastes, and various vitamins) are two holiday treats that need to be avoided. Remember that obesity in cats and dogs may lead to such medical complications as diabetes, heart conditions, hypertension, bad

hips, and arthritis to name a few. Keeping your pet on a strict diet will help reduce the chances of them becoming obese. By making an appointment at our office, we will be able to design a safe and effective weight loss program to meet your pet's lifestyle.

