

# CVC Newsletter

January 2005

Countryside Veterinary  
Clinic, Ltd.

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## Human-Companion Animal Bond

Although the majority of households have some type of pet, it is only in recent years that we have begun to appreciate the relationship between people and their pets and the potential physical and emotional benefits derived from that interaction. In a scientific study involving 5,700 participants, pet owners were found to have significantly lower blood pressure, triglyceride levels, and cholesterol than people without pets. They also had higher survival rates following myocardial infarctions. Researchers have demonstrated decreases in a variety of other minor health problems for pet owners well. Pets can alleviate stress, anxiety, and depression. Child development is thought to often be enhanced by pets, and children with pets have consistently scored higher on measures of empathy and self esteem. Patients in hospitals and nursing homes have improved morale and require less pain medication with the presence of a pet, and companion animals have been found to speed recovery during rehabilitation. Evidence supporting the therapeutic value of the human-companion animal interaction on physical and emotional health continues to accumulate. Not everyone should be a pet owner, however, as pets require a great deal of love and attention. As Christmas approaches, we should refrain from giving pets as gifts unless we are absolutely certain the recipient's schedule and lifestyle would welcome that particular pet with open arms.

## Decision to Spay or Neuter Your Pet

The spaying of female dogs and cats is actually an ovariectomy. Spaying prior to the first heat cycle greatly reduces the incidence of mammary tumors. It is not necessary for the female to go through one heat, and having an estrus cycle does not improve a pet's temperament. In fact, the risk of mammary cancer increases slightly if allowed to have one heat cycle and then jumps dramatically if not spayed until after one or two years of age. Spaying also prevents unwanted bleeding, dangerous uterine infections, and undesired pregnancies. Neutering, or castration, helps to prevent certain behavioral problems such as marking territory with urine, running off, and certain types of aggression. If neutered, they are also less likely to develop prostatic disease, perianal tumors, and perineal hernias. The threat of testicular cancer is also completely eliminated. Spaying and neutering will not affect your pet's personality, temperament, or intelligence. If you are concerned that your dog may not protect your home is spayed or neutered, please note that territorial aggression is not affected by these surgeries. It is a myth that spayed or neutered pets become fat and lazy, but it is true that their caloric needs are lowered. However, controlling their rations should prevent obesity. (over)



### Pet of the Month

#### Misty

I am writing on behalf of our dog Misty. We rescued Misty from a shelter about 3 1/2 years ago and since then our lives have changed for the better. Aside from the wonderful ways she enhances our lives as a pet, she teaches us about life and giving. Misty is a therapy dog. My 5 year old daughter and I take Misty to different nursing homes, schools, libraries and a camp for special children. To see the joy she brings to people and the connection they have with her really brings it home to me that we are here to help each other. That's what life is all about. And what's even more is that Misty is teaching my daughter that valuable lesson. She enjoys walking Misty from person to person. She gets Misty to do tricks and sometimes Misty will crawl under a walker or gently place her front paws on someones lap. It's amazing to me that a dog can tell which person needs their special attention and Misty sure knows how to work her charm with them. She is one awesome dog. If anyone is interested in joining Fox Valley Therapy dogs please email me at [kmkgessler@msn.Com](mailto:kmkgessler@msn.Com)



## Congratulations!

Jake is this month's "Employee of the Month". Jake has been a member of our healthcare team since June 2002. Jake's primary responsibilities involve assisting hospitalized pets with their needs and providing caring attention. Jake continuously ensures all pets have food and water, bathroom and exercise breaks, clean and comfortable housing, in addition to monitoring them for changes in their condition. He also assists the doctors and technicians in performing treatments that are provided to our patients. The receptionists seek Jake's help with transporting pets and inventory items to our client's vehicle. He also assists with the regular cleaning and maintenance of our facility. Jake often discovers ways in which to make improvements on his own. His latest was to spend 7 hours after closing to re-build our shelving units in the reception area. Jake performs all these tasks completely and is always eager to assist anyone with anything. Jake's dedication to patient care is outstanding and to show appreciation Countryside Veterinary Clinic awards Jake "Employee of the Month".

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## Decision to Spay or Neuter Your Pet (continued)

The AKC allows spayed and neutered dogs to participate in all phases of obedience, tracking, herding, agility, and most field trials. The only reason not to spay or neuter is if you have decided to become a responsible breeder. Please remember that for every puppy or kitten that finds a home, four other do not get homes. Be part of the solution to this staggering problem. Discuss spaying or neutering your pet with your veterinarian.

To: Our Valued  
Countryside Veterinary  
Clinic Clients



Countryside Veterinary Clinic, Ltd.