

COMPANIONS

January 2011

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A Weighty Problem

- ♥ Did you know that for a 20 pound dog 1 oatmeal cookie is equal to 1 hamburger or 1 chocolate bar for a person?
 - ♥ For a 10 pound cat 1 potato chip is equal to 1/2 hamburger or 1/2 chocolate bar for a person.
- culty breathing and exercise intolerance. If you are concerned that your pet may be experiencing any of these signs please contact us to schedule an exam. Often these problems develop slowly. The longer a pet is overweight, the more likely problems will occur.

Most people are not aware how these seemingly little treats add up so quickly. Unfortunately overfeeding, free choice feeding, and lack of exercise are all reasons why nearly 35% of pets are overweight or obese. Even pets as little as 20% overweight (i.e. a 12 pound pet that should weigh 10 pounds) run the risk of developing diabetes, arthritis, heart and respiratory diseases and cancer.

Early warning signs of diabetes include weakness, increased thirst, frequent urination, depression or abdominal pain, or a flat footed gait.

Signs of arthritis and other joint disorders include behavioral changes, limping, stiffness or difficulty climbing stairs.

Heart and respiratory disease signs can include coughing, lethargy, diffi-

In support of our mission to promote healthy pets, preventative care and client education our goal for the first half of 2011 will focus on nutrition with a more specific focus of getting our patients to a healthy ideal body weight. In short, we are going to do the CAH Biggest Loser-Pet Edition. This program will run 2/1/11 through 6/30/11. All participants must be signed up by 5/1/11 although those that start earlier will have an advantage of having more time in which to work on helping their pet lose the weight!

CAH team members know how hard this can be for both pets and people. As part of our focus we are also doing a "Healthy Employees promoting Healthy Pets" goal to encourage employees to reach their fitness and nutrition goals as well.

You and your pet are invited to participate in the CAH Biggest Loser-Pet Edition!

What: A program to support our mission to promote healthy pets, preventative care and client education with a special focus on nutrition and getting our patients to a healthy ideal body weight.

When: The program runs from 2/1/11-6/30/11. All participants need to be signed up by 5/1/11. Participants signed up early will have the advantage of more time to help their pets lose the weight and therefore have a chance to earn more prizes.

How: All participants must come in to meet with Mendi or Cindy, our nutritional counselors to set up a nutrition and fitness plan. They will also weigh in, get measurements taken and have their picture taken. Prizes will be based on points earned. Points are awarded based on the following:

- ♥ 1 point for each % of body weight lost
- ♥ 1 point for each cm of loss
- ♥ 1 point for each weigh in that you come in for (will also get a small prize at each weigh in if weight is decreased). Weigh ins are recommended every other week.
- ♥ 1 point for each group walk or fitness outing attended

Prizes: The winner is the pet with the most points by 6/30/11.

1st Place-a free bag of Science Diet product, a free bag of Lean Treats, 10% off of their food for 1 year

2nd Place-5% off their food for 1 year, free bag of Lean Treats

3rd Place-5% off their food for 6 months, free bag of Lean Treats

There will be other small prizes for all those that met their goal and a special award for pets and owners who lose weight together!

Robyn's Fund Update

Robyn's Fund exists for homeless animals in need of veterinary care. Robyn's Fund is funded completely by donations.

We are pleased to announce that the black lab mix that was featured in our October newsletter found a wonderful forever home.

We would like to thank the Harlander family and the many anonymous donors who dropped money into the Robyn's fund donation box at our front desk.

As we start looking forward to spring we would also like to welcome anyone to contribute to Robyn's Fund by donating items to be used for our annual Robyn's Fund fundraiser rummage sale to be held at the beginning of May (please see our April newsletter for exact date and time). This is typically our biggest fundraising event for the fund. Donations can be brought directly to the clinic. Please call us at 252-6700 if you would like more information.

Please be assured that even though we are now a one doctor practice and Dr. Altena does occasionally need to be away from the office, we have made arrangements to be sure that our clients and their pets are taken care of. We are pleased to welcome Drs. Johnson, Vogl to our practice on occasion should Dr. Altena need to be out of the office.

PAWS for Pet Owner Education Series

Since October 2009, CAH has been offering a pet owner education series with a variety of topics. This year we have planned our 2011 schedule of topics for the series in advance allowing our clients or anyone else interested in attending the opportunity to sign up in advance for classes they are interested in or even for the whole series. The classes are FREE and refreshments are provided. As space is limited, we do ask that you call in advance to RSVP for any classes you would like to attend.

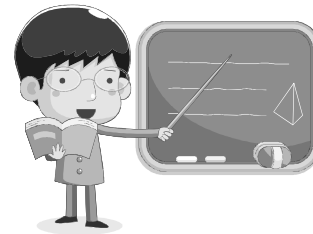
February 7, 2011- Dental Health

April 11, 2011- Nutrition

June 20, 2011 CPR/First Aid for Pets

September 12, 2011- Arthritis

October 24, 2011- Diseases We Share-Diseases that can be transmitted from pets to people



We would love to have you join us for these informal and informational talks & bring a friend!

Featured Product

NEW at CAH! Purina Meaty d'Lite Low Calorie Canine Treats

Obesity is not only a big problem for humans, but for their pets as well. Did you know that three extra pounds on a terrier is equal to thirty extra pounds on a 150 pound person! Those extra pounds are hard on a pet's joints and organs, making them work harder to support them. Purina has been working hard developing special diets and treats to help make weight loss and maintenance a bit easier. Meaty d'Lite treats are a new product developed to compliment their special diets. We know how hard it is to resist giving treats to our pets. Meaty d'lites are tasty, tender, meaty, low fat, and under ten calories

each! We can discuss a weight loss or maintenance program that includes these tasty treats. They are highly recommended by our team members' dogs who have already tried them. For more information on Meaty d'Lite treats or other Purina Veterinary Diets go to www.purinaveterinarydiets.com.



To everyone who thought of us this holiday season with well-wishes, sweet treats, and holiday cards and letters. We appreciate your thoughtfulness!

Meet The Team



We would like to officially introduce you to two newer team members and one returning team member. Bob Hatfield started in March of 2010 as our overnight animal caretaker. Bob previously was in the roofing business but was looking for a change to something a little less physically demanding. Bob is one of our team members that most clients never get a chance to see or talk to but his presence gives many clients peace of mind. If your pet is staying with us for surgery or boarding, he is the one taking care of them overnight and making sure they are comfortable.

Beth Burns (top right) started in May of 2010 as our afternoon and evening Client Care Representative. Beth previously

worked in banking. She lives in the country and enjoys gardening, planting flowers, reading, sewing, crafts, watching movies, deer hunting, winter and summer fishing, 4-wheeling, and spending time with family and friends. She is also a wonderful cook. Beth is not able to have a pet of her own right now due to allergies in her family but just loves meeting all of the pets that come into the clinic. Beth has done a great job at the front desk and is a quick learner so if you see her the next time you are in, be sure to say "hi!"

Cindy Kohs, who formerly worked at CAH since 2000 in various positions from animal caretaker to overnight assistant returned to CAH after a brief hiatus in

human health care. Prior to that, Cindy spent 10 years working as a social worker. She has been able to put this experience to good use during her time at CAH though as she also is the facilitator of our Healing Hearts Pet Loss Support Group that meets the third Thursday of the month from September to May at the clinic.

Cindy said the change to human healthcare was fine but decided that her heart was truly in working with pets. She says that the job is always challenging and that she looks forward to going to work each day. When she is not at work she also has a large four-legged family to keep her busy including two dogs, three cats and a rabbit.

CAH Dates to Remember

Tuesdays of every week CAH is closed from 1-3:30 for regular team meetings. **February 1, March 1, and April 5** we are closed for our extended team training from 12-4pm.

January 20, February 17, and March 17 Healing Hearts pet loss support group meets from 7-8pm.

February 7 CAH will be hosting a dental health fair from 5-7pm. Pets are welcomed and encouraged to come.

February 7 CAH will be holding our next PAWS for Pet Owner Education Lecture. The topic this time will be dental health. The talk will be held at the clinic at 7:00pm. Please call the clinic to RSVP.

February is National Pet Dental Month. Call the clinic for specials this month.

April 11 CAH will be holding our next PAWS for Pet Owner Education Lecture. The topic this time will be nutrition. This would be a great talk to attend for those participating in the CAH Biggest Loser—Pet Edition contest. The talk will be held at the clinic at 7:00pm. Please call the clinic to RSVP.

April 24-CAH will be closed for Easter.



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You're Invited our
Paws for Pet Owner Education Series
on Dental Health and Dental Health Fair
When: February 7, 2011
Time: 5:00-7:00pm Dental Health Fair
7:00-8:30pm PAWS talk
Where: Companions Animal Hospital
2703 Clearwater Rd
St. Cloud MN 56301
Please call 252-6700 for more information or to
RSVP



Companions Animal Hospital **Philosophy Statement**

We treasure the unique family-pet bond by providing comprehensive high-quality veterinary care with emphasis on exceptional client service and patient care. We promote this level of service by keeping current on medical advances, offering continuing education for our healthcare team, and being compassionate and understanding towards pets and those who love them.