



Mountainview Animal Hospital

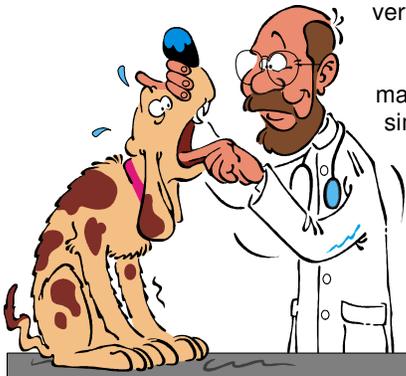
Dr. Stephanie Ewing BSc., DVM



It Is a Five Year Check Up To Your Pet

Today I received a phone call from my doctor to remind me of my annual physical examination scheduled for next week; not an appointment that I look forward to, but one that I never miss because I understand the importance of the doctor's exam. As I have become older my doctor's visit now includes routine blood work and a urinalysis to screen for more in-depth problems that may not be detected on a physical examination. This annual appointment also gives me the opportunity to discuss some minor concerns that I would otherwise not schedule an appointment for; you know, the "doc it hurts when I do this" or "I get heart burn when I eat that". As I continue to age the blood work will become a bit more extensive and other tests such as an electrocardiogram and mammogram will be added to the screening procedure. Now, I know that not every one is compliant with their annual check ups, but even those who don't see their doctors regularly agree that they should.

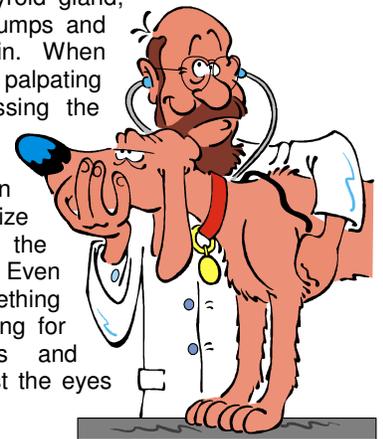
Going to your doctor every year for your physical is not much different than bringing your pet to your veterinarian every year for their 'shots'. In fact, it is not the vaccinations that are the most important part of that visit; it is the physical examination and the interaction between the veterinarian and the pet owner. The conversation that takes place before and during your pet's examination gives the veterinarian a lot of information about how your pet may be feeling at home. These conversations may at times seem very casual but are filled with bits of precious clues about your pet's health. It is also an opportunity to ask all of those little questions that you may think are silly but are actually very important.



The examination itself may sometimes seem very simple but it is not. Often people think that because they check their pets over at home themselves they do not need to see a veterinarian. While it is very important to monitor your pets closely at home, it sometimes takes trained

hands and eyes to pick up on those early warning signs of disease. Remember your pets cannot tell you when they are feeling poorly and often do not complain until the disease is quite advanced.

Much of what your veterinarian does during an examination is not obvious but is never the less important and planned. During your pet's visit, every move he or she makes gives the veterinarian information about his/her wellbeing. How your pet moves or explores the room and his or her over all appearance tells us something about them. When we touch your pet, we are not just stroking them to calm them but are also taking the opportunity to feel and assess the lymph nodes, the thyroid gland, the muscle mass, presence of lumps and bumps, signs of swelling and pain. When we squeeze their bellies we are palpating their internal organs and assessing the size, shape and texture of each of them. We are feeling for tumors, tenderness, organ enlargement, bladder stones, size and consistency of the stool in the colon; I could go on and on. Even when we make eye contact (something that all pets avoid) we are looking for any number of abnormalities and diseases that could affect not just the eyes but the whole body.



Although most veterinarians believe in the value of the vaccinations we give your pet, it is truly the physical examination that we are strongly encouraging every year with those reminder cards, letters and telephone calls. As your pet ages those check ups become even more important; and just as with humans it may be wise to do more than a physical examination. Older pets should have their blood and urine checked too. An unfortunate reality is that our pets age faster than we do; for every year that passes for us, 5 to 7 has passed for them. Imagine the changes that can occur in their bodies in just one year. So next time you get that annual reminder call from your veterinarian, remember it is actually a five year check up to your pet.



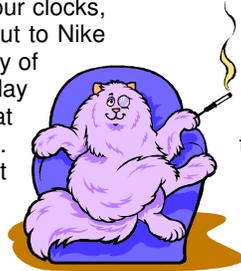
Update on our family

It almost seems impossible but we celebrated our one year anniversary in October, and what a year it has been. Never in my wildest dreams would I have imagined such a positive experience, I have thoroughly enjoyed my first year in Georgetown. I have been very lucky to have found support staff that care so much about what they do and work well as a team, and clients

that are so dedicated to their pet's health and happiness. We have been very well received in the community and many of you have praised our work and have even recommended us to your friends and family. I am truly grateful for your warm reception and referrals. Thank you. We will continue to work hard to provide you and your pets with the best service and health care possible.

Life according to Nike

Twice a year we humans respond to the change in day light by adjusting our clocks either forward or back depending on the season. To most of us it is a minor inconvenience to remember to change all of our clocks, and a loss or a gain of one hour of sleep. But to Nike this "fall back" was an all out attack on her way of life. You see, she has every minute of her day planned out precisely: eat 8:00 am, sleep, eat 12:00 noon, sleep, eat 4:00 pm, sleep. Changing the clock back one hour meant chaos, what she thought was 12:00 noon was now only 11:00 am. Maybe it is because cats age 5 years for our 1, but for some reason for Nike the one hour fall back meant



two. Instead of bugging us at 11:00 am (really 12:00) for her lunch, she started at 10:00 am. The howling, the hissing, the pacing and the mood swings were incredible. It is amazing how much of a ruckus one little creature can make. Now, you are probably thinking that this went on for two maybe three days.....not.....try three weeks! I even started to give her daily physicals thinking something was wrong with her; that didn't help her mood much. I am only grateful that in the spring we will be moving forward, that way she will think she is being fed an hour early (or maybe for her it will be two hours).

Holiday Hours



Please note the changes to the hospital hours over the holidays:

December 24 th - Christmas Eve:	9am - 2pm
December 25 th - Christmas Day:	Closed
December 26 th - Boxing Day:	Closed
December 31 st - New Years Eve:	9am - 2pm
Jan 1 st - New Years Day:	Closed

In case of an emergency please call the Emergency Veterinary Clinic at 905-495-9907



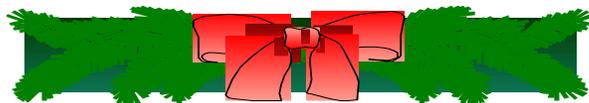
Presents Yeh!

Enclosed is a ballot for our holiday draw for a Christmas stocking filled with surprises for your pet. We will be drawing one name for a cat stocking and one for a dog stocking. There will also be a draw for a free groom up to the value of \$50.00, donated by our groomer Debbie Tatham. Please fill out your ballot and drop it off to the clinic, the draw will be held at noon on Saturday December 21st.

Good Luck!

From all of us at Mountainview Animal Hospital
we wish all of you a

Joyous Holiday Season and Happy New Year!



Enter and Win!
Christmas Stocking

Filled with Toys and Treats your dog or cat

Owner's name: _____

Pet's name: _____

Telephone Number: _____

Do you have a Dog Cat Both?

Donated by Mountainview Animal Hospital



Enter and Win!
Free Pet Grooming
Valued up to \$50.00

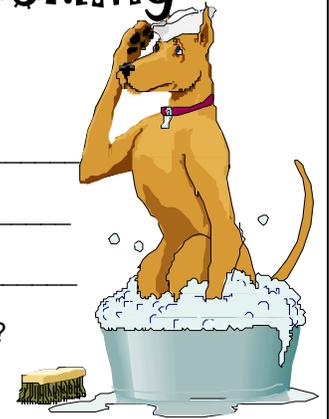
Owner's name: _____

Pet's name: _____

Telephone Number: _____

Do you have a Dog Cat?

Donated By Debbie Tatham



Enter and Win!
Christmas Stocking

Filled with Toys and Treats your dog or cat

Owner's name: _____

Pet's name: _____

Telephone Number: _____

Do you have a Dog Cat Both?

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