



# ANIMAL WELLNESS CENTER OF BUFFALO VALLEY

## June Newsletter

### June is Adopt-A-Cat Month!

According to the ASPCA, 1.6 million cats are adopted each year from animal shelters. Each spring, thousands of newborn kittens join the already millions of cats in shelters across the country. We can help minimize those numbers by spaying and neutering our pets and investing in Trap-Neuter-Release programs. The American Humane has released a Top 8 Checklist for adopting a cat:

- 1) If you're thinking about adopting a cat, consider taking home two.
- 2) Find a cat whose personality meshes with yours.
- 3) Pick out a veterinarian ahead of time and schedule a visit within the first few days following adoption.
- 4) Make sure everyone in the house is prepared to have a cat before your new pet comes home.
- 5) Budget for the short- and long-term costs of a cat
- 6) Stock up on supplies *before* the cat arrives
  - 7) Cat proof your home
- 8) Go slowly when introducing your cat to new family and friends.

**Consider adopting a fuzzy, cuddly feline to your home!**



*Our Office Assistant, Katlyn's cats: Stu, Amelia, and Harvey*

### Fun dates to add to your calendar!

**Pet Appreciation Week is June 4-10th!**  
International Cat Day is June 4th  
Take your dog to work day is June 23rd



**Summer is upon us!**  
**Heartworm, flea, and tick preventatives are strongly recommended for your pets year round, especially during the summer months when they are outdoors more often.**



**Bark for Life will be June 17th. Registration begins at 8:00am - 10:00am at the Mondovi Fairgrounds! The walk will begin shortly after the opening ceremony.**



AMERICAN CANCER SOCIETY  
**BARK FOR LIFE**  
A CANINE EVENT TO FIGHT CANCER



## Ask Dr. Sarah

**This month, let's talk thyroid. Thyroid dysfunction is something we see on a regular basis in dogs and cats.**

Chances are you know of a dog or a cat with thyroid gland issues. Let's delve into thyroid dysfunction, and how it can affect your pet.



### Where is the thyroid gland?

The thyroid gland consists of two pieces that lie on either side of the windpipe (trachea) below the jaw. Just like in people, there are some animals that have "ectopic" thyroid tissue, meaning the tissue is located elsewhere in the body, most commonly further down along the windpipe.

### What does the thyroid gland do?

The thyroid produces multiple hormones, including thyroxine (T<sub>4</sub>) and T<sub>3</sub>, all of which require iodine to be made. These hormones have an impact on many aspects of the body including temperature, weight, heart, muscle, and skin condition to name a few.

### What causes thyroid dysfunction?

Thyroid underactivity (hypothyroidism) can be caused by illness, iodine deficiency in the diet, and some medications. Overcorrection of an overactive thyroid can also cause hypothyroidism.

The thyroid can also be overactive and produce too much thyroid hormone, known as hyperthyroidism. The most common cause of hyperthyroidism is nodules on the thyroid gland that are not responsive to the body's signals to stop producing thyroid hormone. In rare cases these nodules may be cancerous.

Overcorrection of an underactive thyroid can also cause hyperthyroidism. This is why thyroid hormone level testing is important during treatment of thyroid dysfunctions to prevent any overcorrection.

### What does thyroid dysfunction look like in dogs and cats?

Hypothyroidism occurs most commonly in dogs. Signs are often vague and include, but are not limited to weight gain, lethargy, hair loss or dull hair coat, increased skin pigmentation, and recurrent skin infections.

Hyperthyroidism is seen most often in middle age to older cats. The most common signs include weight loss, increased hunger and thirst, vomiting and diarrhea, dull hair coat, high heart rate, and heart murmurs.

### How is thyroid dysfunction diagnosed?

Because the signs of thyroid dysfunction can occur with numerous other conditions, a thorough physical exam, history, and bloodwork are required to assess the thyroid.

### How is thyroid dysfunction treated?

For hypothyroidism, thyroid hormone supplementation is necessary in most cases, and treatment is lifelong. There are many treatment options for hyperthyroidism including lifelong medication or prescription diet, radioactive iodine therapy in a specialty hospital, or surgical removal of part of the thyroid.

We carry several thyroid support supplements from our Standard Process line that are great for boosting overall thyroid health even in patients with clinically normal thyroid hormone levels. If you have any questions or concerns not addressed here, please call the clinic and we will be happy to help you!