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**Monthly Feature: Welcome Our New Doctor!**

**Welcome to the SAH team Dr. Dorathea Siero!**

Born and raised in Martinez, CA, Dr. Dorathea Siero knew she wanted to be a veterinarian even as a 6-year-old child. She grew up with dogs, cats, and rats, but "Grey", her grey kitty, was always her best friend! In 2008, she moved to Davis to attend UC Davis for her undergraduate degree in Neurobiology. Dr. Siero then progressed to the UC Davis School of Veterinary Medicine, graduating in 2015.



Despite her recently acquiring more initials behind her last name (DVM), Dr. Siero is a long time SAH team member, starting in 2009 as a Veterinary Assistant. While in school, this helped her gain experience in the veterinary field. We loved her so much, we had to get her back after graduation!

Dr. Siero became a veterinarian because she likes solving problems and helping furry friends. She enjoys the medical aspect of figuring out what is causing a patient's symptoms. This leads into the "pay it forward" aspect: looking at a patient with a problem, and using the information to not only help that pet, but to also help other pets in the future. Dr. Siero also has a special interest in pathology and looks forward to expanding her knowledge through continuing education courses.

Currently Dr. Siero is definitely a cat lady. She lives at home with her boyfriend Sean and her two cats, both from the shelter. Both roughly 6 years old, "Riley" is a tabby, and "Isabelle" is all black. Outside of work, Dr. Siero enjoys playing on a recreational indoor soccer team.

**New Faces at SAH!**

If you've been into see us recently, you may have noticed all the new faces here at SAH. We have expanded our team from the front desk, to veterinary assistants and technicians, and even doctors! As we mentioned in the last newsletter, it has been increasingly hard to accommodate all of our loyal clients. We are happy to grow the SAH family and welcome all of our new hard working employees. Here at SAH, we hope this helps us provide the best quality care to you and your furry family. Say Hello!



Left to right: Jecca, Hannah, Nina, Anna, Haley, Kevin, Erica

## Thriving Foxtails!

Foxtail season is here! These dry grass seeds can cause a surprising number of issues for our little (or big) furry friends. A foxtail serves as the plant's courier, carrying seeds far and wide for the survival of the plant species. The only problem is that it can be at our pet's expense! Shaped like an arrow, these little dry seeds are very pointy and have a knack for sticking to anything that walks by – shoes, clothing, and most of all, our pets! From ears to rears, nose to toes, and armpits to just plain anywhere, once stuck, the foxtail's shape promotes penetration into the skin. They can migrate deeper and deeper, creating abscesses and causing pain. Foxtails can even push their way inside the body! After this happens, surgery is the only way to stop the damage.



**How do we prevent this?** The best way to keep foxtails out of your pet's life is to limit exposure. If you see foxtails, keep your pet from running, rolling, digging, and eating foxtails. If your pet is exposed, thoroughly examine every inch of him/her. Look in the ears, in between toes and pads, in armpits, and anywhere else you can think of. Remove all that you see. If you find yourself wondering if your pet is holding his/her head to the side or limping a little, make an appointment right away. If there is a foxtail, the faster it's gone the better!

**What If we missed one?** There are a variety of different symptoms to look for depending on where the foxtail is imbedded. Things to look for include:

- Shaking/tilting head, scratching ears
- Excessive sneezing, especially with bloody discharge
- Pawing at face, red or squinting eyes
- Inflammation or redness of any area of the body (paws, eyes, rectum, vulva, prepuce etc.)
- Coughing – if the foxtail was ingested
- Limping – if a paw is affected



Foxtail season starts in the spring and won't end until late summer or early fall. Keep your eyes open and check your pets regularly. We are here to help if you need us!

## Leptospirosis: What and How?

When we take our four footed friends to the park or river to play, we would like to think that nothing can harm them. Unfortunately, these areas are also playgrounds for bacterial bugs that threaten our pet's health if not properly vaccinated.

**What is it?** Leptospirosis is a very contagious and potentially fatal bacterial disease. Animals who can contract the disease include: livestock, wildlife (deer, raccoons, skunks, or rats) as well as dogs and cats. An infected animal can transfer this disease through their urine, contaminating water sources in the process. Pets can be infected with Leptospirosis by drinking, walking, or swimming in contaminated water. Although cats can contract the disease, they appear to have a natural immune resistance, so we do not recommend vaccinating our cats.



### What happens if my pet gets Leptospirosis?

As the bacterium enters the bloodstream, it multiplies rapidly in many areas of the body tissue. Depending on the strain of Leptospirosis it can affect the kidneys, liver, lungs, spleen, eyes, and genital tract. Symptoms can vary from a minor fever and vomiting to severe dehydration, lethargy, shivering, muscle tenderness, and jaundice (yellow tint to the skin, eyes, and gingiva). Leptospirosis is treated with IV fluid therapy, antibiotics, and in severe cases hemodialysis. As a patient recovers from the disease, the bacteria can persist in the kidneys, making that pet a carrier of the disease for months thereafter.

**Can I get Leptospirosis?** It is possible for humans to contract this disease. The United States Center for Disease Control estimates that up to 200 human cases are reported each year. Children, individuals who participate in water sports, and individuals with occupational exposure have an increased risk of contracting the disease. Leptospirosis is rarely fatal in humans however it can still cause symptoms.

**What can I do to protect my furry family?** Here at SAH, we consider Leptospirosis a "core" vaccine. Due to the wildlife presence in this area, we consider all dogs at risk. Routinely vaccinating your pets is the best way to prevent the spread of disease.

## Heat Exhaustion: Summertime Sacramento Heat and How to Keep Our Furry Family Members Safe

With the recent hot weather, people and pets alike must be more cautious about staying hydrated and not overheating. Heat stroke can be quite common in an area as hot as Sacramento. Even healthy pets can get dehydrated, and sometimes it can be difficult to identify. Here are some tips on how to prevent it.

### **One Tip, Two Tip, Three Tip, Four!**

Make sure your pets have access to shade and shelter at all times. A sunny backyard might be too much for our furry friends in hot weather.

Have a large bowl of water available at all times. Sometimes our little pets can drink more than we think!

When it is extremely hot outdoors, make every effort to let your pets inside. Sacramento heat waves are no joke! I know I would rather not be outside all day in 100 degree weather!

Do not over exercise. We've all seen those ball-crazy dogs (and I have one too!) who will not stop chasing their favorite toy no matter how hot or tired they are.

"Throw the ball! Why are you picking it up and not throwing it?! Throw me the ball! I'll go get it, I'll go get it!" Your furry friend's body language is clear.

Just remember, breaks are good. Even 20 minutes of ball retrieving on a hot day can result in a vet visit for heat exhaustion.

Asphalt and cement can get very hot in the summer. I have one dog that walks completely normally on a hot day, but my other pup starts walking as if a volcano just erupted beneath her. Dogs and cats alike can burn their paw pads which can be very painful and make them not want to walk at all. Booties can be very useful if you still want to take your pet for a walk during the day, but the best options would be morning and evening walks.

Most of us know this one already, but never ever leave your pets in a parked car on a hot day, even as low as 70 or 65 degrees F if the sun is out. This can be and has been fatal for too many pets, too many times.

### **Special Considerations:**

Brachycephalic pets, or dogs and cats with shortened muzzles, noses, and snouts, are more susceptible to heat stroke because they cannot pant to self-regulate their temperature very well. Older pets, overweight pets, and those with heart or lung disease can also have an increased risk and should definitely have a cooler place to lounge.

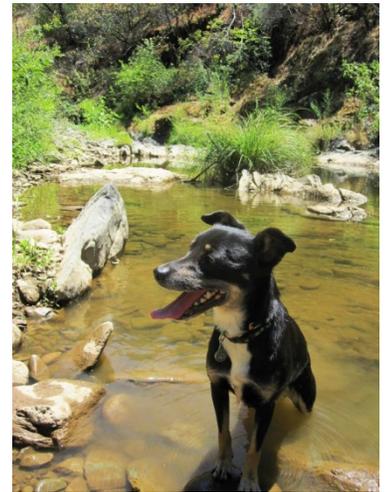
### **Signs and Symptoms:**

Signs of heat exhaustion include excessive panting and difficulty breathing in dogs and cats. If your cat is open-mouth breathing, it is very important to contact your veterinarian immediately. Other signs include: increased heart rate, drooling, vomiting, diarrhea, weakness, stumbling, increased temperature above 104 degrees F, and even collapse and seizures. (A normal temperature for dogs and cats is between 99.5 and 102.5 degrees F.)

### **What To Do:**

If you are seeing any signs of heat exhaustion, call your veterinarian right away. Do not try to cool your pet by putting him or her in a cold water bath (or the pool). That can actually decrease their temperature too rapidly, leading to hypothermia, or a lowered temperature.

We hope this information helps you and your furry family stay happy and healthy this summer. Should be a hot one!



It can happen to anyone! This hiking day was very hot and I ended up carrying my little dog back down the hill because her feet hurt and she was very hot and tired!

## Doggie Dash 2015 with the SAH Team!



 Sacramento SPCA  Doggy Dash 2015 

In early June, we participated in the Doggie Dash in Land Park with some of our own pups. We had a blast and even got the dogs to look at the camera!

## DogFest Walk n Roll!

**Saturday, September 26, 2015:** 10 am to 1 pm

Grab a leash and come to DogFest for a tail-waggin' good time! Admission is free to this community dog walk that supports the mission of Canine Companions for Independence. Put together a team and fundraise at least \$100 to earn a DogFest prize. DogFest is wheelchair accessible and there will be sign language interpreters on site. Dog activities include: painting with paws or tails, agility course, police dog demo, assistance dog demo and more!

For more information, please email:  
DogFestGreaterSacramento@cci.org

## Tabby's Corner:

Dear Tabby ~

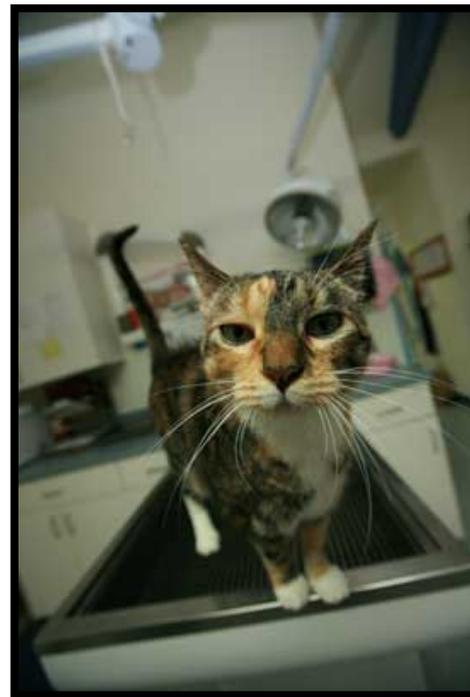
I've been very itchy lately and my humans don't know why. I scratch and scratch and I've even lost a little bit of my fluffy coat near my tail and back legs. I've heard them talk about it, but still I scratch! I only live indoors, but could I still have fleas???

Sincerely,  
Itchy Pants

Dear Itchy Pants,

It is a common notion that indoor only kitties don't get fleas. However, I have read myriad letters much like yours. It *IS* possible that you have fleas. Of course, there could be other causes for your constant scratching, but fleas are an easy fix! Your humans walk in and out of the house all the time. Fleas can catch a ride on their shoes or pant legs to get in the house, finding you as their tasty prize on the inside! Tell your human family that you need some flea prevention. But not just any type – make sure they stick with the safest and most effective products: Frontline, Revolution, or Advantage.

Meow for now!  
Tabby



If you would like more information about the topics discussed in our newsletter, please contact us at 916.451.7213 or visit our website at [www.mysacvet.com](http://www.mysacvet.com). If there is another topic you would like the doctors to address in our next newsletter please let us know.

