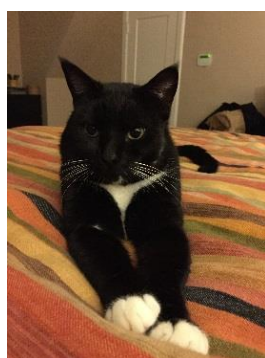


**INSIDE THIS ISSUE:**

Feline Viruses: What and Why ~ Fleas: Get Them Out of Here!  
Heads Up: SAH Fall Carnival Event ~ Heat Exhaustion / Heat Stroke  
August Upcoming Event: Woofstock in Rocklin ~ Tabby's Corner

**Feline Viruses: What They Are and Why We Want to Know**

FeLV and FIV are viruses that threaten the immune system of our feline friends. Neither disease can be cured, but knowing a cat's viral status (positive or negative), can help us determine how to treat other diseases that come along as well as help us give our kitties an appropriate lifestyle. Cats can live a happy life with proper care and knowledge of their status. Great news! There is a test for both of these viruses! Here's the 411 on what these diseases entail and why testing is important for everyone involved.



My name's Mal. I am FIV +!

**What is it?**

FeLV stands for Feline Leukemia Virus. It is a viral disease that suppresses the immune system as well as bone marrow production.

FIV stands for Feline Immunodeficiency Virus. It is an immunodeficiency disease, meaning the virus attacks the cat's immune system.

**What are the effects?**

FeLV: Makes cats more susceptible to other diseases.

FIV: Cats are more susceptible to secondary or opportunistic infections.

Long term effects of both diseases include increased susceptibility to cancers.

**What if my cat is positive?**

FeLV: We will be more aggressive with treatment of secondary diseases since your cat's immune system isn't

able to properly fight infections. Your cat should also lead an indoor only lifestyle preferably in a single cat household to prevent transmission to other cats.

FIV: Same as FeLV except: Your cat CAN live an indoor only lifestyle with other cats as long as they don't fight.

**How is it transmitted?**

FeLV: Direct contact between cats including: grooming, bite wounds, and sharing bowls and litter boxes. Kittens can contract the disease from their mothers.

FIV: Most commonly bite wounds. There is less evidence that sharing food/water bowls and litter boxes will transmit the disease. Kittens can contract the disease from their mothers, but it is less likely to occur.

**Can I get it?**

No, you as a human cannot contract either virus.

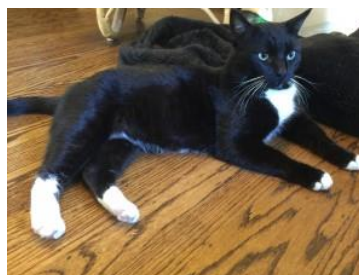
**Is there a vaccine?**

FeLV: Vaccination is recommended for all kittens to establish initial immunity. If your kitten ends up being an indoor and outdoor cat, we continue vaccinating once yearly until 10 years of age.

FIV: No vaccination recommended as efficacy is not proven and it can interfere with the test (eg: vaccinated cats will test positive!)

**What about additional testing?**

FeLV and FIV: We may recommend follow up testing



if: 1. A young kitten tests positive due to maternal antibodies. Once those have cleared, their retest may be negative. 2. An adult cat is bitten by another cat or has not been routinely vaccinated.  
**SO LET'S GET TESTIN'!**

## Fleas: Get Them Out Of Here!

(Source: Lifelearn Inc.)

I can only imagine almost every one of us has had to deal with a flea at one point or another. Whether it was just a few or an infestation, no one really likes fleas (including our pets!) Those little buggers weasel their way into our pet's fur, our homes, and our lives! Not only do I personally dislike bugs, but their bites can be very irritating to us and our pets!

### Where do they come from?

Cats and dogs acquire adult fleas from their environment. Adult fleas can easily get into our homes by jumping on our pant legs or shoes as we walk up the pathway into our homes. This is how indoor only pets can get flea infestations. Once a female flea bites a dog or cat and has her first meal, she will begin to lay eggs within 2 days. Female fleas can lay up to 40 eggs a day throughout their lifetime, which is about 3 weeks. Undoubtedly, fleas can get out of control, and FAST!

### What is the flea life cycle?

Flea eggs don't actually stay on dogs and cats. After the female lays the eggs, they fall off into the environment. Flea eggs become larvae, and larvae become pupae; all of which are found in very small dark places like cracks in the floor or deep inside the carpet or couch cushions.

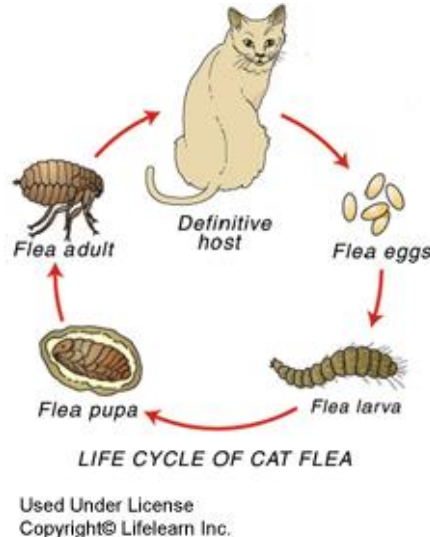
Adult fleas do not emerge from their casing (pupa stage) until they are stimulated by pressure, heat, etc. Fleas can live for months on end in the pupa stage! When they finally feel stimulation, the adult emerges and jumps onto a host within a few days. And the cycle restarts!

### What is a flea allergy?

As we just discussed, a flea infestation can happen very quickly, but what about just one flea? There are some dogs and cats that have a flea allergy, becoming extremely itchy from just one flea bite. These pets particularly should be on flea prevention every single month to prevent an outbreak.

### How do we treat a flea infestation?

Because fleas (whether eggs or other) are found on our dogs and cats AND in their environment, the best way to be rid of them is to treat the environment and the pet. This means flea treatments for our furry friends AND a flea treatment for our homes or yards.



### Can it be prevented?

YES! We have talked a lot about what happens when we have fleas on our pets and in our homes, but the easiest and most effective way to keep fleas out is to do exactly that: prevent them. We can accomplish this by using monthly flea prevention for each of our pets year-round. It is important to continue prevention year-round because it doesn't get cold enough here in Sacramento to prevent fleas from continuing their life-cycle in the winter.

### Can my dog and cat share fleas? What about my other animals?

Fleas can live on many furry species and therefore will jump between dogs, cats, rabbits, ferrets, etc. It is important to make sure all the household pets are on some type of flea prevention to keep the fleas from taking over!

### Approved Flea Preventions:

While on the subject of preventing flea infestations, it is also very important to use a veterinary approved product. These include: Frontline, Advantage, Revolution, Nexgard, Comfortis, Trifexis, as well as a few other products. The important thing to remember is not to purchase an "over-the-counter" product from a pet store without asking your veterinarian first. Some of these can be quite toxic to cats especially, but also to some dogs. These products can produce a very sick cat or dog that needs treatment right away. (For more information on bad reactions to over-the-counter flea preventions: Go to [mysacvet.com](http://mysacvet.com) > Blog tab > search 'Pyrethroid Toxicity' OR ask a staff member).



### Heads Up: SAH Carnival Event in October!

Does anyone remember our open house event a couple years ago? We had so much fun putting it on that we are going to be planning another fun family event for October! It's a little ways away but we wanted to give you all a heads up!

It will be a carnival event with games, food, and other fun booths to check out!

It is of course a family friendly event. Leashed and friendly dogs are welcome to attend as we will be having a paw print booth!

Keep us in mind and we'll keep you posted on the website blog tab, news tab, and on our facebook!



Website: [mysacvet.com](http://mysacvet.com)

## 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.

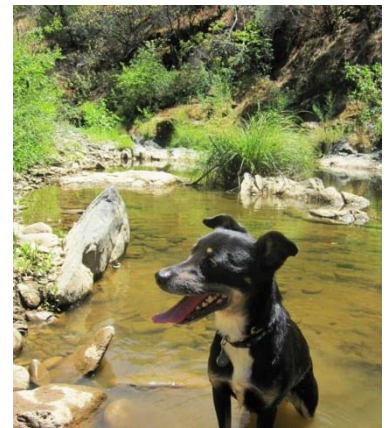
### Signs and Symptoms:

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!



## Upcoming Event near Sacramento:



### Woofstock Weekend!

August 26 to 28  
6am to 3pm  
Admission: Free

Where:  
Johnson-Springview Park  
5460 Fifth Street  
Rocklin, CA, US

A whole weekend of fun and festivities for you and your pooch! Pups at the Pubs kicks off the weekend and the grand finale is the Woofstock festival, with the Grateful Dog Fun Run and Pawcake Breakfast in the morning, followed by non stop activities, live music, even wiener dog races and costume contests!  
Get all the details at [rocklin.ca.us/woofstock](http://rocklin.ca.us/woofstock)

Important Note: Keep your pups hydrated and in the shade to avoid heat exhaustion! See the previous page for more information and tips!



## Tabby's Corner:

Dear Tabby~

I'm a very well taken care of (and quite beautiful if I do say so myself) indoor only kitty and my favorite place to lie is on my cat tree by the backyard window. I like to watch the birds on the patio fly around, even though I can't try to catch them. Lately, I've been seeing this scruffy looking tomcat in my backyard! Can you believe it?! I'm sure he doesn't have a home. I feel bad about that but I can't have him in MY yard! I even heard him fighting with another cat as if it was HIS backyard – ridiculous! I hiss and hiss to try and make him go away but he keeps coming around. It's honestly stressing me out!

Sincerely,  
Anxious Lounger

Dear Anxious Lounger,

I'm sorry to hear that you are extra stressed out by this intruder. My best advice is to have your humans move your favorite bed to another place for the season. Most female cats go into heat in the spring and summertime and therefore attract wandering male cats. There are generally more cat fights too. They were probably partially fighting over you – just take it as a compliment! Regardless, try to lie somewhere else when the tomcat is around. Hopefully your humans understand why you might be more stressed out and maybe they'll buy you some more toys to distract you during this stressful time!

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.

