How to Help Your Pets Deal with Holiday Stress

The holidays can be a stressful time for our furry friends. The change in routine, increased numbers of strangers with new smells, items everywhere that they aren’t allowed to eat/touch/climb on…it can be difficult for them to wrap their minds around the seasonal shift! Here’s a few ideas that can keep your pets happy about the holidays (or at least better equipped to deal with them).

1.) **Exercise!** Make sure you are still able to make time to take the dog for a walk, arrange a doggy play day, or visit a day camp. Kitties benefit greatly from interactive playtime with you—this means toy on a string or laser pointer with a treat at the end. Exercise helps pets vent some anxiety and build confidence. (Spending some quality time with our buddies is good for us humans too!)

2.) **Pheromones are our friends.** Both dogs and cats can benefit from pheromones, a chemical signal that tells them they are in a safe place. Adaptil for dogs mimics that pheromones released by mother dogs that are nursing their young, and Feliway for cats mimics the scent glands on their chin that they use to mark their “turf”. Pheromones are available as diffusors, sprays, and collars (for dogs). They can be a great assistance in helping any animal through a period of transition.

3.) **Create a safe place.** For some pets, this will be a retreat into your bedroom. Others take comfort in having a kennel/den available. Make sure everyone in the household knows not to bother the pet when they have retreated. If things are particularly hectic, have some low, calm music playing and plug in your diffusor of pheromones!

4.) **Supplements for stress.** Consider trying Zylkene, Composure Pro Treats, or the Royal Canin Calm Diet. Zylkene has a milk protein that is meant to mimic that “happy kitten/puppy milk coma”. Composure Pro Treats contain a similar ingredient, plus amino acids and vitamins that help the body deal with stress. The Royal Canin Calm Diet contains everything in the above supplements, but is a well-balanced diet that is guaranteed by the manufacturer. If it doesn’t help your pet feel better, you get your money back!

5.) **Help with anxiety.** Sometimes supplements and environmental alteration isn’t enough. We have short-acting medications that can help make the world less scary for our sensitive souls. Trazodone is an anti-anxiety medication for dogs that can have a sedating effect. Gabapentin can help cats feel less stressed. Sileo is a new liquid that, when applied to the gums, helps with noise aversion. Give us a call to discuss if your pet would benefit from additional short-term medications for stress over the holidays! Our doctors can take into account your pets medical issues and anxiety conditions to determine the best approach.

Have a happy and safe holiday season!

From the Crew at Viking Veterinary Care
New Doctor Faces at Viking Veterinary Care

You may have noticed we’ve expanded our doctor offerings to get you in for an appointment in a timely manner when you have a medical condition! Let us introduce our new faces:

Hope Flint, DVM, may look familiar if you’ve been to Tanasbourne Veterinary Emergency in the last couple years. Dr. Flint graduated a few years ahead of Dr. Gilbert and Dr. Brock at Oregon State University and is very knowledgeable in emergency and general practice. She is filling in as needed and is a welcome addition to the team!

Emily Bemrose, DVM, graduated with Dr. Gilbert and Dr. Brock. She has been practicing acupuncture and general practice in the Bend area for the last several years before checking out Portland. Acupuncture appointments are available for $75 by calling our front desk at 971-371-4024.

“I would like to thank everyone for their continued support of our hospital this year! From your patronage, reviews, and word of mouth, the idea of Fear Free veterinary care is spreading. We are so grateful you share our mission of having our patients look forward to coming to the vet hospital!”

~Rosie Gilbert, DVM and Owner
It's Here! It's Here!
The Online Pharmacy is Here!

Want your prescription food and medications delivered to your door? Our online pharmacy is now open! Orders over $49 qualify for free shipping (under $49 is $4.99).

Your prescriptions, including parasite preventatives, come directly from the distributor, so they ARE guaranteed by the manufacturer (unlike other online pharmacies). Check out the link on our website at www.vikingveterinarycare.com

Introducing our new Home Delivery Program!

Our veterinary hospital now offers the convenience of Home Delivery, which provides affordable, quality medications, coupled with convenient AutoShip programs so your pet’s medications are delivered to your home, on time, just when you need it.

Shop online and browse our selection of safe, authentic products that include:

- Prescription Drugs
- Flea, Tick, & Heartworm Preventatives
- Chronic Medications
- Nutrition Products
- Specialty Pharmaceuticals

Three simple ways to enroll:
1) Online
2) Over the phone
3) Come in and let us set up your orders in the clinic

Congratulations to Dr. KristyAnn Brock, who is officially certified in rehabilitation medicine! Interested in seeing what physical therapy can do for your pet? Call and schedule an appointment with Dr. Brock today!

Please join us for “Julebukking” on Friday, December 23rd from 12pm to 3pm for smoked salmon from my family’s cannery in Alaska, Tonka Seafoods, and other goodies. It’s our traditional way of saying “thank you”...with food! ~Dr. Rosie
December Newsletter 2016

Look Who Got Adopted in 2016 from our Adoption Ward...

~Cassie’s Fund~

Cassie’s Fund was established last year in honor of our technician assistant who loved nursing stray and rescued animals back to health.

Donated funds are used to help offset the cost of our adoption ward and provide medical services with our rescue partners that will help pets become better adoption candidates.

If you would like to donate to Cassie’s fund, please contact us at 971-371-4024.

Scholarships from Cassie’s Fund were donated to the following in 2016:

- **Humphrey** had a dental and extraction of painful fractured teeth (Bonnie L. Hays)
- **Cupcake** wouldn’t smile until she got a dental and extraction of fractured teeth (Bonnie L. Hays)
- **Minerva** received stem cell treatment and subsidized physical therapy for a spinal cord injury (Cat’s Cradle)