



VETERINARY MEDICAL AND SURGICAL HOSPITAL OF TOPEKA MONTHLY NEWSLETTER

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*December is Pet Poison
Prevention Month!
Read about what NOT
to feed your pets over
the holidays!*

It may be tempting to feed Fido or Fluffy some of your delicious Christmas dinner, but often these foods are not safe for them. Common cooking ingredients such as garlic, onions, and other ingredients can be toxic to your pet. Garlic and onions cause oxidative damage to red blood cells that can lead to a severe anemia or low red blood cell count. The signs of anemia include lethargy, pale gums, elevated heart rate, increased respiratory rate, weakness, exercise intolerance, and collapse. These signs can be hard to detect because the effects from eating garlic or onions can be delayed in pets. Please contact your veterinarian if you believe your pet has ingested onions, garlic, or if they have eaten something that you are not sure was safe for them to eat.

The staff at VMSH of Topeka would like to wish everyone Happy Holidays, safe travels to those traveling to see family, and wish all a Happy New Year!



Please remember that not all breeds of dogs tolerate the cold and snow well. Dogs like Huskies and Malamutes have thick double coats that help keep them warm, but dogs like Chihuahuas and other short hair dogs are not as well equipped to handle the cold weather. Do not leave dogs outside for extended periods of time unless they have been acclimated to the cold weather and have proper shelter and bedding to keep warm. When walking your dog in the winter time, you can purchase some booties to protect your dog's feet from slipping on the ice and keep salt on roads and sidewalks from accumulating on their feet. Another option is to wash your dog's feet after walking to remove the salt that may accumulate on their feet. The salt can be irritating to their feet and cause excessive licking and the possible ingestion of the salt which can be harmful to their health. When purchasing ice melt, be sure to look for pet safe ice melt as some ice melts can be toxic to pets.



SPINACH, CARROT AND ZUCCHINI DOG TREATS

INGREDIENTS:

- 1 cup pumpkin puree
- 1/4 cup peanut butter *
- 2 large eggs
- 1/2 cup old fashioned oats
- 3 cups whole wheat flour, or more, as needed
- 1 carrot, peeled and shredded
- 1 zucchini, shredded
- 1 cup baby spinach, chopped

DIRECTIONS:

Preheat oven to 350 degrees F. Line a baking sheet with parchment paper or a silicone baking mat; set aside. In the bowl beat pumpkin puree, peanut butter and eggs on until well combined, about 1-2 minutes. Gradually add old fashioned oats and 2 1/2 cups flour, beating just until incorporated. Add an additional 1/4 cup flour at a time just until the dough is no longer sticky. Add carrot, zucchini and spinach, beating just until incorporated. Working on a lightly floured surface, knead the dough 3-4 times until it comes together. Using a rolling pin, roll the dough to 1/4-inch thickness. Using cookie cutters, cut out desired shapes and place onto the prepared baking sheet.

Place into oven and bake until the edges are golden brown, about 20-25 minutes. Let cool completely.

***Do not use sugar-free peanut butter or peanut butter containing xylitol**