

March Newsletter

Veterinary Medical and Surgical Hospital of Topeka Monthly Newsletter
From the desk of Dr. Amber M. Smith



March Monthly Special!!

For the month of March, all spays and neuters will be 10% off. Please call for an estimate and to schedule an appointment for your pet to be spayed or neutered. Spayed or neutered pets are happier and healthier!



How is a best friend like a 4-leaf clover?

Because they are hard to find and lucky to have.

Debunking Myths about Spaying and Neutering

- Spaying or neutering will not cause your pet to become overweight.
 - This is a very common misconception. Lack of exercise and overfeeding will cause your pet to become overweight, not neutering or spaying your pet. Be sure to continue to provide adequate exercise and monitor your pet's food intake.
- You will not make tons of money from having a litter of puppies.
 - This is a huge misconception people have when thinking about breeding dogs. Male and female dogs should not be bred until over 2 years of age for health and safety concerns. Both the male and the female will need to be tested for common diseases for their breed and be sure to be free of them. Responsible breeding means making sure that the next generation of puppies is as healthy as possible. You will also need to have the puppies vaccinated at age appropriate times and that can be expensive depending on the number of puppies. All the puppies will need to be seen by a veterinarian before they are taken to their homes to be sure that they are healthy and do not have any major issues.



Princess advocates for sterilizing your pet early!

Please check out our Facebook page for our recent story that we shared about Princess the Boxer. She had an infection of her uterus and had to have life-saving surgery to have it removed. She is home and back to her happy self but, wants to remind everyone the importance of spaying and neutering your pets!

Top Reasons for Spaying or Neutering you Pet

- **Your female pet will live a longer, healthier life**
 - 1 in 4 unspayed female pets will get mammary cancer if they have at least 3 to 4 heat cycles. In dogs, 50% of mammary cancer found is malignant. In cats, 90% of mammary cancer is malignant. Unspayed females are also at risk of developing an infection of their uterus as they get older. This condition is life threatening and emergency surgery is required to remove the uterus. Spaying your female at 6 to 7 months of age before their first heat cycle will help them have longer, healthier lives.
- **Neutering your male pet will provide major health benefits.**
 - Neutered males cannot get testicular cancer and they are also less prone to developing perianal tumors. Neutering your male will also prevent some prostate problems.
- **Your male pet will want to wander away from home less**
 - Intact males will have a tendency to want to find females to mate and will thus have an urge to roam. This can be dangerous for the male dog because he will be at risk for being attacked by wild animals or hit by a car. Neutered males have no interest in finding females since they do not have the urge to mate and are less likely to wander away from home.
- **It is highly cost-effective when done at a young age**
 - Neutering or spaying your pet can mean dollars saved down the road. Caring for unwanted litters or preventable health problems costs more than spaying or neutering your pet.

Dog Green Bean Crunchies

Ingredients:

-16 ounces frozen, cut green beans (about 5 cups), thawed and any excess water drained (without salt)
-1 tablespoon extra-virgin olive oil

Directions:

1. Preheat oven to 170 degrees.
2. Add green beans and oil to a mixing bowl and toss to coat beans. Evenly spread green beans on a large, parchment lined or non-stick, baking sheet.
3. Dry beans in the oven for 8 hours or until all beans are crunchy.
4. Turn off the oven and allow to cool completely before storing in an airtight container.

Optional Dehydrator

Instructions: Dry at 170 degrees for 8 hours or until crunchy.

