



The RVH Yelper

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Riverside - "Serving Pets and their People since 1988."

October is Arthritis Awareness Month

In preparation for colder weather, does your pet need a little extra support? Many pets over 7 years of age or pets who have had injury or trauma to joints suffer from arthritis.

This month Riverside is offering discounts on any new purchase of supplements or food* to improve joint health and alleviate pain associated with arthritis.

- Dasuquin Joint Supplements*
- Synoviflex Joint Supplements
- Royal Canin Mobility Support JS*
- Omega 3 Fatty Acid Supplements

* These are our #1 recommended supplement options. It has high test results in studies done to show truly effective therapeutic levels.

**\$5.00 off
a \$50
purchase**

Everyone has an idea about arthritis. Yet, what exactly is it? Arthritis is the chronic, progressive degeneration and inflammation of joints and erosion of cartilage found within a joint. Cartilage is the firm, smooth tissue in the joints that creates a cushion between the two bones. Without the cushion, bone is rubbing against the other bone directly, causing pain and inflammation.

Arthritis can occur at any age. It is commonly in older pets, but younger animals with joint trauma or injury are at risk as well as. Congenital

deformities, poor confirmation, and obesity can also lead to early onset arthritis. Signs of arthritis can vary and are often very subtle in the beginning. These include stiffness, especially in the morning or after periods of rest, difficulty going up or down stairs, getting in and out of the car and trembling or shaking. Changes in appetite, bathroom habits, sleeping, activity and attitude; guarded movement or guarded parts of the body, aggression, and abnormal posture can also be early signs of arthritis. The most common joints affected by

arthritis are hip, elbows, knees, spine/neck and the shoulders.

The goals of treatment are to alleviate discomfort and keep further degeneration from occurring. In early stages of the disease, there are many supplements and food that can be given to your pet to control or slow the disease process. These combined with exercise will keep your pet active and moving a lot longer. Examples of these supplements are Dasuquin, Synoviflex, and fish oils (Omega 3's). Dasuquin is a

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- **What is Arthritis and how to manage the disease.**
- How to have pet friendly holidays.
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- Remembering those we lost.



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chewable tablet or a meaty soft chew designed for dogs and cats that has a combination of glucosamine, chondroitin, and avocado/soybean oil. Glucosamine and chondroitin are components that make up cartilage and avocado/soybean have natural anti-inflammatory effects. Synoviflex is a soft chew designed for medium to large dogs that will help with synovial fluid production.

This in turn helps lubricate the joint space, keeping the cartilage moist and smooth. The Omega 3's in fish oil have anti inflammatory effects on joints as well as other parts of the body such as the heart and kidneys. We also carry a diet by Royal Canin called Mobility Support JS that is a completely balanced diet that contain high levels of Omega 3's and maintenance levels of glucosamine.

In more advanced stages of

the disease, often preventative supplements combined with anti-inflammatory and pain medications approved for animals will make a world of difference. The right combination will control pain, which allows your pet to move more, build and maintain muscle mass, control weight, and therefore slow the progression significantly. There are even alternative therapies to control the pain and inflammation. These include

physical therapy, acupuncture, laser and herbal therapy.

As you can see, there are many options for our arthritic patients. If you believe your pet may have arthritis or if you have any questions, please don't hesitate to call us. I'm sure we can find a solution to the problem.

-Dr. Vetter

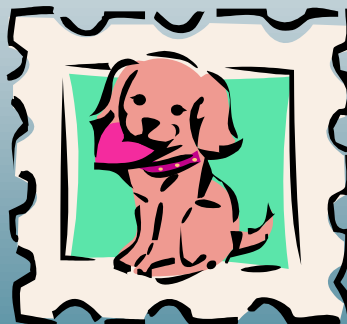
Riverside Veterinary Hospital would like to thank all of our clients for a wonderful year and extend our warmest wishes to all during this holiday season and approaching new year!

Happy Holidays!

The R.V.H Staff

November: Pamper Your Pet!

Pets are happier and healthier when they are well groomed. All grooming clients in the month of November receive a bag of goodies and a pet portrait with every grooming!

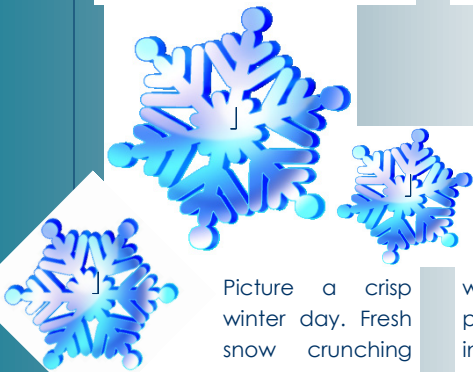


New Grooming Clients get \$5.00 off!

December: Give the Gift of Veterinary Care

Do you know a friend or family member with pets? If so, consider the gift of Veterinary Care; a Riverside Veterinary Hospital Gift Certificate. They will love the help!

For the month of December, RVH is offering 5% off gift certificates worth \$50 or more. With every gift certificate purchase, receive a gift to give along with it!



Hazard Free Holidays

Picture a crisp winter day. Fresh snow crunching under your boots. A warm fire in the hearth, as family and friends gather around a giant feast of turkey, ham, side dishes, and pies galore. Then, picture Fido getting sick all over the dining room and forcing you to, one, pick up after him, and two, leave the festivities and spend the rest of the holiday at the emergency veterinary clinic along with other irritable folks who forgot to pet proof their get-together!

Here are some tips on how to avoid this unfortunate outcome. Don't give in to the sad eyed beggars. It is best that you have everyone avoid giving table scraps altogether. Turkey and ham can be too rich a food and lead to vomiting, diarrhea, or more severe digestive problems like pancreatitis. Bones can easily get stuck in the digestive tract and have

to be surgically removed or worse, can splinter and pierce right through the intestine! Keep pies and chocolate and other goodies out of reach. And keep an eye on that crazy uncle (we all have one) who likes to share his spiced rum with the family cocker spaniel. Trust me when I tell you that no one wants to see the pooch who's hit the hooch!

Another big holiday hazard is plants. Cats in particular love to chew on your holiday plants. This can often lead to vomiting, diarrhea, drooling, inappetence or tumors and worse. Some to keep out of pet range are Poinsettia, Mistletoe, Holly, Amaryllis, Chrysanthemum, and Christmas Cacti.

Another potential cat crisis comes from decorations. They just can't resist tinsel, ribbons, and any other long shiny material that slides down their throats with ease. String is one of the top things we surgically remove from

cats. So keep close track of your ribbons, or, if your cats are as devious as mine, avoid them altogether.

So what can we give out pets to include them in the holiday cheer? Toys! Research shows that many people spend as much on holiday gifts for their pets as they do for family members!

Remember, however, that toys can be dangerous too. Select size appropriate items. Too small toys are easily swallowed, but not too easily passed through the digestive tract. The squeaker inside of toys is a commonly removed foreign body, so monitor squeak toys closely! If you stop hearing the squeak, you need to find it!

Another toy to be choosy about is bones. Marrow bones are tough to destroy and therefore are less of a swallowing concern, but they are often so hard that they can cause teeth to break. Believe me, a broken tooth

hurts. When it becomes infected, it's torture!

Some of my favorite toys are the sturdy rubber ones like the Kong, sturdy enough not to be swallowed, but malleable enough not to damage teeth. I'm also a big fan of toys that engage a pets mind like the buster cube or other food dispensing toys.

If you have any questions about how to give your pets a safe and happy holiday season, don't hesitate to contact the staff at Riverside Veterinary Hospital. Cheers!

-Dr. Smith



Hey Bear!

"Hey Bear". Derek was out of site around a small bend in the channel when we heard him say it. The three of us were on foot in the Togiak Wildlife Refuge on a beautiful salmon river. Dan, the guide, was with me. "Hey Bear" is what Clint had taught us to say if we were in the willow and alder thickets and wanted the bears, or the guide, to know where we were. The theory is that these Grizzlies will do anything to avoid people if they know where they are. I always feel a little silly walking through beautiful, pristine, arctic wilderness hollering, "hey bear" at the top of my lungs but I've never felt silly enough to not do it. These bears are big and I want them to have options that don't involve a close-up confrontation with me.

The thing Dan and I both knew immediately though, just from the sound of Derek's voice, was that he was actually saying "hey" to an actual bear. It wasn't that he sounded panicked or even scared but he definitely sounded a lot more interested in the conversation than the average guy saying "hey bear" just to make noise.

Dan and I had been pretty distracted for the last few minutes. We were fishing a wide shallow pool in a back channel that was full of spawning Sockeye and Chum salmon. There were big Arctic Char everywhere and although I'm as big a fan

of Char as anybody, there was a nice Leopard Rainbow Trout skulking around the far side of the pool. We had spent half a dozen casts trying to get the Rainbow with an egg pattern but the Char were way too fast and aggressive. It was nearly impossible to not catch a big thrashing, slashing, silver Arctic Char on every cast with the egg fly and the Rainbow was being a little shy. Next we tried a surface mouse fly but that seemed to make him even more nervous, possibly because of the way I drilled it into the water right over his head. Whatever the cause, he seemed to have vanished.

"He's up in under the overhanging grass bank on the far side of the pool," said Dan.

"How do you know? I can't see a thing."

"He's in there. Trust me."

Today was the first time I had ever fished with Dan but I had learned fairly early in the day not to argue with him about fish. He was right on the money a ridiculous percentage of the time. Now he was tying on an olive

green, sculpin, streamer sort of a fly that he had dreamed up and tied for the Rainbows on this river.

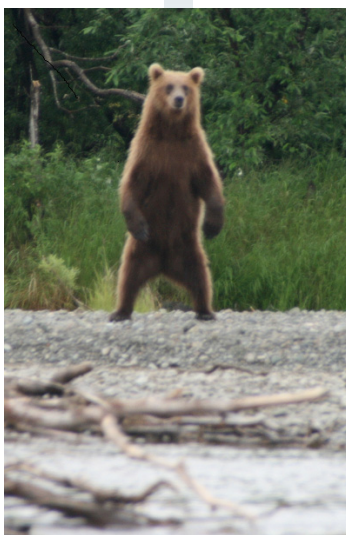
"Cast this right to the far bank and let it drift along the grass edge," he instructed. My first cast, that actually landed in the water instead of the willows, was perfect. The fly

p l o p p e d gently into the current a couple of inches from the bank and drifted slowly down stream. As the fly sank, it disappeared into the shadow of the overhanging grass. I stood there, bent forward in knee-deep water, frozen

with concentration, waiting and praying for any little twitch or stop in the leader. A couple of feet upstream from where I thought my fly would be by now I saw a ghostly, white, triangular shape appear and then disappear in the shadowed water under the grass overhang. By the time my brain was about half way through the deductive process of realizing that the ghostly white shape was the inside of a huge Rainbow mouth, opening and closing somewhere near my fly, I realized that Dan was shrieking "SET, SET, SET" at the top of his lungs and jumping up and down like his waders

were on fire. For reasons known only to the fish, he still had the fly in his mouth when I finally did get around to setting the hook. He turned out to be a lovely, fat, twenty-three inch Rainbow with a spectacular raspberry stripe down his side. We took a couple of pictures and then let him go, and it was just about this time that we heard Derek say "Hey Bear" with such intensity and enthusiasm. As Dan and I reacted to Derek's voice, we both realized that just moments before we had heard a really loud splash from up that same direction.

Dan, heavily armed with a plastic water bottle and a six-weight fly rod, instantly charged downstream toward Derek, stumbling and staggering through the muddy grass tussocks on the riverbank. I charged after him, possibly in an effort to help out or maybe I just didn't want to be left all alone when there were bears around. It turned out that the splash had been from a very large Grizzly dropping down out of the willow thicket, into the pool Derek was fishing. When Derek had announced himself with "Hey Bear", she had whirled around to face him and stood up on her hind feet. The fact that Derek neither bolted away in terror nor soiled his waders is a continuing source of amazement for me. By the time Dan and I arrived on the scene the bear was back down on all fours and she





and Derek were standing in the river looking at each other. Estimating distances in a tense situation like this is impossible. At the time it looked like they were close enough to spit on each other. Trying to look back honestly, and looking at the pictures I took, they were probably sixty or seventy feet apart. The Grizzlies in the Togiak Wilderness have a reputation for being very afraid of humans, something to do with Inuit hunting. They always take off at high speed at the first sight or whiff of a person. But this bear was standing her ground. She wasn't threatening though. Twenty-five years as veterinarians has given both Derek and me a finely tuned ability to read animal body language. Neither one of us felt the slightest bit threatened by this bear. Everything about her posture and behavior said "leave me alone, I want nothing to do with you people". But she didn't leave. As soon as he arrived on the scene Dan had stepped into the river between Derek and the bear. I figure he was either taking his guiding responsibilities very seriously or he was trying to avoid all the tedious paperwork required by the state of Alaska if you feed a paying client to a bear. Either way I was happy to see him step up and I took the opportunity to take some pretty exciting photos of Dan and the grizzly in the same frame, staring at each other. I figured if Dan got himself mauled doing something brave and noble he would appreciate a photographic record of the event. By now

Dan had progressed from "hey bear" to language best left to the imagination of adults, but the bear still wasn't budging. After a minute or two Dan picked up a rock and chucked it in her direction. She gazed at him distrustfully for another few seconds and then turned and vanished into the willows.

We stood around for a few minutes talking excitedly and taking deep calming breaths and trying to act nonchalant. I think we all needed to pee but none of us were willing to admit it because nobody was going to pull their waders down around their knees. That just leaves you feeling exposed. At this point reasonable people would have returned to the boat and moved on to a different stretch of river but there were two problems with that. Number one, this little side channel had some of the best fishing that any of us had ever seen in our lives. And number two; the bear was between us and the boat. We didn't think she would bother us but why not fish for a while and give her a chance to clear out.

As we moved on upstream the channel became little more than a medium sized creek but the number and size of the fish in it were mind-boggling. There were hundreds of salmon spawning in every pool and you could catch big, shiny, colorful Dolly Varden on almost every cast if you wanted to. Derek caught a couple of twenty inch Rainbows out of a little corner pool that was no bigger than a king sized bed. Anywhere there was a

downed willow providing cover in a foot or more of water, we had a good chance of finding a Rainbow Trout.

Eventually we came to a bigger, deeper pool that looked like the perfect spot for a really big Rainbow. The crystal clear water looked to be about twelve or fifteen feet deep and the pool was about twenty feet across and forty feet long. Dan had me move to the upstream bank and skate a mouse pattern

across the surface. The big

Rainbow, that we all knew had to be there, rose slowly out of the deepest part of the pool and, in clear view of all three of us, moved right toward the fly. This fish was magnificent. Huge, fat, darkly colored and perfectly shaped. This is the fish that keeps me coming back to this river year after year. This would be the fish of the trip. My heart was beating far faster and harder than it had when we were facing the bear.

When he got to within about two feet of the fly, the fish slowed and paused. Obviously, he was inspecting the mouse fly to see if it warranted a strike. For what seemed like forever, I kept my cool and kept the fly skittering slowly across the surface while this amazing fish held position just below it, looking, waiting. Finally with no warning whatsoever, the Rainbow exploded through the surface of the pool, slashing at the fly with a huge, wide-open mouth. Only years of experience, and cat-like

reflexes, allowed me to snatch the fly to safety before the Rainbow could close his jaws on it.

We tried for another half hour to get that fish to strike at about fifteen different flies but even in a wilderness, the big fish don't get big by doing something stupid twice. He had us figured out after one encounter and wasn't buying what we were selling.

Its not the fish I catch that make me want to return to a

river. It's the ones that get away. Sometimes when I lie

awake during the long nights of a New Hampshire winter I see that fish and that strike. I have to go back.

We headed back to the boat after that, about an hours walk. About half way there I saw something blond and furry moving toward the channel from our left. I stopped Dan and Derek and we stood still and watched two small blond grizzly cubs, maybe fifty pounds each, splash through the water less than a hundred feet in front of us and disappear into the willows. Happy and clueless as only the very young can be. Now we knew why Derek's bear had stood her ground. She was willing to stand nose to nose with the only thing in her world that was dangerous to her so that the cubs could clear out to safety. Now here they were blundering into us again. It was definitely time for us to leave.

-Dr. Taylor

In Loving Memory



Butch Aldrich
 Mr. 7 Alquist
 Bodi Alosa
 Coco Puff Alvord
 Shadow Ball
 Jessie Berger
 Gabriel Bettez
 Sparks Bevans
 Cobina Blanchette
 Pooh Bear Bortnick
 Pita Boyce
 Buttercup Buckman
 Tinker Cadarette
 Millie Callahan
 Damien Carlisle
 Maggie Cayer
 George Cayer
 Jessie Chagnon
 Riley-Bear Charette
 Milo Cheney
 Paige Colcord
 Thumper Connor
 Lucky Conover
 Hunter Corliss

Bailey Coughlin
 Lucky Coughlin
 Zolo Dandurand
 Maxine Davis
 Ceasar Deserress
 Skeet Deserress
 Rusty Dienes
 Zoe Domenici
 B Dumont
 Freckles Edwards
 Kathy Egounis
 Maxwell Emerson
 Diavolo Evangelista
 Cammy Foss
 Shylo Fournier
 Oliver French
 Sheba Frisbie
 Bandit Gallien
 Beau Goodick
 Deisel Gove
 Bailey and Isabelle Grenier

Spanky Grenier
 Luciano Hanak
 Chester Hill
 Cami Hoeckele



Kuma Hopper
 Molly Huckins
 Shadow Hughes
 Baxter Irving
 Shadow James
 Simon Joyner
 Charlie Juranty
 Sadie Kepple
 Bob Kilmer
 Haley Labrecque
 Riley Lavoy
 Brina Lawson
 Eli Lebrun
 Tasha Lewis
 Max Littlefield
 Henry Lynch
 Lolita Macdonald
 Abby MacInnis
 Holly Mead
 Ike Mellen
 Nestle Norris
 Kelsey O'Gorman
 Cozette Olson
 Zeus O'Rourke
 Webster Osborne

Winston Paige
 Lucky Perkins
 Abby Prospere
 Rusty Raleigh
 Riley Rasche
 Riley Reed
 Patches Reed
 Happy Riley
 Fluff Rogers
 Jak Jak Schultz
 Emily Scott
 Foster Smith



Felicity Allegra Southworth
 Oreo Stinson
 Peanut Storrs
 Tammy Stowe
 Leena Tewhey
 Oliver The
 Edelle Tilton
 Roxie Twombly
 Squash Upton
 Mr. Winkie Ventura
 Yukon Wareing
 Mugsy Wells
 Bear White
 Mossie Wilson