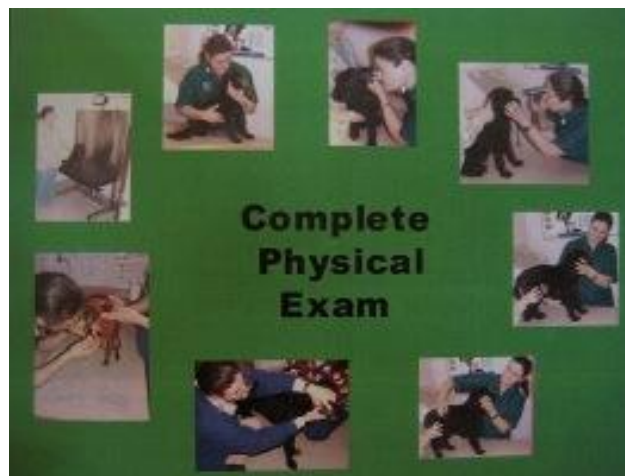


## Annual Physical Exam

The following images show you what a complete physical exam looks like and what the veterinarian looking for and why.

- Remember that more is missed from not looking than not knowing.
- Vaccinations are a very small part of wellness medicine. Your pet needs to be healthy to be able to respond well to vaccinations.
- Make sure your pet has a complete annual exam before vaccinations and take him/her in to see the veterinarian when ill. It is always best for the veterinarian to see patients early in the course of a disease. This saves your pet discomfort and it saves you money in the long run. The longer a disease is present the more damage it causes to the patient.



The above image shows you at a glance what the veterinarian looks at during the physical exam. The weight is checked and recorded; the heart is listened to for normal rate, rhythm and sounds; the eyes are examined (the vet in the image is checking the retina); the abdomen is examined and the veterinarian watches for signs of pain; the back is examined; the teeth are checked and so is the skin. If the veterinarian is concerned about what she sees she will recommend tests.

## Why do I Need an Annual Physical Exam for My Pet?

The value of your pet's annual physical examination cannot be underestimated. It is the cornerstone of good preventative medicine. For dogs, the annual physical is the equivalent of an exam once every 7 years in humans while in the cat it is the same as once every 4 years. Much can happen during this time. 71% of routine annual exams reveal problems that owners did not know about. The most frequent problems we see are ear infections, eye problems, dental disease, skin problems and infestations. The annual physical is also a chance for clients to express any concerns they may have about their pet. They are receiving information from a source that is trained in animal health. Veterinarians have a minimum of 6 years university and abide by a strict Code of Ethics and Bylaws. The annual physical also gives us a chance to keep you current with developments in Veterinary Medicine. The other venue we use to inform you is our monthly newsletter. You can come in once a month and pick up a copy of the latest issue or check our website at [www.littlemountainvet.com](http://www.littlemountainvet.com).

**Annual Comprehensive Physical Exam** - The veterinarian will examine your pet including skin, ears, eyes, nose, teeth, heart, lungs, abdomen, urogenital system, nervous system, musculoskeletal, lymph nodes and weight. This will also give you a chance to express any concerns you may have.

**Vaccinations** - Vaccines will be discussed and administered as suggested by your life style and your pet's needs in accordance to current knowledge and research.

**Ova and Parasite Fecal Exam** - This is a microscopic fecal exam that tells us what your pet has been exposed to in his or her own environment. We need to protect you from your pet's parasites.

**Blood Screening and Urinalysis** - When we look at your pet during an exam we see what is happening on the outside. Blood and urine tests give us information about the internal workings of your pet's organs. We want to practice preventive medicine and uncover diseases earlier.

**Heart Worm Testing (dogs only)** - We recommend Heart Worm testing every 2 years in April in dogs. We have had heartworm in a dog in our area. For dogs traveling to the B.C. Interior, Okanagan, east of the Rockies or South of the border, we recommend heart worm preventive medications and regular testing.

**Feline Leukemia and FIV Testing (cats only)** - We recommend testing every 2 years for outside/patio cats or cats that have an unknown background. These diseases are contracted primarily through cat to cat contact.

**Blood Pressure Testing** - We recommend blood pressure testing annually in senior animals (over 7 years in dogs and over 8 to 10 years in cats) to diagnose hypertension earlier. High blood pressure can be due to several different conditions.

## Little Mountain Veterinary Clinic Stats 2003

| RESULTS OF WELLNESS TESTING<br>March 17 2002 to March 17 2003 |                          |  | Problems Discovered<br>During Routine Exams<br>(May to Aug 2003) |     | Fecal Results 2003  |         |         |
|---|--------------------------|--|--|-----|---|---------|---------|
|   | % with Problems Revealed | Conditions Discovered  |  |     | Findings  | Puppies | Kittens |
| Senior Dogs   | 61.5%                    | 23% Hypothyroidism<br>23% Cystitis<br>7.7% Pancreatitis<br>15% Early Kidney Failure<br>7.7% Hyperadrenocorticism | Healthy  | 22% | Normal  | 38%     | 84%     |
| Senior Cats   | 56%                      | 11% Early Renal Insufficiency<br>11% Hyperthyroidism<br>33% Cystitis<br>11% Renal Failure Progressing            | Eye Problems   | 17% | Giardia   | 2%      | 5%      |
| Adult Dogs  | 30%                      | 3% Cystitis<br>30% Hypothyroidism  | Ear Problems   | 11% | Isospora  | 10%     | 10%     |
| Adult Cats  | 25%                      | 25% Eosinophilia<br>25% Early Renal Failure  | Dental Disease   | 52% | Roundworms  | 46%     | 5%      |
|   |                          |  | Parasites  | 3%  | Hookworms   | 2%      | 0%      |
|   |                          |  | Skin   | 5%  | Tapeworms   | 2%      | 0%      |
|   |                          |  | Other  | 11% | <b>Note: Most puppies have had one or more dewormings before we see the fecal sample.</b> |         |         |
|   |                          |  | 2 problems   | 17% |   |         |         |
|   |                          |  | 3 problems   | 3%  |   |         |         |

### Bring in a Urine!

**Why:** To accompany any blood screening. To screen for urinary tract & systemic disease.

**How:** Tape clean container to long stick. Take pet for a walk. Don't talk-this distracts pet. When pet sniffs, get ready. When pet urinates, silently sneak container into stream of urine & collect. Bring container to clinic **as soon as possible.**



### Bring in a Fecal Sample!

**Why:** To see what intestinal parasites your pet has and your family is being exposed to.

**How:** Please bring in 3 fecal samples—about 1 teaspoon every other day for 3 days (3 fecals total in a clean container). Keep samples in a sealed container in the fridge until you can bring them to the clinic within 1-2 days.

