



ANIMAL HOSPITAL

Seasonal Newsletter

Summer 2019

"The Publication for Cool Cats and Hot Dogs"

Main Street Animal Hospital 341 S. Main Street Doylestown, PA 18901 215-230-9633 MSAHDoylestown.com

Welcome to Main Street Animal Hospital's seasonal newsletter, your quarterly source for pet health news, updates from around the hospital, savings opportunities, and staff profiles.

Featured Article: Separation Anxiety

If you've ever come home to find that your dog has been up to some destructive and annoying behaviors, or if perhaps your dog seems to lose his "potty training" in your absence, it's possible your dog is suffering from separation anxiety.

Like the name suggests, separation anxiety is a behavioral problem that often manifests in nervous behavior. For dogs, prolonged barking or howling, chewing, drooling or digging, pacing, or "accidents" may all be signs of anxiety, especially if they occur in your absence. It is hard to pinpoint why this may develop, but shelter pets seem to experience separation anxiety more often than those with long-term, stable homes. This suggests that anxiety can develop when dogs experience major changes to their routine or lives. Even moving to a new home - despite living with the same people - can trigger nervousness.

Because the causes of separation anxiety are complex, the treatments are often very specific. Your veterinarian can help guide your approach accordingly. For mild cases, treatment may be more of a behavioral or environmental change for your dog, like managing the frequency of separations or providing more stimuli for your time away. Establishing a routine can also be very helpful as well as utilizing natural calming therapies like pheromone products or the Thundershirt®. For more severe cases, your vet may recommend a consultation with a behavior specialist. Sometimes, medications may also be helpful.

If you suspect your dog may have separation anxiety, it's important to know that your dog is experiencing a complex, stressful situation. They are not engaging in these behaviors "purposefully," and punishment for these behaviors is very likely to worsen the issue. Thankfully, creating a plan with your vet and sticking with it can often help manage your dog's anxiety so both of you are much calmer.



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Summer Temperatures

Hot summer days can bring even hotter temperatures for our pets. For example, imagine taking a dog for a stroll when the air temperature is 86°F. According to a study (J. Berens, 1970), the surface temperature of the pavement could reach as high as 135°F!

Similarly, a car parked in the sun for 30 minutes can reach 104°F on a 70°F day (Dept. of Earth/Climate, SFSU).



Staff Spotlight

Nicole Aupperlee is one of the veterinary technicians at Main Street. She joined the hospital in 2007 while working on her bachelor's degree in small animal science at Delaware Valley University and has stayed ever since.

Today, Nicole lives with her husband Shawn, son Nolan, cats Duke and Hobbes, and dog Autumn.