

INDIAN TRAIL ANIMAL HOSPITAL MUTTROPOLITAN



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BOOM Into the Summer

Summer months bring out all kinds of fun with the sunny, warm weather! Friends and family come to visit, vacation time, holidays, and sometimes changing the decorations in your house. Did you know that events such as these can cause your pet stress and/or anxiety? Due to the normal routine of the household being disrupted, your pet can become fearful with all the changes.

One of the most celebrated holidays during summer is the 4th of July. Many pets show fear and/or anxiety during this time due to an increase of activity in the household and, most importantly, the loud sudden noises and lights that fireworks create.

It's very common for pets to be scared during this time, but with the proper precautions, getting through the night is possible! There are several options that can help your furry family members feel more at ease. Make an appointment with your veterinarian to talk about what you can do to keep your pets comfortable during those stressful times!



JUNE FEAR FREE TIP

Treats are a great way for your pet and our staff to connect!

Treats help reduce fear, stress, and anxiety by showing that the veterinary clinic is a good place where novelty snacks are offered.

It's best to bring your pet hungry so that they can leave wanting more and excited to come back next time!

Peanut butter is a treat that we like to give often. If there is anyone in the household who is allergic, let us know!

[For more Fear Free tips, see the end of this newsletter!](#)



ITAH NEWS

We would like to give an official warm welcome to Dr. Mary Jane Davis! She will be working here part time and we are excited for her to join our team!

We would also like to welcome to Dr. Kalie Murphy who will be joining our team at the end of June!

Sadly, we are saying goodbye to Dr. Nick Snider as he takes his next step forward towards his career goals. We thank him for all he has contributed to our ITAH family, and we will miss him dearly.

UP NEXT

- Our July Issue
- Indian Trail Animal Hospital News
- More around our community
- We are always interested in what you would like to see. Have a business you want us to feature? Have a pet topic you would like to know more about? Send us an email to let us know!

AROUND OUR COMMUNITY

“Community care is a fundamental, an essential, an enduring part of our aged care system.” – Julie Bishop

David's Pizza

Whether you enjoy spending time at Riverfront Park with the family, the concerts, or other exciting events that Spokane has to offer... David's Pizza is a must see for anyone willing to take the four-minute walk up the street. They have a stellar Happy Hour, unbeatable customer service, delicious food and an unforgettable atmosphere that is sure to secure it as a family staple.



Higher Ground Sanctuary

A rescue home for animals of all shapes and sizes, this sanctuary helps pets find their forever homes, whether it's to stay peacefully at the sanctuary or be adopted out to loving families! This non-profit organization focuses on humane education and creating opportunities to promote rescue culture. There are currently kitten and puppies looking for their fur-ever homes!

Learn more here!



Following is a list of just a few holidays associated triggers that might cause fear, anxiety, or stress (FAS) in pets:

- Increased number of visitors in the home
- Decorations that change the appearance of the home and result in furniture being moved around
- Fireworks
- Travel or boarding
- Changes in work schedules

You can help ease and prevent that FAS from taking hold at this happy time of year by sharing these dos and don'ts:

- **Do** try to make a safe place for your dog either in a room, crate, or x pen, where they can safely be away from all the hustle and bustle associated with family gatherings or noisy events such as fireworks. Unless they suffer from separation anxiety, most dogs appreciate the opportunity to be away from the chaos.
- **Do** be certain that their safe place is a place that the dog loves to go willingly, not a place that they must be forced to go.
- **Do** make sure that the safe place is in a quiet area of the home and that it contains a comfortable bed and a few toys.
- When confining the dog to their safe place, and if the dog isn't likely to eat his toy or become possessive when other pets are around, **do** leave a very special long-lasting treat such as a stuffed Kong or other food puzzle toy.
- **Do** leave a fan, music, or white noise of some type playing to help mask the scary sounds. This is especially helpful if the dog is afraid of fireworks or other noises.
- **Don't** ever use the safe place as a place to punish the dog!
- **Do** remember that many cats will also prefer confinement to a single room away from all the excitement. Prepare a room ahead of time with their litter box, food, water, scratching post, etc. and allow them to become familiar with it before confining them there.
- **Don't** allow children or other guests to disturb the dog or cat while confined to their safe place.
- **Do** plug in an ADAPTIL[®] diffuser for the dog or FELIWAY[®] Classic diffuser for the cat several days in advance of any holiday events. These pheromones are a safe, natural means of communicating to dogs and cats. They send a calming message that has been shown to decrease signs of fear and anxiety in a variety of different situations.
- If you have a multi species household, **do** know that a recent study has demonstrated that both ADAPTIL[®] and Feliway[®] MultiCat can effectively reduce undesirable interactions (e.g., chasing, growling) and increase desirable interactions (e.g., sleeping together, grooming each other) between dogs and cats living in the same household.
- If your dog likes to be a part of the action, **do** watch them closely to be sure that they are not becoming overwhelmed and anxious.
- **Do** ask your visitors not to pursue your dog or cat if they are walking away.
- **Do** discourage visitors from luring your pet to take treats directly from their hands. If the dog is at all uncomfortable about approaching strangers, this can be very stressful and can result in a bite!
- **Do** ask visitors to toss your dog his own food treats if they wish to make friends, not human food that might cause an upset tummy.

This article was reviewed/edited by board-certified veterinary behaviorist Dr. Kenneth Martin and/or veterinary technician specialist in behavior Debbie Martin, LVT.