



YOUR CAT'S HEALTH, OUR PASSION • VOLUME 2, ISSUE 7 • JULY 2010 NEWSLETTER

## HELP YOUR PET BEAT THE SUMMER HEAT

Summer is here, and in Sacramento that means some rather intense heat.

During the hot summer months, it's important to pay close attention to your pets. Pets are not as well equipped as their human family members to handle extreme summer temperatures, and they are at high risk for heatstroke.

Offer your pet plenty of fresh, cool water in multiple locations; this will help prevent dehydration and help your pet regulate their body temperature. Add ice cubes to water bowls to keep the water cool for longer periods of time.

It's important to turn on fans or air conditioners so your pet has a cool, comfortable place to relax. Close shades and window coverings to minimize direct sunlight.

If your cat likes to sit in window sills, make sure all screens are securely fastened, and free of rips, to prevent escape.

If you have an outdoor feline friend, he or she needs plenty of shade. Pets can get sunburned too, so make sure there's a garage, tree, carport, or other shade structure to escape the hot sun. Overhead water misting systems will keep shaded areas even cooler.

Never leave your pet in a car, even for just a few minutes, even on a mild day. Cars can literally become ovens on a hot summer day, reaching temperatures as high as 160 degrees in just minutes; opening the windows is not enough. Please leave your pet at home if they can't join you inside your destination.

Don't forget flea protection. Fleas and mosquitoes thrive in summer heat and humidity. Keep your kitty comfortable and protected against parasites by applying monthly topical medications such as Frontline, Advantage, Revolution, or Profender (please ask one of our doctors for more details).

Most importantly, know the signs of heatstroke, which can be deadly. If your pet exhibits any sign of heatstroke, such as rapid panting, a bright red tongue or gums, salivating, increased heartbeat, respiratory distress, or weakness, take emergency action. Move your pet to a cool place, then immediately call us so we can walk you through steps to lower your pet's body temperature. Once these steps have been taken, your pet should immediately be brought to our office.

These tips will help ensure that your furry family member stays safe and comfortable all summer long.

## PETS AND FIREWORKS: AN UNSAFE COMBINATION

While fireworks are a typical part of many 4th of July celebrations, they can cause a great deal of stress—or downright terror—for your pets.

Before the sun goes down and the firework display begins, make sure your kitty is inside. To try and escape the loud sounds, pets who normally wouldn't leave their yard may try to "outrun" the noise, ultimately becoming lost. (And should your pet somehow escape, it's important that they are wearing identification tags as well as being microchipped.)

Inside, provide a safe place for your pet to retreat, such as a small, quiet room. Closing the curtains and turning on the TV, or playing some gentle music at normal volume, can help keep your pet calm. Special treats or a new toy can also provide a distraction.

The following morning, check your yard for exploded fireworks casings, unexploded fireworks, and other debris. Be sure to pick up and discard all fireworks remnants, as they pose a hazard to your pet if ingested.

## JULY SPECIAL OFFER FOR OUR READERS

During the month of July, the Sacramento Cat Hospital is offering a free heart disease test when your kitty receives a physical exam with a comprehensive blood panel. The proBNP Test can help determine if your cat has advanced heart disease. Please ask us for more information or to schedule your appointment.



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