

Sierra Animal Wellness Center

Specializing in Holistic, Integrative Veterinary
Medicine



June, 2016



Clinic Hours

Monday, Thursday and Friday
from 9:00 to 6:00

Tuesday from 9:00 to 3:00

Wednesday from 12:00 to 6:00

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[Toy Poodles Bred by Bev Enoch, RVT](#)
[Pembroke Welsh Corgis Bred by Peggy Roberts, DVM](#)

Can You Recognize Pain?

As lovers of animals we all want our furry friends to feel healthy, safe and loved. When they don't feel well, we hurt for them. Pain and its implications are something that science has only begun to understand recently. Pain can have immediate and long-term detrimental effects on their health. Unmitigated or uncontrolled pain is a major biologic stressor and affects numerous aspects of physical health, including wound healing and resistance to infectious disease. Studies have shown that treating pain in animals can significantly speed their healing and recovery.

However, in order to treat pain we must first recognize it. Assessment of pain in animals is not always an easy task but is essential to ensure their health. How do you know if your friend is hurting? It might not be obvious. Minor changes in behavior can be the only clue as to what's really going on. No one knows your furry friend better than you. Being aware of your friend's typical behavior and mindful of small changes can make you your pet's best advocate at the vet's office.

15 Signs of Pain in Dogs

As your dog's daily companion, you have a unique advantage in assessing whether your dog is in chronic pain. The following list was adapted from Modern Dog Magazine. Give us a call if you see any of these 15 symptoms of pain:



1. Reluctance to walk on slippery surfaces.
2. Trouble going up or down stairs.
3. Becoming selective about what to jump up onto or down from.
4. Trying to stand up with the front legs first.
5. The simple task of lying down may actually become difficult.
6. Running and jumping activities become more limited.
7. Placing an abnormal amount of weight on his front legs.
8. Abnormal wear on nails.
9. Unwillingness to initiate play or other social interactions.
10. Aggression toward other animals where no aggression existed before.
11. Aversion to being petted or brushed.
12. Disruption in sleep patterns.
13. Stiffness.
14. A decrease in appetite.
15. House-training issues.

25 Signs Your Cat Is In Pain

Detecting pain in cats can be even more of a challenge. They put up a really good poker face even in the face of substantial pain. From the scientific journal PLOS One, here are some of the subtle ways our feline friends tell us they are hurting:



1. Absence of grooming
2. Lameness
3. Difficulty jumping
4. Abnormal gait
5. Reluctant to move
6. Reaction to palpation
7. Hiding
8. Playing less
9. Appetite decrease
10. Overall activity decrease
11. Less rubbing toward people

12. Change in general mood
13. Change in overall temperament
14. Hunched posture
15. Shifting of weight
16. Licking a particular body region
17. Lower head posture
18. Blepharospasm (involuntary blinking or spasm of the eyelids)
19. Change in form or feeding behavior
20. Avoiding bright areas
21. Growling
22. Groaning
23. Eyes closed
24. Straining to urinate or missing the litter box
25. Tail twitching

Pain and Aging

One thing we often hear, usually in the course of a routine exam is "Oh, she/he is just getting old". Some of the signs we see in our aging friends are just that, signs of aging. But age should never be used as an excuse for an animal to be in pain. Studies have shown that our pets feel as much or more pain than we do and there is help out there for almost every dog or cat. Options are numerous and range from western medicine to alternative options like acupuncture, nutritional supplements, and laser therapy.

Dr. Peggy can offer advice on managing your pet's symptoms of pain from age related issues like arthritis and muscle weakness. Small adjustments-elevated food bowls, a better diet, or skid-proof socks-can help an ailing pet live more comfortably. For some, stretches, exercise and even massage can help improve muscle function and the quality of life every day.

Just for Fun...

Dogs vs. Stairs



In Closing

We appreciate you taking the time to read this edition of our e-newsletter and hope you've found it informative. Please let us know what you think. Your comments and suggestions are always welcomed.

If you have any questions or concerns about your animal's health, don't hesitate to call or email us.

Best always,

Dr. Peggy, Bev and All the Staff
Sierra Animal Wellness Center

