

# Sierra Animal Wellness Center

Specializing in Holistic, Integrative Veterinary  
Medicine



November 7, 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

## Contact Us

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## Cold Laser Therapy: A Soothing Alternative

What do arthritis, a snakebite, a hot spot, and a surgical incision site all have in common?

The bad news is that they are all painful situations for your furry companion to have to go through. The good news is that they can all be treated with something you may not have heard of - cold laser therapy! With the FDA's approval, the use of therapy lasers in both human and veterinary medicine has been climbing over the past 25 years. Its widespread success has impressed doctors, patients, and pet owners alike.

This is not your James Bond style laser that can cut through metal, but rather a low-level laser which



Our MLS laser and wand, a small machine offering patients big benefits.

generates no perceptible heat at all. Also known as cold laser or Class IV laser therapy, it is a non-invasive procedure that works through a process known as photobiostimulation. This process increases the production of the cell fuel ATP (Adenosine-triphosphate) to stimulate cell regeneration, reduce inflammation and pain, increase blood circulation at the treatment site and enhance the natural healing process.

Lasers are being successfully used in veterinary medicine for a wide variety of conditions including:

- Acute and chronic ear infections
- Skin wounds caused by abscesses, hot spots and lick granulomas
- Anal gland infections
- Acute and chronic neck and back pain
- Post-surgery pain, healing and rehab
- Arthritis and degenerative joint diseases like hip dysplasia
- Muscle, ligament and tendon injuries
- Neuromuscular disease

The potential uses of laser therapy are also exciting and include treatment of allergic conditions, chronic rhinitis and bronchitis, OCD which is a joint cartilage disease mainly affecting large and giant breed dogs, control or treatment of certain tumors and treatment of neurologic events such as strokes and concussions.

With more and more research into its uses, laser therapy is gaining recognition as a wonderful option.

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## The Laser Therapy Experience

After an exam, if laser therapy is deemed helpful, Dr. Peggy will determine the initial number and type of treatments needed. Power is set for the type of condition or wound being treated and also for the color of the patient's skin and fur.

Patients don't need to be sedated, no drugs are involved, and no clipping of fur is needed. They do wear a pair of cool looking goggles (doggles?) to protect the eyes. So will you and the tech administering the treatment.

Each treatment utilizes a small wand. The light from this wand is moved over the affected area(s) for a brief time, usually 5-15 minutes depending on the reason for treatment. Most sessions last anywhere from 10 to 30 minutes. The treatment is generally painless.

Some patients even take a light nap during their treatments because as endorphins get released into the system they are finally able to relax their bodies.



### ***Cold Laser Therapy Benefits***

The benefits of laser therapy cannot be overstated. It not only hastens healing it actually improves the way tissue repairs and renews itself. It reduces the risk of complications in post-operative patients.

Lasers can reverse muscle atrophy and improve tendon and ligament strength and resilience. Flexibility, mobility and range of motion are all enhanced. Pain and stiffness can be greatly improved in aging animals. A few sessions with the laser, and your friend may surprise you by chasing after her favorite toy once again. Laser therapy treatments are cumulative meaning each treatment builds on prior treatments and the animal's condition improves continuously.

Here are a few of the other benefits:

- It is a painless treatment for a myriad of ailments.
- It demonstrates no interference with pet medications or other treatments.
- It has never been known to have unintended side effects.
- Treatments themselves are relatively quick compared to most alternatives.
- Cold laser therapy is completely non-invasive.
- The results are promptly noticeable.
- Laser therapy is one of the most affordable options to treat a wide range of issues.

As a proactive, integrative veterinary practice, we strive to combine the best traditional and alternative medical therapies to improve the health of every patient we treat. Laser therapy is an option we especially love because it can restore quality of life to animals with a wide range of incapacitating health conditions.

With so many success stories, there's really no reason not to give it a try - for your furry friend's sake.

# ***Laser Therapy Solutions for Aging Companions***

Pain Relief

Wound Healing

Arthritic Conditions

Pain Associated with Aging

Intervertebral Disc Disease

Pyotraumatic Dermatitis

Post Surgical Pain Relief

Degenerative Joint Disease

Lick Granulomas

Degloving Injuries

Dermatological Conditions

Periodontal Disease

Otitis

and more



## **How Much Does a Pet Cost?**

If you've been dreaming about bringing home a new furry friend for months, hurray for you! But before you make it official, it's wise to understand the financial responsibility that comes with owning and caring for another living being. Check out the breakdown below to see the average annual costs of caring for a variety of pet species (not including initial purchase or adoption fees). These results came from the 2015-2016 APPA National Pet Owners Survey Statistics and they do vary depending on the area in which you live:



	Dog	Cat	Bunny	Bird
 <b>Veterinary</b> (routine exam, vaccinations, preventive care)	\$325	\$196	\$70	\$85
 <b>Pet Food</b>	\$269	\$246	\$190	\$75
 <b>Pet Services</b> (grooming, boarding, training)	\$416	\$173	\$27	\$37
 <b>Miscellaneous Expenses</b> (toys, clothes, treats, litter)	\$95	\$220	\$470	\$40
<b>Estimated Yearly Cost</b>	<b>\$1,105</b>	<b>\$835</b>	<b>\$757</b>	<b>\$237</b>

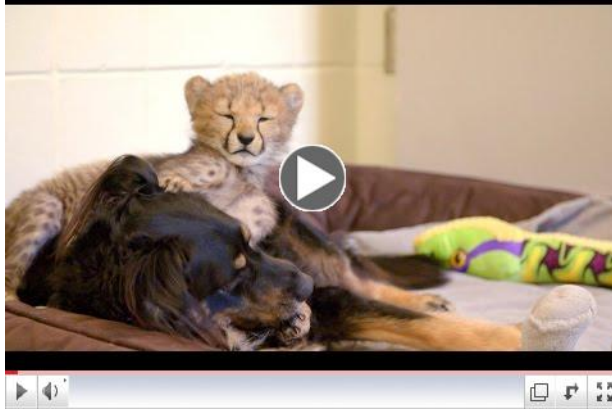
\*2015-2016 APPA National Pet Owners Survey Statistics: Pet Ownership & Annual Expenses, APPA.org, [http://www.americanpetproducts.org/press\\_industrytrends.asp](http://www.americanpetproducts.org/press_industrytrends.asp), accessed Sept. 7, 2016

### *Five Tips to Reduce Costs*

Animals make wonderful companions and enrich our lives, but they can also be expensive! Follow these preventive tips to help minimize your pet's healthcare costs over the long run:

- Maintain regular check-ups
- Have a daily at-home dental routine
- Consider pet insurance
- Buy high-quality food, the best you can afford
- Keep your friend's nails, coat and ears clean and properly groomed

Just for Fun...



**This Dog Raises Baby Cheetahs... and Ocelots and Wallabies and Warthogs!**

### **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

