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WINTER 2017

A publication of the Illinois State Veterinary Medical Association

IN THIS ISSUE

ISVMA 134th Annual
Convention Recap

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ISVMA Mission

Advancing the well-being of veterinary
medical professionals, animals, the public
and the environment.

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Promoting Advocacy

by Sandra Faeh, DVM



Happy New Year! I hope everyone had a safe and happy holiday season.

I am extremely grateful to have the opportunity to serve as your president. I graduated from the University of Illinois in 1996 and currently am part owner of four small-animal hospitals in the western suburbs of Chicago. I have been active in organized veterinary medicine since veterinary school, when I was the national student AVMA president. Since then, I have served as treasurer and president of the Chicago VMA, Region 7 representative to the ISVMA, and ISVMA Sponsorship and Education chair. I'm currently the delegate to the AVMA and a member of the AVMA House Advisory Committee, along with being the ISVMA president.

My husband and I live with our three boys, two dogs, two cats and a rabbit in River

Forest. I am an avid runner, having recently completed two ultra-marathons (31.2 miles) and the Chicago Marathon. Yes, I'm a little crazy, but my staff and family say I'm crazier when I don't run!

Approximately one-and-a-half years ago, the ISVMA Executive Board took part in a strategic planning session in Springfield. It was an intense one-day brainstorming exercise. We decided to focus on five separate areas: advocacy, professional development, membership, public awareness and community relations, and association strength. These goals fit well with the mission of the ISVMA: advancing the well-being of veterinary medical professionals, animals, the public and the environment. The plan, which was implemented at the 2015 convention, is reviewed annually and is currently in its second year and going strong!

Our first goal, promoting advocacy, has always been a primary goal of the ISVMA. A big part of this is reaching out to our local

legislators and educating them on what it takes to be a veterinarian and what we do. Many legislators have no idea that it takes eight years to earn our degree! Over the past year, we have developed a handout called *The Veterinary Fact Sheet* to discuss the education it takes to become a veterinarian, the different specialties available and the various career options. We encourage each of you to reach out to your legislators, both where you live and where you work, to introduce yourself and open the doors of communication. Often, we need your help when issues arise, whether it's the renewal of our practice act or the creation of the puppy lemon law. Springfield often goes to humane organizations before going to veterinarians for help. This needs to change and can change if each of us reaches out to our leaders. We are the leaders of the profession, and our profession extends way beyond vaccinations, spaying and neutering. Please take a moment to go to www.ilga.gov, look up your legislator and reach out. We must protect our profession, and this is the first step. 🐾

IVMF Donations

The Illinois Veterinary Medical Foundation (IVMF) welcomes contributions to celebrate or honor the life of a pet, as well as to memorialize a loss. Download a donor form from the ISVMA website at www.isvma.org/illinois-veterinary-medical-foundation/ to submit your memorial. Please indicate whom you are honoring on the form, and give an address where the memorial notification can be sent.

In Memory

The IVMF thanks the following veterinary clinics for its contributions in memory of the following pets:

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An Alliance That Benefits You

by Deborah Lakamp, CAE, Executive Director



As you know, the ISVMA is a proud associate member of Partners for Healthy Pets (PHP). The ISVMA Board of Directors and I are pleased to announce a collaborative program between PHP, Veterinary Medical Association Executives and our association. We believe this initiative will have a significant impact on the health of your patients and your practice.

This collaborative program focuses on the importance of "forward booking," which simply means scheduling a patient's next

appointment before leaving your practice, regardless of the reason for their current visit. This includes medical progress exams and preventive health care exams. Forward booking ensures your patients receive the highest quality of care at the right time.

You have probably been hearing about, and may be considering implementing, forward booking in your practice, but are not quite sure how to get started.

We can help you!

To get started, visit the forward booking section on the Partners for Healthy Pets website www.partnersforhealthypets.org/

[forward_booking.aspx](#). Download the document titled, *The Key to Forward Booking Appointments: Unlock the Potential of a Best Practice For Your Practice*. This gives you a simple, step-by-step approach for how to use the handful of tools available to provide your practice team with the skills necessary to be successful. Ready. Set. Forward book!

We are very excited to provide this opportunity to you and your practice. By using these tools, you will be able to easily implement forward booking in your practice. The result? Healthier patients and a healthier practice. 🐾

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Illinois Installs Powerful MRI for Large and Small Animal Patients

by Peter Constable, Dean



Happy New Year from your College of Veterinary Medicine!

Exciting news from Urbana: Illinois recently installed the top-of-the-line Siemens MRI scanner — a Skyra model with a 3 Tesla magnet — to enhance our neurology, cardiology and equine services. There is not a better MRI scanner in a veterinary college in this country, or in a veterinary practice in Illinois.

The MRI scanner arrived last November, flown into the country from Germany and weighing in at 7 tons. It can image equine limbs, head and neck, as well as smaller animals.

According to veterinary neurologist, Dr. Devon Hague, who joined our faculty in 2012, this unit "will deliver the best diagnostic modality for clinical patients."

"The more powerful magnet means increased resolution of images and decreased time under anesthesia for patients," she said, "while the costs will be kept competitive."

Dr. Kari Foss joined Dr. Hague in August to become the second boarded neurologist at our hospital. After earning her doctorate in veterinary medicine at Illinois in 2008, Dr. Foss completed an internship at Southern California Veterinary Specialty Hospital in Irvine and a master's degree and neurology residency at The Ohio State University.

"Having two neurologists on our service will mean we are always available for referrals or consultations," Dr. Foss said.

The arrival of the new MRI scanner delivers a boost for the neurology service. "Neurologists need advanced imaging because they have no other way to see what's going on with their patients," Dr. Foss said.

"With a 3T magnet, we'll have the same MRI capabilities as the university's Beckman Institute, a world-class imaging research program," Dr. Hague said. "This opens up opportunities to collaborate with biophysicists there to develop new imaging sequences for animal patients."

Veterinary cardiologist, Dr. Ryan Fries, who joined the Illinois faculty in 2014, also anticipates improved patient care with the new MRI. Dr. Fries has gained cardiac MRI certification at human health organizations — Northwestern University Hospital and the Society for Cardiac MRI — to help implement this technology in the veterinary world.

"MRI protocols for hearts have never been implemented in veterinary medicine. This is a new way for evaluating cardiac disease in animal patients," he said.

Dr. Fries hopes to explore new standards of veterinary cardiac care. For example,



the current standard for taking a biopsy of heart tissue is a highly invasive procedure, but using the MRI scanner would eliminate the need for extensive surgery.

Last fall, another boarded cardiologist, Dr. Jordan Vitt, joined the faculty. Dr. Vitt earned his veterinary degree at The Ohio State University, then completed an internship at The University of Pennsylvania and a residency in cardiology at Texas A&M University.

Ours is the only veterinary cardiology service in the state that offers interventional treatment, including correction of congenital heart defects, implantation of pacemakers, heartworm extraction and repair of portosystemic shunts without surgery.

Members of the equine medicine and surgery team are also eager to have the MRI scanner at their disposal for state-of-the-art diagnostics. This and other technological enhancements, such as a new shockwave therapy unit, digital radiology, a dynamic scope and upgraded ultrasound capabilities, have elevated the patient care options to match the quality of the specialists: Drs. Jonathan Foreman, Santiago Gutierrez, Kara Lascola, Annette McCoy, Matthew Stewart and Pamela Wilkins.

We enter 2017 having completed the first year of our 2016-2020 strategic plan. With the addition of many outstanding new faculty members as well as advanced technology like the MRI, we are off to an impressive start.

May the coming year bring good things to all of you as well. 🐾

ISVMA 134th Annual Convention

Honors Members, Provides CE and Shares Industry Technology

The 134th Annual Illinois State Veterinary Medical Association Convention successfully served over 700 veterinarians, certified veterinary technicians, and practice and industry personnel from November 4-6 at the Westin Lombard.

"The number of our colleagues that take time from their busy schedules is a testament to the value of the CE and the networking at this meeting," said ISVMA President Dr. Herb Whiteley.

Annual Meeting

On Saturday morning, the ISVMA held its annual business meeting, where the membership approved language cleanup changes to the organization's constitution. Attendees also heard the association's year-end summary of action.

"There are five areas that we concentrated on — advocacy, professional development, membership value, public awareness and community relations and association strength — as established in the association's strategic plan," Dr. Whiteley said. "This year, the association worked with two new partners to promote our profession, FFA and Historic Wagner Farms. In addition, a two-day, southern Illinois CE session was implemented, and the new CVT rules went into effect after many years of work."

"The three days of continuing education encompassed both lectures and wet labs on topics ranging from skinny old cats to fear-free handling techniques to practice management topics to compassion issues. These and many other topics provided education aimed at small animal, exotic, bovine, porcine and equine practitioners,"

said Dr. Michelle Gundlach, ISVMA director of education.

"The convention also provides attendees an opportunity to connect with over 70 industry vendors and partners during the two-day trade show. Vendors feature items such as diagnostic services, pet food diets, pharmaceuticals, equipment and services for veterinary practices," said Dr. Sandra Faeh, ISVMA Convention Committee chairperson.

"ISVMA's general financial health is stable. During the annual audit, the association received an unmodified audit opinion, meaning our organization was found to be

appropriately managing its financial matters," reported ISVMA Treasurer Dr. Alan Whitman, Whitman Veterinary Clinic, Piper City. "In the spring of this year, ISVMA paid off the mortgage on our headquarters' building. The equity in the building and the association reserves protect the ISVMA in case of a financial emergency. In addition, the association is increasing the funds spent to offer member services and holding down association expenses."

Moment of Silence

A moment of silence honored friends and colleagues who had passed away in the last year. Those remembered were



Pictured (left to right) are the ISVMA Board of Directors' retiring members. The association appreciates the service of Dr. Phil Fassler, River Ridge Animal Hospital, Dixon; Dr. Tracy Myers, Whitney Veterinary Clinic, Peoria; Dr. Edmar Schreiber, Schreiber Veterinary Services, Sorento; Dr. George Richards, Danville; and ISVMA President Dr. Herb Whiteley, who presented the awards. Not pictured: Andrea Vercelli, 2018 ISVMA student representative.

Dr. Jorg Hoogeweg, Dr. Thomas Martin, Dr. James T. O'Connor, Dr. Gail Scherba, Dr. Raymond Wise, Dr. Wayne Brown and Dr. Robert Wise.

50-Year Graduates

ISVMA honored those celebrating 50 years of graduation from veterinary school with a small token of appreciation. Those who were recognized include:

Dr. Donald Adams
Dr. Harry Clayton
Dr. Mervyn Daehler
Dr. William Hearle
Dr. Gerald Henriksen
Dr. Dennis Johnson
Dr. Robert Lacey
Dr. Joseph Lowry
Dr. C. David McLaughlin
Dr. Gerald O'Keefe
Dr. Darrel Sampson
Dr. E. Stephen Sauers
Dr. Charles Spence
Dr. Dennis Stubblefield
Dr. William Wright

ISVMA New Life Members

ISVMA's constitution allows for life membership for those veterinarians who have paid dues for 35 consecutive years and are no longer practicing. The association welcomes the newest life members:

Dr. Allen Barclay
Dr. Emil Baukert
Dr. Carl Brinkmann
Dr. John Brix
Dr. Donald Buller
Dr. Steven Cairo
Dr. Lyle Campbell
Dr. Frank Colbrook
Dr. Joseph Connor
Dr. William Condie
Dr. William Cooper
Dr. David Deters
Dr. Claude Gendreau
Dr. Fred Goldman
Dr. James Hastings
Dr. John Herrmann
Dr. Merlyn Holmbeck
Dr. Ruel Iliff
Dr. David Jackson
Dr. Thomas Kleven
Dr. Wayne Larson
Dr. Thomas Lassiter

Dr. Kay Lindsay
Dr. Charles Lotz
Dr. John Mahoney
Dr. Glenn Miller
Dr. Jonathan Quinton
Dr. Calvin Schafer
Dr. Gary Schlapp
Dr. John Steinmeyer
Dr. Gary Whitebread

ISVMA Board Members Service Recognition

ISVMA took a moment to recognize the service of several ISVMA Board members who have shared their time and talent with the organization. They are as follows:

- Dr. Tracy Myers, immediate past president, Whitney Veterinary Hospital, Peoria

- Dr. Phil Fassler, Region 6 Board representative, River Ridge Animal Hospital, Dixon
- Dr. Edmar Schreiber, Region 1 Board representative, Schreiber Veterinary Service, Sorento
- Dr. George Richards, AVMA Delegate, retired, Danville
- Andrea Vercelli, ISVMA 2018 class representative, University of Illinois College of Veterinary Medicine

Member Awards

Each year at convention, ISVMA has the opportunity to recognize some outstanding members through its awards program. "These are the individuals who have selflessly served the association and organized veterinary



Dr. William Condie (left), Freeport Animal Clinic, Freeport; and Dr. Fred Goldman (center), Scottsdale, Arizona, are recognized as new life members.



New ISVMA Vice President Dr. Joanne Carlson (left), Loving Care Animal Clinic, Palatine, and 2016-17 ISVMA President Dr. Sandra Faeh (right) accept key association leadership positions.



Dr. Lynette Hemker receives the Dr. Erwin Small First Decade Award from ISVMA President Dr. Herb Whiteley.

medicine to move the profession forward on several different fronts," Dr. Whiteley stated.

Dr. Erwin Small First Decade Award

Among recent graduates, certain veterinarians distinguish themselves through their contributions and participation in organized veterinary medicine and the ISVMA.

One promising young veterinarian, who has graduated within the last 10 years, is chosen each year to receive an award named in honor of one Dr. Erwin Small, who generously gave to the profession and touched the lives of hundreds of students. In his honor, the profession recognizes a young veterinarian who followed his example by becoming a leader and sacrificing to support the profession through his or her contributions to organized veterinary medicine.

This year, the veterinarian selected to receive the 2016 Dr. Erwin Small First Decade Award is Dr. Lynnette Hemker, who is a 2006 graduate of the University of Illinois. She is a mixed-animal veterinarian who enjoys equine dentistry, dermatology and surgery. She co-owns and practices at Greenville Veterinary Clinic in Greenville. Dr. Hemker has spoken on business practices at the University of Illinois' Fall Conference, as she is recognized for implementing current business strategies that keep her rural practice growing. She was also recognized for her assistance to the Southern Illinois Veterinary Medical Association president, Dr. Wendy Probst, as well as her ser-

vice to the veterinary profession. She served on the ISVMA Board of Directors from 2010 to 2015.

Dr. Cecil Ingmire CVT Award

The Dr. Cecil Ingmire CVT Award is given to one certified veterinary technician who has demonstrated a strong commitment to the profession through involvement in organized veterinary medicine. The award is named after Dr. Cecil Ingmire, whom many refer to as the "godfather of veterinary technology" in Illinois. His involvement and leadership with the programs at both Parkland College and Joliet Junior College have been instrumental to those programs graduating outstanding veterinary technicians.

This year's Dr. Cecil Ingmire CVT Award recipient is Janet Johnson, CVT. Johnson began her career at Teegarden Veterinary Clinic in 1989, starting as a co-op student from Washington High school. She then attended the Parkland veterinary technician program in Champaign, earning her veterinary technician degree in 1991. She then returned to Teegarden to begin her career as a veterinary technician.

Johnson served on the Parkland Veterinary Technician Advisory Board after graduation through two AVMA accreditation reviews. She also served on the ISVMA Education Committee, 2011-2012, and was a speaker for the Bayer staff information program in the Peoria area, 2011-2013.

Johnson and Dr. Michael Thomas were on the initial Certified Veterinary Technician/Veterinary Assistant Roles and Responsibilities Task Force for ISVMA, which was ultimately responsible for the administrative rules change that elevated the responsibilities and recognition that Illinois veterinary technicians enjoy today. This committee also led to the inclusion of certified veterinary technicians being represented in the ISVMA membership and Board of Directors.

ISVMA Veterinary Service Award

The ISVMA Veterinary Service Award is presented to an ISVMA member who has demonstrated outstanding work as a member of the association.

"Professional associations, like ISVMA, are dependent upon the support and participation of its members. Many veterinarians have selflessly offered their service to your association — sacrificing their personal lives and taking time away from their practices to advance the well-being of the veterinary profession, animals, the public and the environment through service on ISVMA committees, task forces, the Board of Directors and officer positions," said ISVMA Past President Dr. Tracy Myers, Whitney Veterinary Clinic, Peoria, who presented the award.

This year, the Veterinary Service Award was awarded to Dr. Michael Thomas, who earned his doctorate in veterinary medicine from the University of Illinois College of Veterinary Medicine in 1974. He owns Teegarden Veterinary Clinic, a small animal clinic.



Janet Johnson, CVT, Teegarden Veterinary Clinic, Peoria, accepts the Dr. Cecil Ingmire CVT Award from ISVMA Past President Dr. Tracy Myers (left) and ISVMA President Dr. Herb Whiteley (right).



Dr. Michael Thomas, Teegarden Veterinary Clinic, Peoria, is honored with the ISVMA Veterinary Service Award presented by ISVMA Past President Dr. Tracy Myers (left) and ISVMA President Dr. Herb Whiteley (right).

Dr. Thomas has been active in organized veterinary medicine, serving the profession for a majority of his practice career. He has worked with the Mississippi Valley Veterinary Medical Association serving in positions like program chairman, president, and secretary and treasurer, in which he continues to serve to this day.

Dr. Thomas has also been engaged with ISVMA serving on committees, and was the chairman of the ISVMA Certified Veterinary Technician/Veterinary Assistant Roles and Responsibilities Task Force. After several years of planning, revisions and navigation



2016-17 ISVMA President Dr. Sandra Faeh congratulates 2015-16 ISVMA President Dr. Herb Whiteley on a job well done while presenting him with the traditional gavel plaque.



Dr. George Richards, Danville, is recognized for his service to the profession with the presentation of the ISVMA President's Award by Dr. Herb Whiteley.



Dr. H. David Clayton (right), Ottawa, is recognized upon his 50th anniversary of graduation from veterinary school by ISVMA President Dr. Herb Whiteley.

through the legislative process, it finally became an administrative rule in 2015, defining the important roles of veterinary technicians in veterinary practices throughout Illinois. He was an ISVMA Board member for many years and served through the officer position roles, including ISVMA treasurer, rounding out his Board service as president of ISVMA.

President's Award

Each year, the ISVMA president selects an individual or group that has significantly advanced the interests of the veterinary profession. This year, Dr. George Richards, ISVMA's retiring AVMA Delegate from Danville, was honored.

"Dr. Richards has dedicated his talents to organized veterinary medicine for many years. He has been an important influence and resource for the ISVMA Board of Directors. He has given great insight and experience to many serious discussions over the years that I have been involved with the association. At a national level, George is known throughout the AVMA, having served as an alternate delegate and, most recently, as a delegate to the AVMA House of Delegates," Dr. Whiteley said during the award presentation.

ISVMA Board Elections

ISVMA is pleased to announce the following Board elections:

- Dr. Ellen Helmers, Hawthorne Animal Hospital, Glen Carbon, was elected to a three-year term in Region 1 – Southern.

- Dr. Joanne Carlson, Loving Care Animal Hospital, Rolling Meadows, Illinois, has been elected as the ISVMA vice president.
- Dr. Christina Holbrook of Capitol Illini Veterinary Clinic, Springfield, Illinois, was re-elected to a three-year term in Region 2 – Central.
- Dr. Lynda Gould, Ashton Animal Clinic, Ashton, Illinois, was elected to a three-year term in Region 6 – Northern.
- In a separate election to fill a Board term in Region 5, Dr. Heidi Pulito, Sandwich Veterinary Hospital, Sandwich, Illinois, was elected to fill a vacant seat.
- Dr. Steve Dullard, Ancare Veterinary Clinic, PC, Mendota, Illinois, was elected during the ISVMA Board of Directors' September meeting as the alternate AVMA delegate.

Passage of the Gavel

The last order of business at the ISVMA annual meeting was recognition of Dr. Whiteley's service as the 2015-16 ISVMA president. During his tenure, Dr. Whiteley led the association through a successful legislative year, the review and amendment of its constitution, and he moved forward the organization's strategic plan.

As his last act of office, Dr. Whiteley passed the gavel to the 2016-17 ISVMA president, Dr. Sandra Faeh, Elmhurst Animal Care Center, Elmhurst. Dr. Faeh is part-owner of four veterinary clinics, the association's AVMA delegate, and a member of both the ISVMA Student Task Force and the Convention Planning Committee. She is also a 1996 graduate of the University of Illinois College of Veterinary Medicine. 🐾

ISVMA Recognizes Chicago VMA's 120th Anniversary

Dean Peter Constable presents a plaque from ISVMA recognizing the Chicago Veterinary Medical Association's 120th Anniversary to Dr. Rosemarie Niznik, president of the CVMA. The association recently held a celebration event at the International Museum of Surgical Science in downtown Chicago to honor the history of the organization and to highlight key members who have made exceptional contributions over the past 120 years.



Thank You to Our 2016 Convention Sponsors!

ISVMA wishes to thank the companies below for their generosity in sponsoring the 134th Annual Convention. Please make sure to thank the representatives of these companies as you see them.

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HANDS-ON LAB

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Tissue & Orthopedic Surgery
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April 11-13

CAREER BUILDING

Veterinary Technician Symposium
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In Memoriam

ISVMA's members and Board of Directors extend their condolences to the families of the following veterinarian.

Thomas Martin Jr., DVM (1939-2016)

Dr. Thomas Campbell Martin Jr., 76, passed away July 4, 2016, at St. Elizabeth's Hospital from complications of cardiac arrest, surrounded by his family.

He went to Kansas State University School of Veterinary Medicine. Not only did he study both large and small animals, but he also was fortunate to be in the first exotic animals course offered there. He earned his doctorate in veterinary medicine, graduating in 1963.

Coming out of ROTC, Tom went into the U.S. Army Veterinary Corps. He was stationed in Chicago and New York, rising to the rank of captain while doing mostly food inspection for the troops, caring for the K-9 guard dogs and the occasional general's poodle. He came to St. Louis to join a veterinarian whose practice included the St. Louis Zoo and the Budweiser Clydesdales. Next, he became a staff veterinarian at the Missouri Humane Society. He rescued his

first dachshund from euthanasia there, and she lived happily with the family for 15 years.

Tom became a member of the Elks club, a third-degree Mason, an officer of the Belleville Optimist Club, president of the St. Louis Veterinary Medical Association, and a member of the Southern Illinois Veterinary Medical Association and the Illinois State Veterinary Medical Association. He was a member of the Mississippi Valley Kennel Club, a life member of the Belle City Kennel Club, and a member of the Gateway Terrier Association and the St. Louis Kerry Blue Terrier Club. Tom wrote a monthly humor column for *Veterinary Economics* magazine and gave talks to veterinary students at Illinois and Kansas State. He had a stint fielding phone calls from listeners of "At Your Service" on KMOX radio.

Tom is survived by his wife, Claire; his children, Bradley and Laura (Patrick Green); and a niece, Richelle Longo, of Billings, Montana. 🐾

ISVMA Reinstates **Educational Recognition Program**

The ISVMA Board of Directors recently approved reinstating the Illinois Academy of Veterinary Education. The mission of the Academy is to promote the advancement of veterinary practice knowledge for both veterinarians and veterinary technicians. The program will provide its members with special recognition, both within our organization and with the general public, as well as additional networking and continuing education (CE) opportunities.

To be considered for membership, one must be licensed to practice in Illinois, be an ISVMA member in good standing, and exhibit professionalism and good moral character. Most importantly, applicants must meet an elevated CE requirement. Veterinarians will be required to obtain a minimum of 50 hours per membership year, while veterinary technicians will have a requirement of 20 hours per year. At least 50 percent of those hours must be obtained in face-to-face CE sessions. Any continuing

education that meets the guidelines stated in the Illinois Veterinary Medicine and Surgery Practice Act will be accepted toward the required hours.

Upon completion of the first year (February 1, 2018), new members will receive a framed commemorative certificate, suitable for display. Yearly markers will be added to the certificate for subsequent years of membership. ISVMA will also send a press release to the member's local newspaper recognizing his or her accomplishment. Names of all current members will be listed in *Epitome* and on the ISVMA Facebook page yearly, and will be posted on the ISVMA website as well. Members will also be invited to an exclusive CE/social event each year.

Membership applications will be downloadable on our website beginning January 1, with the program officially starting February 1 (to coincide with Illinois' license renewal



schedule). Please contact michelle@isvma.org for more information on this opportunity to elevate your level of professional knowledge, receive recognition for your efforts and serve as a role model for other veterinary professionals. 🐾



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The Holiday Puppy or Rescue

by Sally J. Foote, DVM

At my practice, Okaw Veterinary Clinic in Tuscola, Illinois, I see both general care and behavior cases. No matter how I might advise clients to avoid adding a puppy at the holidays, there are always plenty of families who bring in a 9-week-old puppy, enamored with their new friend. I also see adoptions over the holidays, as people are full of a generous spirit. I take an immediate proactive approach to educating, demonstrating and making the information about dog training simple and easy to follow. This helps reduce the frustrations that come a few weeks after the holiday glow has worn off.

How to Help Start a Puppy Right

Have one good resource to use, and try it out yourself with a puppy if you can. The best resources I use are the *14 Days to the Perfect Puppy* outline through the Animal Behavior Network (animalbehavior.net), run by Dr. Rolan Tripp, and *Perfect Puppy in 7 Days: How to Start Your Puppy Off Right* by Dr. Sophia Yin (drsophiayin.com). Dr. Tripp's course sends daily emails, breaking the program down into easy daily steps, including socialization and crate training. Dr. Yin's book has many color photos demonstrating use of the "learn to earn" method for polite behavior and crate training, and provides lots of examples for socialization. Both programs give direct, easy-to-follow steps that clearly inform why it is essential to socialize your puppy and have it know you are the leader through positive interactions, as well as why it is critical to do these steps.

What to Focus on for a New Puppy

First, focus on housetraining. Be sure to ask at every exam if there are any accidents, and when, where and why they happen. Then, help make a preventive plan. Winter puppies are the toughest to train because humans do not want to go outside in the cold, use a leash and reward outside. Missing these steps results in accidents, which can lead the puppy to develop a substrate preference for carpet or hardwood floors. Tell your clients to sleep in their sweats, with treats in the pants pocket, and have the leash next to the crate

(and boots next to the back door). Then, go outside and, while the pet is eliminating, praise! I was one of those crazy owners out at 2 a.m. with an 8-week-old Lab puppy as the cold wind blew, but we had a pretty reliably housetrained dog within two weeks. Be sure to identify with your clients — or relate the stories of friends who did this. Have some good humor, and empathize.



The second thing to focus on is socialization. This means getting the puppy out of the house to interact with lots of people, places and things, especially the noisy or startling, between 8 and 14 weeks of age. This means taking the puppy's meal with you as you drive around to the bank and run errands, tossing rewards to your puppy so it learns to like riding in the car. Tell your clients to toss food to their puppies when the garbage truck rolls down the street, and take them out on a leash daily — again using the food to reward. We do not want to wait until 6 months of age or final vaccinations. By then, the socialization period is done. It will be much more difficult to reward and decrease timidity or naughty behaviors at this age. Street exposure can actually help the puppy's health as it is going through the vaccine schedule. If this puppy is timid or shy, use Adaptil collars to help it be less anxious. Lack of socialization is the leading reason behind dog aggression, house soiling, separation anxiety and other behavior problems that land these pets in a rescue or worse — euthanasia. Early socialization saves lives. For more information, see the American Veterinary Society of Animal Behavior (AVSAB) position statement at avsab.org/wp-content/uploads/2016/08/Puppy_Socialization_Position_Statement_Download_-_10-3-14.pdf.

Another way people add new dogs is from rescues. It is great to be so generous, but, yet again, this dog may have behavior problems

that landed them in the rescue and will only show up once in a home setting. Help out your clients by giving them an outline for helping this dog peacefully adjust to others in the home, human or furry.

When there is an established dog already, *hierarchy is important*. The established dog is the number-one dog no matter its age or size. Follow the hierarchy of rank — the established dog is fed first, petted and greeted first, and allowed through doorways first. Provide a bed, food and water dishes, and toys for the new dog, and do not allow sharing or swapping. All dogs should be fed separately — that means in separate rooms with closing doors or baby gates. This will prevent any staring, guarding or possible fights. Each dog has its own bed, which means do not allow the new dog on the human bed with other dogs up there! Generally, dogs do not share well. Competition can be easily avoided. As one veterinary behaviorist stated, "Humans are the only species that wants

to sit and eat together at the same time." It is very common when adding a new rescue dog for competition to start up, but that can easily be avoided when owners control the resources.

Routines are very important to maintain when one adds any new dog to the home. Sticking to regular daily routines is the best way to reduce anxiety in both the established and new dog. Separation anxiety is very common in rescue dogs. Help your clients by suggesting they leave the rescue dog alone and video them on their cell phone for a few minutes to see if there are any signs of anxiety. If so, A Sound Beginning Program (www.asoundbeginningprogram.com) is excellent for reducing anxiety before it becomes a problem. The Animal Behavior Network program also supplies your clients with handouts, emails and information to intervene early and prevent these problems from surfacing. I also have a handout on my website that you can use and hand out:

www.okawvetclinic.com/top-10-ways-to-blend-a-new-dog-to-the-family.pml.

How Does This Apply to My Practice?

With all of the books, articles and online information about puppy training and rescue dog rehoming, it can be daunting to try to proactively address this during routine veterinary exams. Yet, to not address this can add to problems. By limiting yourself to the few resources I have suggested above, you will be able to address about 90 percent of what you see regularly. Create an easy place to keep references, bookmark websites and preprint articles to hand out to clients. When there is a more involved case of a new puppy not adjusting well or a rescue popping up with behavior problems, reach out to the veterinarians in your area for help or referral. You can search for veterinarians to consult with yourself or refer patients at avsab.org/resources/behavior-consultants-near-you/. 🐾

Sally J. Foote, DVM, owns Okaw Veterinary Clinic in Tuscola and is the creator of the Bella Behavior Label System. She is an American Veterinary Society of Animal Behavior veterinarian and a certified feline behavior consultant. Dr. Foote is also the executive director of Cattledog Publishing, the legacy of Dr. Sophia Yin.

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Membership in a Veterinary Medical Association Correlates with Veterinary Wellness

by Caroline Faust, DVM, Veterinary Social Work Intern, University of Tennessee College of Social Work,
and Elizabeth B. Strand, LCSW, Director of Veterinary Social Work,
University of Tennessee College of Veterinary Medicine and College of Social Work

In a recent article published in the *Journal of the American Veterinary Medical Association*, Nett et al. (2016) found that membership in a veterinary medical association is positively correlated with less mental illness and suicidal ideation.

The authors also found that 9.1 percent of veterinarians were experiencing severe psychological distress at the time of the survey and that 16.7 percent had contemplated suicide since graduation. These distressing numbers are higher than that of the general U.S. adult population.

The number of veterinarians currently in psychological distress nearly doubles when controlling for membership in organized veterinary medicine (9.3 percent for members of a veterinary medical association versus 17.5 percent for those who are not). A similar but less pronounced pattern is seen when examining the relationship between currently married, separated/divorced and never-married veterinarians (8.1 percent, 13.8 percent and 14.7 percent, respectively).

The authors hypothesized that these patterns may be related to the interpersonal relationships in a veterinarian's life. They go on to cite research that names social support as a positive influence on mental health.

Alternate factors associated with psychological distress were working in shelter medicine and being in practice for less than 20 years. It was unclear from the data if it was age, a change in class selection criteria or another factor that led to increased risk in younger vets.

Other research questions revealed a disconnection between veterinarians and the general population when it comes to perception of those with mental illnesses and the help available. Psychologically stressed veterinarians were significantly less likely than those similarly afflicted in the general population to state that "People are caring toward those persons with mental illness," and

less likely than nondistressed veterinarians to agree that "Mental health treatment is accessible." This perception of a lack of support may be one factor contributing to higher distress levels.

The findings of this study open a pathway to better caring for veterinarians in psychological distress. Veterinary medical associations play an important part in this battle, as they provide social support and a vehicle for dissemination of information. Because so many veterinarians in distress perceive that no aid is available, veterinary medical associations have the opportunity to step in as helpers. Support systems, such as the AVMA's Early Career Online Community and Veterinary Information Network's From the Trenches message board, provide practitioners with a group with whom they have similar trials, worries and, sometimes, even victories. 🐾

If you are experiencing psychological distress, please seek help. If you have suicidal thoughts, please call the National Suicide Hotline at (800) 273-TALK.

Resource

Nett, R.J. et al. (2015). Risk factors for suicide, attitudes toward mental illness, and practice-related stressors among US veterinarians. *Journal of the American Veterinary Medical Association*, 247(8), 945-955. <http://doi.org/10.2460/javma.247.8.945>.



One Health Ovarian Cancer Symptom Awareness Organization

Reflects on 2016 and Embraces a New Year

With the new year comes new opportunity and new goals. The Ovarian Cancer Symptom Awareness Organization (OCSA) continues to build support. In 2017, under new leadership, OCSA welcomes the opportunity to expand its ability to share the silent symptoms of ovarian cancer with individuals so early detection of the disease is accomplished. With the appointment of a dynamic leader, Carolyn Ascher, as president of the OCSA Board of Directors, the organization gains a longtime supporter who has set the course for helping OCSA expand its reach.

The One Health Approach to spreading the silent symptoms of ovarian cancer is unique. OCSA believes in integrating messaging and has participated in a number of events tied to the veterinary community that are integral in helping spread knowledge among clients with women in their lives. Ovarian cancer kills over 15,000 women each year, and early diagnosis can help reduce that number.

"My goal as president is to expand our network and continue promoting the organization's primary goal of increasing awareness about the silent symptoms of ovarian cancer. We truly believe inspiring women and their family members to pay attention to a woman's symptoms while also caring for their pets will help save lives," Ascher added.

Over the last few years, the organization has recruited an impressive Board of Directors, Advisory Council members, and volunteers from important businesses and organizations. OCSA's goals have been enhanced by the One Health Approach, a movement that forges collaboration within the medical and veterinary communities, giving the organization relevance to participate in events within both communities. Supporting the

Penn Vet Working Dog Center's efforts to identify ovarian cancer through a dog's olfactory senses dramatically illustrates why the human-animal bond is essential in this One Health campaign.

In November, OCSA exhibited at the 134th Annual ISVMA Convention in Lombard, Illinois, and Ascher, along with Mae Novak, Dr. Roger Mahr and Marilyn Mahr, spent the day spreading the One Health message, underscoring the need for veterinary industry employees to join the cause.

Reaching veterinary pharmaceutical companies, technology firms, veterinarians and other members of the community, this opportunity and others like this allow OCSA to create new relationships, rekindle old ones and grow the Veterinary Outreach Program (VOP) for bigger and better goals in the future. OCSA invites Illinois veterinary practices to join the VOP and to join the easy-to-implement communications program.

"Being part of this event was emotionally rewarding, as so many would thank us for the work we're doing," said Novak, an OCSA supporter.



The good work was rewarded! In November, Ascher, was recognized as one of the *Kane County Chronicle's* Every Day Heroes for her work with OCSA.

The executive vice president of OCSA, Val-lie Szymanski, said, "Carolyn is a kind, giving soul and has dedicated so much time and effort into OCSA and their mission. This award was well-deserved, and we're fortunate to have the support of many like her. Together, we will save lives." 🐾

To learn how to join forces with the Ovarian Cancer Symptom Awareness Organization and participate in future events, visit ovariancancersymptomsymptomawareness.org.



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