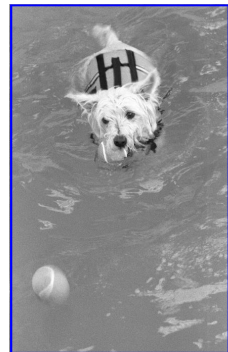


# IPC UPDATE



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## What is Degenerative Myelopathy?

Degenerative Myopathy (DM) is a progressive spinal cord disorder of unknown cause that is commonly found in large breeds of dogs. Males are effected more often than females. The cause of the condition is unknown, although it is believed to be an autoimmune disease - a condition in which the body's immune system begins to attack its own nerve cells.

The warning signs for DM are: difficulty rising, stumbling, knuckling of toes, wearing of the inner digits of the rear paws, muscle atrophy in the hind legs and urinary and fecal incontinence.

Diagonostic tests including a complete neurological exam and radiographic analysis are needed to identify DM and rule out other

diseases with similar clinical symptoms.

What can be done to slow the progression of the disease and improve the patient's quality of life?

Rehabilitation and proper nutrition are key. Generally speaking, therapeutic exercises 3-4 times a day on alternating days is best. Provide ample rest between exercise sessions.

For best results, use acupuncture and/or chiropractic treatments 2 times per week initially, then wean to lowest frequency for maintenance; Hydrotherapy 2-3 times per week, weaning to once per week for longer duration.

Use supplements recommended by a veterinarian and schedule regular veterinary re-checks.

### Upcoming Special Events

- **MAY 6...Bark In The Bark.** Stop by the IPC booth and let your dog enjoy ...
- **May 10...Pet Lover's Cooking Class.** Dr. Julie Mayer teams up with chef Courtney Contos...
- **Coming Soon...Fitness Seminar: Conditioning the Agility Team** for Improved performance: a seminar on injury prevention for the handler and the dog...

See Details on Page 4!

## Spring into National Pet Wellness Month!

May is National Pet Wellness month! Pets age seven times faster, on average, than people. Because they age more rapidly, dramatic health changes can occur in a very short period of time. Pets can experience many of the same age-related health concerns that people do. Older dogs and cats are at higher risk for diabetes, arthritis, heart disease, kidney disease, cancer & other serious conditions. Many of

these health problems are treatable if diagnosed in time.

Now would be a good time to see your regular veterinarian for a 6 month wellness check for adult cats and dogs: Immunizations/Titers, Parasite Check, Heartworm Check, Dental Health, Seasonal Allergy, Blood Panel (CBC), Chemistry Panel, Chiropractic, and Urinalysis. Seniors should have an osteoarthritis, chest radiograph, thyroid and blood pressure screening.



Keep your pet happy & healthy this Spring!



Traditional and Complementary Veterinary  
Rehabilitation, Exercise & Wellness

## Ask The Vet

What are some holistic alternatives for external parasite prevention in dogs?

If you'd like to try a natural alternative to a harsh chemical formula for flea, tick and mosquito prevention for the urban canine, try this:

In a spay bottle combine:

4 ounces water

4 ounces lemon juice

5 drops of eucalyptus oil

5 drops of lavender oil

5 drops of citronella oil

Application: shake well, and mist onto the dog's coat often (avoid eyes and mucous membranes).

You can also soak clothing (bandanas and doggy t-shirts) with this essential oil concoction. Your dog will smell like she just stepped out of a spa and the fleas, ticks and mosquitoes won't be interested!



**Send us your  
Ask The Vet  
questions!**

**[AskTheVet@IntegrativePetCare.com](mailto:AskTheVet@IntegrativePetCare.com)**

Mail your Ask The Vet submissions to:

Ask The Vet/IPC,  
2520 W. Armitage  
Ave., Chicago, IL  
60647 or via e-mail  
to:

## Inside IPC: Dr. Patty Cahill

**"I enjoy cooking and beach volleyball."**



Dr. Patty Cahill is one of the many smiling faces you'll see at Integrative Pet Care. In addition to her many veterinary accolades (U of I graduate, Member: AVMA, CVMA, AAVA, IVAS and AP certificate from the Chi Institute of Chinese Medicine), Dr. Cahill is an avid gardener! She shares her life with two cats, Kitty and Beep-

Beep and one husband, Chip, and two stepchildren, Jack and Elizabeth.

Dr. Cahill celebrated her birthday on April 25th.

Her favorite motto is

"Acceptance, forgiveness, and love".

She enjoys reading, cooking and beach volleyball. We enjoy having her here at IPC!

## Splish Splash, It's More Fun Than A Bath!

Has your pet had the pleasure of making a splash in a resistance pool?

Our resistance pool—complete with soothing massage jets – offers an early and efficient start in rehabilitation for fast muscle redevelopment, re-establishing neuromuscular coordination, improved joint health and cardiovascular fitness.

It isn't only pets in need of rehabilitation who benefit from making a splash in the pool—athletic dogs thrive, too! Strong muscles and cardiovascular

endurance are key to success in many canine athletic endeavors like agility, hunting/field work, search and rescue, flyball, road work, conformation, schutzhund and dock diving!

A 30 minute workout in our resistance pool is equivalent to a 2 hour run without the harsh pounding on the joints!

For added savings, join our swim club!



**Agility Dog, Bianca, gains a competitive edge by swimming in our resistance pool!**



**DATE: Wednesday, May 10 TIME: 6 to 8 pm**

## **LOCATION: The Chopping Block**

Join Integrative Pet Care and a leading Chicago chef as they team up to teach pet owners how to make seasonal, nutritionally sound meals for pets.

Learn the best summer diet to keep your pets cool and comfortable. For aging pets, try a dish to help combat arthritis and boost the immune system.

Super chef Courtney Contos, a veteran of Charlie Trotter's kitchens and Dr. Julie Mayer, co-founder of Integrative Pet Care will demo recipes, provide instruction and answer questions.



**Registration: \$50**

**Event includes instruction, wine, beer, light appetizer buffet plus take home pet treat doggie bags.**

Call 773-269-2964 or visit [www.integrativepetcare.com](http://www.integrativepetcare.com)

## **Client Spotlight: Vivian...*No Speed Limit!***

That's Miss Vivian to all of us! Vivian is a wonderful French Bulldog with a big heart and a lot of spunk! She spends time at IPC recovering from fibrocartilagenous emboli; a clot to the spinal tissue. Initially, she had paralysis, severe muscle atrophy and lack of sensation in her back and hind legs. Vivian comes to IPC for rehabilitation.

Vivian enjoys her therapy sessions here at IPC. She undergoes neuromuscular electrical stimulation (e-stim), underwater treadmill and therapeutic exercises in her cart. Vivian's rehabilitation is coming along nicely. She's gaining

proprioception, balance and strength in her back and rear limbs. She can stand and pull herself up from a sit, has improved reflexes and is beginning to use her rear legs (kicking & stepping).

In addition to her rehab milestones, Vivian has also mastered the fine art of cart racing, *Vivian Style!*

When Vivian comes through, it's at top speed. If she slows down slightly, you'll be able to spot the flashy flames on the sides of her cart as she whizzes past! Keep up the good work, Vivian! You're an inspiration to us all!

**Vivian is an inspiration to us all... great attitude, hard work....success!**



## **You can WiFi at IPC!**



**IPC is Wireless!**

Tight on time? Working from home? In today's fast paced world, multi-tasking is key to keeping up with your busy

lifestyle. You don't have to fall behind on your "Things To Do" list when you're at IPC.

You can WiFi at IPC! Next time your pet has an appointment at IPC, bring your wireless capable laptop and access the web

wirelessly at no charge!

While Kitty is getting acupuncture or Butch is having a splashing good time in our resistance pool, you can take care of business, e-mail your friends or shop on-line.

Now *that's* multi-tasking!



### Integrative Pet Care

2520 W. Armitage, Chicago, IL. 60647

Call 773-269-2964 or visit [www.integrativepetcare.com](http://www.integrativepetcare.com)

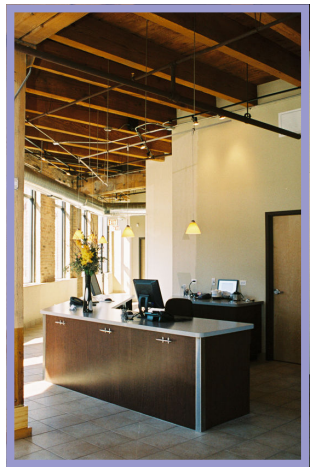
Integrative Pet care is a state of the art specialty veterinary center dedicated only to the physical rehabilitation, fitness conditioning, and holistic wellness needs of your pet.

We integrate traditional and complementary veterinary methods for rehabilitation, holistic healing, exercise and wellness.

We can improve your pet's recovery from injury or surgery; accelerate healing and prevent future injury. We also offer pain management and alternative options to treat chronic illnesses.

Our fitness and conditioning programs for various competitive sports are on the cutting edge.

# TO:



**We're on the Web!**  
[www.IntegrativePetCare.com](http://www.IntegrativePetCare.com)



Traditional and Complementary Veterinary  
Rehabilitation, Exercise & Wellness

## Upcoming Special Events

- **MAY 6...Bark In The Bark.** Stop by the IPC booth and let your dog enjoy a massage! At Montrose Harbor in Lincoln Park (Chicago). Join us! It's for a great cause and it's a barking good time!
- **May 10...Pet Lover's Cooking Class.** Dr. Julie Mayer teams up with chef Courtney Contos, a veteran of Charlie Trotter's kitchen, to teach the basics of making seasonal, nutritionally sound meals for pets. The class is from 6-8 pm at The Chopping Block at the Mart and includes wine, beer and a light buffet. Register online at [www.IntegrativePetCare.com](http://www.IntegrativePetCare.com)
- **Coming Soon...Fitness Seminar:** Conditioning the Agility Team for Improved performance: injury prevention for the handler and the dog! Registration information at [www.ChicagoAgility.com](http://www.ChicagoAgility.com)



**Coming Soon...Fitness Seminar**  
**Conditioning the Canine & Human**  
**Athletes for Agility**  
**Watch Our Website For Updates!**

### Next Issue:

- Ask The Vet
- What's a Titer?
- Summer Survival Tips For Your Pet...
- Inside IPC
- Client Spotlight...

And More!