

### LOCAL EVENTS

### CALENDAR

Visit us on our  Page

#### 7<sup>th</sup> Annual Rotten Pumpkin Festival

Monday November 1<sup>st</sup> 3:00pm  
Exploration Place  
250.562.1612

#### 2010 Studio Fair

Friday Nov 5<sup>th</sup> to Sunday Nov 7<sup>th</sup>  
PG Civic Centre  
[www.city.pg.bc.ca/civiccentre](http://www.city.pg.bc.ca/civiccentre)

#### The Lily Garden Studio

Monday thru Sunday in November  
Hatha & Hot Yoga, Belly Dancing & more  
250.612.8550 Corey

#### CNC - N Cariboo SPCA Fashion Show

Saturday November 6<sup>th</sup> 1:00pm  
College of New Caledonia Atrium  
[www.tinyurl.com/cnc-spc](http://www.tinyurl.com/cnc-spc)

#### Remembrance Day

Thursday November 11<sup>th</sup> 1:00pm  
PG Civic Centre  
[www.city.pg.bc.ca/civiccentre](http://www.city.pg.bc.ca/civiccentre)

#### Festival of Trees Gala Auction

Friday November 19<sup>th</sup> 5:30pm  
PG Civic Centre  
[www.city.pg.bc.ca/civiccentre](http://www.city.pg.bc.ca/civiccentre)

#### 17<sup>th</sup> Annual Festival of Trees

Friday Nov 19<sup>th</sup> to Sunday Nov 28<sup>th</sup>  
PG Civic Centre  
[www.city.pg.bc.ca/civiccentre](http://www.city.pg.bc.ca/civiccentre)

#### Terri Clark in Concert

Sunday November 21<sup>st</sup> 7:30pm  
CN Centre  
[www.ticketmaster.ca](http://www.ticketmaster.ca)



### MiM (maturity in motion) Month



Dogs and cats age much more quickly than humans; developing from puberty to adulthood in only 24 months. The average lifespan of a dog is 13 years and a cat is 14 years. As they age, they become prone to things such as weight loss/gain; decreased lean muscle; heart, lung and kidney problems; loss of scent; vision and hearing loss; dehydration; skin and coat conditions; behavioral changes; gum and tooth disease; musculoskeletal changes; hot/cold intolerance; endocrine disease (this list is exhaustive).

Annual physical exams are extremely important for aging pets! Common ailments/abnormalities realized during these exams & diagnostic tests include osteoarthritis, elevated liver and/or kidney enzymes, dental disease, heart conditions, urinary issues, diabetes, hyperthyroidism (in cats) etc.

The month of November is dedicated to dogs over age 7 and cats over age 10. We are teaming up with Idexx, Hill's and MediCal Royal Canin to provide you with an extensive wellness profile for your senior cats and dogs! Ensure your pet is on the road to happy, healthy longevity and book an MiM visit today!

Senior wellness includes a nose to tail physical exam; blood work that assists in diagnosing infection, endocrine disease, abnormal thyroid levels etc; blood pressure monitoring to determine whether or not the heart is pumping too much or not enough; urinalysis to reveal pH balance, infection and crystal formation; and an ECG to help detect heart problems. If you have any questions, please do not hesitate to contact our team ☺

**STRESS tidbit...** Stress affects nearly every system in your body. Some experts say January is the most stressful month of the year, which would make sense after trying to financially and mentally recoup from the bustle of Christmas... Others say it is September, which also makes sense when you consider back to school shopping, class and bus schedules, school supplies etc! Whatever your source of tension, it can be managed. Long term exposure to stress can lead to serious health problems such as hypertension, decreased immunity and increased risk of heart attack or stroke. Learn how to de-stress now! Contact your local YMCA or various studios in your community and try a Yoga, Tai Chi or Meditation class ☺



### 2010 Biggest Loser weights & measurements

The weight loss numbers we saw during our 2010 Biggest Loser Challenge were fantastic, so we thought we'd share them with you! If you'll notice, the numbers for the smaller breed dogs appear to be insignificant in comparison to the large breed dogs; however, it is the percentages that are important! To paint a clearer picture: 15% loss on a 25lb dog is 3.75lbs; whereas 15% loss on a 100lb dog is 15lbs, consequently it is the percentage that matters ☺

Body Measurements in Centimeters (beginning to final numbers)								
	Angus	Bear	Bella	Jessie	Madison	Shadow	Sirius	Zeus
Neck	52 to 48	30 to 28	60 to 51	67 to 57	35 to 30	51 to 51	35 to 29	63
Thorax	93 to 81	50 to 45	97 to 91	91 to 83	58 to 54	93 to 84	60 to 56	96
Abdomen	78 to 60	46 to 41	86 to 76	91 to 80	59 to 52	83 to 67	58 to 48	82
Body Condition Scores (range from 1 - very thin to 5 - obese)								
	Angus	Bear	Bella	Jessie	Madison	Shadow	Sirius	Zeus
	4 to 3	4.5 to 3.5	5 to 4.5	5 to 4	5 to 3.75	5 to 3.5	5 to 4	4
Total Weight Loss by Percentage and Pounds								
	Angus	Bear	Bella	Jessie	Madison	Shadow	Sirius	Zeus
%	23%	13.9%	17%	15.3%	8.7%	21%	7%	6.4%
lbs	24 lbs	2.1 lbs	21.4 lbs	15.5 lbs	2.2 lbs	22.3 lbs	1.6 lbs	8.71

# what's happenin at murdoch vet clinic?

Receive 20% off your Maturity in Motion package

**M** when you book during the month of November! Our  
**A** pets are like members of our family and we want the  
**T** best possible care for them so they can live a long,  
**U** healthy life! Annual exams and diagnostic testing not  
**R** only provide preventative healthcare but also help  
**I** create a picture of current health so that if there are any  
**T** concerns in the future, your veterinarian will have a  
**Y** base guideline to compare to.

... in motion

Don't forget about small animal dental health month coming this February ☺

## Manager's Message...



*"It requires less character to discover the faults of others, than to tolerate them" -J. Petit Senn*

**MURDOCH VETERINARY CLINIC HAS JOINED FACEBOOK! VISIT OUR PAGE AND LET US KNOW HOW WE ARE DOING ...**

The best compliment we could ask for is a referral. Those who put trust in our ability and share their experiences with others help expand our business and encourage us to keep doing what we do. Our clients make our days brighter by providing gratitude for the energy each of us dedicate to the patients we love so much! Suggest our Facebook page to your friends and family... for every 25 suggestions, I will put your name into our monthly draw. Simply send your suggestions, email me with the number of individuals you suggested us to and I will enter your name in the draw (up to a total of 16 times, or 400 suggestions)! The draw changes monthly so save a few suggestions for next month and try again ☺

## What you might like to know about... "CORN MEAL, GROUND CORN, CORN GLUTEN MEAL AND CORNSTARCH ETC"

Did you know that "corn" is a generic term in reference to the single seed of a flowering plant? Hence the term "corn on the cob!" That popular fruit we love to eat is accurately called maize. Nutrition experts say that corn and corn by-products are hard to digest fillers and a number one source of allergens. Unfortunately, this has caused confusion about corn's nutritional content... Sensitive to corn myself, I thought I'd research this subject to try and reveal the skinny on corn and just which parts of the kernel are beneficial!

**CORN:** also called cornmeal or ground corn

**CORNMEAL:** includes bran, germ, endosperm of the kernel. Excellent source of fat, fibre, carbohydrates and protein. Does not contain gluten

**GROUND CORN:** similar to cornmeal (above) but contains gluten

**CORN GLUTEN MEAL:** by-product of the corn milling process (does not contain starch or germ). Used in cornstarch and corn syrup, also used as an additive to herbicides. Non-toxic, high protein source used in pet foods as well as livestock feed

**CORN FLOUR:** made from finely ground cornmeal, NOT to be confused with cornstarch. Milled from the whole kernel; includes bran, germ and endosperm (see corn endosperm, below)

**CORNSTARCH:** refined (bran, germ removed) starch derived from the endosperm of a kernel. Used as a thickening agent, nutritionally insignificant

**CORN ENDOSPERM:** the bulk of tissue within a grain of corn. Important source of nutrition, oils and protein. The part of the kernel that "pops"

In conclusion, consumable products containing corn, ground corn, cornmeal or corn flour are nutritionally beneficial. When considering a pet diet, high quality feline diets will contain corn gluten meal due to its ability to acidify urine. Low calorie canine diets will typically contain corn gluten meal also for its weight loss benefits. If you have a pet with any skin or ear issues, gluten may be problematic. These products are not always listed as clearly on pet foods as they are on human foods, so be cautious

## DID YOU KNOW...

**THE LARGEST GIANT SQUID EVER RECORDED WEIGHED 4 TONS, ITS TENTACLES MEASURED 10M (35FT) LONG ☺**

## RETAIL AND SPECIAL ORDER SECTION...

- ◊ Variety of medicated & non-medicated shampoo for allergies and sensitive skin great for dogs as well as horses
- ◊ Omega-3 Fatty Acid Supplements for dogs, cats and horses
- ◊ Veto Equine Fly Spray & Ecto Spray help with those pesky flies & mosquitoes
- ◊ Horse Dewormer Quest & Quest Plus, Eqvalan & Eqvalan Gold, Panacur, Exodus

- ◊ MediCal Royal Canin, Hill's Prescription Diets and Treats
- ◊ Pill Pockets & Pill Poppers help ease administration of medication
- ◊ VetLink Ear Cleaner help stay on top of bacteria and yeast
- ◊ Toothbrushes, Toothpaste & Breathalyser
- ◊ Toe Nail Trimmers & Bloodstop powder for those 'oops' trims
- ◊ Pawguard lanolin rub for dry, cracked paws & elbows ☺

*Browse our animal companion catalogue and order any items you see. Please allow 2-4 business days for delivery!*

**Closed: Thursday November 11th ~ Saturday December 4th ~ Friday December 24th ~ Saturday December 25th**

DR. CHRISTINE MURDOCH, Owner & Veterinarian  
KELLY M, Registered Animal Health Technician  
CHANDRA M, Administrative Assistant  
JENA H, Veterinary Assistant

DR. B VEALE & DR. J PATERSON, Locum Veterinarians  
KRISTY J, Registered Animal Health Technician  
SHANNON C, Administrative Assistant  
KAYDEN H, Kennel Attendant

KELLY-ANNE H, Office Manager  
JOANNA H, Registered Animal Health Technician  
KACIE H, Veterinary Assistant  
SHELDON G, Kennel Attendant and Volunteer