

# Cicero Animal Clinic, P.C. Newsletter October-December 2017

Happy Fall from Cicero Animal Clinic, P.C.!



### Keep up with Clinic News:



At Cicero Animal Clinic, P.C. It is always our goal to provide the best possible healthcare to your pets and the best possible customer service to you. We believe in treating our clients and their pets as part of our family and make every effort to go above and beyond your expectations.

Each year our Doctors and staff are kept up to date on the latest diseases, treatments and recommendations through continuing education to make sure we are always up to speed with the changes and challenges in veterinary medicine.

**Cicero Animal Clinic, P.C. is dedicated to providing**

- Compassionate care
- Amicable staff and surroundings
- Recognition of the human/pet bond
- Education to prolong the quality of life.

*Our mission is simple and we strive to uphold it.*

If you decide you do not want to be subscribed to our newsletter, (we hope you do!) simply follow the unsubscribe link at the bottom of this email.



Our social media links:



*Cicero Animal Clinic, P.C.*  
presents  
*Olivia's Halloween  
Pet Costume Contest*  
facebook. 2017  
edition

Be sure to connect with the page "Olivia's Halloween Pet Costume Contest" on Facebook and we will be a hand-picked, pet-the-mud gift basket!

Submit your photos to [Olivia@CiceroAnimalClinic.com](mailto:Olivia@CiceroAnimalClinic.com) between Tuesday, October 24 and Monday, October 30. Please include your pet's pet name, phone number and pet's owner. (Only one pet's name will be featured).

Prizes will be posted in an album on our Facebook page on Monday, October 30th. Voting begins Monday, October 29th and ends Monday, October 30th.

Visit, like and share our page!  
[www.facebook.com/CiceroAnimalClinic](http://www.facebook.com/CiceroAnimalClinic)

We reserve the right to change the rules of this contest at any time. Prizes will be awarded to the winner of the contest. Winners will be announced on our Facebook page on Halloween Day.

Have a safe and happy Halloween!



Princess Olivia, 17, CAC's very own black kitty.



Join us in welcoming the newest members of our team!

**Jenna S., Veterinary Assistant**



Jenna was born and raised in Philadelphia, Pennsylvania and has always had a passion for animals, especially horses. She volunteered at Pegasus Riding Academy for about 5 years working with handicapped individuals of all ages, teaching them how to ride horses as their physical therapy sessions. Jenna moved here in 2006 to attend college and she graduated with an Associate's Degree in Equine Science from Morrisville State College. She met her husband at school and decided to stay in CNY. In her free time, Jenna loves to ride horses and spoil her two miniature Rex rabbits, Rocky and Vander. Jenna's dream is to have her very own Friesian horse and maybe even a dog boarding facility.

**Corinne M., Licensed Veterinary Technician**

Corinne grew up in Boonville, New York and graduated from Adirondack High School. She continued her education at SUNY Delhi and earned her degree in Veterinary Technology in 2012. Corinne's passion for animals started at a very young age and continues to grow. She has a Quarter Horse Palomino named "Docs Baby Snow Bird", or "Snowy" for short. She rides and competes Western Pleasure all around Upstate New York but her favorite place to ride is at the barn back home in Boonville. Corinne also has a cat named "Jack" that she spoils a "ridiculous amount". She enjoys cat cuddles, relaxing and attending live music concerts with her friends in her down time.

Visit our booth at the annual 93Q Ted and Amy's Pet Costume Contest at Billy Whittaker's Cars and Trux in Central Square! We'll be there from 10:00 a.m. to 12:00 p.m. educating visitors about Halloween hazards, quizzing about pet safety and giving away prizes! We can't wait to see everyone there!



**The Importance of Pellets for Pet Birds**



**What Are Pellets?**

Bird pellets are little baked pieces of a healthy blend of grains, seeds, veggies, fruits, proteins, vitamins and minerals that provide balanced nutrition and are formulated for overall body health.



**What Are The Health Benefits Of Pellets?**

A high quality pelleted diet provides exact levels of species specific protein, fat, fiber and nutrients for your bird and each pellet contains the same nutritional value as the next. They contain a much wider variety of ingredients than seeds, and *birds thrive from variety*. Pellets are available in many sizes, flavors and shapes. A



**We also welcomed some new furry friends recently!**

This is Blaze, Dr. Cargill's new Brittany Spaniel puppy!

This is Scrappy, Keri's new mixed breed puppy!



**Oh, and a feathered friend, too!**

This is Frankee, Marcy's newest Cockatiel!



good pellet reduces the need for supplements because they are so nutrient rich. Your bird may love a seed only diet, but it has great potential to impact his quality of life and will shorten his lifespan. This can happen due to the extra fat and lack of nutrients. On an all seed diet, your bird can become malnourished, obese, depressed, have stunted growth and body regulations, decreased liver function, difficulty breathing, reproductive problems and overburdened organs which leads to avoidable, untimely deaths. Many birds on all seed diets have a Vitamin A deficiency which makes it more difficult to grow, heal, and have a properly functioning immune system. Vitamin A is responsible for maintaining eye, mouth, skin, feather, gastrointestinal, reproductive and respiratory health.

A complete, balance diet not only enriches your bird's life, it makes them even more beautiful! Soft, full, vibrant feathers are a sure sign of a good diet. Dry or flaky skin and greasy, straggly (called unzipped feathers) or a lack of feathers indicate that your bird may be malnourished or ill. During time of molting (replacing old feathers with new ones), your bird's stored supply of essential vitamins and minerals is greatly depleted. Molting is also a time of high stress (and crankiness!) for your bird, so keeping those levels in check is necessary for his overall health.

**How Much Do I Give?**



A balanced diet is necessary to allow your bird to live a full and healthy life. An unbalanced diet is the main cause of disease and early death in pet birds. Malnutrition is a human-made condition. Fortunately, it is also preventable.

Bird Food Pyramid Provided by Drs. FosterandSmith.com

Most pet birds are from the parrot family, also known as *Psittacines*. Use the food pyramid above and the information below provided by the educational website by Drs. Foster and Smith as a guide to feeding your parrot a healthy and nutritionally balanced diet.

**Pellets** should make up the majority of your parrot's diet at about 65-80% of his daily intake.

**Vegetables** are full of vitamins, minerals and antioxidants. A combination of fresh and dried vegetables is best, and they should make up about 15-30% of his daily intake.

**Fruits** are high in sugar, so should only account for about 5% of his daily intake. Mix it up with fresh and dried fruit.

**Treats and seeds** combined should not exceed 10% of your parrot's daily intake.

Make sure that your bird always has access to **fresh food and water**. Birds eat many times throughout the day to keep up their energy and body temperature. Try keeping the water dish across the cage from the food dish to help with the backwash in the water which can quickly grow bacteria.

**Seasonal Safety & Holiday Hazards**

As we head toward the end of the year and holiday madness, we bring you a few tips on keeping your pets as happy and healthy as possible!

**Piles of Leaves:**

While piles of leaves are heaps of fun to jump in and run through for dogs and kids (and adults, too!), they are a favorite hiding spot for ticks! Ticks can carry serious diseases such as Lyme disease, which we see frequently in this area. So as fun as it is to play in them, skip the playing and make

sure you bag your leaves as soon as possible!



**Keep up on Flea, Tick and Heartworm Prevention:**

Just because it is cooling down, doesn't mean fleas, ticks and mosquitoes (carriers of heartworm) are dying off. In fact, most of them can live in weather as cold as 40 degrees and our Central New York falls and winters are often inconsistent staying at one temperature. This is the time of year that these nasty hitchhikers move indoors, whether it's in your home, basement, garage, barn, or shed. We actually see flea infestations year round, including the winter! Most Heartworm preventions also have intestinal parasite control in them for other major parasites. Be sure to keep up with your pet's prevention year round!



**Hunting Season and Nighttime Walks:**

If you live near woods or other areas where people may be hunting, it is very important to make sure your pet is not running where it could be mistaken for a deer or other small game. Hunting safety colored vests are available for pets who live close to hunting areas and you may want to consider using reflective leashes and collars.



**Cold Times:**

Make sure your pet always has warm, covered shelter away from the cold and the elements. It is also important to make sure your that outdoor pets have access to non-frozen water. There are many types of coats and booties to keep your pets warm during the bitter cold times. You'll also want to make sure you are cleaning rock salt off your pet's feet when they come in as it can cause skin irritation. There are also several pet-safe brands that you can purchase. Anti-freeze poisoning is always a concern this time of year and is extremely toxic so make sure to keep it out of pet's reach!



Make sure you check out our Fall Safety videos on our YouTube page from our own crew at CAC!



Above are a few ways to get your bird to enjoy fruits and veggies!

**How Do I Switch My Bird to Pellets?**

--First things first, have your pet bird examined by an avian veterinarian to determine that the bird is healthy enough to handle a diet change. Call and schedule an appointment today!

--Try to figure out how much food your bird consumes in a day by measuring what you give each time and then measuring what's left. Don't forget to account for the amount your bird may throw or drop out of his cage, and also try to remove seed hulls from your "after" measurement.

--It may take a week or it may take months to convert your bird to a pelleted diet. *Get creative; remember birds love variety and foraging for their food.* Begin by trading 1 tenth of the old diet for the new diet. In a week or 2, give 2 tenths of the new diet with 8 tenths of the old diet. Then 3 tenths new diet with 7 tenths old diet. Continue this pattern as your bird gets used to the new food. There is no exact way to transition your bird to a new diet, so just be observant, consistent and patient. Try to weigh your bird each week to make sure that he is maintaining his weight.

--Check out the education center on [Drs.FosterandSmith.com](http://Drs.FosterandSmith.com) for a multitude of ideas and strategies to get your bird as healthy as it can be!

**A few other tips from Drs. Foster and Smith for fluffy, vibrant feathers and overall health and happiness:**

**Slumber-** Birds need between 10-12 hours of quiet, uninterrupted sleep in a warm, darkened atmosphere (don't we all!), and may need even more during periods of molting.

**Humidity-** Feathers like moisture, believe it or not. Be sure to provide frequent access to bathing water; whether it be in a dish, shower, misted with a spray bottle, or a humidifier. Just make sure they don't get too cold!

**Sunlight-** Natural sunlight does wonders for anyone, thanks to the Vitamin D. Birds greatly benefit from natural light and full spectrum UV lighting. It will boost their mood and the production of vitamins necessary to keep their skin and feathers healthy. Lack of sunlight can lead to a Vitamin D deficiency which in turn leads to a calcium deficiency. Calcium aids in blood clotting, muscle function, bone and egg formation, feather attachment and also has a direct effect on mood.

**See the Difference!**





Click the picture and watch all 4 volumes!

**Holiday Safety for your pets:**

You can run and you can hide, but the holidays are just around the corner! Here are a few things to keep in mind when it comes to your pets for the holidays.

**Halloween:**

There is more to be concerned about when it comes to Halloween than just chocolate toxicity. One of the most common things we see is pets who managed to get into a not so well hidden candy supply (usually something that the kids hid). Many sugar free candies contain Xylitol (an artificial sweetener often labeled as a natural sweetener) that is toxic to pets. It is also important to note that some pets get very stressed with constant knocking on the door and doorbell ringing. We know that they are just trick-or-treaters but to your pets it is stranger after stranger coming to the door. It is a good idea to keep your pets secured and safe in a separate room where they are unlikely to escape when the door is opened. If your pet gets stressed easily, you may want to consider a Thundershirt, Adaptil/Feliway calming products and/or music to distract them during the festivities.

**Thanksgiving:**

Food, food and more food! No matter how sad or hungry they look, it is always best to not share your Thanksgiving dinner with your pet. Letting your pet eat your food runs the risk of severe complications like gastrointestinal obstruction from turkey bones or pancreatitis from excessive fat and grease. Both of these are extremely serious and potentially fatal to your pet. If you really want them to have something special, you can find safe alternatives in foods intended for pets.



**Christmas and other Hectic Holidays:**

It seems like it is too soon to talk about them, but December holidays really aren't that far away! Candy, baked goods, turkeys, tinsel and a million small things to eat! There is so much to be careful with it is impossible to list it all, but here are a few things to consider.



Above are Cockatiels Peachee (left) and Frankee (right). They were recently adopted by one of our receptionists, Marcy. Both are approximately 8 years old and grew up on all seed diets. About 4 months ago, Marcy began transitioning Peachee to a pelleted diet and was not only amazed at how fast he took to it, but also at the visual difference in his skin and feathers. Peachee molted about 2 months after being adopted and starting the pelleted diet, and his feathers came in fuller, softer and brighter. When Peachee was adopted, his feathers resembled Frankee's current state. Frankee has been with Marcy for only a couple of weeks, and she will begin his diet change as he gets more comfortable in his new routine and surroundings (and has an exam with the doctor). Can you believe the difference between the two?! Now check this out...



This is Piper, our 14-year-old clinic bird. He's been on a pelleted diet his whole life, and boy does it show! His feathers are soft, fluffy, full and vibrant. He fluffed up in this picture to show you! He is happy, curious, social and pleausrably vocal. He rarely has broken feathers and has a strong beak and nails. I think he's all the proof we need to demonstrate the importance of pellets for birds!



Food risks can be nuts, chocolate, raisins, turkey bones, etc. Something people don't plan on is food wrapped as a gift that a pet gets into. If you suspect someone gave you a gift that is food, put it somewhere safe (NOT under the tree)! Tinsel and ribbon can be easily ingested and easily wrapped around intestines or cause an obstruction. Guests and strangers in the house can stress your pets out! Make sure your pets have a quiet, safe place away from all the noise to calm down!



Above all, we hope that you have a season filled with safe and happy holidays with your families and pets!



Lupine Pet products available at Cicero Animal Clinic, P.C.



**Get coupons for Hill's Prescription Diets!!**

1. Go to [www.hillspet.com](http://www.hillspet.com).
2. You will need to register with them (to log on), just using your e-mail address and making a password.
3. Then, in the top right corner of their webpage there is a search engine. Search "Coupon".
4. Then click on "special offers".
5. Choose if you want the coupon for a CAT or DOG under the "prescription diet" coupons.
6. And then just PRINT.

FYI: \*You may need to change your printer settings to print the coupons.  
 \*You should only be able to print the coupon once until the next coupon is available.

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