



PVPC Newsletter



June 2025 Issue



Happy 4th of July to our wonderful community! We will be closed for the holiday, but you can catch us in the Pleasant Valley parade the morning of July 4th. Feel free to come give us a wave!

A Moment to Shine



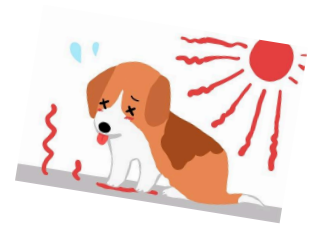
The PVPC crew would like to start the month off by putting the spotlight on our brave leader, Amy. This month marks FOUR whole years since she took the giant leap of faith to take over ownership of Pleasant Valley Pet Clinic. All of us here couldn't be more proud and grateful of Amy for all of her hard work and dedication over the many years. We wouldn't be able to do what we love every day without her here to guide us. Help us give her a big congratulations on this big accomplishment!



HOT DOG ALERT!

As the summer carries on, the rising temperatures pose the risk of heat stroke to not only people, but also our pets. This time of year, it is not uncommon for the veterinary team to encounter overheated related emergencies in both cats and dogs, but more commonly in dogs. Heat stroke in animals is when body temperatures rise to high levels (above 104°F) that can be life threatening. This commonly occurs when pets are left in hot vehicles or in areas with minimal shade, and when pets exercise in hot weather. Brachycephalic breeds such as French bulldogs and pugs, and obese pets are more susceptible to overheating. It's important to recognize the signs of heat stroke because in these situations time is of the essence. First, the most obvious signs that a pet is overheating are excessive panting and drooling. It's natural for dogs to

pant to cool themselves; however, when they excessively pant it can cause them to overheat. Secondly, when a pet's tongue and gums become bright red or even purple, it indicates that they are dehydrating and overheating. As a pet continues to overheat, they can become lethargic or weak, have a rapid heart rate, and begin to vomit or have diarrhea as their body struggles to cope with the heat. Finally in the worst case scenario, a pet can collapse with loss of consciousness and even begin to have seizures as their body gives in to heat stroke. The most severe cases can potentially end in fatality which is why it is so important for pet owners to take action when they notice the first signs of heat stroke.



So, what actions are necessary for pet owners to take when they notice their pet overheating? The first step is to move the overheating pet from the heat. It is preferable that the animal gets moved to an air conditioned area; however, if that is not an option just simply getting the pet to a shaded area helps begin the cooling down process tremendously. Next, cool water should be applied to the pet. It's best to shower them all over with a hose, but if a hose is not nearby it's helpful to drape cool, wet towels or wash clothes over the neck and head area, and soak the bottoms of the feet. It's important to use tepid water during the cooling process because using ice cold water can have adverse effects on the body if the body temperature drops too quickly. Finally, it is advised that pet owners seek emergency medical care with a veterinary office even if it seems the pet has recovered from

overheating. Despite appearing to have bounced back immediately from heat stroke, it is still possible that damage to the organs has occurred. At a veterinary hospital, the team can do diagnostics to check the state of the pet's major organs and if needed, can perform supportive care such as IV fluid therapy and hospitalization to correct the dehydration that takes place during a heat stroke episode.

During the hot summer months, prevention is key to eliminating heat stroke in pets. Pets should never be left in parked cars that are left without a running air conditioner. Even on days that don't seem that hot to us, cars will heat quickly and this can be lethal to pets left inside. If a pet must be kept outside, always make sure there is enough shade to escape the sun and plenty of fresh water for the pet to stay hydrated, and all strenuous exercise should be saved for the cooler times of the day. Lastly, all brachycephalic dogs and overweight pets should be closely monitored while outside, and kept in cooler areas as much as possible.

If you are concerned your pet is experiencing heat stroke it is highly advised that you call a veterinary hospital for advice and/or emergency medical care.



Don't forget to check us out on social media!



Like us on Facebook



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Last, But Not Least

To close our 'Staff Member of the Month' column, we at PVPC would like to introduce our assistant, Emily.



Hi everyone! My name is Emily and I'm the author of the PVPC newsletter. I'm also a certified assistant here at the hospital and have been a part of the team since March of 2012 when I was just a sophomore at Union Mine. As a young child I spent most of my time exposed to vet med because my mom is a registered veterinary technician. This led me to develop a serious dream of becoming a veterinarian; however, once I went into high school I discovered some other interests such as writing so my dream of vet med fizzled a bit. When I began working here in high school it was mostly so I could gain work experience until college, but the complexity of veterinary medicine immediately grabbed me and

sucked me in for good. In 2014 I took a brief course to get my CVA and since then I have gained a deep passion for in-hospital patient care, performing lab diagnostics, and leadership as well as hands-on training of new hires. As a way to feed my creative writing side, I have taken great pleasure in the last year and half writing the newsletter to help better educate our community. When I'm not caring for PVPC's patients, I spend most of my time with my husband whether we are traveling to the coast or resting at home with our two kitties. I'm also close with my family so I spend a lot of time with them during low key BBQ's, at a lake in the mountains, or at a beach on the West Coast. In my downtime, I love to read, paint, and write stories.

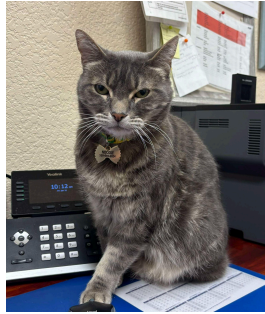
Thank you to everyone who takes the time to read through our newsletter each month!



Don't forget that we are now using a new online pharmacy. Scan the QR code down below to go check it out!



Noodle's Notes



Hi all! I just wanted to give you all a quick reference to local referral hospitals in the event of an emergency such as heat stroke when my people are not in the building. Down below you can find a list of our most recommended referral hospitals:

Folsom Ranch Veterinary Hospital and Urgent Care

(916)936-1130

3260 E Bidwell St, Folsom, CA 95630

MarQueen Pet Emergency & Specialty Group

(916)757-6600

9205 Sierra College Blvd #120, Roseville, CA 95661

Insight Veterinary Wellness Center

(916)618-4700

4509 Golden Foothill Pkwy, El Dorado Hills, CA 95726

VCA Sacramento Veterinary Referral

(916) 362-3111

9801 Old Winery Pl, Sacramento, CA 95827

