

# **2014 IS HERE !** I can't believe it but it's a new year again. Flanary Veterinary Clinic

has lots of education and fun planned for our patients and clients in 2014. To start the year off right, I thought it would be good to let you meet and get to know the staff so we can all better serve you and your pets.



**LaNita S. Flanary, DVM owns and operates the Flanary Vet Clinic which was built in 1997 in the Reidland community. LaNita was born and raised on Husband Road in Paducah, surrounded by many animals on her family farm. Through scholarships, she completed a pre-vet curriculum at Murray State University and as a junior she was accepted early to Auburn University's College of Veterinary Medicine. LaNita graduated summa cum laude from Auburn in 1995. For fun, LaNita still enjoys being with her menagerie of animals consisting of cows, chickens, horses, pigs, rabbits, sheep, dogs, ducks, geese, and cats on her farm. However most of her heart belongs to Maddie, her Bernese Mountain Dog, Polly, her mixed breed dog and little Fancy Foo Foo Flanary.**

**Kimberly Rushing, DVM is Flanary Vet Clinic's veterinarian. She was raised in Clinton, KY on cattle, goats and a group of dogs and cats. Dr. Hickman County High School. After enrolling University and completing the Pre-Vet/Animal Program, she was accepted early as a junior College of Veterinary Medicine. Since 2003, Dr. Rushing has been practicing mixed Rushing spends her spare time with her beloved boxer mix, Miller and boxer, Dilly (pictured above).**



**full-time associate a farm with horses, Rushing attended in Murray State Health Technology into Auburn University's graduating vet school in animal medicine. Dr.**



**Melissa, Receptionist and Veterinary Technician. Melissa moved to Kentucky in 2008. She has worked in the veterinary field for over 15 years. She also has her Human Medical Assistant diploma. She is married and has a little boy named Nathan. Melissa has 2 dogs, Jack a Chesapeake Bay Retriever and Dixie a yellow Lab. Melissa loves winter time and hockey.**

**Morgan, Veterinary Technician. Morgan was born in KY and raised in IL. She graduated from Harrisburg High School in 2008 and attended Southeastern IL college right after. She graduated with an Associate of Applied Science Degree in the SICCM veterinary technology program in May of 2010. Morgan and her husband, Brandon, moved to Paducah after she graduated from college. She has 4 four legged kids. Tricity, a pom mix; Bank, a pitbull; Duke, a bulldog cross and Penelope, a pot belly pig. In her spare time she loves spending time with her family and friends.**





**Donna, Receptionist.** Donna worked for Dr. Flanary for 8 years and her love of animals and passion for the job has brought her back to Flanary Vet Clinic. She lives in Reidland with her beloved Pomeranians, Teddy and Pacy, and Persian cat, Monkey. She has one son who is now married and lives in St. Louis. She doesn't have any grandchildren but does have 3 grand-puppies! Walt and Toby, the Pomeranians, & Sophie, the dachshund.

**Jorrie Woods, Licensed Veterinary Technician.** Jorrie graduated in 2008 from Carlisle County Highschool with plans to obtain a college degree in veterinary medicine. She completed those plans in 2012 with a BS in Agriculture from Murray State University, where she attended the Animal Health Technology program. She obtained her Vet Tech license from the state of Kentucky and began working in a clinic setting, her dream career! Between working full-time and planning her fall 2014 wedding, Jorrie enjoys spending time with her three cats: Belle, Puddie, and Jade, and her bulldog mix, Sam.



**Born and raised in Illinois, Kristi Osmon moved to Kentucky in 1999. Seven years ago she began doing work in animal rescue and was a facility director for one of our local shelters. Her love of animals started long before that, spending many hours helping her grandmother take care of the cats/kittens that made their way to her home. Kristi is currently the kennel attendant here at FVC and is always excited to care for the boarders we have and to make spa days specials for each and every pet. In her spare time, Kristi is mom to a 1st grader, Michael, and their 3 dogs; Cotton, Nia and Reese. She is also attending WKCTCS to further her education.**

**Goldie Davis, originally from Blackstone, VA, has become the loving clinic mother to Flanary Veterinary Clinic. She is the glue that helps hold this place together. Goldie daily files, pays bills, organizes, and keeps the place calm even in the midst of the most chaotic storms. Goldie relocated to the area with her husband of 42 years, Marvin, some 31 years ago. She co-owned and ran a pool shop and raised two children Tony and Robin. Goldie is also Dr. Flanary's second mom. She has been blessed with one grandchild, Nathan. While she has no pets at home currently she loves all that are here at the clinic. Without Goldie this clinic would truly be lost.**



**Maddie is a Bernese Mountain Dog. She chose her Momma, aka Dr. Flanary, when she was a little 8 pound puppy!! She kept climbing into her Momma's lap and would not let her check out any of the other puppies. Needless to say, she rode home in her Mom's lap and has been with her ever since!! Maddie works at the Flanary Vet Clinic every day and she comes on emergencies too as her Momma's protector!!! Maddie loves babies- baby ducks, goats, pigs, and even 2**

**legged kids! She makes a great babysitter. She also loves to lay on her back, eat CET dental treats, and go jump in the pond on a hot day on the farm when her Momma's not watching. She also enjoys riding in her Momma's big red truck and visits with her grandpa.**

**Fancy is a 2 year old Pomeranian. She spends most of her days making sure the vet clinic is running smoothly for her mom, Dr. Flanary. In her time away from the clinic she has been known to get into a bit of mischief by shredding toilet paper, shredding paper, chewing on furniture legs, and chasing the white ducks all over the farm, but it is all for fun for one little Pomeranian!!!!**



## A Growing Problem

**Obesity in pets is on the rise. This epidemic is affecting up to 40% of dogs and 30% of cats in the United States. Obesity in dogs and cats affect how they live and make them susceptible to numerous health problems if left untreated. Many of us don't realize when our pets start to gain weight. A pound or two may not seem significant, but on a pet, especially a small or medium-sized one, it can be quite significant. If your pet is at a healthy weight, weigh him regularly to monitor any increases in your pet's weight. Also, keep him on a healthy diet and exercise routine because it is easier to prevent obesity than it is to reverse it. However, if your pet is overweight, make the commitment now to help your dog or cat to lose the weight and be healthier. They will live longer, feel better, and will have you to thank!**



## How did my pet get overweight?

**There are many factors that play a role in our pet's weight gain. Since they cannot go buy their food and treats or go through the fast food drive thru, it comes down to one major cause: it's usually our fault. As sad as it is to think we may have done this to our beloved pet, the good news is that we can also help undo it. We all want to spoil our dogs and cats by giving them tasty treats and people food, especially when they give us "the look." But those calories add up quickly and they usually don't have much nutritional value. Let's face it: do we let our human children have ten candy bars a day? Hopefully not, it is bad for them. So why would we give our pet a high calorie treat every time they do something cute or beg? Too much of the wrong foods and treats will ultimately lead to obesity. Besides diet, there are a few other issues that may contribute to weight gain in a dog or cat.**



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# Feel your pet's ribs and do the HAND WEIGHT TEST

TOO THIN

TOO FAT

JUST RIGHT

## Weight Loss Programs for Pets



You may already know if your pet is overweight, but there are many people that do not realize their pet is gaining weight or becoming overweight. Dr. Flanary should examine your pet to determine if your pet is overweight and, if so, tell you what your pet's healthy weight should be. Your pet may also need to be checked for underlying medical conditions, such as hypothyroidism, before

starting a weight loss program. Regular health checkups and weight checks will ensure your dog or cat's weight loss program is going well. When starting a weight loss program for your pet, remember you are not just changing their food, you are changing your relationship with your dog or cat. Begin slowly and steadily increase changes.

- **Diet Change**

- Reducing the amount of food in your pets meals will help pets that are slightly overweight. Divide the pets diet into several small meals throughout the day.
- If you have a pet that begs at the table keep raw baby carrots,

### Dog Translator



Snacks fed to a 20lb dog	Human Equivalent*	
	Number of Hamburgers	Number of Chocolate bars (2oz.)
 1 small cookie		
 1oz. cheddar cheese		
 1 hot dog		

### Cat Translator



Snacks fed to a 10lb cat	Human Equivalent*	
	Number of Hamburgers	Number of Chocolate bars (2oz.)
 1 potato chip		
 1oz. cheddar cheese		
 1 cup milk		

\*An average woman



**green beans or Lean treats with you to feed your pet instead of table scraps.**

- **Make sure all family members know what and how much the pet should be eating at meals and treat time.**
- **If you are not seeing results with reducing the food portions you may consider a specialized weight loss food. Prescriptions diets such as r/d and w/d are specially formulated to take the weight off dogs and cats without causing them to feel hungry.**

- **Increasing Activity Level**

- **Walking is an excellent activity for dogs and is great for cats who are leash trained.**
- **When walking is not an option playing for 10-15 minutes can be very beneficial. Toss the ball or toy for the pet to chase for create a climbing area for cats. Feather teaser toys are also a great option for cats.**
- **Feeding your pet in different places so he/she has to hunt for the food bowl will help them get some extra activity as they have to “work” before eating.**
- **Everlasting treat toys can be implemented to make a meal/treat last longer and keep the pet active while eating. Simply fill the ball with the proper amount of food or treat and allow the dog to roll it around getting a small amount of food each time.**



- **Get Tough on Treats**

- **Treat calories add up fast and should be included in the pet's daily calorie limit.**
- **Many treats do not contain much nutrition but are high in calories.**
- **The total treats a pet receives should be less than 10% of the pets total calorie intake.**
- **A variety of low calorie treats are available for you pets such as Butler Lean Treats. Flanary Vet Clinic does stock Lean Treats for cats and dogs.**
- **Try replacing some treats with green beans or raw baby carrots.**



- **Food Facts:**

- **Every pound of fat equals a mile of extra blood veins the heart has to pump blood through.**

- **Dog food that has a lot of color and is moist has a lot of sugar and salt added which makes it unhealthy.**



Flanary Vet Clinic is on Facebook

“Like” us on Facebook to receive special offers, the latest pet news, and of course cute pet pictures!!!! We are proud to announce Beagle and Domestic Longhair as “Breeds” of the month for January !

We know many of our clients have, so please share your pictures and stories with us on Facebook!



[www.facebook.com/FlanaryVetClinic](http://www.facebook.com/FlanaryVetClinic)



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## November's Pet of the Month Lucy



Lucy first came to see us for her initial puppy visit in November. Now we see her every couple of weeks to update her vaccines so she has a complete immune system.

# Congratulations Lucy on being the November Pet of the Month!



## Here's What the Betsy Angel Fund has Done this Month



### For the Marshall County Humane Society

- Gave 4 Rabies vaccines
- Gave 5 DHPP Vaccines
- Gave 4 FVRCP Vaccines
- Did 1 heartworm test and 6 FIV/Leukemia Tests
- Donated Heartworm prevention, ear mite medications and my time for exams to all the animals at the humane society.

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All proceeds raised will be used by me to help other pets live or live a better life that otherwise might not be able to for financial reasons. There is no better way to honor your pet or my Betsy than to help another pet be able to live!!!

Monetary donations may be sent to the clinic.

Flanary Veterinary Clinic

200 Eagle Nest Drive

**Paducah, Kentucky 42003**

**270.898.9738**



**In November Maddie and Fancy hosted their annual Furry Four Legged Friends Food Drive. This year we raised 402 lbs of dry/wet dog food, 123.5 lbs of dry/wet cat food, 9.5 lbs of treats, 54 lbs of cat litter and a large assortment of beds, toys, collars and leashes. Every pound and every item will be put to good use for the homeless pets at the Benton Marshall County Humane Society. We would like to send a BIG THANK YOU to each person, and pet, that donated to the food drive.**

**In closing, remember that the entire staff at Flanary Veterinary Clinic truly cares about your pets. We want to help educate and help you in taking care of your fur babies. If we can help in any way or answer any questions, always feel confident to ask us. You can call the clinic, reach us on Facebook, or email us at [info@flanaryvet.com](mailto:info@flanaryvet.com). Let us know how we can help!**

**LaNita Flanary D.V.M**