

METROPOLITAN VETERINARY ASSOCIATES

ESTABLISHED 1986



newsletter

ISSUE: VOLUME 2 • NUMBER 3

WINTER – DECEMBER 2013

SPECIALTY SPOTLIGHT

ANN M. CAULFIELD, VMD, CCRP, CVA

Dr. Caulfield is a 1995 graduate of the University of Pennsylvania's School of Veterinary Medicine. Additionally, she is certified in veterinary rehabilitation by the College of Veterinary Medicine at the University of Tennessee and previously led the rehabilitation service at the University of Pennsylvania's veterinary hospital. Dr. Caulfield's areas of practice interest are in chronic pain management, the treatment of osteoarthritis, and the nutritional management of disease. In her free time, she enjoys native plant gardening, bicycling, and spending time with her menagerie of rescued dogs, turtles, and parrot.

What would you be doing today or like to be doing today if you couldn't have been a veterinarian?

I would have become an ecologist or environmental biologist. I'm very passionate about protecting our planet, especially the habitats and ecosystems of wildlife species and plant systems.

Why did you choose Veterinary Rehabilitation?

After several years in general practice I began to feel there was something more I could and should be doing for my chronically painful patients other than prescribing medications. My veterinary rehab education and training has totally changed how I approach my physical exams, history taking etc., it's opened up a whole new method of "seeing" my patients and has made me a better veterinarian.

What was your best case study to date?

The case I think back on and refer to most often when talking with anxious "pet parents" involved an obese, severely arthritic Rottweiler. Her pain and immobility had made her quality of life nearly nonexistent. I was literally her last stop before euthanasia. We developed a medically managed weight loss and exercise program and modified her pain medications. It took time but she lost 30 pounds and became a playful and happy girl. We were able to reduce her pain medications to an as needed basis instead of several times per day. Her owner cried when I first discussed my treatment plan for her dog; she was afraid her beloved pet would "hate" her for putting her on a diet. To her credit, she did stick with the plan, including adhering to the diet and by the time we were ready to discharge her dog from rehab therapy, she cried again, gave me a big hug and said "thank you for giving me my dog back".

What's on the horizon in your specialty of veterinary medicine that excites you?

I'm very excited about the increasing interest

in the human and veterinary medical fields on managing pain. We have a long way to go but we know enough to appreciate how chronic pain fundamentally changes the body's physiology and contributes to increased morbidity and mortality. Osteoarthritis can be a life threatening disease in our animal patients! I'm also very appreciative of and excited about our collaboration with human orthotic and prosthetic specialists. We are now beginning to bring the science of biomechanics and the skills and experience of these very creative people in to the veterinary realm.

Was there a college or vet school teacher that changed your life?

There wasn't so much one specific teacher or individual but probably more an event which set my career pathway on course. I was an exchange student my junior year in high school and while living with my Costa Rican family I found a little stray dog that was injured. At 16 years of age, with no medical training, I cared for this little puppy and she got better! It seems like such a small thing but at that moment I decided I wanted to be a veterinarian.

Why The Integrative Pain & Rehabilitation Center at Metropolitan instead of just Rehabilitation Center at Metropolitan?

From the outset I was determined and committed to establishing a veterinary pain center modeled after the integrative pain specialty centers in human medicine. It was important that our service carried the name, "pain center", to emphasize our dedication, responsibility, and commitment to recognizing and managing pain in every cherished patient that comes to see us. The "integrative" part of our title reflects the wide scope of treatment options we use to alleviate all types of pain. From medications to massage and acupuncture to diet therapy, we can help give relief with individualized pain management programs. ■

Ann M. Caulfield,
VMD, CCRP, CVA



NEWS & EVENTS

UPCOMING CONTINUING EDUCATION & EVENTS

For questions or to R.S.V.P. for any of these events please contact Sarah Spurgeon at sspurgeon@metro-vet.com or 610.666.1050

COMMUNITY CLASSES

"Caring for Your Senior Pet"

December 14 • 10am – 12pm

Dr. Ann Caulfield
Breakfast provided

Canine/Feline CPR Classes

March 20 • 6:30pm

MVA will be holding quarterly lectures on Canine/Feline CPR & basic first aid for our community of pet owners.

Includes: presentation, hands-on sessions and important take-home materials.

CONTINUING EDUCATION CLASSES

"All You Never Wanted to Know about Spine Issues in the Dog"

February 22 • 1:30pm – 5:30pm

Dr. Jerry Northington, Dr. A. Jon Nannos, and Dr. Ann Caulfield
Snacks & Beverages provided – 3 PVMA credits

"Trauma for Veterinary Technicians"

April 24 • 6:30pm – 9pm

Samantha Frabizzio, B.A., CVT, VTS (ECC)
Dinner provided – 2 PVMA credits

IMAGING ROUNDS

Imaging rounds will take place the first Wednesday of every month at Metropolitan Veterinary Associates

METROPOLITAN VETERINARY ASSOCIATES & EMERGENCY SERVICES

2626 Van Buren Avenue
Norristown, PA 19403

610.666.1050 – fax 610.666.1199

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Providing Specialized Veterinary Services
& 24 HOUR EMERGENCY CARE

CARDIOLOGY

Michael Miller, MS, VMD, ABVP
Risa Roland, DVM, DACVIM (Cardiology)

DENTISTRY

Paul Orsini, DVM, DACVS, DAVDC

DERMATOLOGY

Karen B. Farver, DVM, DACVD

EMERGENCY SERVICES

James Buckman, VMD, PhD
Jason Chamberlin, VMD
Jennifer McGough, VMD
Meghan Romano, DVM
Nicolas Rose, VMD
Marisa Suvannavejh, VMD
Dana Yard, VMD

INTERNAL MEDICINE

John V. DeBiasio, DVM, DACVIM
James F. Dougherty, MS, VMD
Leslie A. Kuczynski, VMD, DACVIM

NEUROLOGY

Jerry W. Northington, DVM

ONCOLOGY

Suzanne Rau, DVM, DACVIM (Oncology)

OPHTHALMOLOGY

Amanda Corr, VMD, DACVO
Stephen L. Gross, VMD, DACVO

RADIOLOGY

Robert C. McLear, VMD, DACVR

REHABILITATION

Ann M. Caulfield, VMD, CCRP, CVA

SURGERY

Lori W. Cabell, DVM, DACVS
A. Jon Nannos, DVM
Jacqui Niles, BVETMed, SAS, DACVS
Catherine Popovitch, DVM, DACVS, DECVS
Timothy M. Schwab, VMD
Joseph Tsang, DVM

HOSPITAL ADMINISTRATOR
Stacey Connell



The Integrative Pain & Rehabilitation Center

AT METROPOLITAN

The doctors and staff at Metropolitan Veterinary Associates Integrative Pain & Rehabilitation Center are committed to providing you and your special animal companion with the highest standards of veterinary medical care. We specialize in the treatment of musculoskeletal and neurological disorders that affect a pet's mobility, comfort and quality of life. We also manage chronic pain conditions, particularly those associated with osteoarthritis and cancer.

GIVING YOUR PET A HEAD START

Physical rehabilitation is a key element in improving post-operative or post-injury outcomes. Rehabilitation is also associated with decreasing the degree of muscle atrophy, stiffness, and the decline in range of motion that many pets experience from periods of altered mobility. By choosing to engage in our rehab program, you are giving your pet a full, speedy and more comfortable recovery.

PHYSICAL REHABILITATION SERVICES

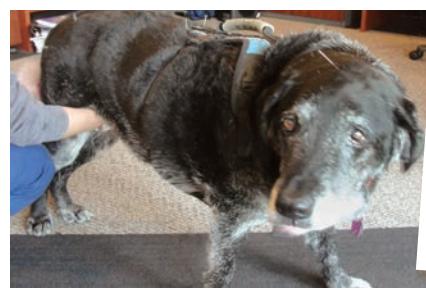
- Proprioception & Balance Exercise
- Weight Management / Medically Managed Weight Loss Program
- Osteoarthritis Management
- Palliative Care
- Pain Management
- Orthotics, Splints, Mobility Aids
- Acupuncture
- Laser Therapy, Ultrasound, Neuromuscular Electrical Stimulation
- Therapeutic Massage, Stretching & Range of Motion
- Neuromuscular Re-education
- Cold & Heat Therapy
- Strengthening

COMING SOON
Hydrotreadmill



PATIENTS TREATED THROUGH METROPOLITAN REHABILITATION:

- Dogs
- Cats
- Lizards
- Snakes (non-poisonous)
- Small Mammals: (Rabbits, Ferrets, Hamsters, Guinea Pigs, etc.)
- Small Ruminants (case by case basis)



PET OWNERS EDUCATIONAL SEMINAR CARING FOR YOUR SENIOR PET

BY: Ann Caulfield, VMD, CCRP, CVA

WHEN: Saturday, December 14, 2013

TIME: 10am – 12pm

WHERE: Homewood Suites in Valley Forge

Breakfast will be provided

Optional Donations accepted with proceeds benefiting The Grannie Project.
TheGrannieProject.org

This seminar will focus on helping the pet owner better understand and care for their special senior companion. The senior pet caregiver will better understand:

- The aging process and how it affects your elderly animal friends:
 - Nutritional needs
 - Behavior
 - General Health
- Diseases commonly seen in the elderly pet
- Ways a “PET PARENT” can truly help improve the quality and comfort of their furry senior citizen’s lives

Please RSVP to attend this lecture with Sarah Spurgeon at 610.666.1050
or sspurgeon@metro-vet.com.

CONTINUING EDUCATION

All You Never Wanted to Know About Spine Issues in the Dog

PRESENTED BY: Jerry W. Northington, DVM,
A. Jon Nannos, DVM, and
Ann Caulfield, VMD, CCRP, CVA

WHEN: Saturday, February 22, 2014

TIME: 1:30pm Registration & Snacks
2pm – 5:30pm Lecture

WHERE: Metropolitan Veterinary Associates

CREDITS: 3 PVMA credits



CANINE SPINE right lateral.

OBJECTIVE: To give the veterinary community an overview of the medical and surgical management of selected canine spinal issues; and on the ways rehabilitation therapy can enhance patient care. And improve outcome in the surgical and nonsurgical neurological patient.

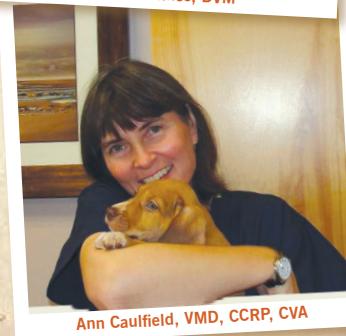
Please RSVP before February 17th with Sarah Spurgeon at 610.666.1050 or sspurgeon@metro-vet.com.



Jerry W. Northington, DVM



A. Jon Nannos, DVM



Ann Caulfield, VMD, CCRP, CVA

PET LOSS SUPPORT GROUP

Many of our employees understand the depth of loss experienced when a beloved four-legged family member passes. For that reason, Metropolitan provides a pet loss support group to help grieving owners in need. Our support group is designed to provide grieving pet parents with a safe, confidential environment to share their feelings with others who have experienced pet loss.

Meetings are held once a month onsite at Metropolitan and are free of charge for your clients (all family members are invited to attend). The group is led by Dr. Cari Thomson and co-led by psychiatrist Dr. Carol Tavani.

Please contact us at 610.666.1050 if you would like to have Pet Loss Support Group brochures mailed to your office. Clients are able to visit our website to find meeting dates and times, general information and recommendations on obtaining help outside of the group setting.



Pet Loss Support Group meetings are held the first Thursday evening of each month for your clients (*and are free of charge*).



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HOW YOUR DOG CAN “BECOME A LIFE SAVER”

Why Have your Dog Donate?

- There are very few national animal blood banks
- One donation can help save a life of up to four pets
- It can help spread the word that animals need blood too
- Help educate the community

BLOOD DONOR REQUIREMENTS

- Must weigh at least 50 lbs. and be in good body condition
- Be between 1 year and 6 years old
- Have a friendly disposition, be happy to meet people, and be easy to restrain
- Have proof of current vaccination status
- Must be free of infectious disease
- Must not have a heart murmur
- Must not have taken any medications within the 14 days prior to donation other than heartworm and flea and tick preventative.
- Must be on heartworm, flea/tick preventative year round (i.e. monthly)
- Must not have received vaccinations within 4 weeks prior to donation
- Owner must agree to get the required lab tests done on their pet to maintain status in program:
 - 1) General Health Check (CBC/Chemistry) – yearly
 - 2) Blood Borne Pathogens – yearly
 - 3) Blood Type – pre-screening only
 - 4) 4DX SNAP Test – A negative test will be required within 2 months prior to each donation
- Owner must be willing to allow their pet to donate blood at least 3 times within a calendar year (*not more frequently than every 8 weeks*).



HOW DO WE THANK YOU?

- Annual screening bloodwork until retirement at our expense
- Complete physical examination and RBC count at each donation
- Blood products at no charge for the donor's lifetime
- One month Frontline & Heartgard free of charge
- All the cookies and hugs your pet can handle
- Most importantly, the satisfaction that you and your pet are saving lives with each donation!

To find out more information and if your dog is eligible please visit:
Metro-Vet.com/about-us/news-and-events/become-a-lifesaver/

To schedule an appointment to have your dog pre-screened please contact
Angie Dickens at: 610.666.1050 or adickens@metro-vet.com.