

SPRING 2018



# SFVMA

**SAN FRANCISCO  
VETERINARY MEDICAL  
ASSOCIATION**

## QUARTERLY NEWSLETTER

### PRESIDENT'S MESSAGE

Welcome to all of the SFVMA members to my inaugural presidential letter. If I may quote Queen Elizabeth; if 2017 was an "annus horribilis" (without consulting my Google translator, I believe this to mean a horrible year) then welcome to 2018 and hopefully a fresh new start. If your year was a great or even a good year then you may well have discovered the secret to happiness and in turn can teach it to others.

Evidence is growing that the connection between a sense of well-being and physical health is real. Although the concept of happiness is a much discussed area of interest, more and more it has become a topic for serious academic research. In the constant search for what we think brings us happiness or joy, apparently we are making it even more difficult in obtaining it.

Here's a few ideas about what apparently makes us happy.

Buying things doesn't make us happy but buying experiences maximizes happiness so says Michael Norton (associate professor of business administration at Harvard) and co-author of Happy Money: The Science of Smarter Spending. Research shows that people who purchase concert tickets or yoga lessons or a dinner out are happier than those who buy possessions. The difference apparently is the social interaction. People tend to achieve significantly more pleasure when there is social bonding.

What determines happiness? Genetic studies suggest that about half of our propensity to be happy is inherited. Does money or looks make a difference to our ability? Very little, it seems. It contributes the least (less than 10% in one study). What makes a big difference however is determined by our own choices such as choosing to be happy, exercising, getting outside, sleeping more, having "me" time, socializing and being generous with your time.

Helping others and giving back to the community works in two ways. Volunteering provides both a sense of purpose and social interaction. And so, if you have read this far then here comes the crunch. I would encourage all of the members, myself included to raise your hands when we ask for volunteers for the spey and vaccination clinics this year. It will make you both healthier and happier.

— Philip Watt

#### PRESIDENT

**Philip Watt, BVSc, MACVSc, FACVS**  
[sfvmapresident@gmail.com](mailto:sfvmapresident@gmail.com)

#### VICE PRESIDENT

**Anna DeVincenzi, DVM**  
[sfvmapvp@gmail.com](mailto:sfvmapvp@gmail.com)

#### TREASURER

**Keely Commings, DVM**  
[sfvmatreasurer@gmail.com](mailto:sfvmatreasurer@gmail.com)

#### SECRETARY

**Amy Lightstone, BVSc**  
[sfvmasecretary@gmail.com](mailto:sfvmasecretary@gmail.com)

# UPCOMING MEETING

## THURSDAY, MARCH 15, 2018

### “Identifying and Managing Ophthalmic Emergencies”

#### Dr. Katie Freeman

**Dr. Katie Freeman** received her bachelor’s degree from Brown University with a concentration in environmental health and a master’s degree in environmental management from Duke University focusing on marine conservation and ecology. She then entered a veterinary medicine program at North Carolina State University where she received her Doctor of Veterinary Medicine (DVM). She then completed a rotating internship in small animal medicine and surgery at Colorado State University and completed her residency in comparative ophthalmology at UC Davis.

After working in private practice in CA, Dr. Freeman accepted an assistant professor position and she has been a faculty member at Colorado State University for the past 4 years. She is now returning to the Bay Area with her two dogs (Kigali and River, shown at left),

cat, husband and young son.

She enjoys spending time outdoors and loves hiking, running, and roller derby.



Dr. Freeman is frequently involved in wildlife pro-bono veterinary care and her special interests within ophthalmology include ophthalmic surgery, optics, tear film dynamics and surface ocular disease, as well as wildlife and exotic animal ophthalmology.

#### HORS D’OEUVRE

Middle Eastern Hummus  
with Lemon and Garlic on Lavosh

#### SALAD

Belgian Endive Salad with Maytag Blue Cheese

#### DINNER

Oven-Roasted Chicken Breast

-OR-

Vegetarian Option

-OR-

Vegan Option

#### DESSERT

Cocoa-dusted Chocolate Marquis

#### AGENDA

6:30 pm **Hors d’oeuvre and No Host Bar**  
7:15 pm **Dinner and Meeting**  
8:00 pm **Program**

#### ALL MEETINGS AT THE CLIFF HOUSE

1090 Point Lobos  
San Francisco, CA 94121  
(415) 386-3330  
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#### THIS MEETING IS OPEN TO ALL DVMS

**Non-members pay \$75**  
**Annual membership \$230**

**RSVPs required individually via the SFVMA website  
by Monday, March 12: [www.sfvma.net/rsvp](http://www.sfvma.net/rsvp)**

*Remember: The Association pays for uneaten meals. If you have RSVP’d and will not be able to make it, we need you to send in your cancellation no later than Monday, March 12, 2018.*



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## RABIES CLINICS



**SUNDAY, MARCH 4, 2018**

**10am – 1pm**

**\$6 per Vaccine!**

**(Dogs Only / Cash Only)**

The SFVMA sponsors Rabies Clinics on four Sundays each year. Rabies clinics are held at **Animal Care and Control (ACC), 1200 15th Street** (at Harrison), in the “Get Acquainted” Room.

### THANKS TO OUR VOLUNTEERS!

Thank you to all the volunteers that continually make these clinics a success! *Volunteers are still needed for the December Rabies Clinic and we are starting sign ups for the 2018 clinics.*

Please email [sfvmavp@gmail.com](mailto:sfvmavp@gmail.com) with your information to sign up for a clinic. Rabies clinics will be held at Animal Care and Control (ACC), 1200 15th Street (at Harrison) from 10am–1pm.

Please contact **Anna DeVincenzi** if you have any questions or would like to volunteer: [sfvmavp@gmail.com](mailto:sfvmavp@gmail.com)

### 2018 RABIES CLINIC SCHEDULE

**(Always on Sunday)**

**JUNE 10**

**SEPTEMBER 9**

**DECEMBER 9**

## SPONSOR A FUTURE MEETING

In order to continue to contract with the Cliff House as our meeting venue, support our charitable and scholarship funds, and generally maintain the organization (with keeping dues payments reasonable), the Board will continue to seek sponsorships that help to cover the costs of our programs.

If you are interested in sponsoring a future meeting, please contact **Philip Watt**: [sfvmapresident@gmail.com](mailto:sfvmapresident@gmail.com)





## ALERT: CANINE INFLUENZA OUTBREAK

**UPDATE — February 9, 2018:** The SFVMA now has reports of two confirmed cases of canine influenza in San Francisco. Both dogs were boarded in facilities in the South Bay and are being quarantined at home. We will continue to update this page as we receive reports.

**There is currently an outbreak of canine influenza going on in the South Bay.** We do not yet have any cases to report to the Veterinary Medical Association in San Francisco. The following information has been provided by Dr. Valerie Brons:

In the South Bay over 50 coughing dogs have been seen at two emergency clinics in the past week; so far at least three of their patients have tested positive for canine influenza H3N2.

A canine respiratory panel (that specifically tests for H3N8 and H3N2) is recommended if a dog is coughing and/or has a fever. There can be some false negatives on this test.

It is recommended to vaccinate unaffected dogs who will be exposed to other dogs (boarding, shows, dog park, grooming, or if they have been exposed to any dog that is coughing etc.) with the new H3N2/H3N8 influenza vaccine. This is a series of 2 vaccines given 3 weeks apart. If the dog is already coughing, it is too late for the vaccine to be effective.



Influenza-infected dogs are thought to have immunity for 2 years once they have recovered.

For any affected dogs treatment is symptomatic since this is a viral infection, however bacterial co-infection and pneumonia is possible and bloodwork and x-rays are recommended in addition to the respiratory panel. An antibiotic may or may not be recommended on a case by case basis.

Testing is available through multiple laboratories and can take 3-14 days for results depending on the specific test and lab.

The good news is, so far, treated cases have not been fatal, and overall this virus has high morbidity low mortality.

Please visit [www.sheltermedicine.com/library/resources/canine-influenza/](http://www.sheltermedicine.com/library/resources/canine-influenza/) for more information on this virus.

## LATEST NEWS FROM SFAfA

Don't forget **San Francisco Aid for Animals** when you have a client in need of financial assistance. We have three programs in 2018 to assist you. Our Grant-in Aid Program has already provided almost \$30,000 in funding to help 53 pets so far this fiscal year. Together with matching services donated by hospitals it has resulted in over \$60,000 in life-saving care. Many participating hospitals that signed up for this year's program still have funds remaining so please encourage your hospital to use all funds before the June 15 deadline.

When you are working on a larger case where anticipated costs are higher think about the **Ingrid Tauber Fund for Animals**. In 2017 the TFA provided over \$45,000 in funds and helped 13 pets. Funding



**SFAfA**  
SAN FRANCISCO AID for ANIMALS

of up to \$5000 per case will be considered and the hospital needs only to provide a 25% matching donation of in-kind services or discounts. Any veterinarian may apply for 2018 TFA funds. More information on both programs is available on the "For Providers" page at sfafa.org or by emailing requests@sfafa.org.

Finally, the **Ingrid Tauber Fire Fund for Animals** was established to help victims of the Northern California wildfires in October. This one-time fund provides immediate and follow up care to any animal and their owners who were impacted in any way by the fires. This fund has just over \$7000 left and is available to any hospital with no match required. Please contact us for details.

## CHARITABLE DONATIONS



The SFVMA Board will consider charitable grants to organizations that support the care and welfare of animals in our community and promote the veterinary profession.

Please contact **Keely Commins** for details on requests for donations:  
[sfvmatreasurer@gmail.com](mailto:sfvmatreasurer@gmail.com)



Cynthia Cook, DVM PhD  
Albert Mughannam, DVM  
Gwendolyn Lynch, DVM  
Carol Szymanski, DVM  
Katie Freeman, DVM

**San Carlos office**  
(Mon-Sat)  
210 Industrial Rd, Ste #100

**San Francisco office**  
(Mon, Tues, Wed, Fri, Sat)  
1245A Taraval St

### Surgery and Treatment of the Eye

Applanation tonometry and ultrasonography  
Cataracts, glaucoma, corneal disease, eyelid reconstruction  
Laser surgery for retinal detachments, glaucoma, and tumors  
Saturday appointments

### Quarterly CE newsletter

Sign up at [VeterinaryVision.com/nl/](http://VeterinaryVision.com/nl/)

### RACE Approved Continuing Education

Sign up at [VeterinaryVision.com/seminar/](http://VeterinaryVision.com/seminar/)

#### Meet our newest ophthalmologist!

*Dr. Katie Freeman, Feb 7, 2018*

Flare: Diagnosis and management of uveitis

*Dr. Albert Mughannam, May 14, 2018*

Cataracts: Diagnosis and Treatment

*Dr. Cynthia Cook, Aug 28, 2018*

Pigmented Ocular Masses,

*Dr. Gwendolyn Lynch, Nov 7, 2018*

The Red Eye



[www.VeterinaryVision.com](http://www.VeterinaryVision.com)

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# SFVMA SCHOLARSHIPS

## Veterinary Students

If you know a good candidate for 2019, please encourage them to apply! Applications are accepted from **October to December annually** as determined by the college.

### REQUIREMENTS

- Current enrollment in the vet med program
- Current or former employment by an SFVMA member
- Letter of recommendation from the same

### CONTACT

**Hnouzong Her**

Scholarship Accounting  
UC Davis School of Veterinary Medicine  
hher@vetmed.ucdavis.edu

We will also offer a scholarship at **Western University** next year.

### REQUIREMENTS

- Current enrollment in the vet med program
- Current or former employment by an SFVMA member
- Letter of recommendation from the same

### CONTACT

**Tim McPheron**

Director of Development  
College of Veterinary Medicine  
tmcpheron@westernu.edu

## RVT Students

To support and encourage RVTs in San Francisco, the SFVMA has established a scholarship program for students enrolled in an accredited RVT program. We will award \$1000 to two candidates who are currently or have previously worked in the practice of an SFVMA member, and have a stated desire to return to SF after graduation.

Submissions should include a personal statement from the student, a letter of recommendation from the veterinarian, and proof of enrollment at an accredited RVT program. The deadline for applications is **May 1 annually**.

Questions should be sent to **Phil Watt** at [sfvmapresident@gmail.com](mailto:sfvmapresident@gmail.com).







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MPVM, Dipl. ACVP

**Dr. Joanne Hodges**

Dipl. ACVP

**Dr. Cheryl McCullough**

Dipl. ACVP

**Dr. Jason Wood**

Dipl. ACVP

**Dr. Sonjia Shelly**

Dipl. ACVP

**Dr. Taylor Spangler**

Dipl. ACVP

**Dr. Karen Oslund**

PhD, Dipl. ACVP

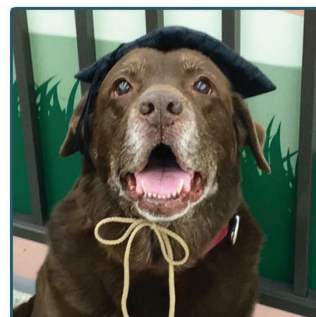
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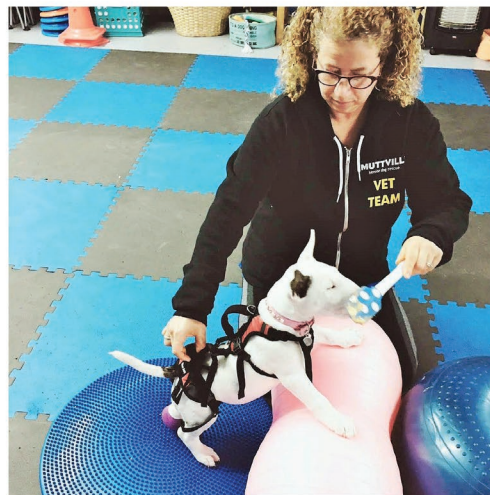
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Learn more about our services at  
[AWellAdjustedpet.com](http://AWellAdjustedpet.com)







**Veterinary Street Outreach Services (VET SOS)** is recruiting volunteers— DVMs and veterinary assistant/technicians — for its monthly mobile clinics serving the companion animals of homeless San Franciscans. Visit [www.vetsos.org](http://www.vetsos.org) for more information, including upcoming clinic dates. Support the

human-animal bond in this vulnerable population and work with outstanding volunteers from all over the Bay Area!

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**Email: [vetsos@sfccc.org](mailto:vetsos@sfccc.org)**

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**Want to do something that saves lives,  
feels good and helps your community?  
Then volunteer to help animals when  
disasters strike in California!**



Thousands of animals need care during and after disasters. Some 63% of California households have pets, including an estimated 10 million pet cats, nine million dogs, and one million horses. Other pets, farm animals, and wildlife also need assistance during and after disasters like earthquakes, floods, and wildfires.

Veterinary professionals are vital to animals during disasters. The mission of the California Veterinary Medical Reserve Corps (CAVMRC) is to provide veterinary professionals with the training and credentialing necessary to support animal health and public health.

Deployment is always voluntary. Volunteers get involved at whatever level works for them – assistants are needed as well as leaders, part-time responders are as welcome as those who can help out for a week or two, plus there are ongoing roles in areas such as planning and disaster response. Volunteer participation can be a matter of life or death for rescued animals and means the world to the owners of those animals.

### **BENEFITS OF JOINING THE CAVMRC**

The CAVMRC provides veterinary professionals:

- Credentialing necessary to support animal health and public health emergency response.
- Continuing education and training opportunities that allow you to strengthen your skills to better serve your practice, your community and our state.
- Networking and information sharing opportunities with veterinary team members across the state.

### **WHO CAN JOIN THE CAVMRC?**

You don't need any prior disaster response experience or training to join the CAVMRC. The entire veterinary practice team is welcome, including:

- Veterinarians
- Registered veterinary technicians
- Veterinary assistants, office managers and all support staff members
- Students in veterinary medical programs
- Retired veterinary professionals with a current license

### **PROGRAM AFFILIATION**

The CVMA registered the CAVMRC as a unit of the Medical Reserve Corps under the California Emergency Medical Services Agency and works in cooperation with local, statewide, and national agencies. The CVMA has played an important role in preparing for and responding to disasters in California since 1994 and builds on this experience with this new affiliation.

**For more information visit the CAVMRC website:**

[cvma.net/resources/disaster-response-program-2/california-veterinary-medical-reserve-corps-cavmrc/](http://cvma.net/resources/disaster-response-program-2/california-veterinary-medical-reserve-corps-cavmrc/)



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**Have further questions?** Call or email Lynsey Whareham, Sr. Talent Acquisition Partner at: 503-922-5045 or [lynsey.whareham@banfield.net](mailto:lynsey.whareham@banfield.net)