

SUMMER 2018



SFVMA

SAN FRANCISCO
VETERINARY MEDICAL
ASSOCIATION

QUARTERLY NEWSLETTER

PRESIDENT'S STATEMENT

Negativity breeds negativity. This is often true in a group setting but it applies to individuals as well. I was reminded of this recently when the news first broke of the release of the three American hostages from a North Korean jail. This news was received with almost universal praise for the administration and thought to be a joyous occasion. And yet there were naysayers from the democrats, in particular, a congressman rather than seeing this as an historic event stated that the release of the hostages was nothing more than what we should expect from our current administration. By securing the prisoners' release the Trump administration could claim a genuine foreign policy victory that further built confidence ahead of his looming historic planned summit with Kim Jong Un.

Love or hate Trump, believe or not that the successes for which he may or may not have been responsible, the democrats have adopted an air of negativity which will not allow any public acknowledgment of the successes of the current government. Often they come off as petulant, as in the case of the congressman who could not acknowledge the joy that loved ones and public would feel when hearing of the release of the hostages. The congressman was suffering from WBS, i.e. wet blanket syndrome which is an affliction where the affected person can never see the good even on happy occasions.

I am sure we have all encountered someone who suffers from WBS and is constantly negative. In the workplace, this can have a devastating effect on morale. However, for some of us it is difficult to get out of that negative mindset. We have to break a pattern and for some that is not an easy thing. All of us have encountered difficulties, sickness, financial woes, conflict with family and friends, divorce and even death. How do some of us bounce back and others seem to flounder? It is true that cumulative stress and a neurotic temperament play somewhat of a role.

However, one of the key factors is accepting the negative feelings. Because we sometimes block our negative feelings our emotions build up until we find ourselves flooded by negativity. We are taught that we should be afraid of negative feelings or we should not feel them at all. However, all emotions are essential to healthy living. Basically, hating yourself for having negative feelings will only result in greater suffering. Rather than seeking to avoid them we should listen to what our feelings are telling us and learn to use them to guide us to better longterm states of being.

How do we do this? As scientists, we are already one step ahead because according to some psychologists the first step in CALM a cognitive behavioral therapy is Curiosity and then Acceptance, Loving compassion and finally Motivation.

Easier said than done but rather than dwell or try to escape, be curious about your negative feelings. Curiosity means to seek to know more. Try to understand the what, why where, when and how of your feelings.

Acceptance refers to the ability to be aware of the pain and suffering and not run from it. One of the tenets of Buddhism is that running from pain will only lead to more suffering.

Loving compassion both to others and most importantly to yourself recognizes that most people are worthy of respect, compassion and sympathy. Be kind to yourself.

Motivation is the self conscious values people have of who they want to be over the longterm. Rather than dwelling on impulsive despairing actions we need to work towards our future goals.

Try to understand that person who is negative and dragging down others in the practice. You won't change everything overnight but here are some tools that can help break it down and hopefully set some future goal.

— Philip Watt

UPCOMING MEETING

THURSDAY, JUNE 21, 2018

“CANINE INAPPETANCE — What’s New in its Management”

Dr. Ryan Goupil, DVM



Dr. Goupil is a graduate of Cornell University where he earned his Bachelor of Science in Animal Science and his Doctor of Veterinary Medicine. After graduation, he completed a small animal rotating internship at Oradell Animal Hospital in New Jersey, and then was a member of the ER and CCU team at Sage Veterinary Centers in San Francisco. Dr. Goupil's special interests and research experience include immunotherapies for hematologic malignancies, graft-vs-host disease, as well as the exploration of NSAID and nutraceutical treatments for various cancers.

HORS D'OEUVRE

Mini Shrimp Tostadas with Avocado Salsa +
Phyllo Triangles with Spinach and Feta Cheese

SALAD

Baby Arugula and Shaved Fennel Salad

DINNER

Porcini Dusted Salmon

-OR-

Vegetarian Option

-OR-

Vegan Option

DESSERT

Tahitian Vanilla Creme Brulee

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 Friday, June 15: 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, June 18, 2018.

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RABIES CLINICS



SUNDAY, JUNE 10, 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 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

2018 RABIES CLINIC SCHEDULE

(Always on Sunday)

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**

PRESIDENT

Philip Watt, BVSc, MACVSc, FACVS
sfvmapresident@gmail.com

VICE PRESIDENT

Anna DeVincenzi, DVM
sfvmavp@gmail.com

TREASURER

Keely Commings, DVM
sfvmatreasurer@gmail.com

SECRETARY

Amy Lightstone, BVSc
sfvmasecretary@gmail.com

LATEST NEWS FROM SFAfA

SFAFA has had a very successful year helping save **75 pets** and distributing **over \$45,000** through our Grants-in-Aid program.

IMPORTANT DATES TO REMEMBER:

May 31: Last day to submit your paperwork if you wish to participate in the **Grant-in-Aid** program for FYE 2019 (July 1, 2018–June 30, 2019). If you miss the deadline to send in your paperwork and wish to participate please immediately contact **Dr. Anne Marie Benfatto** (AnneMarie@sfaidforanimals.org).

June 15, 2018: Last day to submit paperwork for any FY18 Grant-in-Aid funding that you awarded to a client. Any unused Grant-in-Aid funds will be rolled over to the Grant-in-Aid program for FYE19.



SFAfA
SAN FRANCISCO AID for ANIMALS

July 1, 2018: Welcome letters will be sent out announcing grant amounts for the FYE19 Grant-in-Aid program.

The **Ingrid Tauber Fund for Animals (TFA)** will be available in FYE19: For those special cases where the anticipated costs are high and the client is in need of financial assistance please remember the TFA program. The animal must have an urgent need for veterinary care, a reasonably good prognosis and the client must have exhausted all other financial options. Funding of up to \$5,000 per case will be considered provided that you make a matching donation of in-kind services or discounts equivalent to 25% of the TFA funding. More information is available on the “For Provider’s” page at: sfafa.org or by emailing request@sfafa.org.



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

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.



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- Sports Conditioning
- Canine Athlete's "Pre-hab"
- Maximizing Quality of Life

Success Story:

Kira is a 14 year old senior dog who had been progressively losing the use of her rear legs. Eventually she could not walk or stand on

her

own without maximal assistance. Due to degeneration of spinal nerve function and ongoing arthritis- Kira was not able to sense how best to place her paws as she moved, so she was walking on the tops of her feet, causing painful sores and limiting her ability to get around. After her initial rehab evaluation we fitted her with 'Toe-Ups', a device that helped Kira tell which way her feet should be placed before she put weight on them. Very quickly, she gained in confidence and was able to start taking steps with her feet in the correct position on her own as well as going up and down the back porch steps using her rear legs with much less assistance!

Once we fitted her with her 'Toe-Ups' and we eliminated the pain from her walks, she started fully bearing weight on both of her back legs and was quickly ready to advance in exercises that focused on improving her overall coordination and balance. Her treatment plan included targeted assisted swimming, underwater treadmill walking, and targeted home exercise to help her relearn how to deliberately place her legs when moving in different directions and to help her keep her balance. And as her coordination improved, Kira experienced a regaining of muscle mass and strength: she began to walk more normally, and no longer needed to be carried or pulled in a doggie wagon, her atrophied rear leg muscles became stronger and she began to run and trot to the park again!



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Ilana Strubel, MA, DVM, CVSMT, CCRT

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info@awelladjustedpet.com

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A Well Adjusted Pet at The Rex Center:

Dr. Strubel and A Well Adjusted Pet are located in the same building as The Rex Center. For Dr. Strubel's services, please make your appointment through our offices at 415-967-3861

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 - Behavioral Consultation
- Nutrition Consultation and Weight Loss

Why Choose Rehabilitation?

- Maximize Mobility and Quality of Life
- Accelerate healing time
- Reduce pain
- Build muscle mass
- Facilitate weight loss
- Customized exercise programs

Benefits of Hydrotherapy:

Hydrotherapy in conjunction with veterinary treatment is an extremely effective method of rehabilitation for dogs. Studies have shown that with hydrotherapy, dogs recovering from surgery or injury heal up to 60% faster than with other therapeutic methods.

- It helps decrease inflammation and improves circulation.
- Muscle conditioning in water is not only an effective way of building up cardiovascular strength and endurance, but it can also be fun!
- Hydrotherapy treatment is conducted using a warm water resistance pool or Aqua PAWS Underwater Treadmill, located at The Rex Center in Pacifica.



Custom Braces and Mobility Devices:

Custom Orthotics (Braces) are a truly viable and highly functional alternative to surgery. Orthotics and Prosthetics are especially useful for helping with chronic, ongoing conditions such as arthritis, traumatic injury, post-operative support, cruciate ligament injuries and other tendon or ligament injuries. From custom-made boots that protect paws to braces or splints that provide support or even prosthetic limbs or wheelchairs, the variety of options is ever increasing.





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ANESTHESIOLOGY (T - Fri.)

Krisine Siao, DVM, MS

BEHAVIOR (Monday)

Leslie Cooper, DVM, DACVB

CARDIOLOGY (M, T, W, Sat)

Justin Williams, DVM, DACVIM
Kristine Chan, DVM, DACVIM

DENTISTRY (Mon - Fri)

Maria Soltero-Rivera, DVM, DAVDC
Amalia Zacher, DVM

DERMATOLOGY

Carlo Vitale, DVM, DACVD

EMERGENCY/CRITICAL CARE (24/7)

Erin Burdette, DVM
Elyse Hammer, DVM
Thomas Hansen, DVM, DABVP
Samantha Keat, DVM
Thomas McEntegart, DVM
Allegra Roth, DVM
Emily Wong, DVM

INTERNAL MEDICINE (7 days a week)

Staci Goussev, DVM, DACVIM
Craig Maretzki, VMD, DACVIM
Laura West, DVM, DACVIM
Winnie Ybarra, DVM, DACVIM

NUTRITION (Mon, Thurs, Sat)

Lily Johnson, DVM, DACVN

NEUROLOGY (Thurs, Fri, Sat)

MRI & CT Scanner on-site
Lisa Klopp, DVM, DACVIM

ONCOLOGY (Mon- Fri)

Stephen Atwater, DVM, DACVIM
Jason Kidd, DVM, DACVIM

SURGERY (Mon - Fri, Emergency 24/7)

Margo Mehl, DVM, DACVS
Daniel Polidoro, DVM, DACVS



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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



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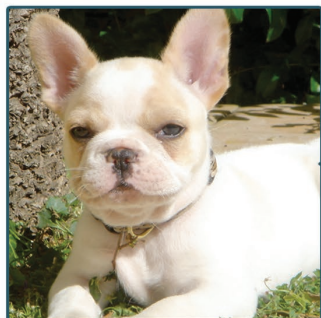
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Veterinary Street Outreach Services (VET SOS) is recruiting volunteers—DVMs and veterinary assistant/technicians — for its monthly mobile clinics serving the companion animals of homeless San Franciscans. Visit www.vetsos.org for more information, including upcoming clinic dates. Support the human-animal bond in this vulnerable population and work with outstanding volunteers from all over the Bay Area!

Voicemail: (415) 355-2248



Email: vetsos@sfccc.org

**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/