

It's Not Too Late for New Year's Resolutions...

Lose weight? Get in shape? Get a thorough medical examination? Are these on your list of resolutions for 2013? How about for your pet?

Whether you believe in New Year's resolutions or not, the start of a new year is a good time to take stock of where we have been and where we are heading – and to take the opportunity to pledge to improve the life and health of your pet.

1. I will keep my pet's examinations and vaccinations up to date.

At Napa Humane we're very proud to offer a low-cost vaccination clinic each week to help keep your pet current with core vaccinations, and there are plenty of other affordable vaccination clinic offerings throughout Napa County.

However, please note that annual vaccinations at any clinic do not stand in the place of regular veterinary care for your pet. If you don't have a family veterinarian, give us a call for some tips on finding one that's right for you and your pet.

2. I will provide plenty of exercise for my pet.

Exercise – especially for active dogs – is essential to the well-being of your companion. Eager to get in shape yourself? The new year is the perfect time to recruit your canine as a workout partner!

And even though cats seem sedentary in our homes, they need exercise as well. Make time in your day to play with your feline friend! Your pet will benefit from the activity and will tend to be less destructive and anxious due to boredom.

3. I will not let my pet become addicted to human food.

Our pets require very different diets than we do and many pet illnesses have to do with deficiencies or excess of certain nutrients. Your pet won't tell you “no” to people food – make it your job in the new year to keep your pet on a sound, appropriate diet.

4. I will pet-proof my home so no chemicals, poisons, or medications are accessible to my pet.

Common household cleaners, garden pest agents and fertilizers, and even antifreeze are toxic to pets. And be sure to keep medications safely stowed away – pets are experts at finding that dropped tablet on the bathroom floor!

Keep the ASPCA Poison Control Center number handy in case of an emergency: 888.426.4435 and check out the Poison Control Center webpage at www.asPCA.org.

5. I will budget for my pet's health care.

Planning as best we can for expenses and emergencies can help ease our minds in challenging economic times and it is no different for the care of our pets. The new year is a great time to investigate a pet health wellness plan or pet insurance. Many policies will help defray or minimize many of the expenses associated with common pet illnesses.

6. I will get my pet's teeth cleaned.

Teeth cleaning is not a luxury for a pet. In fact, it is one of the few things that you can actively do to increase the life span of your pet. Simply put, bad teeth lead to bad organs. And, by the time you pet shows any symptoms of periodontal disease, a lot of damage already will have been done.

**Happy New Year from Napa Humane to you and those you love –
both two-legged and four-legged!**

