



THE PAW

CELEBRATING, SHARING THE LOVE AND GENTLY CARING FOR PRECIOUS PAWS



Dr. Shanan with Maggie and her owner Debbie



Veterinary Technician Melissa keeping vigil over Maxi in the comfort room in our Hospice Center

End of Life Care: Hospice for Pets and Compassionate Euthanasia

Renewing Our Promise: Compassionate Veterinary Care

Our primary responsibility at Compassionate Veterinary Care is to provide your pet with quality, compassionate medical care.

You have a right to expect the highest standards of medical care for your pet. We consider that responsibility the very foundation of our existence. In that spirit, we teach preventive techniques to pet owners while our staff continues to learn—and then practice—the latest advances in healing. In this issue we share with you our passion for delivering more than just medical care. Read about what it means to be a “bond centered veterinary practice” and about our nationally recognized leadership in offering end of life care and support services; about our emphasis and expertise recognizing and treating when our patients experience pain; and about our acknowledgment of pet loss and grief as a significant and sometimes devastating experience for the family.

And we recognize that fulfilling our obligations consistently is what brings you back. Consider this a renewal of that promise from us to you.

Compassionate Veterinary Care is a “Bond Centered Veterinary Practice”. This means that along with attending to the medical needs of companion animals, we offer services which meet various needs created by human-animal relationships. We attend to clients’ and patients’ emotions and strive to increase comfort and reduce stress. We do so by taking time to socialize with our patients, and by encouraging owners to stay with their pet during most office procedures. We always discuss options and help you make informed decisions about the best care for your pet.

- In addition, we offer:
- **Compassionate Care Rooms - where you can stay with your hospitalized pet 24/7**
 - **A comfort room - a home-like space in the clinic - for particularly emotional situations**
 - **Housecalls - medical and nursing services in your home.**
 - **Veterinarian reachable by phone 24/7 to offer support and advice in emergency situations.**

We extend ourselves because we’re dedicated to helping those who are suffering. We’re uniquely committed to serving the needs of animals approaching the end of life and their families. Dr. Shanan is recognized as a national leader in this area, and we serve many who are referred by their family veterinarian, by veterinary specialists, or by word of mouth - specifically for service and support when facing the impending loss of a beloved pet. Imagine to yourself the dreaded moment - you just found out your

beloved pet’s medical condition is incurable. You may feel overwhelmed and/or hopeless: this is it - there’s nothing else to do. Or is there? At Compassionate Veterinary Care you can schedule an in-depth consultation [in your home, at the clinic or by phone] focusing on what can still be accomplished:

- **Relief from pain and other physical and emotional discomfort**
- **Patient dignity**
- **Planning the time remaining so you can do whatever you need to do to achieve closure.**
- **Preparations for making difficult decisions.**
- **Taking advantage of available emotional and spiritual support**
- **A positive mindset empowering the family to enjoy and make the best out of the time you have.**

“Compassionate Veterinary Care” is not a claim of a mission accomplished. Rather, it is a goal we work towards every day, one patient and one pet parent at a time.



Dr. Shanan is on the cutting edge of providing pain management and comfort care at the end of life to animals. He is:

- Founder and President of the International Association for Animal Hospice and Palliative Care [www.IAAHPC.org] - dedicated to promoting comfort-oriented care to companion animals as they approach the end of life. Animal hospice and palliative care is an emerging medical specialty, and hospice services “will become a mainstream option for animals and their owners in this decade”, says Dr. Shanan.

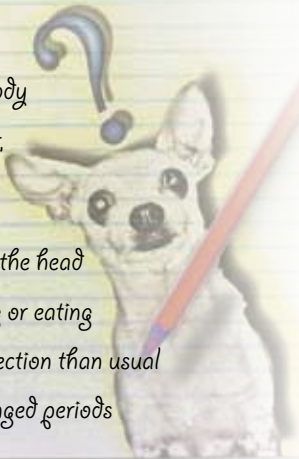
- A member of the International Veterinary Academy of Pain Management [www.IVAPM.org] - a unique organization dedicated to promoting, enhancing, and advancing pain management in animals.
- A member of the IVAPM task force currently developing guidelines for veterinarians for managing the pain of terminally and chronically ill animals.
- A member of the American Association of Human-Animal Bond Veterinarians [AAH-ABV] a group that leads the veterinary medical community in promoting acknowledgment, respect and nurturing of the strong attachment between humans and animals in our society.

YOU KNOW WHEN HE IS SLEEPING, YOU KNOW WHEN HE 'S AWAKE - OR HUNGRY , OR HAPPY. YOU EVEN KNOW WHEN HE NEEDS TO GO. BUT CAN YOU RECOGNIZE WHEN HE 'S IN PAIN?

Pet Pain Management

Know The Signs of PAIN

- Being unusually quiet, listless, restless or unresponsive
- Whining, whimpering, howling or constantly meowing
- Constantly changes positions to find the most comfortable position
- Biting or scratching
- Constantly licking a particular part of the body
- Acting out of character, either aggressively or submissively
- Flattening ears against the head
- Having trouble sleeping or eating
- Seeking a lot more affection than usual
- Hiding alone for prolonged periods



WHEN WE HAVE PAIN, WE COMPLAIN

But many animals, especially cats, instinctively hide pain to protect themselves from predators. The lack of obvious signs does not mean they aren't experiencing pain. So how do you know when your pet's in pain?

First and foremost, if you suspect your pet is in pain, consult your veterinarian immediately to help diagnose the problem and discuss the available options. A physical exam by your veterinarian is essential, which may include lab and blood tests, X-rays, etc. Veterinarians will recommend a treatment protocol.

A variety of pain medications are available for pets, and many drugs come in easily administered forms such as liquids, skin patches or gels.

Do not give your pet any medication without consulting your veterinarian. "Pain killer" medications, used improperly, can turn

into "pet killer" poisons, even in very small doses: NSAIDs, including those available over the counter for humans like ibuprofen [for example Motrin] or naproxen [for example Aleve] are the most common cause of pet poisoning. Cats are especially sensitive to acetaminophen [for example Tylenol]. Complementary (or alternative) therapies like acupuncture, physical therapy and chiropractic, are effective in reducing pain in some animals, and are increasingly available for pets suffering from chronic pain. Simple things you can do at home to help keep your pet comfortable:

- **Massaging your pet will help relax and soothe him, and help you notice any unusual bumps or bruises that may need attention.**
- **Place extra padding wherever your pet sleeps to cushion his joints.**

- **Use non-skid runners to make slippery surfaces safer.**
- **Grooming, especially when they no longer can do it themselves, will help your pet feel more comfortable.**
- **Put food and fresh water bowls at a comfortable height.**
- **Diet and exercise can be beneficial if you follow your veterinarian's advice.**

As you spend time caring for your pet and helping ease his pain, the bond with your pet will grow deeper and stronger. Your energetic, playful friendship may eventually be replaced with the joy of a gentle, caring life together. Your veterinarian will work with you to customize a pain management regimen for your pet, making his life – and yours – as pain free as possible.



A Healthy Habit

HELPING YOU AND YOUR DOG TO ACHIEVE BALANCE AND A HEALTHY STATE OF MIND

Never mind teaching old dogs new tricks; get 'em while they're young and you won't have to worry later in life. Puppy training should begin as early as 6-12 weeks. Effective learning can often occur even sooner, when they learn to socialize with other dogs before going to their respective new homes.

Positive reinforcement training is based on rewarding completed tasks with food, petting, toys or attention. Each reward should be accompanied by saying "good dog" and a meaningful hand signal; this verbal/visual combination will increase the likelihood of a correct response.

When you start teaching something new, rewards may be handed out following each successful response. When the pup "gets the idea" start offering the rewards intermittently to keep him guessing. Gradually decrease the frequency of rewarding, until saying "good dog" and a hand signal is sufficient reinforcement to elicit the desired behavior.

Remember that too much force can delay or destroy the bond you're attempting to build. Too

little force will only teach the pup who's really in charge. Don't repeat your command multiple times; your puppy will only learn that he doesn't have to respond the first time.

Be patient ... be positive ... and be consistent. Your pet is, after all, a creature of habit.

Feel free to call our canine behaviorist, Amy Blum, with training and behavior questions - or register with your pup to one of her classes at Compassionate Veterinary Care:



Compassionate Veterinary Care Puppy Behavior Classes

Puppy - Preschool (for puppies up to 6 months old)

Tuesdays at 7:30pm, October 5th through November 16th

This class is for puppies with no prior training. Topics covered include housetraining, crate training, proper socialization, puppy nipping and chewing, jumping, canine development and more. You'll start teaching your pup basic manners and obedience.

Puppy Kindergarten (for puppies up to 12 months old)

Wednesdays at 7:30pm, October 6th through November 17th

This class continues to address puppy topics like housetraining and socialization, but focuses more on obedience training, impulse control, distraction exercises, and how to address the new challenges that come with canine adolescence.

Not sure which class is the best fit for you and your pup? For more information, call the office at (773)327.5024 or contact our instructor, Amy Blum, at (773) 715-8441 or amyblum@comcast.net.

You can complete our online registration form and we will contact you regarding available class places and schedule.

IT'S NEVER EASY

SAYING GOODBYE

We love our pets and consider them members of our family. So when a beloved pet dies, it's not unusual to feel sorrow that can be intense or overwhelming. Animals provide companionship, acceptance, emotional support and unconditional love during the time they share with us. If you understand and accept this bond between humans and animals, you've already taken the first step toward coping with pet loss: knowing that it is okay to grieve when your pet dies.

UNDERSTANDING GRIEF

Finding ways to cope with loss can bring us closer to the day when memories bring smiles instead of tears. The grief process is as individual as the person, lasting days for one person or years for another. The process may include denial, which offers protection until we can face the reality of our loss. We may try bargaining with a higher power, ourselves, or even our pet to restore life. We may feel anger, which may be directed at anyone involved with the pet, including family, friends and veterinarians. We may also feel guilt about what we did or did not do, and may feel that it is inappropriate to be so upset. Experiencing the true sadness of grief is an unavoidable step on the way to healing. We may become withdrawn or depressed. Acceptance occurs when we remember our animal companion with decreasing sadness.

HONOR THY PET

Gestures of remembrance, large or small, provide comfort by celebrating a pet's life and the incredible power of the bond between humans and animals.

- Reach out to others who can lend a sympathetic ear.
- Hold a memorial service at a pet cemetery, in your backyard or in a place that was special to your pet.
- Find a special urn for your pet's ashes.
- Write a poem or story about your pet or write a letter to him.
- Create an art project, scrapbook or collage with photos and other reminders of your pet.



- Create a living memorial by planting a tree, bush or flower bed in your yard.
- Contact a community park to sponsor a bench or tree affixed with an acknowledgment plaque memorializing your pet.
- Keep your pet's favorite toy, collar, blanket or bowl as a symbol of your love.
- Volunteer at an animal shelter to help other pets and their people.

WHAT CAN I DO FOR MY CHILD?

The loss of a pet may be a child's first experience with death. The child may blame himself, his parents or the veterinarian for not saving the pet. And he may feel guilty, depressed and frightened that others he loves may be taken from him. Parents will know the best way to tell their children about the loss. Explain death using words your child can understand. Role model your feelings of sadness to help your child express their own grief. Encourage him to draw, collage or write or talk to or about the pet.

Children do best with simple, honest, straightforward answers to their questions. Our website and many others offer more detailed information about coping with grief.

SHOULD I GET ANOTHER PET?

Rushing into this decision isn't fair to you or your new pet. You'll know when the time is right to adopt a new pet after giving yourself time to grieve, carefully considering the responsibilities of pet ownership and paying close attention to your feelings. Even though a pet's death is a trying time for your family, a valuable lesson about life can be learned. The grief will subside, but the happy memories will always remain.



To My BELOVED PEa

"I made the first of what would be many calls to Dr. Shanan. I felt that he truly understood what I was going through: that I had a very intense bond with my cat, that seeing her sick and the thought of losing her were devastating to me, and that grappling with the question of euthanasia was agonizing. By the time we'd ended the conversation we'd scheduled an End of Life Consultation. Somehow it seemed important that he meet my Pea before the time at which he might end her life.

Pea had a good last few weeks. I, on the other hand, had a horrible few weeks. I was grappling with feelings about life and death and the uneasy power I seemingly had over Pea's. During this time I relied heavily on Dr. Shanan, who never made me feel that my calls were intrusive or that my concerns were trivial. He was the perfect mix of philosopher, ethicist, counselor and vet. I talked with him about my doubts and fears, about intervening too soon or too late, or not at all.

On December 1st Dr. Shanan came to my apartment and euthanized Pea. He spent a good deal of time allowing me to cry and say goodbye to Pea before he gave her the first of 2 injections that would end her life. He was kind and gentle with both Pea and me. I'm grateful that he was there guiding me and supporting me through the most difficult and painful decision of my life."



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compassionatevet.com

Amir Shanan, DVM
Kim Kempfer, DVM

Hours

Mon-Thur 9am - 7pm

Fri 9am - 5pm

Sat 9am - 2pm

- Feline and Canine Internal Medicine
- Surgery and Dental Services
- Puppy and Kitten
- Wellness Programs
- Canine Behavior Classes
- Senior Care
- Home Visits

VETERINARY HOSPICE

Comfort care for you and your pet in your home or in our Private Comfort Rooms



OPERATION SANTA PAWS for shelter pets

During the upcoming holiday season, Compassionate Veterinary Care will join forces with "Operation Santa Paws," by spearheading a canine/

feline toy/treat drive to benefit less-fortunate pets.

During the month of December we will have a drop-off box at our office to collect donations of food and toys that will be delivered in time for Christmas to shelters and rescues in the Chicago area. A wish list will be posted in the office and on our website the first week of November..



STAFF SPOTLIGHTS

Petie Monachino has been with Compassionate Veterinary Care since September 1991, long before the clinic moved to its current location in Lincoln Park. What brought Petie to Compassionate Veterinary Care was her love to animals, but what keeps her with us is her dedication and respect to our clients. Currently, Petie works as a Patient Care Coordinator, but for many years she worked as a vet assistant and volunteered at an animal shelter for 17 years. Petie has seen Dr Shanan and Compassionate Veterinary Care mature, grow and evolve into the practice

it is today, and as a team member she supported the many changes along the way. Petie's compassion and personal moral standards are a source of inspiration for all of us.

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Save the date

Santa Claws'n'Paws and Macabee Critters Pet Photos

What: Pictures with Santa (And who is our Santa? No other than our own Dr. Shanan...

Bring your dogs, cats or kids! Proceeds will be donated to an animal shelter

When: Saturday, Dec 11, noon-4:00PM

Cat Boarding

Your Cat's Home Away From Home

Clean and cozy private rooms



Make your reservations for the holidays as far in advance as possible. Spaces are limited and fill up quickly.

So make your reservations today!
773.327.5024