

SUMMER 2022

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NEXT MEETING DATE

September 1, 2022

Location Mayacoo Lakes Country Club

> <u>Topic:</u> "F" Is For Fatigue

6:30-9:30 pm Entry Fee: Free to 2022 Paid Members, \$150 Non-Member www.pbvs.info/events

Vet Society Members

Dear Palm Beach Vet Society Members,

As we move thru the year, heading into 2023 and the challenges we leave behind and those we head into...we can become overwhelmed of the ongoing hurdles and slopes that our career and life continues to challenge us with. Join us all as we gather for our next Continuing Education event on Thursday September 1, 2022 at 6:30pm at Mayacoo Lakes Country Club as we learn about the ways in which to detect burnout and fatigue." "F" is for Fatigue lecture September 1, 2022.



Karina Salvo, DVM

The following Continuing Education lecture will be on October 6, 2022 and will review the cases we see as Idiopathic Vestibular Disease.

We continue to search high and low for our next President of The Palm Beach Veterinary Society to lead this amazing group of veterinarians here throughout our county! If anyone has interest or any leads...please don't hesitate to let us know!

In welcoming Dr. Ellen Gray as our Continuing Education Coordinator, please contact her if you have any suggestions for any specific topics you would like to attend to at our upcoming lectures for 2023!

Speaking of 2023...VMX registration is now open! See page 9 for details.

Looking forward to seeing everyone at the upcoming meetings!

Sincerely, Karina Salvo DVM Vice President



Palm Beach Veterinary Society, Inc.

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Continuing Education Coordinator Ellen Gray, DVM



Dr. Ellen Gray

MEETING SCHEDULE - MARK YOUR CALENDAR

September 1, 2022 "F" Is For Fatigue

Join us for this 1 hour CE lecture focusing on mental health for veterinary professionals. During this lecture we will learn on how to identify fatigue and burnout before it occurs and what to do after is has been identified. Sponsored by: Royal Canin

October 6, 2022 Laverdia

Join us on Thursday October 6th for a lecture on Idopathic Vestibular disease given by Dr. David Weinstein. This lecture is pending 2 hours of RACE CE credit.

November 3, 2022 Solensia

More details to come.

Mayacoo Lakes Country Club 9697 Mayacoo Club Drive • West Palm Beach, FL

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VETERINARY MEETING & EXPO SEE PAGE 9 FOR DETAILS

This newsletter is published bimonthly by Palm Beach Veterinary Society, Inc. P.O. Box 211655 Royal Palm Beach, FL 33421

The PBVS newsletter is provided to PBVS members free of charge. **Membership is \$150.00 per calendar year.**

For more information about membership please contact: Dr. Leanne Browne-Feldman at secretary@pbvs.info To advertise in this newsletter, please contact Dr. Karina Salvo at vicepresident@pbvs.info.

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Join Us Today and Become A Member!

Thank you for taking an interest in our organization. At Palm Beach Veterinary Society, we strive to help and unite veterinarians who are dedicated in providing the best Animal care.

As a society, we provide a forum for veterinarians to further assist in the exchange of professional business relations and promote the exchange of professional information.

If you are a veterinarian and are interested in joining our society, please fill out the 2016 membership form on the last page.

Membership cost for the year is \$150.00 Membership begins on January 1st and ends on December 31st We are pleased to announce that Dr. Jamie King has joined Dr. Peters on our Neurology team to help us provide appointment services Monday through Saturday and emergency services 7 days a week for your neurologic patients.

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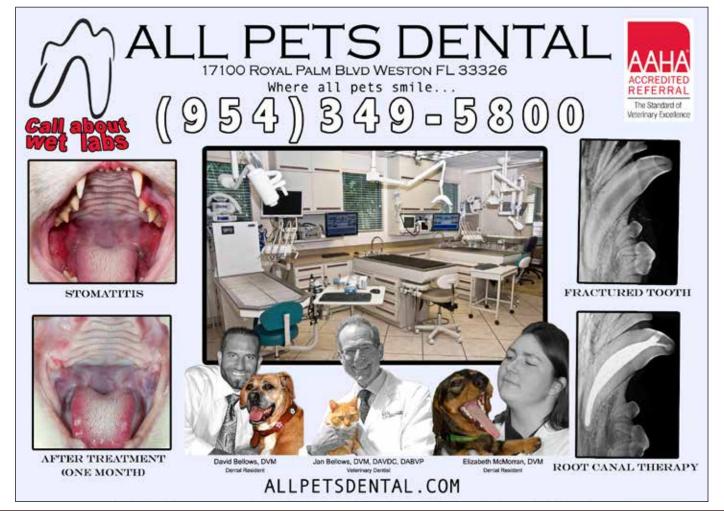
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The Secret to Successful At-home Glucose Monitoring: Simplicity

When you make it as easy as possible, owners of pets with diabetes are more likely to comply with at-home blood glucose monitoring recommendations. (Sponsored by Trividia Health Inc)

By Rebecca A. Packer, MS, DVM, DACVIM (Neurology/Neurosurgery) dvm360 November 2020



According to the Banfield Pet Hospital State of Pet Health 2016 Report, the prevalence of diabetes mellitus in dogs increased by nearly 80% between 2006 and 2015.¹ The disease is about 3 times more common among cats, for which prevalence increased by about 18% over the same time period.¹ The disease manifests as prolonged periods of hyperglycemia due to loss or dysfunction of pancreatic beta cells such that insulin secretion decreases or insulin sensitivity in tissues is reduced.²

The aim of diabetes management, which consists of insulin administration and dietary modification, is to reduce clinical signs, avoid hypoglycemia, and maintain the blood glucose concentration below the renal threshold of 200 mg/dL in dogs and 250 to 300 mg/dL in cats.² Diabetes affects quality of life for both pets and their owners, in part because managing the disease requires significant owner commitment.

PET-SPECIFIC GLUCOSE MONITORING

Home monitoring of blood glucose has become a mainstay of veterinary diabetes management. In the past, this meant using glucose meters designed for humans, which are not accurate for animals due to differences in the distribution of glucose among red blood cells versus plasma.²⁻⁴

In humans, glucose is distributed evenly throughout the blood, with about 50% in red blood cells and 50% in plasma, and the ratio remains fairly constant. However, in dogs 12.5% of alucose is in red blood cells and 87.5% is in plasma, and in cats the distribution is 7% in red blood cells and 93% in plasma.³⁻⁵ Using a glucose meter intended for humans on a dog or cat means that the glucose concentration is often underestimated, sometimes significantly so, because these monitors typically measure plasma glucose after separating the 2 blood components. Now that petspecific glucose meters are available,

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it is important that clients use a device designed and validated specifically for dogs and cats.

Although it is an easy process, monitoring urine glucose has low accuracy because it only reflects glucose level during the bladder filling period. The 2018 American Animal Hospital Association (AAHA) Diabetes Management Guidelines for Dogs and Cats recommend against relying solely on urine glucose measurements.²

ADVANTAGES OF AT-HOME MONITORING

Both the AAHA Diabetes Management Guidelines for Dogs and Cats and the International Society of Feline Medicine (ISFM) Consensus Guidelines on the Practical Management of Diabetes Mellitus in Cats recommend that blood glucose Continued on page 8







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The Secret to Successful At-home Glucose Monitoring: Simplicity

Continued from page 5

curves and some spot checks occur in the home environment.^{2,6} There are several advantages to doing this:

For patients with a single report of hyperglycemia without clinical signs, stress hyperglycemia may be the issue. Rechecking glucose levels in the home environment, where stress is reduced, may help differentiate transient hyperglycemia from clinical diabetes.²

At-home glucose monitoring appears to contribute to a favorable treatment outcome by identifying hypoglycemia and enabling better overall glycemic control.^{2,6}

Among hospitalized pets, the influence of stress (particularly for cats), decreased food intake due to being in a nonfamiliar environment, and abnormal activity while in a cage or run may influence blood glucose curves and make their interpretation inaccurate.⁷

Many owners prefer home blood glucose monitoring over hospital monitoring because it allows them to monitor their pet more often, identify changes in blood glucose



concentrations earlier, and correlate whether blood glucose changes are related to changes in their pet's well-being. At-home monitoring also reduces stress for the pet and costs a bit less for the owner.⁷

Home monitoring may help identify spontaneous remission of diabetes.⁶

Some veterinarians have concerns about compliance with home monitoring and worry that their patients with diabetes will fail to return for recheck examinations and appointments. The reality, however, is that most clients do return as recommended and, with very rare exceptions, continue to wait for professional guidance before making adjustments to their pet's insulin dosing based on the data they collect at home.⁷

TIMING OF GLUCOSE CURVES

According to AAHA and ISFM recommendations, performing blood glucose curves often serves 2 important purposes.^{2,6} First, they can reveal subclinical hypoglycemia, so that adjustments can be made to the insulin dose before clinical signs or critical situations develop. Second, in patients whose diabetes is not well controlled, it can be challenging to determine whether the reason is too high or too low of an insulin dose.² Detailed blood glucose curves provide information that can be used in making treatment decisions and dose adjustments.^{2,6}

The timing of glucose curves varies slightly among patients depending on the type of insulin and dosing regimen used. Detailed recommendations are described in the AAHA guidelines.² In general, when acquiring a blood glucose curve, glucose is measured every 2 to 4 hours for 12 to 24 hours. If the blood glucose concentration is below 150 mg/dL, measurements should be taken hourly.²

AAHA and ISFM offer similar but slightly different guidelines for when to perform blood glucose curves, but both recommend that they be performed at home. According to the AAHA guidelines, blood glucose curves should be done after the first dose of a new type of insulin is administered, 7 to 14 days after a dose adjustment, if clinical signs recur in a patient whose disease was controlled previously, any time hypoglycemia is suspected, and then regularly at 3-month intervals.²

For feline patients, ISFM guidelines recommend performing blood glucose curves weekly following diagnosis until the patient's glycemic control is stable, and then every 3 to 4 weeks. They further recommend checking isolated blood glucose measurements any time the owner is concerned about the cat's wellbeing.6 If intensive management is necessary, several daily blood glucose measurements may be taken. If less frequent monitoring is recommended, blood glucose curves may be performed every 2 to 6 weeks, with single measurements obtained whenever there are concerns, and before insulin dosing when recommended.6

COMPLIANCE MADE EASY

Due to the frequent need for sampling, having an easy-to-use system for home blood glucose monitoring is crucial to maintaining owner compliance and ensuring accurate sampling.

This includes not only the meter and test strips but also ancillary items such as lancets and a lancing device. *Continued on page 9*

The Secret to Successful At-home Glucose Monitoring: Simplicity

Continued from page 8

The associated software app must be intuitive, easy to set up and connect to the meter, and provide ample storage for sample values so that data are useful to veterinarians when downloaded. If owners struggle with any of these components, compliance declines and data quality suffers.

Home glucose monitoring using the Test Buddy[™] Pet-Monitoring Blood Glucose System and Healthy Tracks for Pets[™] ancillary products can be instrumental in the comprehensive management of your diabetic patients. The portfolio features high-quality,⁵ affordable products designed and calibrated specifically for dogs and cats with diabetes.

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RELIEF VETERINARIANS

We are continually updating our list of relief veterinarians. If you would like to be listed on this page, please email secretary@pbvs.info. Your membership in the society must be up to date.

Relief Veterinarian	Specialty	Phone	Email
Blaine Brennock	Sm Animal medicine	561-755-0239	RollingVetServicesLLC@gmail.com
Doris Caraballo	Sm Animal medicine & surgery	787-410-9462	doriska32@yahoo.com
Alfonso Garcia Gonzalez	Sm Animal medicine & surgery	561-602-7104	algargon@hotmail.com
Laura Grigsby	Sm Animal medicine	561-346-2579	DrLauraGrigsby@gmail.com
Peter Pion	Sm Animal medicine	561-702-7536	retepnoip@aol.com
Tatiane Rodrigues de Almeida	Sm Animal medicine	561-701-1853	trodriguesvet9@gmail.com
Kelly Waller	Sm Animal medicine	954-242-2042	KellyKWaller@gmail.com

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