

Country Doctor



Quarterly Newsletter

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This month we are going to focus on the dangers of heat stroke because of the extreme heat that is occurring this summer.

What is heat stroke?

Heat stroke is a term commonly used for *hyperthermia* or elevated body temperature. Generally speaking, if a pet's body temperature exceeds 103°F (39.4°C), it is considered abnormal or hyperthermic. Body temperatures above 106°F (41°F) without previous signs of illness are most commonly associated with exposure to excessive external or environmental heat and are often referred to as heat stroke. The critical temperature where multiple organ failure and impending death occurs is around 107°F to 109°F (41.2°C to 42.7°C).

What causes heat stroke?

Common causes of heat stroke include being left in a yard without access to shade or water on a hot day, being exposed to a hair dryer for an extended period of time, and excessive or vigorous exercise during hot temperatures. Excited or excessively exercised dogs are sometimes at risk even if the environmental temperature and humidity

does not appear hot. This is particularly true if they are kept in a poorly ventilated environment or dog house.

What is the treatment for heat stroke?

Hyperthermia is an immediate medical emergency. Safe, controlled reduction of body temperature is a priority. Cool water (*not* cold) may be poured over the head, stomach, armpits and feet, or cool cloths may be applied to these areas. Rubbing alcohol may be applied to the footpads to dilate pores and increase perspiration. Ice may be placed around the mouth and anus. Intravenous fluids, mild sedation and low-concentration oxygen therapy are also commonly used to treat heat stroke.

The dog's rectal temperature should be monitored and treatment discontinued once the pet shows signs of recovery or the temperature has fallen to 103°F (39.4°C).

For more tips on keeping your pet safe this summer visit our "Summer Tips" on our website www.countrydrvet.com

ANGEL FUND

We would like to thank everyone who has donated to our Angel Fund for the past couple of years. We started to reflect on the pets that the fund has helped and the list is impressive. The angel fund has helped pets with a leg amputation, flipped stomach, blocked cat, purchased special diets when needed for pets, exploratory surgery's and euthanasia's whenever deemed appropriate.

Our hats off to all our supporters, you are the angel fund! We couldn't do it without you.

**OUR HEARTFELT
THANKS**

