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NEWSLETTER

AMERICAN ASSOCIATION OF HUMAN-ANIMAL BOND VETERINARIANS



President's Message Gregg Takashima, DVM

As an organization whose goal is to increase awareness and understanding of the Human-Animal Bond within and without the profession, we have been heartened to see a major increase in interest in this powerful bond.

Given that already some 68% of North Americans live with at least one pet, and that children are more likely to live with a pet than their biological father or sibling, underscores that pets are truly in most of our lives! If you look at many of the ongoing studies taking place, having pets in our lives contributes to a healthier and happier family and community. Organizations like the National Institute of Health (NIH), Purdue University, the Centers for Disease Control (CDC) and many others are investigating the many benefits of the HAB. Publications on the HAB are coming from diverse disciplines too; from the American Heart Association, Pediatrics, Elder care and Oncology, to studies on individual and community well – being. A conclusion, as reported in the July 2015 issue of the Journal of American Board of Family Medicine, “that healthy pets contribute to healthy families... by contributing to emotional well-being and physical health, and have the potential to save billions of dollars in healthcare costs” further underlines the One Health benefits of the HAB.

Our excellent continuing education tracks at both NAVC and AVMA this year, mirrors this

diversity with the following specialist topics related to the HAB. Our 2016 programs will feature these recognized and outstanding individuals and topics:

Michael Lappin, DVM, DACVIM, PhD

- An Internists Viewpoint of the Significance of the Human-Animal Bond in Practice

Justine Lee, DVM, DECC

- The Human-Animal Bond: The Good, The Sad, and the Ugly o The Human-Animal Bond in the ER

Greg Ogilvie, DVM, DACVIM:

- Fear Free Cancer Care: The Bond in Action for Specialists & GPs
- Care Beyond the Cure: How to Become a True Healer Through the Bond

Debra Horwitz, DVM, DACVB

- Answer to Top Behavior Questions You Hate to Hear

Dana Liska, DVM, DACVD

- A Dermatologists Viewpoint of the Human-Animal Bond in Practice

Bess Pierce, DVM, DABVP, DACVIM, DACVSMR

- Reflections on the Human-Animal Bond

Clarence Rawlings, DVM, DACVS

- Human-Animal Bond for the Surgical Specialist

Leo Bustad Award Presentation: TBA

Also, our student support has been strong and growing... and we are excited to announce the initiation of a \$2,000 student scholarship to a deserving student member of one of the HAB student chapters. Please visit our website at <http://aahabv.org/> for more information. We would also like to welcome our newest AAH-ABV student chapter at Washington State too! Please read about them and other students involved in the HAB in this newsletter and our website.

Finally, I would ask that you become a champion for the HAB, the unifying principal that makes small animal medicine so incredibly viable and important by joining and supporting our organization and urging your colleagues to do so too! It is only \$35/year and students are FREE! I hope to see you in Orlando and San Antonio in 2016!



Gregg Takashima

North American Veterinary Conference: Monday, Jan. 18, 2016

MODERATOR; JOHN S. WRIGHT, DVM | GAYLORD HOTEL AND CONFERENCE CENTER
ORLANDO, FL

Theme: The Human - Animal Bond in Practice

TIME	AMERICAN ASSOCIATION OF HUMAN-ANIMAL BOND VETERINARIANS
8:00 – 9:15 AM	<p>Fear Free Cancer Care: The Bond in Action for Specialists and General Practitioners</p> <p>Greg Ogilvie, DVM, DACVIM</p>
BREAK 9:15 AM – 9:55 AM	
9:55 – 10:45 AM	<p>The Human-Animal Bond: The Good, the Sad, and the Ugly</p> <p>Justine Lee, DVM, DECC</p>
10:55 – 11:45 AM	<p>An Internist's Viewpoint of the significance of the Human-Animal Bond in Practice</p> <p>Michael Lappin, DVM, DACVIM, PhD</p>
LUNCH 11:45 AM – 1:45 PM	
1:45 – 2:35 PM	<p>Behavior questions and answers</p> <p>Debra Horwitz, DVM, DACVB</p>
2:45 – 3:35 PM	<p>A Dermatologist's viewpoint of the significance of the Human-Animal Bond in Practice</p> <p>Dana Liska, DVM, DACVD</p>
BREAK 3:35 PM – 3:55 PM	
3:55 – 4:50 PM	<p>Panel Discussion: Specialists' Viewpoints On the Human-Animal Bond</p> <p>Panel of speakers of the day and audience</p>



Dr. Justine Lee

“Your dog has cancer.” As an emergency critical care veterinary specialist, I’ve said these words all too often. But what is really going through your pet owner’s head when they hear this? At NAVC, I’ll discuss the importance of the human-animal bond in the emergency and critical care setting, where we’ll review appropriate and compassionate communication with the pet owner.

Dr. Justine Lee, DACVECC, DABT, is the CEO and founder of VETgirl, a subscription-based podcast & webinar service offering RACE-approved, online veterinary continuing education (CE). Dr. Lee is the author of numerous veterinary textbooks, book chapters, and publications, along with two humorous pet books called “It’s a Dog’s Life... but It’s Your Carpet” and “It’s a Cat’s World... You Just Live In It.” She won Speaker of the Year at NAVC (2011, 2015), and is passionate about delivering clinically relevant CE.



Dr. Debra Horwitz

Every day in your practice someone comes in with a behavior question or two. Some are easy, but others throw you for a loop. What to do about aggression, long term anxiety and ongoing house soiling?

Find out the answers to these and other troubling questions that will help you put your 15 minutes with the client to good use.

Dr. Debra Horwitz received her DVM from Michigan State University College of Veterinary Medicine and is a diplomate of the American College of Veterinary Behaviorists. She is a frequent lecturer in both North America and abroad on behavioral topics to veterinarians and pet owners, often featured on both television and radio and is a behavioral consultant for the VIN. She has authored and edited several books and book chapters including Blackwell’s Five-Minute Veterinary Consult Clinical Companion: Canine and Feline Behavior 1st edition co-authored with Jacqui Neilson, the second edition will be published in 2016.



Dr. Dana A. Liska

Dr. Dana A. Liska received her Doctor of Veterinary Medicine from Kansas State University in 1999. Following graduation she completed a rotating internship in medicine, surgery, and critical care at Mission MedVet in Mission, Kansas. Dr. Liska then practiced general, small animal, veterinary medicine for four years in Helena, Montana. In 2004 she began a dermatology residency at the University of Florida College of Veterinary Medicine. She has since moved to the Dallas area and joined the Animal Dermatology Referral Clinic. She became a member of the American Academy of Veterinary Dermatology in 2001 while in private practice and achieved Diplomate status in the American College of Veterinary Dermatology in 2006.



Dr. Greg Ogilvie

Dr. Ogilvie is Professor and Division Director of Veterinary Oncology, University of California-San Diego, Moores Cancer Center and director of the Angel Care Cancer Center at California Veterinary Specialists. At the Angel Care Cancer Center, Greg cares for patients and their families, teaches interns, residents, veterinary students and develops novel, new compassionate cancer therapies for pets and people. Greg has coauthored four books, *Managing the Veterinary Cancer Patient*, *Feline Oncology: Compassionate Care for Cats with Cancer*, *Managing the Canine Cancer Patient: A Practical Guide to Compassionate Care* and his newest, *A Compassionate Guide to Cancer Care*. This fifth generation Colorado native has also written over 200 scientific articles and chapters as well as over 120 scientific abstracts and posters. He has been awarded two international patents, over 10 million dollars in research grants and endowments as a principal or co-investigator, and is the recipient of many awards. Dr. Ogilvie has lectured in scores of countries to many thousands of students, veterinarians, physicians and scientists in Africa, Australia, New Zealand, Asia, Europe, the Middle East, South America, and North America by shares his love of the practice of veterinary medicine and oncology. When not caring for pets and people. Greg is a certified ski instructor and enjoys camping, SCUBA and long distance cycling. He has volunteered as a counselor at the Sky High Hope Camp for children who have cancer for 15 years. His greatest joys are his daughter, Torrie and his wife, Karla and their small herd of four legged children.



Dr. Michael Lappin

Dr. Lappin is a Professor of Infectious Disease in the Department of Clinical Sciences at the College of Veterinary Medicine & Biomedical Sciences at Colorado State University in Fort Collins, Colo. His laboratory studies immune responses to vaccination against respiratory viruses in cats, as well as immune responses to feline vaccines. He also oversees a large diagnostic service for feline infectious agents, including *Toxoplasma gondii*, *Bartonella*, *Ehrlichia* and others. Current areas of investigation include mechanisms of transmission of *Hemoplasma* spp, therapies for rickettsial diseases, and companion animals as carriers of drug-resistant staphylococci. Lappin is also Director of Shelter Medicine and investigates disease outbreaks and management in shelter settings.

Note from the Editor

Laura Baltodano, DVM

It is hard to believe that the year is already coming to a close! As I look ahead to the upcoming year and future newsletters, I would like to ask that you consider acting as a guest editor for one of the four 2016 newsletters. The position entails creating a newsletter theme and finding other individuals to write articles in accordance with that theme. The articles are then

submitted to me by a deadline to review for potential inclusion into the newsletter.

If you have an interest in assisting with the newsletter in this capacity, or have any questions about this role, please contact me at dr.laurab@yahoo.com.

Let's make 2016 the best year yet!



STUDENT CORNER

With the support of the AAH-ABV, the Human-Animal Bond Club at UC Davis School of Veterinary Medicine has been able to provide education to students this year on a number of topics not addressed in our curriculum. A local hospice vet, Dr. Lynn Hendrix, provided our first talk of 2015, defining hospice care and in-home euthanasia, and how these services honor and strengthen the human-animal bond. She then provided a series of three small-group discussions covering how to reserve judgment in challenging

cases, how to communicate with children about end-of-life issues, and hospice case studies. 4Paws, a therapy animal nonprofit organization from Santa Rosa, spoke to us about various applications of therapy dogs, and how their organization is structured—and they brought a special guest, therapy dog Jonny Justice, a former Michael Vick dog. Dr. Dani McVety, co-founder of Lap of Love Veterinary Hospice, came from Florida to deliver a powerful and inspiring talk about how honoring our passions, strengths, and the human-animal bond can

help us avoid burnout in school and in “real life.” And our next talk will be given by Dr. John Madigan, who recently led UC Davis’ animal rescue response in the wide-spread northern California fires—he’ll be talking to us about emergency response and the human- animal bond. Many thanks to the AAH-ABV for supporting us in making these talks happen!

Josephine Noah, President
Human-Animal Bond Club, UC David School of Veterinary Medicine



The American Association of Human-Animal Bond Veterinarians

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AAH-ABV Student Scholarship Program

Purpose of Scholarship program: To promote the mission of AAH-ABV to veterinary students and to encourage participation and leadership in its student chapters/clubs. The AAH-ABV will award a student scholarship under the following guidelines:

- 1) AAH-ABV will sponsor a student scholarship of up to \$2000/year with the amount TBD by board of directors based on the financial condition of the organization.
- 2) Applicants must be in good academic standing at an accredited veterinary college and be an active member of an approved AAH-ABV chapter/club and a member of the AAH-ABV. Applicants cannot be currently serving as a student director on a board of directors.
- 3) Each applicant will submit the approved AAH-ABV application (see attached) The application deadline is May 31st for each calendar year. Selection will be based on an application review by the Education committee. A recommendation of award will be presented to the board of directors for final approval at the annual board meeting. The scholarship will be for the calendar school year.
- 4) The applicant will provide a statement of their understanding of, and their interest in, the HAB. Special preference will be given to leadership, activity, and interest in the HAB
- 5) Annual funding of the student scholarship is not guaranteed
- 6) AAH-ABV may choose not to award a scholarship if a worthy candidate or suitable funds do not present themselves.
- 7) The student scholarship will be announced at the AGM, in our newsletter, and on our web site
- 8) Promotion of the scholarship will be thru the student chapters/club, Facebook, and our web site

The Human-Animal Bond and Fear Free™

By Dr. Marty Becker

I was at Washington State University College of Veterinary Medicine with a pet of my own who needed to see a cardiologist. It was funny being back in those buildings (I graduated from there in 1980) as a veterinarian, pet owner, and client.

After the usual paperwork, working with the senior veterinary student, seeing a resident and then the cardiologist, our 13-pound, 8-month-old, male Mountain Feist (as good a guess on breed as any right now) was whisked off behind closed doors for his echocardiogram. I then started wandering the worn paths in those familiar vet school halls, and came across a bronze plaque in the entry way of the Leo K. Bustad Veterinary Science building. Looking at Leo in bronze, I thought simply this: Leo equals Human Animal Bond.

Leo was my veterinary school dean, but more importantly a teacher, mentor and friend. For some reason, he saw something in me that I didn't even see in myself. To most teachers and classmates I was known as someone for whom school came easily, a student who wasn't always in class, but who never missed Friday night out with the boys, poker games, or backgammon tournaments. However Leo, bless him, somehow saw that I was going to be a servant to the Bond, a passionate communicator, someone who looked after the physical and emotional wellbeing of pets, pet owners and the practice team.

Leo Bustad showed me the amazing benefits that came from being committed to the Bond. Not involved; committed. Commitment means always, always, at every moment of truth, celebrating, protecting, and nurturing the Bond. In doing so you tap into the amazing ability of the Bond to make veterinary practice fulfilling, to always do what's right for the pets in your care, make clients not just satisfied but delighted, and be personally financially

wealthy and emotionally wealthy. The fuel provided by the Bond is irrefutable and inexhaustible.

While the Human-Animal Bond has been my professional North Star for decades, over the past six years I've spearheaded a movement to create Fear Free veterinary visits. Simply put, providing Fear Free (FF) veterinary visits is having the veterinarian



and hospital team members look after both the physical and emotional wellbeing of pets, pet owners, and team members. I call it "Taking the pet out of petrified™."

The Bayer Veterinary Healthcare Usage Study showed the number one reason people are taking their pets to the veterinarian less often is because of the stress to the pet going to the vet. The number three reason is stress to the owner taking a pet to the veterinarian. If pets don't go to the vet, they are almost guaranteed to be not optimally healthy, to suffer from preventable diseases or conditions, and suffer unnecessarily. Nobody (pet store employee, doggy daycare worker, groomer, etc.) can substitute for the veterinarian and the team. We're the only ones who have

the training, experience, and dedication to continual learning to be the true pet health expert.

But what great veterinary teams provide for both the pet and pet owner is far beyond just medicine. We get involved with the Human Animal Bond and make it the Human-Animal-Veterinary Bond. We might guide a pet owner's decision on what pet to get (helping to increase the chances of a strong Bond), help insure they get into socialization and obedience training, basically be involved with the pet's ecosystem from pre-cradle (pet selection) to post-grave (bereavement counseling). This is almost unheard of in human medicine, where the family doctor has largely been replaced by teams of doctors who know one of the patient's organs but nothing about them as a person.

At a deeper emotional level, we ask the genesis of the pet's name, we share with the pet owner how much we like puppy breath or the earthy smell of kittens. We laugh at their pet's antics, we give genuine expressions of empathy, we're available physically and emotionally to interact with patients and clients, we shed tears of joy and sorrow.

With older, more experienced and perhaps wiser eyes, I no longer follow a star. Rather a constellation of three stars:

1. *HumanAnimalBond*
2. *Fear Free veterinary visits*
3. *Highqualitymedicine*

You can see these in a pet's eyes and a pet owner's voice. From inside an incision and on a radiograph. You can show it with a hand on an arm, a soft stroke on a pet's neck, a sensitive Facebook post, or in a sympathy card. It's not only why we do what we do, but what makes it worth doing.

TUFTS ANNOUNCEMENT

The Tufts Institute for Human-Animal Interaction (TIHAI), launched in the spring of 2015, has made great strides in its mission to promote the health, strengths, and well-being of humans and animals through transdisciplinary partnerships that foster innovative research, education, and service programs in human-animal interaction. TIHAI has had a busy fall which will culminate in an event featuring Temple

Grandin where TIHAI Student Scholars' projects also will be showcased. The TIHAI Student Scholars Program, open to undergraduate and graduate students on all three Tufts campuses, provides funding for events, projects, and programs related to human-animal interaction in the realms of research, education, and service.

TIHAI also was featured in an article

detailing some of its research on the human-animal bond:

<https://sites.tufts.edu/vetmag/summer-2015/animal-instinct/>

To learn more about the Tufts Institute for Human-Animal Interaction, please see the website:

<http://hai.tufts.edu/>



HAB in the News:

KIDS WITH DOGS ARE LESS LIKELY TO HAVE ASTHMA, STUDY SAYS

BY ALEXANDRA SIFFERLIN - online at time.com

Here's some good news for pet owners! Good news for dog lovers. A new study shows exposure to dogs or farm animals at a young age is linked to a lower risk for childhood asthma at age 6.

In the study, published Monday in the journal JAMA Pediatrics, researchers looked at over 376,600 preschool age and over 276,200 school age students and found a possible benefit to being around animals early on.

Exposure to dogs (having a parent who was a registered dog owner) during the first year of life was linked to a 13% lower risk of asthma in school age children, and farm animal exposure was linked to a 52% lower risk for school age children and a 31% lower risk among preschool age kids.

Read Full Article: <http://time.com/4096795/dog-asthma-risk-children/?xid=emailshare>

RX: TAKE ONE DOG AS NEEDED

HERE'S HOW SICK CHILDREN GET BETTER, ONE WAGGING TAIL AT A TIME

By Gail F. Melson Ph.D.- online at psychologytoday.com

The jury is in, confirming what most of us already know. Companion animals, pets, beloved furry friends, whatever you choose to call them, make us feel better. Dogs in particular, make us feel loved and valued, provide companionship and amusement, and can help us feel safer and more secure. Especially when we're stressed, dogs can have a calming effect. As a result, animal-assisted therapy (AAT) and animal-assisted activities (AAA) have proliferated.

They are taking their place in the panoply of complementary and adjunct therapies. One of the most exciting areas where the "healing dog" is making a difference is for pediatric patients.

Read Full Article: <https://www.psychologytoday.com/blog/why-the-wild-things-are/201510/rx-take-one-dog-needed>

IN THE NAME OF SCIENCE, HERE'S WHY YOU SHOULD SPEND MORE TIME CUDDLING CATS

By Arin Greenwood - online at huffingtonpost.com

Turns out that petting and talking nicely with shelter cats isn't just an awfully pleasant way to spend the afternoon. There's now scientific proof that this kind of behavior also helps keep the cats healthy -- a finding that sounds adorable, and could have some seriously great implications for the cats.

Read Full Article: http://www.huffingtonpost.com/entry/shelter-cats-petting_5612ba9fe4b076812702c797?utm_hp_ref=cats

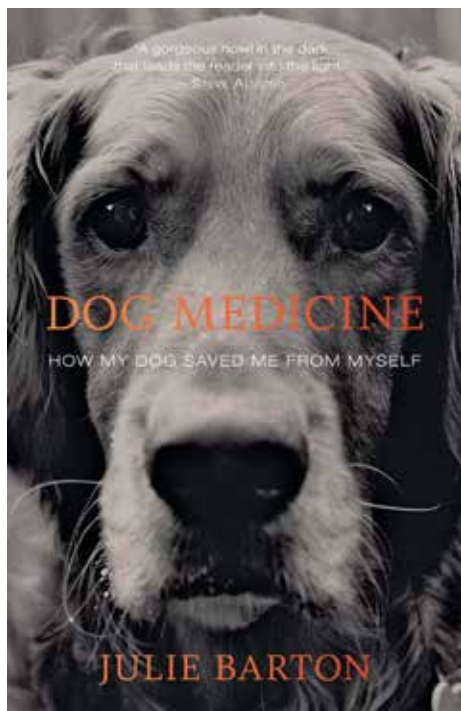
A LITTLE DOG WITH A BIG DREAM

News Release by American Humane Association

LOS ANGELES, September 20 – Heroes are not judged merely by their size, but by the size of their hearts. Following more than a million votes by the American public and the opinions of an expert panel of celebrity animal lovers and dog experts, a tiny Chihuahua named Harley from Berthoud, Colorado has been named this year's most courageous canine and biggest dog star, beating out 170 other heroic hounds and capturing the top title of "American Hero Dog"...*continued*

Read Full Article: <http://harleypupmymilldog.com/>

BOOK REVIEW:



DOG MEDICINE

By Julie Barton

San Francisco Author Julie Barton's Debut Memoir *Dog Medicine*, Released on November 10th

"Every word is as courageous and honest as any I've ever read, and I've read a lot" - Robin Oliveira

When one hears the term rescue dog most people think of a human rescuing a dog. But few think of a dog rescuing a human. Yet that is the story of Julie Barton's riveting debut memoir *Dog Medicine*. *Dog Medicine* is a book of uncommon grace and compassion, with writing that is winning raves from bestsellers throughout the country and connecting deeply with mental health advocates, dog lovers and memoir enthusiasts.

The book begins in New York, where Barton suffers an emotional breakdown and is suicidal. It travels to Ohio, where she is restored to health by her family. And it arrives in Seattle, where Barton makes a new life under the careful watch of her beloved dog, the unforgettable Bunker, who receives a life-threatening diagnosis of his own.

Dog Medicine captures the beautiful, elegiac language the anguish of depression, the slow path to recovery, and the astonishing way animals can heal even the most broken hearts and minds.

The book was released on November 10th and will be supported with a national publicity campaign, an author tour, and outreach efforts in the mental health and animal-rights communities.

*Julie Barton's memoir **Dog Medicine** is the most heartbreaking and heartwarming book I've read in years. It tells both the harrowing story of depression so severe that Barton felt it might "vaporize her into millions of tiny molecules" and the consoling story of her eventual recover through the love of and for her beloved dog and "spirit twin," Bunker. Reader, this book about how Barton's dog changed her life will change your life. - David Jauss, author of **Glossolalia: New & Selected Stories***

*It is not easy to explore the frightening landscape of depression with depth and surprising beauty. But Julie Barton has done just that. As someone who has lived with chronic depression for many years, I can tell you from personal experience how daunting and misunderstood this disease is. Not surprising that it takes the love and loyalty and unwavering sanity of a dog - any pet, really - to reach those of us struggling to find a way through the grips of melancholy. This, I know from experience, too. Read this book if you or someone you love is wrestling with depression. Read this book if you love dogs. Read this book if you want to remember what hope feels like. Just read this book. - Susan Chernak McElroy, **New York Times** bestselling author of **Animals as Teachers and Healers***



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