

Blue Ravine News

YOUR PET'S HEALTH IS OUR CONCERN

Volume 24 Issue 1

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The Importance of Pet Wellness Exams for Your Pet's Health

As pet owners, we do everything we can to make sure our furry companions are happy, healthy, and thriving. From feeding them nutritious meals to giving them daily affection, we know their well-being is worth the effort. One of the most important, yet sometimes overlooked, ways to ensure their health is by scheduling regular pet wellness exams with trusted vets. Just like humans benefit from annual checkups, pets also need consistent health evaluations from experienced veterinarians to catch potential problems before they become serious.

What Are Pet Wellness Exams?

A wellness exam for pets is a comprehensive health check performed by a veteri-



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narian as part of essential veterinary services to assess your pet's overall condition. These exams typically include:

- A full physical examination (checking eyes, ears, skin, teeth, and more)
- Listening to the heart and lungs for irregularities
- Checking weight and body condition score
- Reviewing your pet's medical history

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The Importance of Pet Wellness Exams for Your Pet's Health (cont'd.)

- Discussing diet, exercise, and lifestyle
- Recommending vaccines, parasite prevention, or diagnostic tests

Why Annual Wellness Exams Are Crucial

Your pet's health can change in subtle ways that aren't always visible at home. Regular pet wellness exams ensure these changes are spotted early, helping your pet stay active and healthy for years to come.

Early Detection of Health Issues

One of the greatest benefits of an annual vet visit is early detection. Many illnesses, such as heart disease, kidney problems, or diabetes, develop gradually. Without regular checkups, these conditions might go unnoticed until they cause serious harm. Routine exams allow your veterinarian to spot subtle changes, giving your pet access to treatment before symptoms worsen.

Monitoring Weight and Nutrition

Obesity in pets can lead to severe health problems like arthritis, diabetes, and decreased lifespan. During pet wellness exams, your vet can track weight trends over time and provide personalized dietary recommendations. Even a small change in diet or exercise can make a big difference in your pet's long-term health.

Vaccination and Parasite Prevention

Regular wellness exams for pets are the perfect opportunity to keep vaccinations up to date. Preventive care against diseases such as rabies, distemper, or parvovirus is essential for their safety. Your vet will also discuss flea, tick, and heartworm prevention, ensuring year-round protection from pests and the illnesses they carry.

Senior Pet Care

As pets age, they require more attentive monitoring. Senior pets are more vulnerable to joint issues, vi-

sion or hearing loss, and organ-related conditions. Scheduling pet wellness exams every year (or even twice a year for older pets) ensures that changes are caught quickly, giving you more time to adjust their care for comfort and quality of life.

What to Expect During a Vet Visit

When you bring your pet to their annual vet visit, you can expect a calm, thorough process. After a warm greeting (and maybe a treat), your veterinarian will conduct a nose-to-tail physical exam. They may recommend routine tests such as bloodwork or urinalysis to check for hidden conditions.

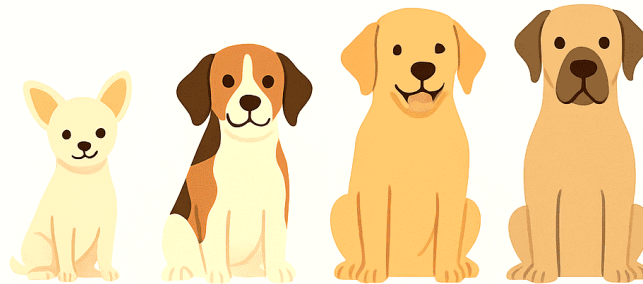
You'll also have the opportunity to ask questions about your pet's behavior, nutrition, or any changes you've noticed. This open conversation is a vital part of the wellness process; you know your pet best, and your vet

can provide expert guidance based on your observations.

The Role of Preventive Care in Long-Term Health

Preventive care is at the heart of wellness exams for pets. Rather than reacting to illness, preventive care focuses on reducing risks before they become major concerns. This includes vaccinations, parasite control, weight manage-

Senior Dog Age Chart by Breed Size



Small Breeds	Medium Breeds	Large Breeds	Giant Breeds
Under 20	20-50 lbs	50-90 lbs	90+ lbs
Senior 10-11 yrs	Senior 8-9 yrs	Senior 7-8 yrs	Senior 5-6 yrs
Geriatric 12-14 yrs	Geriatric 11-12 yrs	Geriatric 10-11 yrs	Geriatric 8-9 +s

Every dog ages differently. Breed, genetics, and health all play a role.

Consult your veterinarian for personalized guidance.

SeniorDogWellbeing.com

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The Importance of Pet Wellness Exams for Your Pet's Health (cont'd.)

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ment, and early intervention for emerging health issues.

Over time, this proactive approach not only helps your pet live a healthier, happier life but can also reduce the cost of veterinary care by avoiding emergency treatments for preventable conditions.

Common Myths About Pet Wellness Exams

Misinformation can keep pet owners from scheduling important checkups. By clearing up these common myths, you can make informed choices that benefit your pet's long-term health.

- “My pet is healthy, so they don't need a vet visit.”
Pets often hide symptoms of illness. An annual vet visit can detect problems that aren't visible at home.
- “Wellness exams are only for older pets.”
Pets of all ages benefit from yearly checkups. For young pets, it sets a baseline for health; for older pets, it helps manage age-related changes.
- “It's too stressful for my pet.”
While some pets may feel nervous, most veterinary teams work hard to create a calm, supportive environment. The long-term benefits outweigh temporary stress.

How Often Should You Schedule a Wellness Exam?

For most pets, one wellness exam per year is recommended. However, puppies, kittens, and senior pets may benefit from more frequent visits, sometimes every six months. Your veterinarian can suggest the ideal schedule based on your pet's age, breed, and medical history. Choosing to schedule routine pet wellness exams is an act of love and responsibility. These visits give you peace of mind and provide your pet with the care they need to thrive at every life stage.

Dental Awareness: Addressing Dental Health

Dental disease is a silent but common problem in pets. Your veterinarian will check your pet's teeth and gums during their annual vet visit and may recommend professional dental cleaning. Healthy teeth and gums don't just prevent bad breath; they help protect your pet's heart, liver, and kidneys from bacteria that can spread from the mouth.

Human Years	Cat Years	Life Stages	
1 year	15 cat years	Kitten Stage	
2 years	24 cat years		
3 years	28 cat years	Young Adult Stage	
4 years	32 cat years		
5 years	36 cat years		
6 years	40 cat years	Adult Stage	
7 years	44 cat years		
8 years	48 cat years		
9 years	52 cat years	Mature Stage	
10 years	56 cat years		
11 years	60 cat years		
12 years	64 cat years	Senior Stage	
13 years	68 cat years		
14 years	72 cat years		
15 years	76 cat years	Geriatric Cat Stage	
16 years	80 years		
17 years	84 years		
18+ years	88 years		

Steps in a Dental Cleaning

The veterinary technician begins the dental cleaning by removing dental calculus from his teeth using an ultrasonic scaler – the same tool that your dental hy-

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gienist uses on your teeth. The technician will also use the ultrasonic scaler to remove tartar that has accumulated underneath the gum line.

Dental radiographs are taken of all your dog's teeth. The veterinarian will then examine the crown – the visible part – of each tooth, and will look for fractures, excessive wear, discoloration, and mobility of the teeth. Teeth that are fractured, gray or black, or that can be wiggled back and forth will likely need to be extracted.

The vet will also look for the presence of deep pockets indicative of underlying periodontal disease. She will examine the radiographs of his teeth and take note of any damaged or diseased tooth roots or bone loss around the teeth. Teeth that have damaged or diseased roots or that have significant bone loss around them will likely need to be extracted.

Your pet's dental health is a very large part of determining your pet's overall health; it is always included in a complete Pet Wellness Exam.

Prioritize Your Pet's Health at Animal Health Services

Your pet can't tell you when something feels wrong; that's why consistent annual vet visits are so important. With preventive care, early detection, and our trusted veterinary team, you can ensure your furry companion enjoys the healthiest life possible.

If you're ready to give your pet the gift of lasting health, schedule preventive pet wellness exams with Blue Ravine Animal Hospital (916 984-0990). Book your appointment today and take the first step toward a happier, healthier future for your pet.

The Blue Ravine Staff

BLUE RAVINE OFFICE HOURS

Office hours: Monday through Friday, 7:00 am to 6:00 pm; Saturday, 8:00 am to 5:00 pm; Sunday, closed.
For emergencies outside regular office hours, please call MarQueen Pet Emergency & Specialty, 916 757-6600 or Sacramento Veterinary Referral Center, 916 362-3111.

www.blueravineanimalhospital.com

Pet Dental Health Month

Receive \$50 Off A Professional Dental Cleaning

(Limit: one [1] per family)

BLUE RAVINE ANIMAL HOSPITAL
1770 Prairie City Rd., Folsom, CA. 916-984-0990



All of our dental packages include radiographs, sevoflurane anesthesia, blood pressure and pulse oximeter monitoring, ultrasonic cleaning, and fluoride polishing supervised by the veterinarian.

Extractions, antibiotics, and specialty procedures are available at an additional charge.

Coupon expires March 31, 2026