West Coast Veterinarian References and Further Reading

Issue 47, June 2022

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Obesity and Nutrition in Small Animal Practice

Resources

1. 2021 AAHA Nutrition and Weight management Guidelines for Dogs and Cats: https://www.aaha.org/aaha-guidelines/2021-aaha-nutrition-and-weight-management-guidelines/home
2. D. E. Linder and V. J. Parker, "Dietary Aspects of Weight Management in Cats and Dogs" *Veterinary Clinics of North America—Small Animal Practice* 46, no. 6 (2016), https://pubmed.ncbi.nlm.nih.gov/27289252
3. World Small Animal Veterinary Association Global Nutrition Guidelines: https://wsava.org/global-guidelines/global-nutrition-guidelines
4. Tufts Obesity Clinic for Animals Frequently Asked Questions: https://vetnutrition.tufts.edu/tufts-obesity-clinic-for-animals
5. Ohio State University College of Veterinary Medicine Indoor Pet Initiative: https://indoorpet.osu.edu
6. Association for Pet Obesity Prevention: http://petobesityprevention.org
7. American College of Veterinary Nutrition: http://acvn.org

From Crisis to Excelling: Expanding our Definition of Health

Resources

1. Canada Suicide Prevention Service hotline: 1.833.456.4566 or text 45645
   This is available for anyone in Canada (not veterinary specific). This is a crisis line for immediate help. It connects people to their local crisis centre.

2. Canadian Mental Health Association: www.cmha.ca
   Packed with information to help educate yourself and learn more about mental health including resources like the mental health meter, stress index tool, and work-life balance quiz to assess your mental fitness. You can also find courses like the Bounce Back Program or resources to help others who might be struggling.
3. Homewood Health: homeweb.ca
   As a CVBC member, you have free access to the resources available at Homewood Health. You will find loads of resources to help manage your stress and enhance your well-being. There is something for everyone here, and it only takes a few minutes to sign up. See the members-only section of the CVBC website for the account name and invitation code.
4. The Society of BC Veterinarians Peer Support Program. This program is still under development at the time of writing but will be launching soon.
5. The Edmonton Association of Small Animal Veterinarians Peer Support Group
   The EASAV Peer Support Group offers a safe, empathetic, supportive, and confidential space to talk and process what you might be going through. The group is open to veterinarians, RVTs, and AHTs across Canada. They meet the second Tuesday of every month on Zoom from 7 to 8 p.m. MST. You can find a link to sign up for a meeting here: www.easav.ca/viewpage.aspx?id=2792. They are also available to set up meetings on request and can be reached by email at easavpeers@gmail.com.
6. Canadian Veterinary Medical Association: www.canadianveterinarians.net/veterinary-resources/veterinary-health-and-wellness-resources/mental-health-awareness-resources
   This link will take you to the CVMA's mental health resources including links to webinars, videos, suicide prevention resources, and mental health hotlines.
7. Canadian Association for Suicide Prevention: suicideprevention.ca.

Blood Pressure: A Critical Factor

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Appendix

			Blood Pressure Cuff Width (cm)			
Limb Circumference (cm)	30% of Limb Circmf	40% of Limb Circmf	1.9 cm	2.5 cm	3.0 cm	4.0 cm
5.8	1.74	2.32	X			
5.9	1.77	2.36	X			
6.0	1.80	2.40	X			
6.1	1.83	2.44	X			
6.2	1.86	2.48	X			
6.3	1.89	2.52		X		
6.4	1.92	2.56		X		
6.5	1.95	2.60		X		
6.6	1.98	2.64		X		
6.7	2.01	2.68		X		
6.8	2.04	2.72		X		
6.9	2.07	2.76		X		
7.0	2.10	2.80		X		
7.1	2.13	2.84		X		
7.2	2.16	2.88		X		
7.3	2.19	2.92		X		
7.4	2.22	2.96		X		
7.5	2.25	3.00			X	
7.6	2.28	3.04			X	
7.7	2.31	3.08			X	
7.8	2.34	3.12			X	
7.9	2.37	3.16			X	
8.0	2.40	3.20			X	
8.1	2.43	3.24			X	
8.2	2.46	3.28			X	
8.3	2.49	3.32			X	
8.4	2.52	3.36			X	
8.5	2.55	3.40			X	
8.6	2.58	3.44			X	
8.7	2.61	3.48			X	
8.8	2.64	3.52			X	
8.9	2.67	3.56			X	

			Blood Pressure Cuff Width (cm)			
Limb Circumference (cm)	30% of Limb Circmf	40% of Limb Circmf	1.9 cm	2.5 cm	3.0 cm	4.0 cm
9.0	2.70	3.60			X	
9.1	2.73	3.64			X	
9.2	2.76	3.68			X	
9.3	2.79	3.72			X	
9.4	2.82	3.76			X	
9.5	2.85	3.80			X	
9.6	2.88	3.84			X	
9.7	2.91	3.88			X	
9.8	2.94	3.92			X	
9.9	2.97	3.96			X	
10.0	3.00	4.00				X
10.1	3.03	4.04				X
10.2	3.06	4.08				X
10.3	3.09	4.12				X
10.4	3.12	4.16				X
10.5	3.15	4.20				X
10.6	3.18	4.24				X
10.7	3.21	4.28				X
10.8	3.24	4.32				X
10.9	3.27	4.36				X
11.0	3.30	4.40				X
11.1	3.33	4.44				X
11.2	3.36	4.48				X
11.3	3.39	4.52				X
11.4	3.42	4.56				X
11.5	3.45	4.60				X
11.6	3.48	4.64				X
11.7	3.51	4.68				X
11.8	3.54	4.72				X
11.9	3.57	4.76				X
12.0	3.60	4.80				X
12.1	3.63	4.84				X
12.2	3.66	4.88				X
12.3	3.69	4.92				X
12.4	3.72	4.96				X