



March 2023

YDS Newsletter

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Information & Events

Poison Prevention Awareness Month

Did you know that National Poison Prevention Week was established in 1961 by Congress; the first National Poison Prevention Week was observed by President John F. Kennedy in 1962. The years awareness week is March 19-25, 2023.

So this month I am going to share with you various toxins you can find around your house that can poison your pets. Some of these might surprise you.

If you do not already have it, make sure you keep this number handy, I recommend adding it as a contact in your phone. If your pet is ever poisoned, call this number immediately, even if you are heading to the vet.



They will take down the information and either provide you with details on how to help your poisoned pet or they will call your vet with the info needed for your vet to prepare for treatment of your poisoned pet. This will depend on the severity of the situation.

Just so you are prepared, they may charge you for this call, but the vet will charge you more for this call in most cases so its best to just go ahead and call.

Pet poison control numbers:

ASPCA Animal Poison Control Center (888) 426-4435

The Pet Poison Hotline: (855) 764-7661

Its recommended to ask your vet what pet poison control number they prefer you to call.



People Foods to Avoid Feeding Your Pets

Alcohol

Alcoholic beverages and food products containing alcohol can cause vomiting, diarrhea, decreased coordination, central nervous system depression, difficulty breathing, tremors, abnormal blood acidity, coma and even death. Under no circumstances should your pet be given any alcohol.



Avocado

Avocado is primarily a problem for birds, rabbits, donkeys, horses, and ruminants including sheep and goats. The biggest concern is for cardiovascular damage and death in birds and rabbits. Horses, donkeys and ruminants frequently get swollen, edematous head and neck.



Chocolate, Coffee and Caffeine

These products all contain substances called methylxanthines, which are found in cacao seeds, the fruit of the plant used to make coffee, and in the nuts of an extract used in some sodas. When ingested by pets, methylxanthines can cause vomiting and diarrhea, panting, excessive thirst and urination, hyperactivity, abnormal heart rhythm, tremors, seizures and even death. Note that darker chocolate is more dangerous than milk chocolate. White chocolate has the lowest level of methylxanthines, while baking chocolate contains the highest.

Citrus

The stems, leaves, peels, fruit and seeds of citrus plants contain varying amounts of citric acid, essential oils that can cause irritation and possibly even central nervous system depression if ingested in significant amounts. Small doses, such as eating the fruit, are not likely to present problems beyond minor stomach upset.



Coconut and Coconut Oil

When ingested in small amounts, coconut and coconut-based products are not likely to cause serious harm to your pet. The flesh and milk of fresh coconuts do contain oils that may cause stomach upset, loose stools or diarrhea. Because of this, we encourage you to use caution when offering your pets these foods. Coconut water is high in potassium and should not be given to your pet.

Grapes and Raisins

Although the toxic substance within grapes and raisins is unknown, these fruits can cause kidney failure. Until more information is known about the toxic substance, it is best to avoid feeding grapes and raisins to dogs.

Macadamia Nuts

Macadamia nuts can cause weakness, depression, vomiting, tremors and hyperthermia in dogs. Signs usually appear within 12 hours of ingestion and can last approximately 24 to 48 hours.

Milk and Dairy

Because pets do not possess significant amounts of lactase (the enzyme that breaks down lactose in milk), milk and other dairy-based products cause them diarrhea or other digestive upset.

Nuts

Nuts, including almonds, pecans, and walnuts, contain high amounts of oils and fats. The fats can cause vomiting and diarrhea, and potentially pancreatitis in pets.

Onions, Garlic, Chives

These vegetables and herbs can cause gastrointestinal irritation and could lead to red blood cell damage and anemia. Although cats are more susceptible, dogs are also at risk if a large enough amount is consumed.

Raw/Undercooked Meat, Eggs and Bones

Raw meat and raw eggs can contain bacteria such as Salmonella and E. coli that can be harmful to pets and humans. Raw eggs contain an enzyme called avidin that decreases the absorption of biotin (a B vitamin), which can lead to skin and coat problems. Feeding your pet raw bones may seem like a natural and healthy option that might occur if your pet lived in the wild. However, this can be very dangerous for a domestic pet, who might choke on bones, or sustain a grave injury should the bone splinter and become lodged in or puncture your pet's digestive tract.

Salt and Salty Snack Foods

Large amounts of salt can produce excessive thirst and urination, or even sodium ion poisoning in pets. Signs that your pet may have eaten too many salty foods include vomiting, diarrhea, depression, tremors, elevated body temperature, seizures and even death. As such, we encourage you to avoid feeding salt-heavy snacks like potato chips, pretzels, and salted popcorn to your pets.

Xylitol

Xylitol is used as a sweetener in many products, including gum, candy, baked goods and toothpaste. It can cause insulin release in most species, which can lead to liver failure. The increase in insulin leads to hypoglycemia (lowered sugar levels). Initial signs of toxicosis include vomiting, lethargy and loss of coordination. Signs can progress to seizures. Elevated liver enzymes and liver failure can be seen within a few days.

Yeast Dough

Yeast dough can rise and cause gas to accumulate in your pet's digestive system. This can be painful and can cause the stomach to bloat, and potentially twist, becoming a life threatening emergency. The yeast produce ethanol as a by-product and a dog ingesting raw bread dough can become drunk (See alcohol).

Information provided by ASPCA

<https://www.asPCA.org/pet-care/animal-poison-control/people-foods-avoid-feeding-your-pets>

For a List of Toxic and Non - Toxic Plants Visit: For a list of Toxic and Non Toxic Plants visit:

<https://www.asPCA.org/pet-care/animal-poison-control/toxic-and-non-toxic-plants>

For a List of Poisonous Household Products visit: <https://www.asPCA.org/pet-care/animal-poison-control/poisonous-household-products>



Events & Important Dates

March 12 – Daylight Savings Time
March 17 – Saint Patrick's Day
March 17-19 – Super Pet Expo – Chantilly VA
March 19-25 – National Poison Prevention Week
March 23 – National Puppy Day
March 25 – Julia Ds Birthday (One of our Pawsome Petsitters)

April 1 – April Fools
April 2 – Barks and Brews – Bear Chase Brewing
April 2 – Del Ray Dog Fest
April 9 – Easter Sunday
April 11 – National Pet Day
April 30 – HARTs Woofs & Whiskers – Vanish Farmwoods Brewery

May 5 – Cinco de Mayo
May 14 – Mothers Day
May 20 – National Rescue Dog Day
May 21 – Pints and Paws – Dirt Farm Brewing
May 29 – Memorial Day

**NEW Services and Features**

- 45 and 60 minute long visits, now available.
- Service Discounts available for Mid Day Dog Walks (19 visits or more), Pet Sits (3 plus visits per day) and Cat Sits (2 or more visits per day.).
- Re-Introducing Litter Box and Yard Waste Cleanup.
- Refer a friend and receive a referral credit. (Credit varies based on service up to \$25 off per referral).
- NEW SOFTWARE FEATURES: In the app you will be alerted when sitters are on the way and when they have arrived and started the visit.

What is National Puppy Day, March 23?

National Puppy Day is an unofficial holiday that takes place every year on March 23. The purpose of this day is not only to celebrate puppies but to shed light on the cruelty that happens in puppy mills and encourage adoption from overcrowded shelters.

National Puppy Day encourages adoption as a way to fight back against puppy mills, ending their source of profit. It is estimated that there are around 10 000 puppy mills in the United States, which breed 2 million puppies a year. In contrast, around the same number of dogs have to be euthanized in shelters every year, which is why it is so important to adopt not shop.

Some shelters will hold events where people can visit and spend time with the dogs, to encourage the adoption of those dogs who need a home.

You can also celebrate by volunteering at these shelters, or by raising awareness of the necessity of adoption. And if you have a dog, why not celebrate by treating them to a special day!

Thank you for all your support!

