

Preventative Medicine: Good Practice for Your Best Friend

By Christina Marrara-Kinkade DVM

Your pet's health is a tremendous responsibility, but let's face it: you want that responsibility because you want your beloved pet to enjoy a long, loved life. The best way to tackle it is through a preventative health plan that you establish with your veterinarian.

Start by establishing yourself with a veterinarian. She should give your pet a thorough physical exam at least once a year. Some pets, especially those with chronic conditions or those who are seniors, benefit from more frequent examinations.

A basic health plan should include core vaccinations as needed, annual heart worm, retrovirus & parasite testing and prevention, and a recommendation for follow-up care. Based on exam findings and lifestyle, your vet may recommend other screening diagnostic tests, non-core vaccinations, dental care, weight control, etc.

Working together with your veterinarian can help your pet achieve that long life. You know your pet best, and therefore your input is vital. Remember that you are your pet's best advocate and that prevention is key.

So let's work on that preventative health plan — who's with me?

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