



# OAK FOREST

## Veterinary Hospital

Pet Talk

Fall 2025

### DIAGNOSING DISEASE

#### What Urinalysis Tells Us

Analyzing your pet's urine can help us detect many diseases and conditions that affect dogs and cats. It is a simple test that looks at certain chemical and physical properties of the sample. Some of these properties include the color, cloudiness, density and acidity or alkalinity. Various types of cells and sediment are also examined through a microscope. The test looks for red and white blood cells, protein, glucose, ketones, and bacteria in the urine.

The test is mainly used to assess kidney and urinary tract health, but other health issues can be determined as well. Urinalysis helps us diagnose bladder stones, toxic injury, diabetes, and other metabolic or hormonal irregularities. Urinalysis is also the first step in diagnosing bladder and prostate cancer.

Samples can be collected through a sterile needle injected into the bladder or through a catheter. Though more difficult to collect, the least invasive method is for pet owners to collect urine mid-stream and return it to our clinic within 30 minutes. For some tests, a dog's first urination in the morning is needed.

Urinalysis is an important diagnostic test that can tell us a lot about your pet's health. Healthy dogs should be tested annually, while dogs over 8 years old may need more frequent testing. Our staff will go over the results to help you understand what the test indicates about your pet's health. If you suspect your pet is having kidney or urinary tract issues, we need to test right away. Otherwise, be sure your furry family members are tested regularly.



### GOOSE'S GOSSIP

#### A New Doc, and Fall Food Fails

Hey friends, it's me—Goose! Dr. Moore's right-hand pup and your inside scoop on all things Oak Forest Veterinary Hospital. Guess what? We've got a new doc in the pack! Dr. Stephanie Cerovsky joined us this spring and she's top tier. She's got degrees from Texas A&M (go Aggies!), has worked in emergency and small animal care across the country, and now she's here helping pets and their humans understand each other better. She's smart and gives great belly rubs. She's also super into educating humans, which is perfect because I've got some fall food tips she'd totally approve of:

Yes, please!

- ✓ Plain canned pumpkin – great for tummies!
- ✓ Apples (no seeds) – crunchy and fun.
- ✓ Green beans and carrots – boring but healthy.

Absolutely NOT.

- ✗ Pie, especially with nutmeg or xylitol – tasty for you, toxic for me.
- ✗ Grapes and raisins – nope, nope, and nope.
- ✗ Turkey bones – fun to chew, dangerous to swallow.
- ✗ Onions and garlic – makes your food smell great but make us sick.
- ✗ Halloween candy – chocolate and sugar-free treats (like xylitol!) are extra scary for pets. Lock up that loot!



So, let's give Dr. Cerovsky a big, tail-wagging welcome, and keep the fall feasts (and trick-or-treat stashes) safe for all the furry friends.

Sniff ya later,

**Goose**  
Chief Marketing Officer, OFVH



### HYPERTENSION IN CATS

#### Why You Should Screen for High Blood Pressure

Did you know that, like humans, cats are susceptible to high blood pressure (hypertension) and the associated risks? Blood pressure measures the amount of pressure on artery walls. It is measured with the systolic number over the diastolic number. Systolic blood pressure is a measure of the pressure as the heart pumps blood throughout the body. When the heart relaxes and fills with blood, the pressure on the artery walls is called diastolic blood pressure.

The bottom number is less reliable in cats, so hypertension is usually diagnosed by looking at the top number. If it is greater than 160, we can diagnose hypertension. Unfortunately, cats don't typically show signs until organ damage has occurred in the eyes, brain, nervous system, kidneys, or heart. This is why routine screening is important, especially in senior cats.

Eye problems may be the first sign, including fixed, dilated pupils, blood in the eyes, or partial or total blindness due to retinal detachment. Signs of brain damage due to feline hypertension include depression, disorientation, seizures, or other abnormal behaviors.

High blood pressure in cats is associated with an underlying disease in 80% of cases. The two most common conditions are chronic kidney disease and hyperthyroidism. Always call us if you notice decreased appetite, vomiting lasting more than 48 hours, weight loss, increased thirst, frequent urination, or hunching over litter box without producing urine.

Stress can also cause hypertension. We can get a false reading of high blood pressure if your cat is anxious about vet visits, so we may take measurements multiple times during the visit to get an average. We will try to allow your cat to relax prior to taking the measurements.

We can treat hypertension with oral medications to minimize organ damage and will test for underlying diseases. Most cats will see improvement in a short time, although some organ damage may be irreversible.

### LISTEN UP!

#### Watch For Ear Problems in Canines

Hearing is one of your dog's most relied-upon senses, so when his ears are bothering him, it's a major concern. Many conditions can cause your dog's ears to become irritated. Some of the most common are:

- 🐾 Ear infections from bacteria, yeast, moisture, wax, allergies, or excessive fur are common in dogs, especially breeds with long floppy ears.
- 🐾 Parasites such as fleas and mange mites can also create ear problems. Fleas create the urge to scratch, which can lead to more irritation. Mange mites cause hair loss, itching and inflammation.
- 🐾 Ear trauma such as bite wounds, frostbite, over-exposure to the sun, or blunt force can result in pain and hearing loss.
- 🐾 Polyps, tumors and masses may cause inflammation and itching and can affect hearing and balance.
- 🐾 Weather extremes such as hot, humid conditions can encourage yeast and bacteria to grow and lead to infections, while extremely cold temperatures can cause frostbite.

What are the symptoms of canine ear problems?

- 🐾 Scratching their ears or shaking their heads
- 🐾 Rubbing their ears against the floor or furniture
- 🐾 Foul odor in the ear
- 🐾 Redness and/or swelling
- 🐾 Brown, yellow or bloody discharge
- 🐾 Loss of balance
- 🐾 Hearing loss



Ear problems can be painful. If they aren't addressed, scratching and head shaking can cause an aural hematoma (blood-filled pocket) to develop. Check your dog's ears regularly and call us if you notice any symptoms above. If left untreated, ear infections can result in hearing loss.

info@OakForestVet.com | www.OakForestVet.com  
Call (713) 682-6351 today to make an appointment!

# ADOPTION CHECKLIST



## What to Consider Before You Commit

Millions of displaced dogs are waiting to find loving, forever homes. When you adopt, you're actually helping two dogs: the one you take home and the one you've made room for at the shelter or rescue. Unfortunately, not all adoption stories have happy endings, and some dogs are further traumatized by leaving and then returning to shelters. To make sure your decision is permanent, be honest with yourself and follow this checklist:



- Be sure you're completely committed to dog ownership and have the time and financial resources necessary. Are you willing to do regular grooming or pay to have it done? Are you willing to pay for routine and unexpected veterinary care? You are committing to their care for a lifetime.
- Don't base your choice on looks. Health, temperament and personality will be much more important to you later.
- Don't discount older dogs. Senior dogs have much to offer!
- If you're determined to get a puppy, make sure you understand how demanding puppyhood will be.
- Learn as much as you can about the dog's past. If they were abused, emotional healing will require extra patience and time as they learn to trust you.
- Assess the dog's temperament. Handle them thoroughly and take them for a walk before making a final decision. If you have children, observe how the dog reacts to them. If you already have a dog, it's imperative that you see how they get along before adopting.
- Be realistic. If you don't have a large yard or the time to provide sufficient exercise, avoid large or high energy breeds. Also note that some breeds and individual dogs are more difficult to handle.
- If the dog is going to be home alone all day or crated for long periods, consider whether this is fair. Dogs are very social and most don't like being alone. Adopting two dogs that are compatible can help with loneliness.
- Bring the dog in for a complete health check before you commit. Many shelters don't have the time, money or staff to thoroughly assess the health of each animal.
- Lastly, if you're ready to add a new pet to your family, adopting a dog or cat in need is the way to go!

## Refer a Friend and Save!

Refer a new client and save \$10 on your next doctor's visit.

Be sure to mention the refer-a-friend savings when you make your appointment.



When you're here, you're family.

2120 W. 34th Street  
Houston, TX 77018

[www.OakForestVet.com](http://www.OakForestVet.com)

### Drop-off Savings

Save 5%

on morning drop-offs for "routine" veterinary services.

Expires 11/30/2025.

### Microchip Savings

\$10 Savings

on Microchipping (includes registration in the national database)  
Increase the likelihood that your pet will be returned to you!

Not valid with any other offer. Expires 11/30/2025.

### Senior Wellness Savings

\$20 Savings

for Canine and Feline

Senior Wellness Profile - includes bloodwork, urinalysis and thyroid check

Not valid with any other offer. Expires 11/30/2025.



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to make an appointment!

# SUPPORT YOUR TEAM



When you're here, you're family.

Call  
(713) 682-6351  
to schedule an  
appointment  
today!

