

my  
pets wellness

# Welcome to the Future of Veterinary Medicine

Comprehensive Health Assessment

A woman with long, wavy blonde hair, wearing a black lab coat and a stethoscope, is examining a dog's ear. The dog is a medium-sized breed with grey, white, and brown speckled fur, wearing a purple collar. The scene is set in a bright, clean veterinary clinic. The image is framed by a white, rounded, organic shape with a blue outline.

**Pet Parent  
Guide**

# What is a Comprehensive Health Assessment (CHA)?

In place of a traditional annual exam, we are now performing a CHA on every pet, every year. This includes an array of diagnostic screening tests that, depending on age and species, could include: genetics, bloodwork, thermal imaging, blood pressure screening, parasite detection, and screening ultrasounds. This provides a comprehensive view of your pet's health, allowing us to build a medical plan that can give your pet its best chance at a **long, happy, pain-free life**.

CHA provides us the opportunity to screen for any abnormalities, rather than wait until your pet is sick. It supplies all the information we need to give your pet their best life, because healthiness equals happiness.

## Why are we doing this for your pet?

At My Pets Wellness, we are a group of veterinarian professionals that deeply love the animals we care for. We want to provide our patients with the best possible medicine to give them their best lives.

Dogs and Cats cannot tell us **what they are feeling or where they are hurting**. This often results in pets coming for treatment for conditions that could have been avoided. Too often, diagnostics are used in this industry only when there is a physical presentation of injury or disease. Our goal is to prevent injury or disease from happening in the first place.



# What is going to happen today?

## Digital History

The first thing to complete is the digital history. If you have not completed it yet, please do so as soon as possible. The digital history is designed to give the medical team as much information about your pet as possible. It is a key contributor to building a comprehensive health plan for your pet.

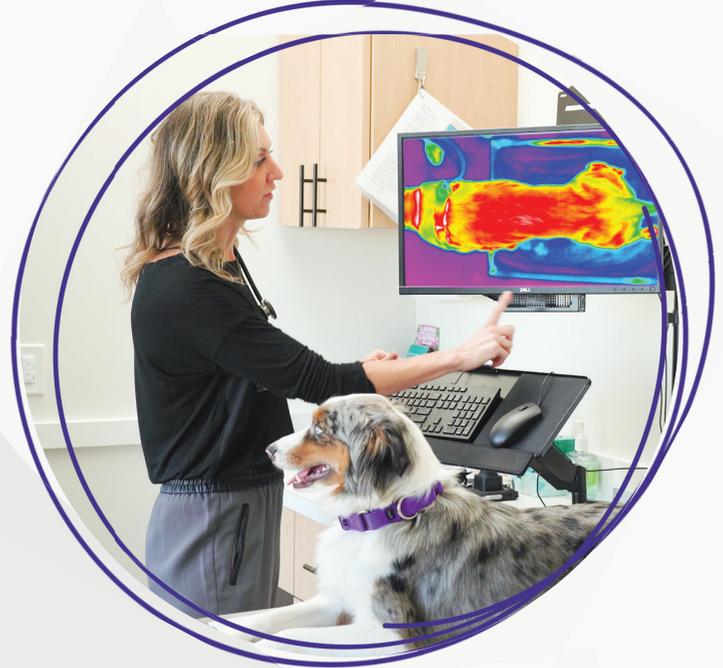


The image shows a screenshot of a web form titled "My Pets Wellness Digital Intake Form". The form is set against a background of a dog's face. It includes several input fields: "Name" (with sub-fields for "First Name" and "Last Name"), "Email" (with a placeholder "example@example.com"), and "Phone Number" (with a placeholder "(000) 000-0000" and a note "Please enter a valid phone number"). There is also a "pets name?" label at the bottom.

## Diagnostics & Physical Exam

This will take somewhere between 30 minutes to an hour, depending on the age and demeanor of your pet. Our technicians will be running all the appropriate diagnostics that are included in your package. During this time, the doctor will also conduct a physical exam.

Once completed, the doctor will complete a review and put together all the results from the CHA and build a Comprehensive Health Plan based off those results.



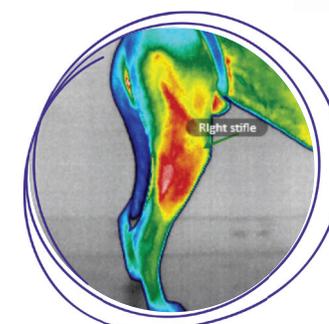
## Doctor-Parent Collaboration

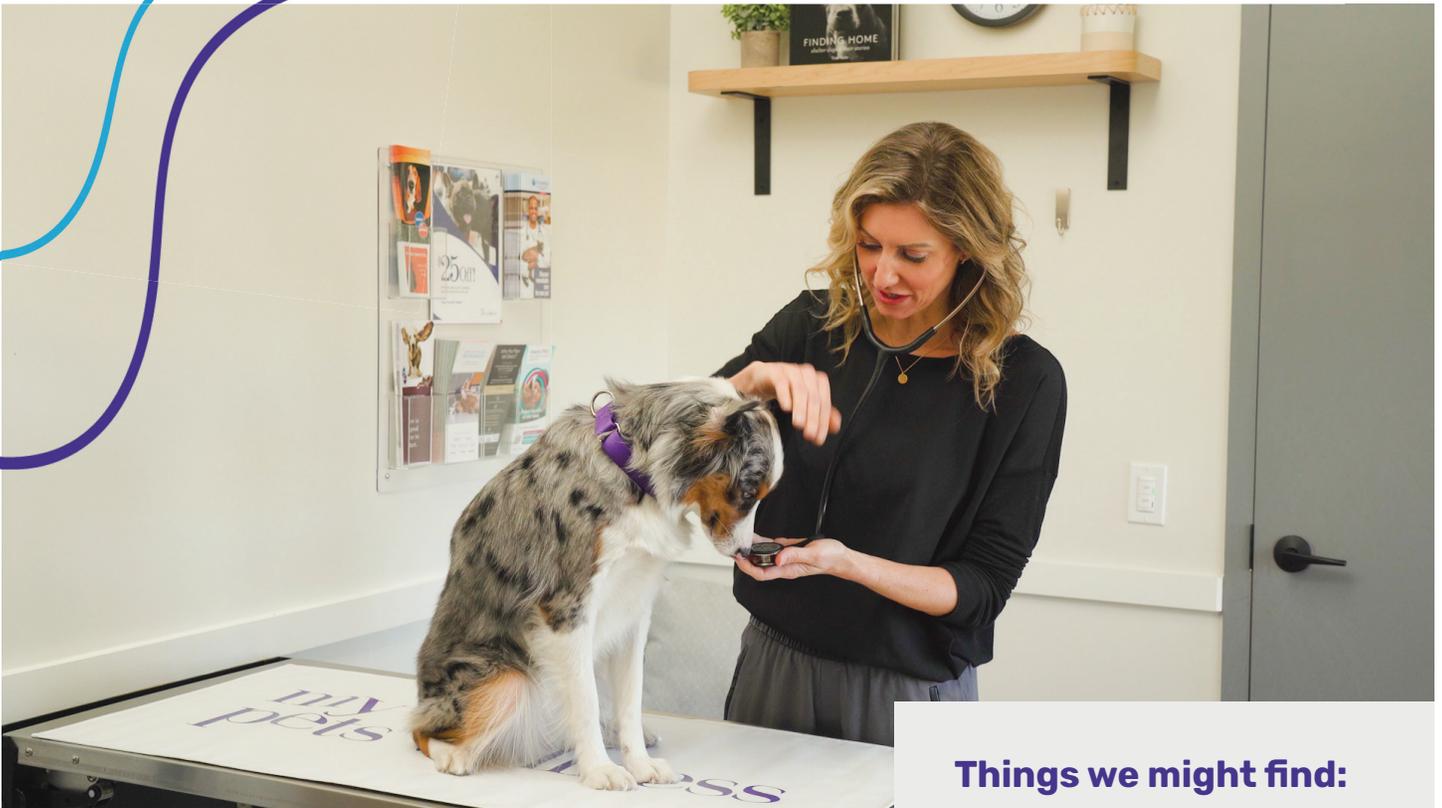
Your doctor will build a custom plan for your pet that provides a thorough, comprehensive treatment, including procedures, pharmaceuticals, diet, and nutraceuticals. We will then work with you to find the appropriate spectrum of care that meets your budget and capabilities.



# Whats included in my pet's CHA?

<p><b>Pediactric</b> <b>&lt; 1 yr.</b></p>	<ul style="list-style-type: none"> <li>● Physical Examination</li> <li>● Parasite Screening</li> <li>● Ear Cytology</li> <li>● Full Genetic Health Analysis and Breed Profile</li> </ul>
<p><b>Youth</b> <b>1-4 yr.</b></p>	<ul style="list-style-type: none"> <li>● Physical Examination</li> <li>● Parasite Screen</li> <li>● Complete Blood Cell Count</li> <li>● Blood Chemistry Panel</li> <li>● Thermal Imaging</li> </ul>
<p><b>Adult</b> <b>5-8 yr.</b></p>	<ul style="list-style-type: none"> <li>● Physical Examination</li> <li>● Complete Blood Cell Count</li> <li>● Blood Chemistry Panel</li> <li>● Urine Screening</li> <li>● Ultrasound Screening</li> <li>● Thermal Imaging</li> <li>● Blood Pressure (Cats only) <b>OR</b> Urine Bacterial Screen aka RapidBac (Dogs only)</li> </ul>
<p><b>Senior</b> <b>9 yr. +</b></p>	<ul style="list-style-type: none"> <li>● Physical Examination</li> <li>● Complete Blood Cell Count</li> <li>● Blood Chemistry Panel</li> <li>● Urine Screening</li> <li>● Ultrasound Screening</li> <li>● Thermal Imaging</li> <li>● Blood Pressure</li> <li>● Thyroid Hormone (Cats only)</li> <li>● Urine Bacterial Screen aka RapidBac (Dogs only)</li> </ul>



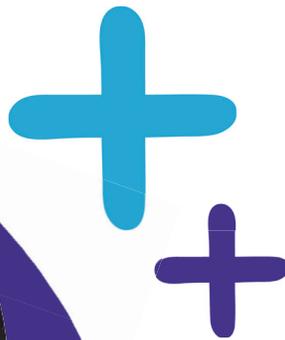


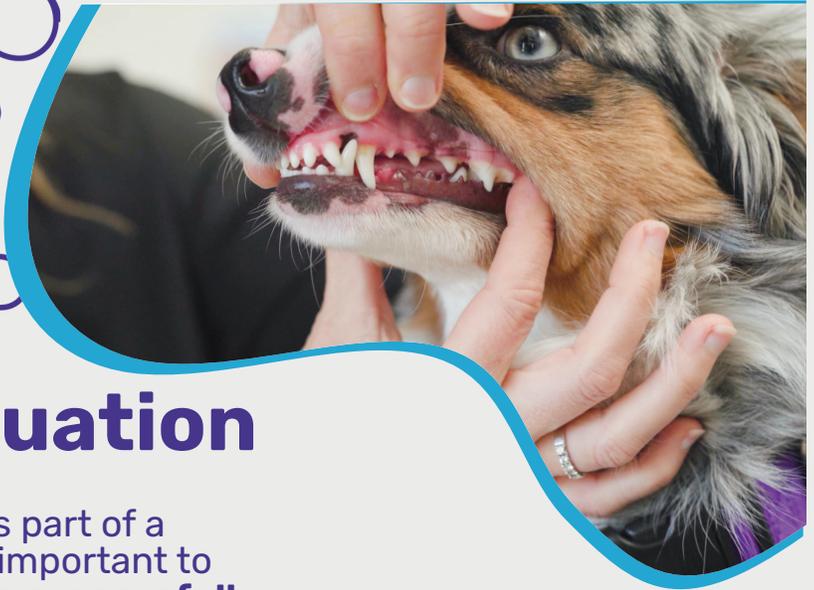
## Physical Exam

With a focus on blood tests, genetics, thermal imaging, and ultrasounds, why do we still need a physical exam? It's simple; there is a lot we can still see, hear, and find during a physical examination.

### Things we might find:

- Cataracts
- Conjunctivitis (inflammation of tissue around the eyes)
- Decreased Vision
- Restrictions to airflow
- Periodontal disease (Tooth Decay & Gum Disease)
- Otitis (inflammation of the ear canal)
- Pain (joint, muscle, spine, nails/digits, oral)
- Wheezes or Crackles in the lungs
- Murmurs or Arrhythmias of the heart
- Masses on the skin (or even in the abdomen)
- Dermatitis (inflammation of the skin)
- Neuropathies (abnormal nerve functioning)





# Oral Health Evaluation

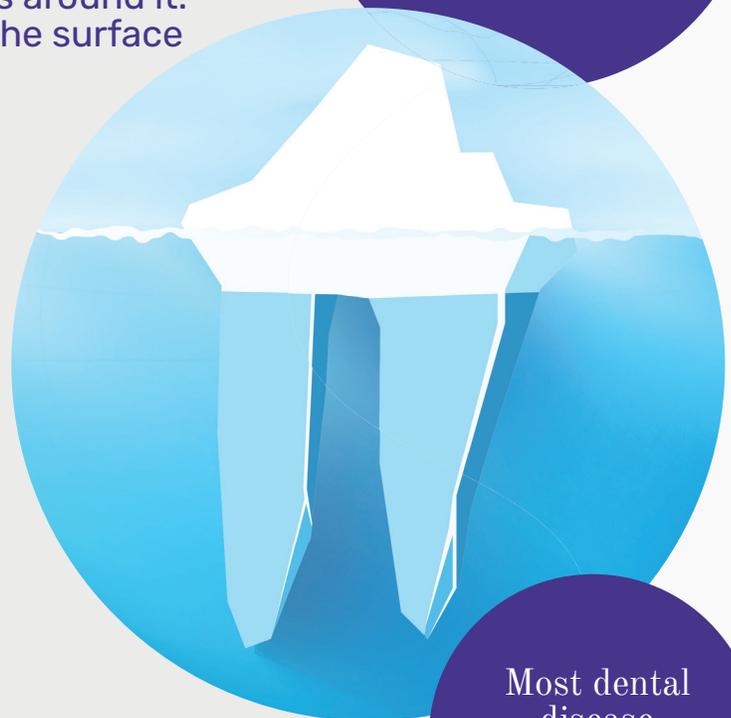
Although examining the oral cavity is part of a complete physical examination, it is important to note that a full oral exam can **only be successfully performed** under general anesthesia. Today, your pet's doctor will get the best view possible of their mouth to look for indicators of dental, gingival, or other issues present. Notably, **dental disease is painful!** Pets will still eat and live with a chronic headache. We often see them slowing down and thinking it's age, or arthritis, or just personality...but it is often oral pain!

Remember, teeth are like icebergs. We can only see the tip above the surface and the waves around it. We cannot see what is going on under the surface or on the other side!

## On exam we may find evidence of:

- Broken or chipped teeth
- Fractured teeth with exposed roots or root canals
- Growths in the mouth (benign polyps, tumors, cysts)
- Missing teeth or persistent baby teeth
- Inflamed painful gum tissue
- Asymmetric tartar/plaque accumulation (chewing on side due to pain)

If your pet is over 2, it's vital their teeth are evaluated **every year!**

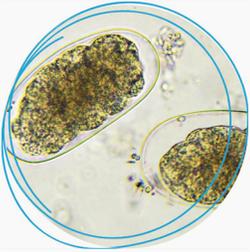


Most dental disease happens below the gum line.

# Parasite Screening

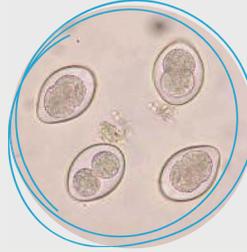
It's the poop.

## Hookworms



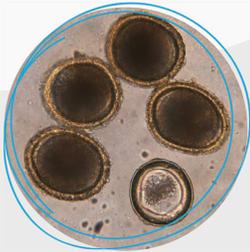
Can cause anemia, failure to gain weight, poor hair coat, dehydration, dark tarry stool, and even be fatal in puppies. Weakness, anorexia, emaciation is also possible.

## Coccidia



Can cause bleeding in the cecum/ colon (large intestine), diarrhea, weight loss, dehydration, anemia, and death.

## Roundworms



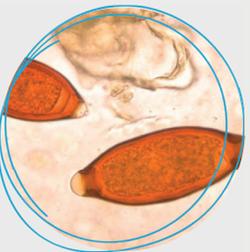
Failure to gain weight, poor coat, pot-bellied appearance, vomiting, decreased appetite. It can also cause damage to lungs, liver, and eyes.

## Giardia



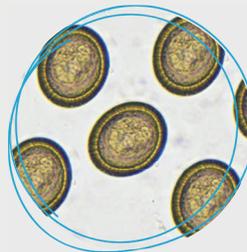
Inappropriate digestion and absorption, dehydration, and diarrhea.

## Whipworms



Can cause bleeding in the cecum/ colon (large intestine), diarrhea, weight loss, dehydration, anemia, and death.

## Tapeworms



In puppies, there can be risk of impaction (blockage) and/or diarrhea.

## How it works:



Parasite screening is done by performing a fecal analysis, aka, checking the poop for evidence of micro-critters that negatively impact your pet's health. This is especially important in young animals that are often infected and are susceptible to reinfection. Even more importantly, some of these parasites are **zoonotic**, meaning they can be transmitted to humans.

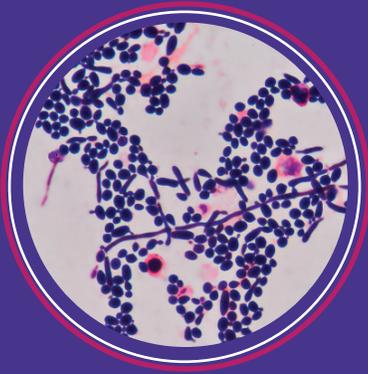


# Ear Cytology

Ear infections and ear mites are extremely common in our younger patients, and *it is very common that your pet may not show any symptoms*. By rapidly examining a stained ear wax preparation, we can immediately screen and diagnose the problem. If necessary, we can then decide specific diagnostic tests and targeted treatments to clear whatever problems we find.

## Ear infections we could find:

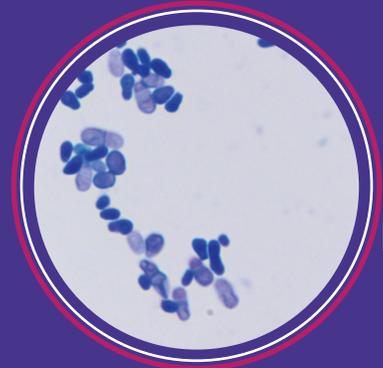
Cocci Bacteria



Rod Bacteria



Yeast

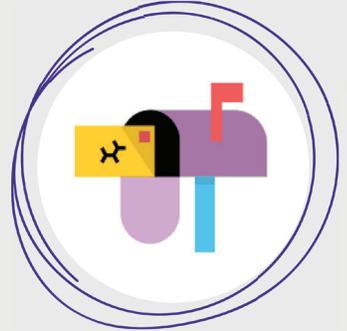
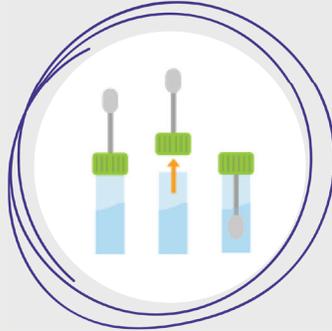
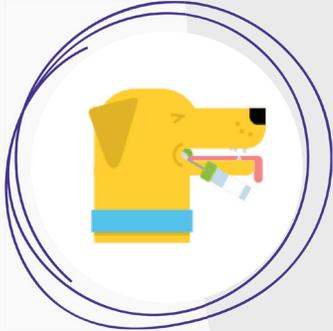


## Did you know?

Ear infections can cause painful, smelly, itchy ears that can be difficult to clear and often lead to chronic changes to the skin and canals. Repeat infections are common, and with each repeated infection they become harder to clear.



# Embark Genetic Breed & Health Testing: Canine



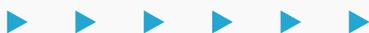
## Be Prepared

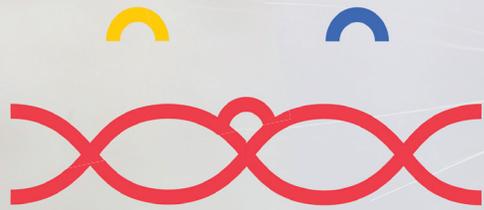
Embark tests for over 200+ genetic health risks, giving you the power to prepare for, and even prevent, illnesses and expenses before they strike. We will review the results together and work with you to create a customized health plan for your pet. Consider that knowing the risk for certain blood clotting disorders could help your veterinarian better plan surgical procedures to save your pet's life!

## It's In Their Genes

Some breeds are also more prone to specific diseases, so it is vital to understand your dog's breed makeup to form a personalized preventative care and monitoring program.

Understanding your dog's breed ancestry can also help you make the best training and lifestyle choices for your pet.





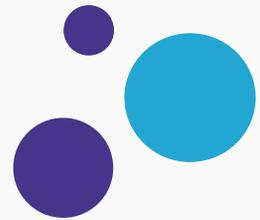
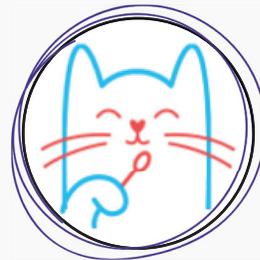
**basepaws**  
Veterinary



## BasePaws Genetic Health & Breed Testing: Feline

Learn more about your cat's breed, traits, and health (now including dental health report). It's easy, safe, and quick. Basepaws Cat DNA test is the most comprehensive feline health screening tool on the market.

- Tests for 43 genetic conditions represented by 65 health markers.
- Gives Risk scores for 3 of the most common dental conditions in cats.
- Tests for all breed groups and breed similarities with top cat breeds + free lifetime updates.
- 25 traits (including blood type and resistance to FIV) represented by 50 markers.



# Complete Blood Cell Count (CBC)

A Complete Blood Cell Count (CBC) is one of the most important blood tests we perform as veterinarians. The CBC looks at the numbers, shapes, and sizes of red blood cells, white blood cells, and platelets.

It can help the veterinary team detect conditions like anemia and leukemia, and can detect inflammation, blood clotting concerns, and possible infections.

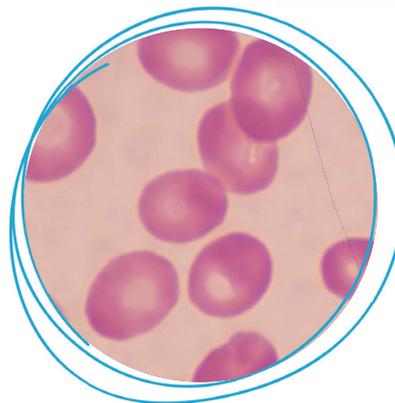
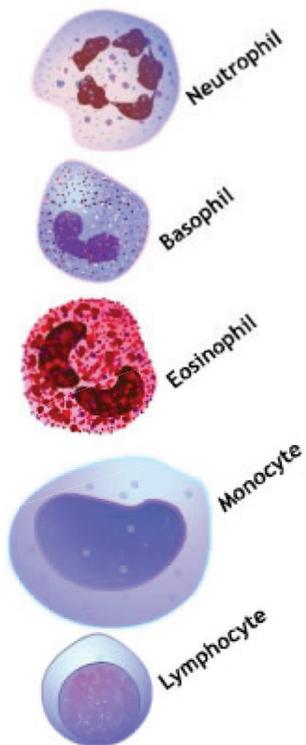


## Things we may find:

**Anemia:** Causes weakness, lethargy, heart murmurs, and possibly death

**Clotting:** Causes Platelet dysfunction that can cause damage to organs (lungs, kidneys, heart), pain (saddle thrombus in cats), bleeding, bruising, and strokes.

**Infection/Inflammation:** Causes fever, lethargy, decreased appetite, GI upset, weakness, and dehydration.

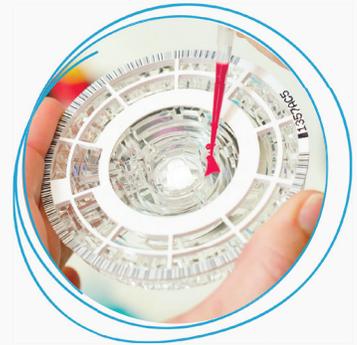
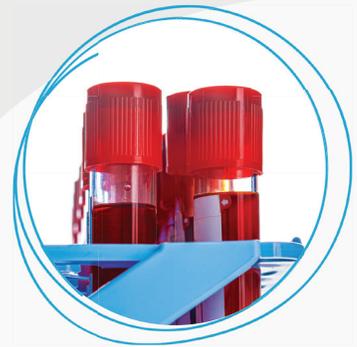


# Blood Chemistry Panel

A chemistry panel is one of the most versatile tools we have in veterinary medicine. This test evaluates your pet's organ function, hormone levels, electrolyte status and more. While they cannot give a specific answer as to what disease your pet might be suffering from, increases in certain enzymes or electrolytes are red flags that tell us we need to look deeper.

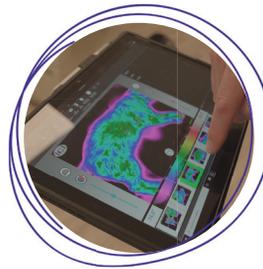
In healthy pets, blood work is very valuable to establish a "baseline" for each individual patient. We can monitor trends over the course of a year and act on any changes *before* your pet is sick. This is especially important if they do become sick, by allowing us to accurately interpret any changes in the patient's blood.

Diseases that we can find with a chemistry panel, if left untreated, can cause symptoms such as anorexia, vomiting, diarrhea, fever, lethargy, increased thirst, abdominal pain, increased urination, neurological abnormalities, and with severe conditions, death.



# Thermal Imaging

Your pet is not able to show or tell us where their problems are. Thermal imaging solves that problem by letting us see the unseen, and identify what patients cannot tell us. This can be very helpful in three main ways.



## What Thermal Imaging can do:

### 1. Evaluate Healthy Patients to Find Conditions Earlier

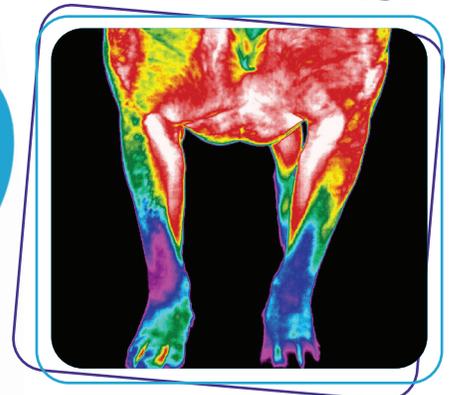
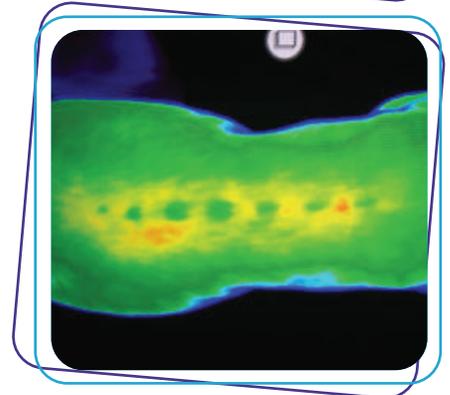
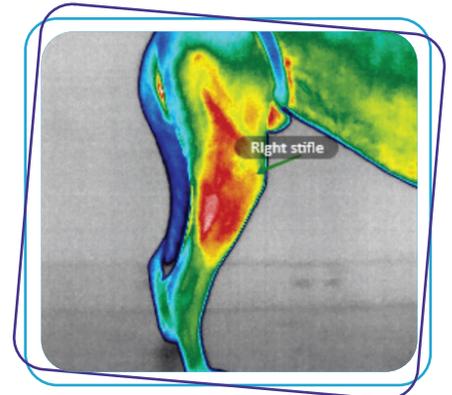
Our patients are often stoic, and it's easy for us to miss subtle signs of illness. The sensitivity of thermal imaging provides a great addition to the physical examination and can guide us to areas that may need further investigation using palpation, anatomical imaging, or other diagnostic testing.

### 2. Evaluate Unhealthy Patients

We know there is a problem. Let's find it! Thermal imaging helps precisely locate where an issue lies and helps establish a clear, targeted diagnostic plan.

### 3. Monitor for Response to Treatment

The use of thermography does not stop after examination and diagnosis. Every problem requires a plan; thermography is an excellent visual tool that shows us if the plan is working.



# Urine Screening

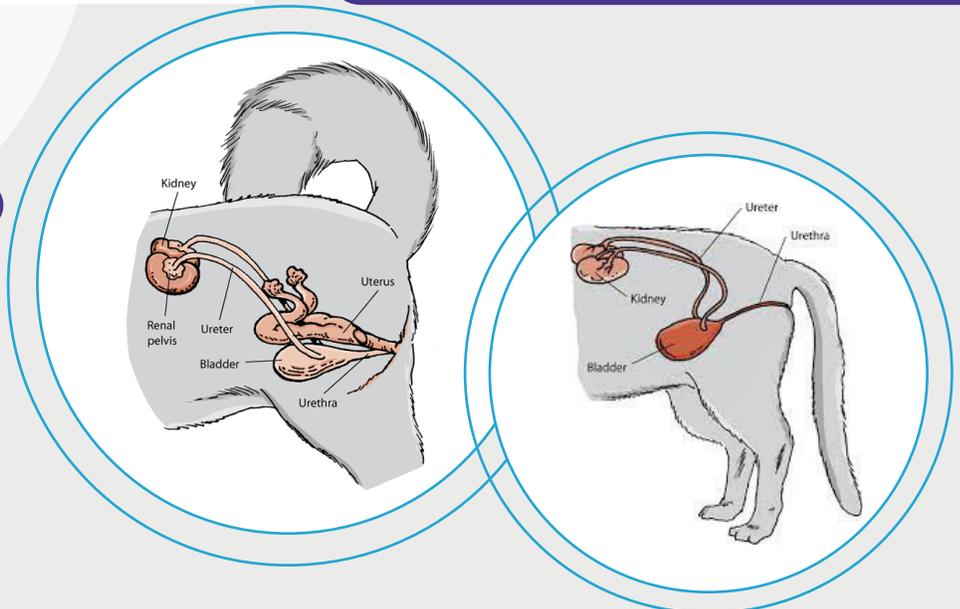
Urine testing is an important tool that can be readily performed to screen for various types of urinary tract diseases and can provide critical information about the kidneys, liver, and even red blood cells. The results (below) can help us find disease earlier and keep your pet feeling happy and healthy before illness develops.

Test	Results
<b>Urine Urobilinogen</b>	 mg/dL ( $\mu$ mol/L)
<b>Urine Glucose</b>	 mg/dL (mmol/L)
<b>Urine Bilirubin</b>	
<b>Urine Ketone</b>	 mg/dL (mmol/L)
<b>Urine Specific Gravity</b>	
<b>Blood in Urine</b>	 RBC/ $\mu$ L
<b>Urine pH Level</b>	
<b>Urine Protein</b>	 mg/dL(g/L)
<b>Urine Nitrites</b>	
<b>Urine Leukocytes</b>	 WBC/ $\mu$ L

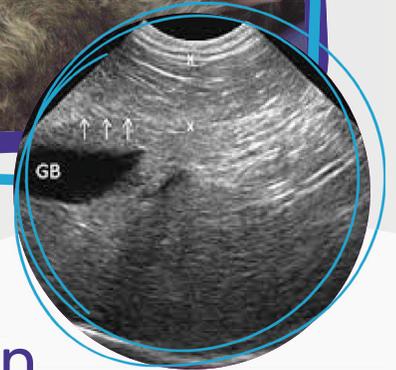
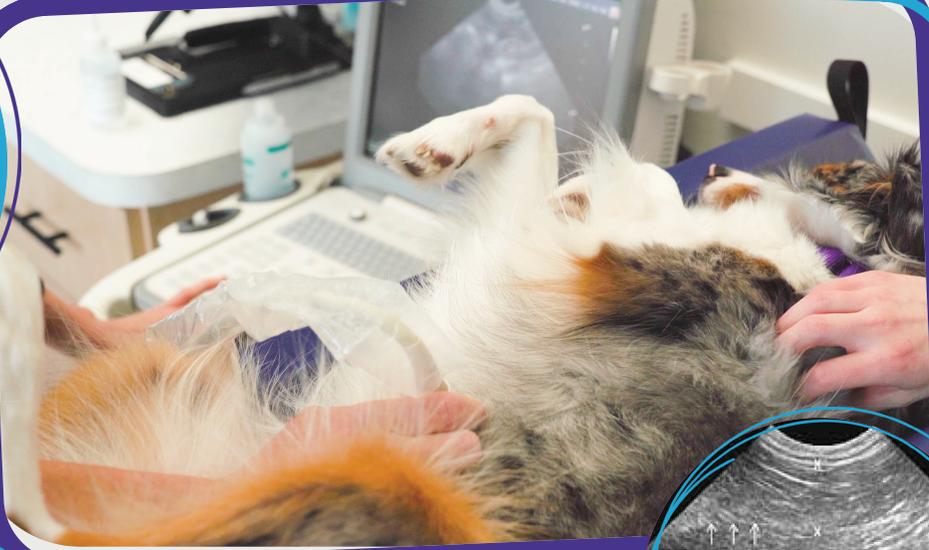
## Conditions we may find with urinary screening include:

1. Urinary Tract Infections
2. Diabetes
3. Bladder Stones
4. Proteinuria
5. Decreased Kidney Function
6. Liver disease
7. Hemolysis (RBC destruction)

Symptoms of these, if left untreated, can include painful urination, bleeding in the urinary tract, itching/burning of the urinary mucosal tissues, abdominal pain, and even GI upset.



With patients who don't speak, an image is worth a thousand words.



## Ultrasound Imaging

Our veterinary technicians have been trained to obtain basic screening images of our patients. These screening images may detect abnormalities in your pet that we would otherwise have no way to know about.

### Things we may find on an ultrasound include:

1. Gallbladder Sludge
2. Mucoceles
3. Dilation of the Gall Bladder
4. Nodules in the Liver, Spleen, or Kidneys
5. Free Fluid in the Abdominal Cavity

Ultrasound Screening can precisely identify the exact location of any swelling, pain, or masses. This will give your doctor the information they need to determine if a biopsy, treatment, surgery, or continued monitoring is required.

*\*\*This is not a comprehensive ultrasound, and we may not find everything present in your pet's abdomen. If we have any concerns based on our screening, we will recommend a comprehensive ultrasound with one of our doctors OR a board-certified specialist.\*\**

# Blood Pressure Screening

Many of our senior patients have systemic hypertension (blood pressure) and we don't realize it. As in people, blood pressure increases with age. Our pets may have no symptoms at all yet have hypertension on a routine blood pressure evaluation. The most common cause for hypertension in dogs and cats is kidney disease, not plaque in the arteries as occurs in humans.



▶ ▶ ▶ ▶ ▶ ▶

**High blood pressure is typically caused by another disease or condition, such as:**

- *Hyperthyroidism*
- *Hypothyroidism*
- Cushing's Disease or Hyperadrenocorticism
- Kidney Disease
- Anemia
- Diabetes Mellitus



## Did You Know?

High blood pressure is often referred to as the "**silent killer**." Suddenly with no warning, a clot or ruptured blood vessel from hypertension can reduce oxygen to the brain, eyes, and kidneys. This can result in brain damage (stroke), blindness, and kidney damage.

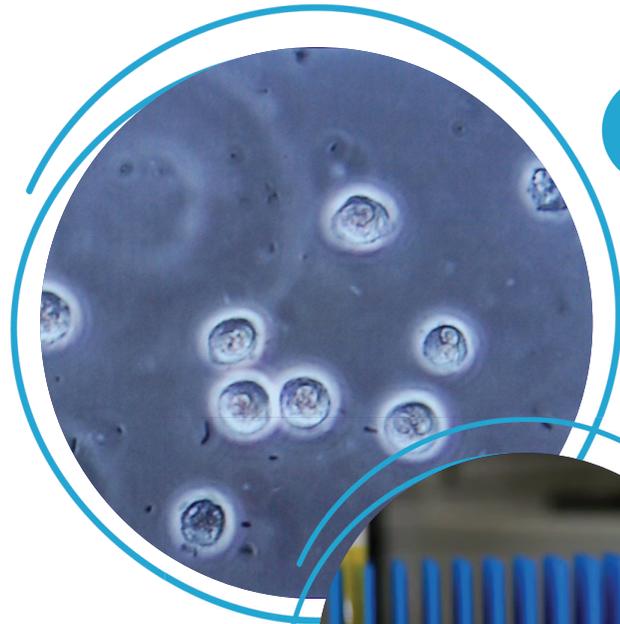


Results in  
20 Minutes  
or Less!

## RapidBac™: Urine Bacterial Screening Test

No one likes waiting 24 hours or more for a result. Not only will this test provide us with a fast and convenient answer, but RapidBac™ Vet produces a result in less than twenty minutes and has high accuracy to determine if bacteria is present in your pet's urine.

Instead of waiting until symptoms develop, this test will allow us to screen for infections *before* your pet shows any signs of discomfort or illness. Especially in our diabetic, cushingoid, kidney disease, and senior patients, RapidBac™ screening can help us keep them healthier and happier!



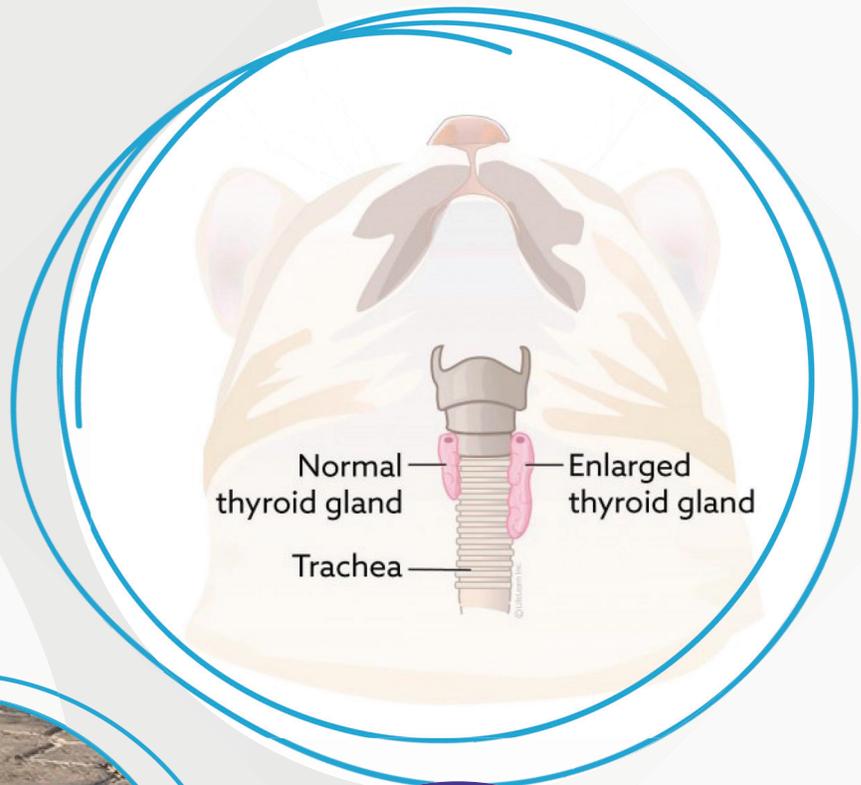
# Thyroid Hormone Testing

Hyperthyroidism, like many diseases of cats, can be somewhat unclear at onset. Clinical signs can sometimes be clear (excessive appetite with weight loss), and other times are very hard to evaluate. Thyroid hormones have widespread effects on the body and are involved in the metabolism of food as well as the daily metabolic functions of most of the body's tissues and organs.

Since senior cats are significantly more at risk to develop hyperthyroidism, we will be screening all of our senior cats every year as part of their comprehensive health assessment.

## Symptoms of untreated hyperthyroidism include:

- Rapid Muscle and Weight Loss
- Ravenous Appetite
- Changes to the Heart Muscle
- Arrhythmias
- High Blood Pressure
- Blindness (from high BP causing retinal detachment)



Hyperthyroidism  
mostly afflicts  
cats middle-aged  
and older.

## What's Next?

Check out our CHP Guide!



## Your pet's happiness is our top priority

Ask your doctor about our Comprehensive Health Plan (CHP). It is designed to work in unison with the CHA and provide your pet with a comprehensive plan designed specifically for their needs.

Remember....

**Happiness Starts  
With Healthiness**