



# \*\*\*POP\* \*BANG\* \*KAPOW\*\*\* DEALING WITH NOISE ANXIETY

For pets that experience extreme fear and anxiety to loud noises or thunderstorms, the summer can be a long and dreadful time for both pets and their owners. Fireworks, gunshots, and thunderstorms are known triggers of anxiety in pets. Pets can become destructive to both themselves and the environment. The highest rates of runaway or lost pets typically occurs during holidays or events that include loud noises. Knowing the early signs of anxiety and how to help pets cope with their fear is key to keeping pets safe during these times.



## Signs that your pet is experiencing anxiety may include:

- 🐾 Trembling or shaking
- 🐾 Drooling
- 🐾 Pacing or restlessness
- 🐾 May seem more clingy than usual
- 🐾 Panting and excessive yawning
- 🐾 Excessive whining, barking, or howling
- 🐾 Hiding in unusual or small spaces
- 🐾 Destructive chewing, digging, or scratching
- 🐾 Aggression
- 🐾 Escape from enclosure and run away

Most cases of anxiety can be alleviated with minor changes in the environment and in the way we respond to the pet's anxiety. Fight any instincts to try to soothe or comfort your pet with hugs or verbal affection as these actions only reward the anxious behavior. Also avoid punishing destructive behavior as this could also make your pet's anxiety worse.

Severe cases of anxiety that include the pet causing self harm or harm to others or the environment may need medical intervention from a veterinarian. Sedatives may be needed during the time of high anxiety to safely get the pet through the experience.

## Tips to combating anxiety:

- 🐾 Be ahead of the game. At the first sign of anxiety, be ready to work with your pet through the issue.
- 🐾 Distract your pet with chew toys, such as KONG toys, that are designed to keep your pet's attention.
- 🐾 Use this time to have a training or play session with lots of treats to distract your pet.
- 🐾 Don't leave your pet outside or on a chain as they can inflict self harm, destruct the area, or RUN AWAY!
- 🐾 Create a SAFE room deep in your house that is quiet and relaxing. Provide soothing music.
- 🐾 Consult a behaviorist to outline a counter conditioning training plan to redirect your pet's focus during the event.
- 🐾 Sedatives, natural calming supplements, and pheromone diffusers can help to relax or sedate a pet in extreme situations.



A Thunder shirt wraps snugly around your pet's body to help them feel secure.



HomeoPet is a natural oral supplement that helps with anxiety in pets.



Pheromones, similar to the ones released by a mother, help provide a calming atmosphere.



Sileo is a sedative that helps to relax your pet during a high anxiety experience related to loud noises.



## New Grads in Town

This summer, LCAH will be hosting 2 recent graduates of Murray State University. The Veterinary Technician program at Murray is a 4 year degree that provides both classroom and hands on experience in the field of science, medicine, and animal husbandry. The degree also requires a 300 hour internship of clinical experience. Once completed, students are eligible to take a national exam to be licensed, similar to a human RN.

Both Caitlyn Sams and Samantha Lawson completed their Veterinary Technology degree this spring and will be carrying out their internships with us.

**Caitlyn**, originally from California, moved to Kentucky during high school. Her cat, Ying, and dog, Diesel, keep her occupied when not at school or work. Caitlyn is also an avid reader and an up and coming baker. After her internship, Caitlyn would love to continue working at an animal hospital or shelter.

**Samantha** Lawson hails from Cincinnati, OH. Her internship at LCAH will start later this summer. Samantha enjoys the outdoors as well as a variety of sports including soccer, basketball, softball, and dance. Also a big fan of watching sports, her favorite team is the MLB team, the Reds. Down the road, Samantha is keeping her options open for a degree in veterinary medicine, specializing in equine chiropractics.



Samantha Lawson and Caitlyn Sams will be interns at LCAH this summer.

## Ask, and you shall receive!

LCAH will have a limited quantity of T-Shirts for sale beginning in late June!