



❖ Meet our staff ❖  
**Dr. Amanda Markum**

**Associate Veterinarian**

Dr. Amanda graduated from Franklin High School and then earned her BS in biology from Western Carolina University. She attended veterinary school at the University of Tennessee. Dr. Amanda has been with Rabun Animal Hospital since 1997 working as an assistant with Dr. Brad and then returning in 2007 as a veterinarian. She currently lives in Franklin, NC with her husband, Andy, her daughter, Lilly, her son, Zane, two dogs, two cats, one bird, and several fish. Her interest lies in exotic animal medicine and small animal internal medicine.

**New Year; New Dog. Exercise tips for fido.**

January is national "Walk your Dog" month. During this month you are encouraged to keep walking your dog despite the cold weather. Many dogs need to be walked long and often to prevent unnecessary weight gain, stiff joints, and simply to not become bored. We would love to provide you with information about the benefits of walking during the winter and tips on how to do it successfully and safely.

The benefits of walking a dog in the winter months are great. Frequent walks can help with behavior, and weight gain. When your dog is inside more often due to the cold you may see bad behavior. Your dog may become bored and curious and start going through the trash, participate in excessive predatory play, and more frequent barking and whining. Your dog may also find it harder to sleep at night due to being sedentary for an extended amount of time. Walking in the winter will keep limbs agile and limber, reduce digestive problems, control behavior issues, maintain a healthy weight, and help them sleep longer at night.

For walking dogs in cold temperatures there are few tips and tricks to make you and your pet comfortable. For example, if the winds outside or heavy Consider purchasing a coat for your dog just like you would for yourself. A coat is a great way to protect from the harsh winter winds and is recommended for small dogs or dogs with a short hair coat. When there is snow on the ground or the temperature is below freezing, consider doing short but frequent walks. This allows your pet to get the exercise he or she needs while reducing exposure to undesirable conditions. If the snow is deep consider applying a small amount of petroleum jelly to their feet, this will keep the snow from sticking and being tracked back into your home. It's also very important to consider your dogs breed and health when walking in the snow. Puppies and elderly dogs should only be walked to relieve themselves because they have a hard time controlling their body temperatures. If you have a dog with hip dysplasia or arthritis it is best to consult your veterinarian about the outside temperatures and appropriate length of your walk for your dog. Cold Weather may agitate these conditions.

All dogs should maintain a healthy amount of exercise in the winter. We hope the information we have provided will help you keep your loved ones comfortable and fit for the next few months.

**IMPORTANT DATES**

- **New Year's Day:** We will be **closed** to honor the holiday.

**ONLINE PHARMACY**

- <https://rabunanimalhospital.vetsfirstchoice.com/>

**Mobile Services:**

Does your pet become anxious at the veterinary clinic? Do you have difficulty transporting your pets? Would you be interested in the convenience of having uninterrupted time with your veterinarian in a quiet setting? If so, consider our mobile services! This new service offers end of life care, wellness care, and sick pet care right in your home. We also offer transportation for boarding. While transportation is offered anytime, at-home doctor appointments are by appointment only.. Please give us a call to make your at home appointment.

**MANAGER'S MEMO**



Happy New Year! I want to wish all of the best in the coming year to all of our clients and to our feathered, furry and scaly patients. One of my New Year resolutions, as always, is to continue to help Rabun Animal Hospital be the very best place for you to bring your treasured pet family. You are a big part of that resolution. We can only improve with your thoughts, concerns and feedback. Our continued goal is provide the very best care for your pet and customer service to you. If we ever fall short of exceeding your expectation, please reach out to me. I look forward to another year at Rabun Animal Hospital and are honored to be a part of your pets' care!