

# VET CANDY

NOVEMBER 2023

WHY WE LOVE THE REVOLUTIONARY  
**Covetrus® breakfree**  
**Breakaway™ IV Connector:**  
**THE SECRET WEAPON FOR**  
**VETERINARY IV THERAPY!**

**5** **JAW-DROPPING**  
**TIME-SAVING**  
VET HACKS YOU  
WON'T BELIEVE!

**BOOST EFFICIENCY:**  
**TIME-SAVING CLINIC HACKS**  
**YOU NEED TO KNOW!**

**MIND-BLOWING**  
**BREAKTHROUGH:**  
**CANINE CANCER**  
**TREATMENT THAT**  
**ASTONISHED EVEN**  
**EXPERTS!**

**STAY**  
**HEALTHY**  
*this Thanksgiving!*  
5 JAW-DROPPING  
TIPS FOR A HEALTHIER  
FEAST

**UNVEILING A**  
**RARE FELINE**  
**HEALTH MYSTERY:**  
**EOSINOPHILIA AND**  
**BASOPHILIA CASE**

# DR. ZONRAM

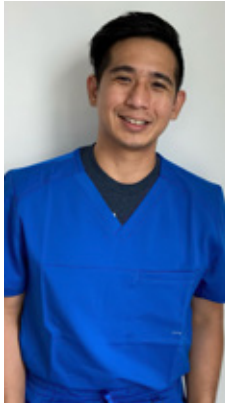
## THE VET WHO'S CHANGING THE GAME!

**+** much more



# Contents

*veterinarian* Vet Candy Magazine • November | 2023



## 04

04 | Why Everyone's Obsessed with Dr. Zonram

17 | Mind-blowing breakthrough: Canine cancer treatment that astonished even experts!



19 | 5 Jaw-Dropping Time-Saving Vet Hacks You Won't Believe!

## 22

22 | Unlock the Secrets to a Time-Rich Life: Easy Ways to Save Time Every Day!"



24 | Shocking revelation: The hidden truth about chemotherapy drug shortage



## 26

26 | Fuel Your Workday: 5 Fast and Healthy Snacks to Take to the Office



## 28

28 | Shocking Revelation: Vegan Diets May Be Better for Cats Health



## 30

30 | Why we love the revolutionary Covetrus® breakfree Breakaway™ IV Connector



32 | Feedback from our veterinary friends

## 06

06 | Are brachycephalic dogs really helpless? Surprising study findings



08 | Boost Efficiency: Time-Saving Clinic Hacks You Need to Know!

11 | Stay HEALTHY This Thanksgiving! 5 Jaw-Dropping Tips for a Healthier Feast



13 | 5 Ingenious Ways to Incorporate Fitness into Your Hectic Life

14 | Unveiling a Rare Feline Health Mystery: Eosinophilia and Basophilia Case

15 | Unlock the secrets to supercharge your productivity: Life-organizing hacks you can't miss!

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# Welcome to the world of VET CANDY

Dr. Jill Lopez

Dear Vet Candy Readers,

As the Editor of Vet Candy, I'm excited to welcome you to our November issue, packed with inspiring stories, insightful articles, and invaluable time-saving hacks to make your veterinary journey even more fulfilling. This month, we have something truly remarkable to share with you – the story of a visionary veterinarian, Dr. Zonram Liao.

Our cover story features Dr. Liao, an extraordinary individual whose journey embodies the spirit of compassion, dedication, and entrepreneurial innovation. He left a corporate practice to return to the immigrant community where he grew up, devoting himself to providing affordable and accessible care to those who need it most. Dr. Liao's journey of selflessness and determination is both heartwarming and inspirational, reminding us of the profound impact veterinarians can make on their communities.

In this issue, we recognize that veterinarians are working tirelessly, and we've dedicated our content to help you save valuable time without compromising the quality of care. From time-saving tips in the clinic to efficient practice management strategies, our goal is to empower you to work smarter, not harder.

So, don't miss out on this incredible issue that not only celebrates Dr. Zonram Liao's remarkable journey but also equips you with the tools to enhance your practice and your life. We invite you to explore the pages of Vet Candy's November issue, where every story is a source of inspiration and every article is a valuable resource.

Thank you for being a part of the Vet Candy community. Your dedication to the well-being of animals and your commitment to the veterinary profession inspire us every day.

Wishing you a successful and fulfilling month ahead!

Sincerely,

*Dr. Jill Lopez*

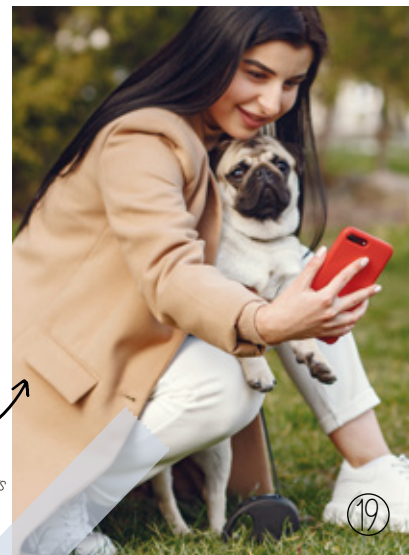
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Vet Candy



Unveiling a Rare Feline Health Mystery: Eosinophilia and Basophilic Case



Stay Healthy This Thanksgiving!



Are brachycephalic dogs really helpless?



# Why Everyone's Obsessed with Dr. Zonram:

## The Vet Who's Changing the Game!

by Dr. Jen Boon

They say it takes a village to raise a child, and to an extent, that's true. But what about raising a veterinarian? Dr. Zonram Liao, also affectionately known as "Dr. Z" by his patients, knows firsthand that it takes more than just a love for animals and a strong work ethic. It takes a supportive community, access to quality education, and unwavering determination.

Dr. Z's journey from a corporate veterinary practice to a low-cost clinic in his immigrant community, where he grew up, is a testament to his commitment to making a difference. Today, as the CEO and Co-Founder of Wellnergy Pets, he's not only giving back to his Southern California hometown but also revolutionizing the pet care industry, next up, with his own practice!

Vet Candy is thrilled to introduce Dr. Zonram Liao, a graduate of Ross University School of Veterinary Medicine, who has seamlessly transitioned into a full-time veterinarian and entrepreneur. In this article, we'll delve into Dr. Liao's innovative venture, Wellnergy Pets, and explore how it's positively impacting the well-being and happiness of pets everywhere.

### When Disaster Struck in March 2020, Dr. Z Got Creative

Cast your mind back to March 2020. The world was facing an unprecedented crisis with the onset of the Covid-19 pandemic. Lives were upended, and for pets and their owners, accessing essential veterinary care became a daunting challenge. What used to be a simple vet appointment suddenly involved weeks of waiting.

Amidst these trying times, Dr. Zonram Liao saw an opportunity to make a difference. He recognized the need for proactive pet care solutions that could be administered at home, reducing the burden on pet owners and ensuring pets' well-being.



# And so, **Wellnergy Pets** was born.



## Dr. Liao explains,

.. “I believe that pet care, at its core, starts with a proactive approach at home with pet owners. My goal is to improve the lives of people and their pets by providing the best at-home pet care in the form of high-quality pet products and supplements.”

Wellnergy Pets offers a range of products that cater to various pet care needs, from managing chronic diseases to preventing unnecessary vet visits. Dr. Z’s innovative solutions have been a game-changer for pet owners seeking accessible and effective pet care.

## Improving the Lives of Pets, Wherever “Home” Is



Dr. Zonram Liao’s journey isn’t just about professional success; it’s also about giving back to the community that shaped his formative years. As an Asian American “parachute kid,” his upbringing in the greater Los Angeles area allowed him to forge deep bonds within his local community.

Returning to his roots in LA as a veterinarian was a deliberate choice for Dr. Liao. He knew that by practicing in his hometown, he could have a profound impact on the lives of pets and their owners. Since then, Wellnergy Pets products have been distributed across the United States, with plans to expand to Lowe’s Home Improvement stores in the near future.

So, keep an eye out for Wellnergy Pets products—they might soon be on a shelf near you, or the shelf right behind you! Dr. Zonram Liao’s inspiring journey is a testament to the power of community, determination, and innovation in transforming the world of pet care.

Improving the Lives of Pets



# “ARE BRACHYCEPHALIC DOGS REALLY HELPLESS?”

SURPRISING STUDY  
FINDINGS



**F**lat-faced or brachycephalic dogs breeds such as English and French bulldogs may be likely to display ‘helpless’ traits by looking at humans more often than a longer-muzzled dog breed during a food retrieval task, suggests a small study published in Scientific Reports.

The increased engagement with humans and lower levels of task success may make people consider these breeds as ‘infant-like’, which may partially explain their continuing popularity as pets despite noted health problems, according to the authors. Dorottya Ujfalussy, member of the MTA-ELTE “Momentum” Companion Animal Research Group and colleagues assessed how the behaviour of 15 English bulldogs and 15 French bulldogs compared to that of 13 Hungarian Mudis (a herding dog with a mid-length muzzle) during a task in which the dogs had to try and open three boxes to retrieve a piece of food.





**T**he boxes involved different opening techniques, varied in difficulty (with Box A being the most challenging), and were presented to the dogs in a random order. All dogs observed the experimenter place a piece of Wiener sausage in the box and were then given two minutes to attempt to open the box. During this time, the experimenter and the dog's owner stood behind the dog out of direct sight. Both English and French bulldogs were successful at opening the box 93 percent less often than Mudis.

Successful Mudis were also quicker than successful bulldogs; by the time one minute had elapsed approximately 90 percent of Mudis had opened the box compared to approximately 50 percent of bulldogs. However, compared to Mudis, English and French bulldogs were 4.16 and 4.49 times as likely to look back at the people than Mudis.

*The authors suggest that these findings indicate a propensity for short-faced dogs to seek out human assistance when faced with problems, which may in turn promote a stronger social relationship between owners and these breeds of dogs due perceived helplessness. However, this study could not establish whether flat-faced dogs are genetically predisposed to appear more dependent on humans than other dogs, or whether owners' attitudes towards flat-faced dogs encourages dependent behaviour.*



# Boost Efficiency: Time-Saving Clinic Hacks You Need to Know!

by Dr. Jill Lopez

Running a busy veterinary clinic can be challenging, with numerous patients to attend to and a myriad of tasks to accomplish in a limited time. But fear not! We've got you covered with three game-changing and time-saving hacks that will streamline your workflow and make your clinic more efficient than ever.

## 1. Covetrus® breakfree Breakaway™ IV Connector: The Ultimate Time-Saver

Introducing the Covetrus breakfree Breakaway IV Connector, the revolutionary IV accessory that's taking veterinary medicine by storm! This innovative solution separates when harmful force is exerted across the IV line, preventing dislodgements and line breakages that can lead to wasted medication, cleanups, and even blood loss. With this device, you can say goodbye to the frustration of restarting IVs repeatedly, as it has been shown to reduce all IV restarts by an impressive 65%.<sup>1</sup>

Designed with convenience in mind, the Covetrus breakfree Breakaway IV Connector easily connects with standard ISO Luer connectors, ensuring compatibility with your existing equipment. The anti-reconnect feature prevents contamination after separation, while the recessed valves keep bacterial contamination at bay for up to 2 hours. Best of all, you can restart infusions in seconds without replacing catheters, administration tubing, or medication, thanks to this device's unique design.

Join the countless veterinary practitioners who have embraced the Covetrus breakfree Breakaway IV Connector and experienced its time-saving benefits firsthand. Say hello to smoother procedures and goodbye to the hassles of IV complications.





## 2. Digital Appointment Scheduling: A Seamless Solution

Gone are the days of manual appointment scheduling and endless phone calls. Embrace the power of digital appointment scheduling and watch your clinic's efficiency soar. With online appointment booking, clients can easily select their preferred time slots, reducing wait times and minimizing scheduling conflicts.

Automated reminders and confirmations ensure that appointments are not forgotten, leading to fewer no-shows and better time management. Your staff can focus on delivering top-notch care instead of being tied up in phone calls, making your clinic a well-oiled machine.

### Reference:

1. Simpson, S. E., & Zersen, K. M. (2022). Fewer peripheral intravenous catheter complications in hospitalized dogs when force-activated separation devices are used versus not used in a randomized controlled clinical trial. *Journal of the American Veterinary Medical Association*, 1–6. <https://doi.org/10.2460/javma.22.03.0125>

## 3. Streamlined Electronic Health Records (EHR)

Transitioning to a streamlined electronic health records (EHR) system can save your clinic significant time and resources. Digitizing patient records allows for quick access to vital information, eliminating the need for paper records and extensive manual searching.

EHR systems offer features such as customized templates for common procedures, automatic data entry, and easy sharing of records between team members. With information at your fingertips, diagnoses and treatment plans can be formulated efficiently, improving patient care and overall productivity.

Implementing these three time-saving hacks, including the revolutionary Covetrus breakfree Breakaway IV Connector, will elevate your veterinary clinic to new heights of efficiency. Embrace technology and innovative solutions to make your clinic a haven of seamless operations, leaving you with more time to focus on what matters most – providing exceptional care to your furry patients.





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WORKLOADS

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An innovative tool  
to save you time and  
ease your workload.



# Stay Healthy This Thanksgiving! 5 Jaw-Dropping Tips for a Healthier Feast



Thanksgiving is a time for gratitude, family, and, of course, indulgent feasts. While it's tempting to throw caution to the wind and overindulge in all your favorite holiday treats, it's also essential to prioritize your health. With a few smart strategies, you can savor the flavors of Thanksgiving without sacrificing your well-being. Get ready to enjoy a healthier and guilt-free Thanksgiving feast with these five jaw-dropping tips:



## 1. Start Your Day Right:

Before the Thanksgiving feast begins, kickstart your day with a nutritious breakfast. Eating a balanced meal in the morning, rich in fiber and protein, can help curb your appetite and prevent overeating later in the day. Opt for a hearty omelet with veggies or a bowl of oatmeal topped with berries and nuts to keep you satisfied.

## 2. Portion Control is Key:

One of the biggest challenges on Thanksgiving is portion control. Instead of piling your plate high with every dish, take smaller portions of your favorite dishes. Use a smaller plate to trick your mind into feeling satisfied with less food. This way, you can enjoy a taste of everything without going overboard.

## 3. Load Up on Veggies:

Don't forget to fill your plate with vegetables. Roasted Brussels sprouts, green beans, and a colorful salad can add freshness and nutrition to your meal. Vegetables are low in calories and high in fiber, helping you feel full and satisfied without excess calories.

## 4. Mindful Eating Matters:

Practice mindful eating during your Thanksgiving meal. Take your time to savor each bite, chew slowly, and engage in conversation with loved ones. This mindful approach allows you to enjoy your food more fully and recognize when you're comfortably full, preventing overeating.



## 5. Stay Hydrated:

Don't underestimate the power of hydration. Drink plenty of water throughout the day, and consider having a glass before your meal. Sometimes, thirst can be mistaken for hunger, and staying well-hydrated can help you avoid unnecessary snacking. Bonus Tip: If you plan to indulge in dessert, share a slice of pie with a friend or family member to satisfy your sweet tooth without overloading on calories.

Remember, Thanksgiving is about more than just food—it's about spending quality time with loved ones and giving thanks. By implementing these tips, you can strike a balance between enjoying the feast and maintaining your health. This year, savor the flavors of Thanksgiving while feeling great about your choices. Cheers to a healthier, happier holiday season!

# 5 INGENUOUS WAYS TO INCORPORATE FITNESS INTO YOUR HECTIC LIFE

In today's fast-paced world, finding time for fitness can be a challenge, especially when you're juggling a busy schedule. However, staying active is essential for your physical and mental well-being. The good news is that there are clever ways to integrate fitness into your daily routine, even with a jam-packed agenda. Here are five strategies to help you fit fitness into your busy life:



## 1. Prioritize Mini Workouts:



Instead of waiting for a lengthy gym session, embrace the power of mini workouts. These short bursts of exercise can be done anywhere, anytime. Set aside a few minutes throughout your day for quick routines like squats, lunges, or push-ups. You can even squeeze in a mini workout during your breaks at work. Over time, these mini workouts add up, helping you stay active despite your busy schedule.

## 2. Make the Most of Commuting:

If your daily routine involves commuting to work, use this time to your advantage. Consider walking or biking to your workplace if it's feasible. For those with longer commutes, public transportation can provide an opportunity to read or listen to fitness-related podcasts or audiobooks. If you drive, park a bit farther away from your destination, allowing you to sneak in some extra steps.

## 3. Incorporate Exercise into Family Time:

Balancing family life and fitness is possible by combining the two. Engage in active family outings like hiking, biking, or playing sports together at the park. These activities not only promote physical fitness but also create memorable bonding experiences. Encourage your children to be active with you, setting a positive example for a healthy lifestyle.

## 4. Utilize Technology:

Modern technology offers a wealth of fitness resources at your fingertips. Download fitness apps that provide quick, effective workouts you can do at home or in a small space. Many apps offer customizable routines, making it easy to tailor your workouts to your schedule. Additionally, invest in wearable fitness trackers to monitor your activity levels and set daily step goals, keeping you motivated to move.

## 5. Schedule Fitness Appointments:

Just as you schedule work meetings and appointments, allocate specific time slots for fitness on your calendar. Treat these appointments as non-negotiable commitments to yourself. Whether it's an early morning jog, a lunchtime yoga class, or an evening home workout, having these appointments in your schedule makes it more likely that you'll follow through.

Remember that the key to fitting fitness into your busy life is consistency and adaptability. It's essential to find an approach that works for you and seamlessly integrates into your daily routine. By making fitness a non-negotiable part of your life, you'll reap the physical and mental benefits of an active lifestyle, even amid a hectic schedule.



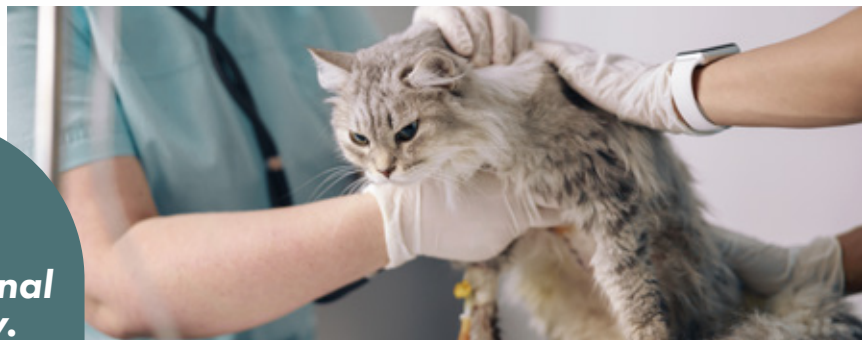
*Prioritize your well-being, and you'll discover that fitness can thrive alongside your busy life.*





# UNVEILING A RARE FELINE HEALTH MYSTERY: EOSINOPHILIA AND BASOPHILIA CASE

**Inflammatory bowel disease can be a recurring issue in cats, marked by gastrointestinal problems and confirmed intestinal inflammation through histology. Here, we unravel a peculiar case involving a 9-month-old neutered male cat.**



## THE INITIAL PRESENTATION

This young cat was brought to our attention due to a troubling five-week history of vomiting and bloody stools (hematochezia). Initially, conservative treatment involving a special gastrointestinal diet, antibiotics, and anti-nausea medication yielded positive results. However, when the medications were stopped, the symptoms returned.

## A SURPRISING DISCOVERY

About three months after the initial visit, we made an unexpected discovery: the cat had significantly elevated levels of eosinophils and basophils, two types of white blood cells. A colonoscopy revealed erosions in the cecum, and a surgical biopsy confirmed a diagnosis of lymphocytic-plasmacytic and eosinophilic enterocolitis.

## TREATMENT AND RECOVERY

To manage this condition, we administered prednisolone, tylosin, and metronidazole to the cat. Gradually, we reduced the antibiotic dose as the cat improved. Thankfully, the cat's gastrointestinal symptoms disappeared, and the eosinophil and basophil levels returned to normal eight weeks after starting treatment.

## AN UNUSUAL COMBINATION

While eosinophilia has been linked to feline T-cell lymphoma, marked basophilia alongside eosinophilia is exceptionally rare in cats with inflammatory bowel disease. This case emphasizes the importance of considering enteritis as a potential diagnosis when cats exhibit both eosinophilia and basophilia.

Read more by clicking on the link below:

[CLICK HERE](#) 

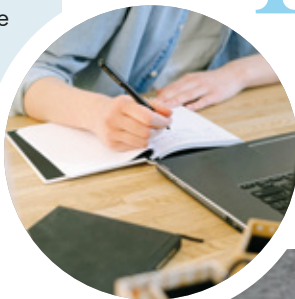


# UNLOCK THE SECRETS TO SUPERCHARGE YOUR PRODUCTIVITY: LIFE-ORGANIZING HACKS YOU CAN'T MISS!

**I**n the hustle and bustle of modern life, time is a precious commodity, and we often find ourselves wishing for more of it. Fortunately, with some smart organization and time management techniques, you can maximize your productivity and save valuable hours in your day. **Here are five proven ways to organize your life and reclaim your time:**

## 1 PRIORITY WITH TO-DO LISTS:

Start your day by creating a to-do list. List all the tasks and responsibilities you need to tackle, both big and small. Then, prioritize them based on their importance and deadlines. A well-structured to-do list serves as your roadmap for the day, helping you stay focused on essential tasks while minimizing time spent on less important activities.



## 2 DECLUTTER YOUR SPACE:

A cluttered environment can lead to wasted time and increased stress. Take the time to declutter your workspace and living areas. Remove unnecessary items, organize your belongings, and create designated spaces for essential items. A clutter-free space allows you to think clearly and work more efficiently.



## 3 EMBRACE TIME BLOCKING:

Time blocking involves scheduling specific blocks of time for specific tasks or activities. Allocate dedicated time slots for work, personal projects, exercise, and leisure. Be strict with your schedule and avoid multitasking, as it can reduce productivity and increase stress. Time blocking helps you stay on track and ensures that each task receives the attention it deserves.





## 4 HARNESS THE POWER OF TECHNOLOGY:

Utilize productivity apps and tools to streamline your daily routines. Calendar apps, task managers, and note-taking apps can help you stay organized and on top of your commitments. Additionally, consider using automation tools for repetitive tasks like bill payments or email filtering. These technologies can save you a significant amount of time in the long run.

## 5 DELEGATE AND SAY NO:

Recognize that you can't do everything yourself. Delegate tasks and responsibilities when possible, both at work and in your personal life. Trust your colleagues, friends, or family members to handle certain tasks, allowing you to focus on what matters most to you. Additionally, learn to say no to commitments or projects that do not align with your goals or priorities. Overcommitting can lead to burnout and decreased productivity.

In conclusion, organizing your life to save time is a valuable skill that can significantly improve your overall quality of life. By implementing these five strategies - prioritizing with to-do lists, decluttering your space, embracing time blocking, utilizing technology, and learning to delegate and say no - you can take control of your time and achieve a better work-life balance. Remember that effective organization is an ongoing process, so stay committed to these practices, and watch your productivity soar while enjoying more free time.



# ☀️ Mind-blowing breakthrough! ☀️

**Canine cancer treatment that astonished even experts!**

In human medicine, intrathecal chemotherapy is a well-known treatment for central nervous system hematopoietic neoplasia. However, its application and benefits in veterinary medicine remain relatively unexplored. In this case report, we delve into the story of a 4-year-old male cross-breed dog who presented with concerning symptoms, leading to an intriguing use of intrathecal chemotherapy.





## The Initial Presentation

The case begins with a 4-year-old male dog who suddenly became lethargic, experienced weakness in his hind limbs, and had difficulty urinating over a 24-hour period. A thorough examination revealed enlarged peripheral lymph nodes throughout his body, and neurological assessments suggested a myelopathy affecting the area between the third thoracic and third lumbar vertebrae (T3-L3).

## Diagnosis: Multicentric Lymphoblastic B-cell Lymphoma

Following diagnostic evaluations, it was determined that the dog had multicentric lymphoblastic B-cell lymphoma, classified as stage Vb. Treatment commenced with a modified L-LOP regimen, including the use of cytosine arabinoside, which resulted in complete clinical remission.

## Unexpected Setback: Neurological Deterioration

However, just four weeks into treatment, the dog experienced a sudden and severe decline in neurological function, characterized by spinal pain and proprioceptive deficits. Notably, there was no recurrence of peripheral lymph node enlargement. MRI scans and cerebrospinal fluid (CSF) analysis pointed to the presence of lymphoma in the meninges and spinal cord, particularly at the L3 level.

## Intrathecal Chemotherapy to the Rescue

Intrathecal chemotherapy, involving the administration of cytosine arabinoside and methotrexate directly into the cisterna magna, was initiated alongside systemic dexamethasone and pain relief medications. Remarkably, the dog's clinical symptoms resolved within 24 hours, and he remained symptom-free for 3.5 weeks.

## A Temporary Remission

Unfortunately, after this period of relief, the dog displayed signs of central nervous system (CNS) relapse, characterized by proprioceptive deficits and severe pain in the thoracolumbar region. However, the option for repeat intrathecal chemotherapy was not pursued. Regrettably, the patient was euthanized nine weeks after the initial diagnosis.

## A Landmark Case: Intrathecal Chemotherapy in Dogs

This case represents a pioneering example of the clinical benefits of intrathecal chemotherapy using a combination of methotrexate and cytarabine for the management of CNS lymphoma in dogs. Our findings indicate that this approach can induce a short-lived remission of CNS clinical symptoms, lasting approximately three weeks.

Read more by clicking on the link below:

**CLICK HERE** 





# 5 Jaw-Dropping Time Saving Vet Hacks You Won't Believe!

Dr. Jill Lopez

**A**re you a veterinarian struggling to keep up with your hectic work schedule? Do you wish there were more hours in the day to care for your furry patients and still have time for yourself? Well, you're in luck! In this article, we unveil five mind-blowing time-saving hacks that will transform your work life and give you more precious moments to enjoy your passions outside the clinic.



# 1 The Magic of Telemedicine for Specialty Care

Picture having the ability to provide your clients with specialized care right at your clinic. The introduction of specialty telemedicine is revolutionizing the veterinary field. By harnessing the power of technology, you can engage in virtual consultations with specialists and collaboratively devise treatment plans for your clients, all while saving valuable time and effort. It's a win-win situation for both you and your clients and a time saver for you!

## 2 Supercharge Your Record Keeping:

Tired of drowning in paperwork? Embrace digital record-keeping systems that allow you to access patient records with a click. No more rifling through stacks of paper. Spend more time with your patients and less time shuffling through files.

## 3 Time-Saving Staff Training:

Training fresh staff members often eats up a considerable amount of time. But here's a smarter approach: Opt for a Vet Candy CE program online, which will significantly simplify the process. Your team can conveniently access training materials whenever it suits them, allowing you to redirect your valuable time towards prioritizing patient care. If you're interested in enhancing your well-being, don't forget to catch Dr. Jess Trice and Dr. Jen Remnes on their exciting new show, "Real Talk on Vet Candy." Discover how to put your health first and get CE as a team by visiting [myvetcandy.com](http://myvetcandy.com) today!

## 4 Automated Appointment Scheduling:

Say goodbye to phone tag! Implement an online scheduling system that allows clients to book appointments without calling. This automated solution not only saves time but also reduces scheduling conflicts.

## 5 Prescription Refills Made Easy:

Are prescription refills eating into your precious minutes? Set up an online prescription refill system. Clients can request refills through your website, saving you time on phone calls and paperwork.

These jaw-dropping time-saving hacks are revolutionizing the veterinary world, making it easier than ever to provide top-notch care while reclaiming your valuable time. Don't miss out on these game-changers that will leave you wondering how you ever worked without them!

So, there you have it – five incredible tips to supercharge your veterinary practice and save more time than you ever thought possible. Embrace these hacks, and you'll find yourself with extra hours to enjoy your hobbies, spend quality time with loved ones, or simply relax and recharge. Say goodbye to the daily grind and hello to a more efficient and fulfilling veterinary career!



# DISCOVER OUR LATEST OBSESSIONS



VET  FAVES

BY *vet*  
*candy*



A photograph of two young women in a kitchen. One woman is standing and smiling at the other, who is sitting at a counter. The woman sitting is washing a red pepper in a sink. There are various vegetables like a tomato, cucumber, and mushrooms on the counter. The scene is brightly lit, likely from a window in the background.

*Unlock the Secrets to a*  
**Time-Rich Life:**  
Easy Ways to Save  
Time Every Day!





# Are you tired

.. of feeling like there are never enough hours in the day? Do you wish you had more time to pursue your passions, spend quality moments with loved ones, or simply relax and unwind? Well, you're in luck! In this article, we're revealing the ultimate time-saving secrets that will change your daily life and leave you wondering why you didn't know about them sooner.



## 1 | The 5-Minute Miracle Routine:

Discover the power of the 5-minute miracle routine. By dedicating just five minutes to essential tasks like tidying up, responding to emails, or planning your day, you'll be amazed at how much you can accomplish. These microbursts of productivity add up over time, giving you back hours in your week!

## 2 | The Supercharged Morning Routine:

Transform your mornings into a well-oiled machine. Create a morning routine that combines tasks like exercise, meditation, and goal-setting, all in one efficient package. You'll start your day energized, focused, and ready to conquer anything that comes your way.

## 3 | The Technology Time Warp:

Technology can be a double-edged sword, but when used wisely, it can save you countless hours. Learn the art of digital automation, from scheduling appointments to setting reminders and organizing your life. These tech-savvy shortcuts will free up your time for more meaningful activities.

## 4 | The Meal Prep Magic:

Say goodbye to mealtime stress and hello to meal prep magic. Spend a few hours each week planning and preparing your meals in advance. Not only will you save time on daily cooking, but you'll also make healthier food choices and reduce food waste.

## 5 | The Social Media Detox:

Social media can be a time vortex. Take control of your digital life by scheduling designated "offline" periods. Disconnecting from the digital world allows you to reclaim precious moments for real-life interactions, self-care, or pursuing your hobbies.

These **life-changing time-saving strategies** are the key to unlocking a time-rich existence. Don't miss out on these easy ways to save time every day and **enjoy a more balanced, fulfilling, and stress-free life**. Say goodbye to the daily time crunch and hello to a world of possibilities!



# Shocking revelation: The hidden truth about chemotherapy drug shortage

**C**ancer is a disease that knows no boundaries, affecting not only humans but also our beloved animal companions. In recent years, there has been a growing concern among veterinary professionals regarding the nationwide shortage of cancer chemotherapy medicines for pets. This crisis not only poses a significant challenge to the veterinary community but also raises questions about the availability of critical treatments for our four-legged friends. In this article, we will explore the causes, consequences, and potential solutions to this pressing issue.

## The Growing Demand for Pet Cancer Treatments

The demand for cancer treatments for pets has been on the rise. As more pet owners become attuned to their pets' health and well-being, they are increasingly seeking comprehensive care, including cancer treatment options. Advances in veterinary medicine have made it possible to diagnose cancer in pets more accurately, leading to a growing number of cases being treated. This heightened demand for cancer chemotherapy medicines is straining an already fragile supply chain.

## Causes of the Shortage

Several factors contribute to the nationwide shortage of cancer chemotherapy medicines for pets:

- 1. Limited Production Capacity:** Many cancer chemotherapy drugs used in veterinary medicine are the same as those used for humans. Pharmaceutical companies prioritize human health over veterinary medicine, which means that production capacity for veterinary drugs is limited.
- 2. Supply Chain Disruptions:** The COVID-19 pandemic exposed vulnerabilities in the pharmaceutical supply chain. Interruptions in the manufacturing and distribution of medicines affected both human and veterinary medications.
- 3. Regulatory Challenges:** The regulatory framework for veterinary drugs is complex and often lags behind that of human drugs. This can hinder the timely approval and availability of new treatments.
- 4. Lack of Incentives:** Pharmaceutical companies may not have strong financial incentives to invest in research and development for veterinary-specific cancer drugs.



## Consequences for Veterinary Professionals

The shortage of cancer chemotherapy medicines has profound implications for veterinary professionals treating pets with cancer:

- 1. Treatment Delays:** Veterinary oncologists may face delays in administering crucial treatments to their patients. Cancer is a fast-moving disease, and any delay in treatment can have a detrimental impact on the pet's prognosis.
- 2. Limited Treatment Options:** With a reduced availability of chemotherapy drugs, veterinarians may have to resort to less effective or alternative treatments, which can compromise the quality of care provided to their patients.
- 3. Increased Costs:** The scarcity of cancer drugs can lead to higher prices, making it more expensive for pet owners to afford treatment for their furry companions. This may force some pet owners to make difficult decisions about their pet's care.
- 4. Emotional Toll:** Veterinary professionals are deeply committed to the well-being of animals. The inability to provide the best possible treatments due to drug shortages can be emotionally distressing for veterinarians and their staff.

## Potential Solutions

Addressing the shortage of cancer chemotherapy medicines for pets requires a multifaceted approach:

- 1. Increased Production:** Encourage pharmaceutical companies to expand their production capacity for veterinary drugs. Incentives or regulatory measures may be needed to facilitate this expansion.
- 2. Streamlined Regulation:** Simplify and expedite the regulatory approval process for veterinary drugs, enabling faster access to new treatments.
- 3. Research and Development:** Promote research and development efforts to create veterinary-specific cancer drugs. Financial incentives or public-private partnerships could encourage investment in this area.
- 4. Education and Awareness:** Raise awareness among pet owners about the importance of early cancer detection and the potential challenges in accessing chemotherapy medicines. This can help drive demand for treatment options.

The nationwide shortage of cancer chemotherapy medicines for pets is a pressing issue that affects both veterinary professionals and the pets they care for. Addressing this problem requires collaboration among pharmaceutical companies, regulatory agencies, veterinarians, and pet owners. By working together, we can ensure that our animal companions receive the best possible care in their battle against cancer, and we can alleviate the burden on the veterinary community.

Potential Solutions  
Potential Solutions



# Fuel Your Workday:

## 5 Fast and Healthy Snacks to Take to the Office

In the hustle and bustle of the workday, finding time to eat a nutritious meal can be a challenge. That's where healthy snacks come to the rescue. Instead of reaching for vending machine junk food or sugary treats, consider these five fast and wholesome snacks that you can easily bring to the office to keep your energy levels up and your productivity on point.



### Greek Yogurt with Berries:

Greek yogurt is a protein-packed snack that will keep you feeling full and satisfied. Pair it with a handful of fresh berries like blueberries, strawberries, or raspberries for a burst of antioxidants and natural sweetness. You can pre-portion the yogurt into small containers and keep a bag of mixed berries in the office fridge for an effortless and delicious snack.



### Trail Mix

Trail mix is the ultimate on-the-go snack. It's a delightful combination of nuts, seeds, and dried fruits that provides a perfect balance of healthy fats, fiber, and natural sugars. You can either purchase pre-made trail mix or create your custom blend. Include almonds, walnuts, pumpkin seeds, and dried apricots for a satisfying mix of flavors and textures.



### Hummus and Veggie Sticks:

Hummus is a creamy and protein-rich dip that pairs wonderfully with fresh vegetable sticks. Carrot, cucumber, celery, and bell pepper sticks are great choices. Pre-cut your veggies and portion out some hummus into a container for a convenient and nutritious office snack. The fiber in the veggies will help keep you full, and the hummus adds a flavorful kick.

4.

## Whole Grain Crackers with Nut Butter:

Whole grain crackers are an excellent source of complex carbohydrates, while nut butter provides healthy fats and protein. Almond butter, peanut butter, or cashew butter are great options. Spread a thin layer of nut butter on whole grain crackers for a satisfying and energizing snack. It's a quick and easy way to curb your midday hunger.



## Fresh Fruit Salad:

5.

Nothing beats the natural sweetness of fresh fruit. Prepare a fruit salad with a mix of your favorite fruits, such as apple slices, grapes, kiwi, and orange segments. You can make a large batch and store it in individual containers for grab-and-go convenience. The vitamins, minerals, and hydration from the fruit will keep you feeling refreshed and focused.

Remember that staying fueled with nutritious snacks is essential for maintaining your productivity and well-being during the workday. By keeping these five fast and healthy snack options at your desk or in the office fridge, you can nourish your body and stay on top of your game, no matter how busy your schedule gets.





# Shocking Revelation: VEGAN DIETS MAY BE BETTER FOR CATS HEALTH



In a groundbreaking survey that challenges conventional wisdom about feline nutrition, cat owners who opted for vegan diets for their pets reported surprisingly positive health outcomes. While these findings may not reach statistical significance, they shed light on an intriguing aspect of cat care. The study, led by Andrew Knight from the University of Winchester, UK, and his colleagues, is published in the open-access journal PLOS ONE.



Pet food has long relied on meat as the primary protein source, but the landscape is changing with the emergence of alternative protein options like plants and fungi. This shift has raised concerns among some veterinary professionals who worry that vegan diets, devoid of meat, eggs, and dairy, might be less suitable for cats. However, limited research has delved into this matter, leaving cat owners in the dark about the potential impact of vegan diets on their furry companions.

To provide clarity on this contentious issue, Knight and his team analyzed survey responses from 1,369 cat owners. Participants were asked to report on the health of a single cat in their household that had been on either a vegan or a meat-based diet for at least a year. The survey covered a range of health-related questions, followed by inquiries about the cat's dietary choices. Approximately 9% of respondents revealed that they fed their cats a vegan diet, while the rest opted for meat-based nutrition.

When statistical adjustments were made for other factors influencing feline health, such as age and neutering status, the results were eye-opening. Cat owners who chose vegan diets for their pets reported lower risks associated with various health indicators. These included fewer veterinary visits, reduced medication use, and a perception that their veterinarians considered their cats to be in better health. However, it's important to note that none of these differences reached statistical significance when analyzed comprehensively.

The survey also examined specific health disorders, revealing that 42% of cat owners feeding their pets meat-based diets reported at least one disorder, compared to 37% of those with cats on vegan diets.

In light of these findings, the researchers suggest that vegan diets may indeed be a viable and healthy choice for cats. However, they acknowledge that their study did not delve into the nutrient content of these diets, leaving room for further investigation.

If you want to delve deeper into this intriguing study, you can access the full article in [\*\*PLOS ONE\*\*](#) [\*\*here\*\*](#). Explore the potential health benefits of vegan diets for your feline companions!





# VET FAVES!!

Why we love the revolutionary **Covetrus® breakfree Breakaway™ IV Connector**:  
The secret weapon for veterinary IV therapy!



## A Vet Candy Review

In the fast-paced world of veterinary medicine, intravenous (IV) therapy is a crucial aspect of patient care. However, IV lines are susceptible to dislodgements and line breakages, leading to wastage of medication, blood loss, and increased workload for veterinary professionals. Enter the Covetrus breakfree Breakaway IV Connector - a revolutionary solution designed to address these challenges and enhance the efficiency and safety of IV therapy for animals.

### Covetrus® breakfree Breakaway™ IV Connector

The Covetrus breakfree Breakaway IV Connector is a cutting-edge break-away medical device that separates when harmful force is exerted across the IV line. This innovative design eliminates the risk of dislodgements and breakages, providing unparalleled safety and reliability during IV therapy for animals.

## Ten reasons we love the Covetrus breakfree Breakaway IV Connector:

- 1. Secure Connection:** The device connects with standard ISO luer connectors, ensuring compatibility with existing medical equipment commonly used in veterinary practices.
- 2. Waste Reduction:** One of the significant advantages of the Covetrus breakfree Breakaway IV Connector is its ability to eliminate wasted medication and cleanups caused by dislodgements and line breakage. This not only saves valuable resources but also ensures accurate drug administration to patients.
- 3. Blood Loss Prevention:** With the Covetrus breakfree Breakaway IV Connector, the risk of blood loss due to dislodgements is significantly reduced. This feature is especially critical in critical care scenarios where every drop of blood matters.
- 4. Reduced IV Restarts:** Studies have shown that this device reduces all IV restarts by an impressive 65%.<sup>1</sup> This remarkable improvement streamlines patient care, reducing stress for both animals and veterinary professionals.
- 5. Eases Workload:** By preventing dislodgements and breakages, the device eases the workload of veterinary technicians and medical staff. This means more efficient patient care and better utilization of resources.
- 6. Cost-Effective Solution:** The Covetrus breakfree Breakaway IV Connector not only improves patient outcomes but also saves hospitals money by reducing the need for costly IV restarts and minimizing medication waste.
- 7. Anti-Reconnect Feature:** This device is equipped with an anti-reconnect feature that prevents contamination after separation. This further enhances patient safety and infection control protocols.
- 8. Recessed Valves:** The Covetrus breakfree Breakaway IV Connector recessed valves prevent bacterial contamination for up to two hours after separation. This feature ensures a sterile environment during critical moments.
- 9. Rapid Restart:** When separation occurs, the device allows veterinary professionals to restart infusions in seconds without replacing the catheter, administration tubing, or medication. This significantly reduces downtime during treatment.
- 10. Pump Occlusion Alarm:** The Covetrus breakfree Breakaway IV Connector's unique design also triggers a pump occlusion alarm after separation, alerting medical staff to promptly address any potential issues.







## FEEDBACK FROM OUR VETERINARY FRIENDS

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*Dr. Jennifer Remnes, Co-Owner of Vetique, Chicago*

**"My favorite feature of the Covetrus breakfree Breakaway IV Connector is its remarkable ability to offer our team a valuable two-hour window for reattaching in case it detaches from a patient's fluid line. This not only alleviates concerns about contamination and blood loss but also eliminates the need to replace the catheter, saving our team time and energy." - Dr. Jennifer Remnes, Co-Founder, Vetique Chicago.**

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*Dr. Zonram Liao, Veterinarian at Leave No Paws Behind, California*

**"One of the standout features of the Covetrus breakfree breakaway IV connector that I truly appreciate is its potential to greatly benefit hyperactive or neurologically impaired patients. From my perspective, individuals in these categories face the most significant risk of complications resulting from excessive tension on their IV lines or catheters," Dr. Zonram Liao, Veterinarian at Leave No Paws Behind, Rowland Heights, California.**

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*Dr. Gregory Echols, Relief Veterinarian, North Carolina*

**"Dr. Gregory Echols, a veterinarian from North Carolina, shared his thoughts, stating, "In cases where a patient tears out an IV catheter, it usually takes around 30 minutes to address the situation and restart treatment. My primary challenge in IV therapy revolves around managing fractious or aggressive pets, and I believe that the breakfree Breakaway device could especially prove to be highly beneficial in such scenarios."**

### Our final thoughts:

The Covetrus breakfree Breakaway IV Connector is a groundbreaking advancement in veterinary medicine. Its innovative design and remarkable features not only enhance patient safety and care but also streamline veterinary practices. With reduced IV restarts, minimized medication waste, and improved efficiency, this device is undoubtedly a game-changer in the world of veterinary IV therapy. Available exclusively through Covetrus!

### REFERENCES

1. Simpson, S. E., & Zersen, K. M. (2022). Fewer peripheral intravenous catheter complications in hospitalized dogs when force-activated separation devices are used versus not used in a randomized controlled clinical trial. *Journal of the American Veterinary Medical Association*, 1–6. <https://doi.org/10.2460/javma.22.03.0125>

Want to see more? Check out Vet Candy for videos of Covetrus breakfree breakaway IV connector in action!

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