

VET CANDY

Special Edition
FASHION

**DR. AUDREY
AND
DR. ALISON
are leading
a revolution**

**5 TIPS FOR
A CLOSET
MAKEOVER**

**5
HEALTHY
AND SNACKS
YOU MUST TRY**

**WHY WE
NEED MORE
CULTURE
IN OUR
PROFESSION**

**HOW TO FIND
SCRUBS FOR
YOUR BODY
TYPE**

**HOW TO
GET READY
IN 15
MINUTES
OR LESS**



5



WELCOME TO THE WORLD OF VET CANDY

4

DR. AUDREY AND DR. ALISON ARE LEADING A REVOLUTION

5

OUR FAVORITE SHOES

8

BLOOD TRANSFUSIONS

10

5 TIPS FOR A CLOSET MAKEOVER

14

HOW TO FIND THE PERFECT SCRUBS

17

CAVALIER KING CHARLES SPANIELS CARRY MORE HARMFUL GENETIC VARIANTS

20

HOW TO GET READY IN 15 MINUTES

22

HOW TO MAKE YOUR SCRUBS REFLECT YOUR PERSONALITY

24

WHY WE NEED MORE CULTURE IN OUR PROFESSION

27

WASHINGTON STATE UNIVERSITY SPEARHEADS NEW TOOLKIT FOR ONE HEALTH

29

5 HEALTHY AND DELICIOUS SNACKS

32

MEET THE VETERINARIAN WHO'S BRINGING ECO-FASHION TO THE SURGERY TABLE

34

HOW A DOG WITH A GIANT TONGUE WAS SAVED

36

29



VET CANDY

VET CANDY MAGAZINE FASHION

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Welcome to the world of *Vet Candy*

By Dr. Jill Lopez

Not very long ago, fashion in the medical world was non-existent. Scrubs were boxy, ill-fitting, and mostly came in unflattering shades of bile green. Fortunately, with the passage of time, medical fashion has evolved. Now we have choices that include fashionable, trendy scrubs with flattering fits and a rainbow assortment of available colors.

We all deserve to look and feel good at work. Fashion is a way we can express our personalities. Without it, we would be indistinguishable from our coworkers – and, as you’ll find out in this issue, fashion can also exhibit one’s beliefs and values.

In this issue, we introduce you to twin veterinarians, Drs. Audrey and Alison Shen, who have teamed up with fashion expert and entrepreneur Rebecca Lau Marsh to create 21 Scrubs: a company that offers a range of stylish and fashion-savvy scrubs that are practical, flattering, comfortable, and durable. There’s even a jumpsuit for the ladies that can be matched with a pair of heels and worn from day to night.

We also introduce you to veterinary fashionistas, including Shermaine Wilson-Cox, who has created a modern line of Afrocentric medical scrubs featuring pan-African prints of gold, red, and green, as well as Dr. Laurie Sullivan who is focused on sustainability by introducing a line of eco-friendly surgical caps.

As always, I would like to thank my assistant editor, Shannon Gregoire, and our amazing team of writers. I hope this issue brings you as much joy as we had creating it.



Dr. Audrey and Dr. Alison are leading a revolution

By AM Kuska

Dr. Audrey and Dr. Alison are already famous for their role on the popular TV show, Bondi Vets. These twins have been working in the vet industry for over 15 years, and are no strangers to the ups and downs of their work.

One of the things that frustrated was the scrubs. What should have been a professional uniform that was comfortable, clean, smart, durable and practical for every day was quickly becoming a hairy, soiled, uncomfortable mess.

They decided to team up with fashion designer Rebecca Lau Marsh to make a change. They shared with Rebecca the many problems that traditional scrubs seem to have. Traditional scrubs seemed to attract fur rather than repel it. They also looked like pajamas, and seemed to absorb the stains and liquids that occur in a common veterinary setting.

With Rebecca's help, they set out to fix these things. Their new style of scrubs features pockets big enough to carry essential items, repelled dirt and





stains, are waterproof, quick drying, stretch, and are also stylish enough to fit a modern setting. Need to squat down to examine a patient? The pants are squat proof with four-way stretch! No more splits at inopportune moments while trying to work with the animals you love. Best of all, the scrubs are durable to wash every day and are quick drying and crease proof! No more rushing to wash and dry your scrubs!

The line also features their signature and original jumpsuit scrubs. Stylish enough to take you from day to night and convenient enough to zip on and off between shifts. All the 21Scrubs range have their unique stethoscope holders that help secure them in place around the shoulders.

The new line of scrubs is called 21Scrubs, and can be viewed on Instagram at @21scrubs.

Changing how we think about the vet industry

Our world has fundamentally changed. We have new equipment to help monitor pets and give them a better quality of life. We have a recent

influx of new patients as Covid-19 brings a surge of pandemic pets to an already stressed system.

It makes little to no sense that the simplest part of your day—what you choose to wear—is unrefined by comfort or technology.

Dr. Audrey and Dr. Alison also work as a mobile vet service, which often means restricted spaces and the need to maximize the potential in every aspect of their business. These scrubs are designed to make that life easier, so you're thinking less about what you're wearing and more about what you're doing.

About the twins

Dr. Audrey and Dr. Alison have a shared love of animals, but their passions are as unique as they are. Dr. Audrey enjoys surgery and loves working with dogs, especially chihuahuas, and she owns a geriatric chihuahua, Peanut, a rabbit, Charlotte, and a rescue cat, Maggot. Dr. Alison is also a certified veterinary acupuncturist who owns two guinea pigs, Pineapple and Coconut, and a rescue greyhound named Billy.

Their pets are very mischievous and often find themselves in trouble, which makes them very lucky to have vets as their moms.

The Shen sisters have done amazing work in their career. Time after time, they've seen a pressing need in the veterinary field and delivered on it. When they saw a need for a mobile vet to provide a complete and high standard of veterinary care in Australia, they founded a mobile vet service to help with that

need. They also run a Future Vet Kids camp which is a unique kids camp to inspire, educate, and nurture the love of animals in children aged 9-16 years of age.

Their new scrubs line is just one more example of their dedication to the field, and their effort to help solve problems of both the veterinary community, and the people who use their services.



Three easy looks

With this cute 21Scrubs jumpsuit, you can look professional, fun, and glam – depending on your mood. A quick accessory change for lunch with the girls, and add cute shoes and your favorite bag for date night.



NEXT PATIENT PLEASE!

The material in this jumpsuit is liquid and hair repellent which means a quick clean up no matter what your day throws at you.

Nike Air Max shoes:
\$69

Litman's stethoscope:
\$105



CHECK PLEASE!

With this piece, you can do it all. Make time for lunch with your friends with just a change in accessories. The 4-way stretchy fabric gives you all day comfort.

Emporio Armani trainers:
\$339

Emporio Armani tote bag:
\$236



IT'S DATE NIGHT!!

Who's got time to run home and change? When you don't this wrinkle resistant jumpsuit has you covered. Make a quick accessory change to glam it up!

Gucci Bag:
\$995

Verali beige heels:
\$79.95

Visit: 21scrubs.com.au



REINVENTING THE WAY WE VIEW
OUR ESSENTIAL WORKERS



21SCRUBS.COM

Our favorite shoes for work

By Keith Lutz

If there's one negative about veterinary work, it's that you don't get to wear the most exciting clothing. That's okay - you're bringing animals back to health and bringing joy to their families in the process. You don't need to be fashionable.

But there's also nothing wrong with it! And there's certainly nothing amiss with being comfortable, either. One thing that every veterinarian professional will tell you is that their work shoes can either be a source of great pain or comfort, fashionable or not.

But just in case you want something that achieves both, we've got an awesome list of five different styles of veterinary shoes for professionals to wear at work that meets those criteria.

Merrell Women's Moab 2 Waterproof Hiking Shoe

With a Vibram rubber sole and air cushioning to boot, these shoes are serious. Waterproof, durable, and fashionable enough, this shoe is a true workhorse for people who are on their feet



Marsvovo

for much of the day with notable arch support. Of course, there are some tradeoffs: that comes in the form of the shoe being a bit heavier than its competitors. This style cuts a great balance between fashion and function that we think most veterinary professionals will appreciate.

MARSVOVO
Women's Non-Slip Sneakers
Lightweight Air Knitted Walking Running Shoes

If you want some variety in your work shoes, then the MARSVOVO is made for you. A cost-effective pair of work shoes, these are often touted alongside the Merrell and KEEN work shoes for their lightweight application that doesn't sacrifice utility. Breathable, stylish, and



Keen

in a wide range of colors that would make Nike blush, the MARSVOVO's only real complaints are that it won't last as long as its bulkier brethren and don't provide nearly the same level of arch support.

KEEN Women's Targhee II Hiking Shoe

Everything we love about the Merrell Moab 2 but with superior ankle

support, these waterproof shoes are made to go for the long haul. These shoes provide great stability during the day on wet and dry surfaces and have an aesthetic that looks more like an athletic walking shoe than it does a hiking shoe. However, some common complaints about this shoe are that it does tend to run wide in terms of sizing and can be bulky in the heel region.



Moab



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smart. simple. sweet.




BLOOD TRANSFUSIONS IN CATS

Blood transfusions are a common procedure in medical practice in which donated blood is used to replace blood lost to injury or surgery, or to treat serious medical conditions. The procedure is not performed routinely in the treatment of pet cats - but, as in people, it can be lifesaving. The availability of donors has been a limitation in primary care veterinary practice, but with the growth of blood banks providing greater access to feline blood, the procedure is likely to become more commonplace.

To address the need for authoritative guidance (not only on best practice, but also some important considerations beyond the clinical procedure itself), the International Society of

Feline Medicine (ISFM) has today published consensus guidelines in the *Journal of Feline Medicine and Surgery* (JFMS).¹ The authors, an international panel of veterinary experts with individual expertise in infectious disease, anesthesia, critical care, and medicine, have cumulative clinical experience in the collection of blood and administration of transfusions gained in the treatment of thousands of feline patients.

Blood is a precious resource harvested for the benefit of one cat (the recipient), with no benefit for the other (the donor). A basic tenet of the ISFM's advice is that the clinician has responsibility to care appropriately for both parties.



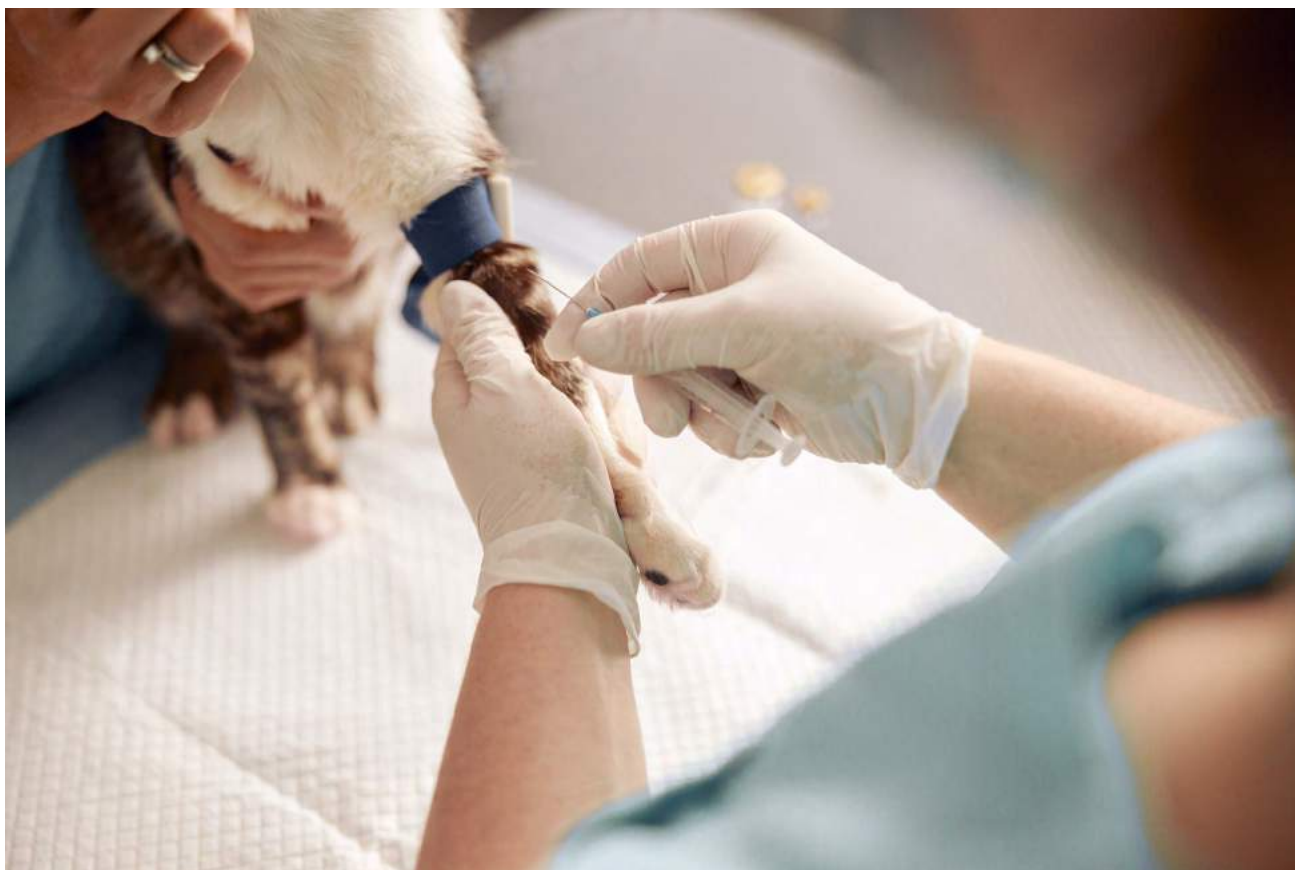
Managing a patient that requires a blood product is clinically challenging. Identifying the need for a blood product is just the first step. The clinician needs to establish a clear-cut benefit to the recipient and, critically, must ensure that type-compatible blood is administered. This requires blood typing of both the donor and recipient cat. Whether an individual is type A, B, or AB in the so-called 'AB' blood group system that exists in cats is partly influenced by geography as well as by breed. Type A is the most common phenotype worldwide and Siamese cats, for example, are believed to be exclusively type A. Type B is much lower in prevalence, although is reported to be not uncommon among non-pedigree cats in Australia and also among British Shorthair cats. Type AB is rare.

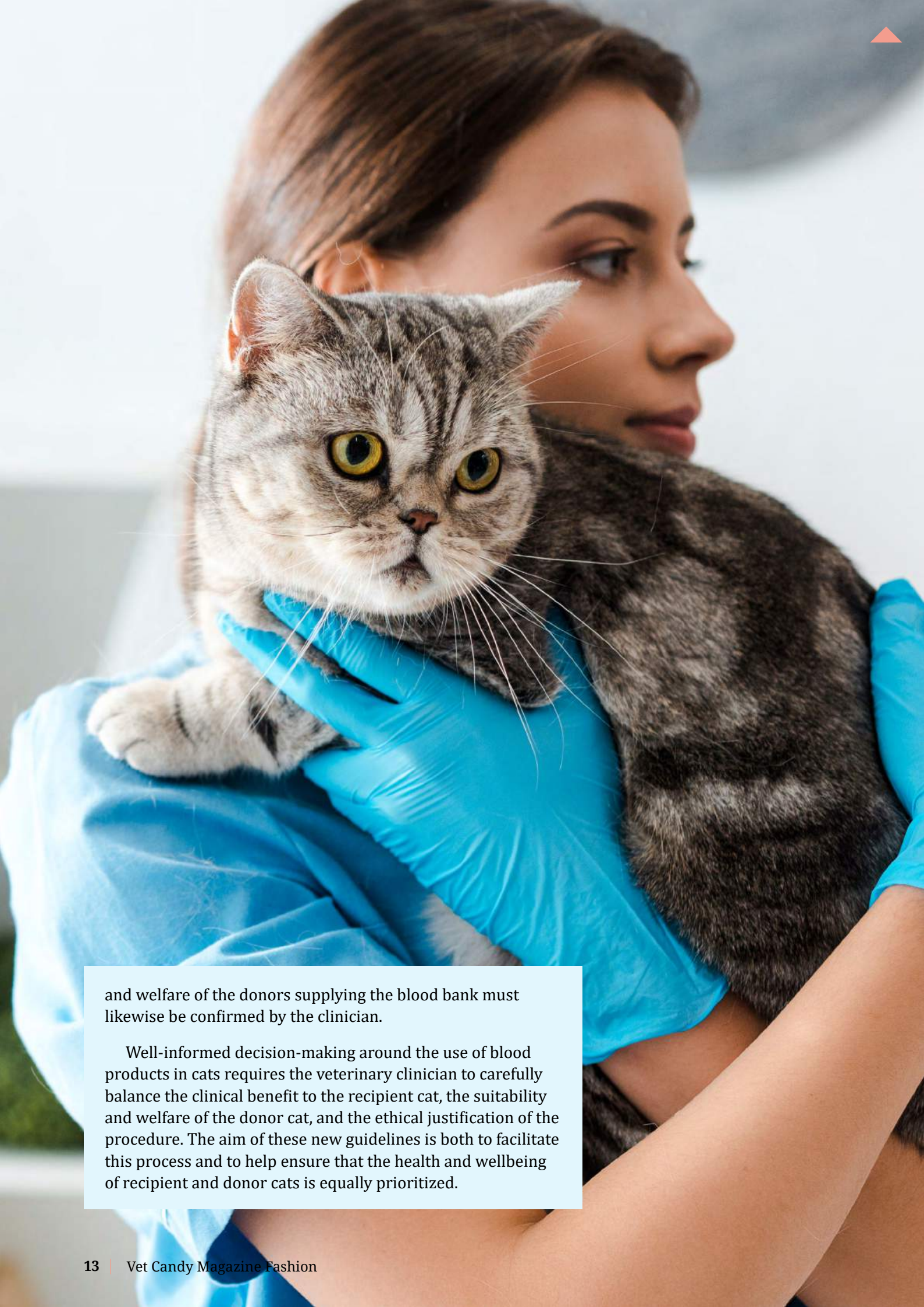
Blood types arise due to genetically determined antigenic markers (alloantigens) present on the surface of red blood cells. Cats, unlike dogs, possess naturally occurring alloantibodies against 'foreign' (non-self) alloantigens. This complicates the process of blood transfusion and can lead to potentially fatal blood transfusion reactions. While the risk of a transfusion reaction increases with subsequent transfusions, a reaction may arise even with a first blood transfusion. In addition to blood typing, the guidelines discuss the benefit of 'cross-matching', whereby blood from the donor and recipient cat are mixed to test for a reaction before a transfusion is undertaken. They strongly recommend that cross-matching is undertaken for any recipient with an unknown transfusion history or that has had a previous transfusion reaction.

One of the particular challenges surrounding blood transfusion in cats is that there are also risks to the donor in terms of the sedation that is often required, as well as the venipuncture and removal of blood itself. Although careful technique can help mitigate the risks, this represents a relatively unique situation in clinical veterinary practice in that a specific intervention

has no benefit for the donor animal. Indeed, in an accompanying appendix discussing the ethical considerations of blood transfusion, the guidelines acknowledge that 'donor' may be inappropriate in this context, as it implies consent or a 'gift' that cats themselves are unable to decide to give. 'Harvesting' may be a more accurate, albeit less comfortable, term for blood collection.

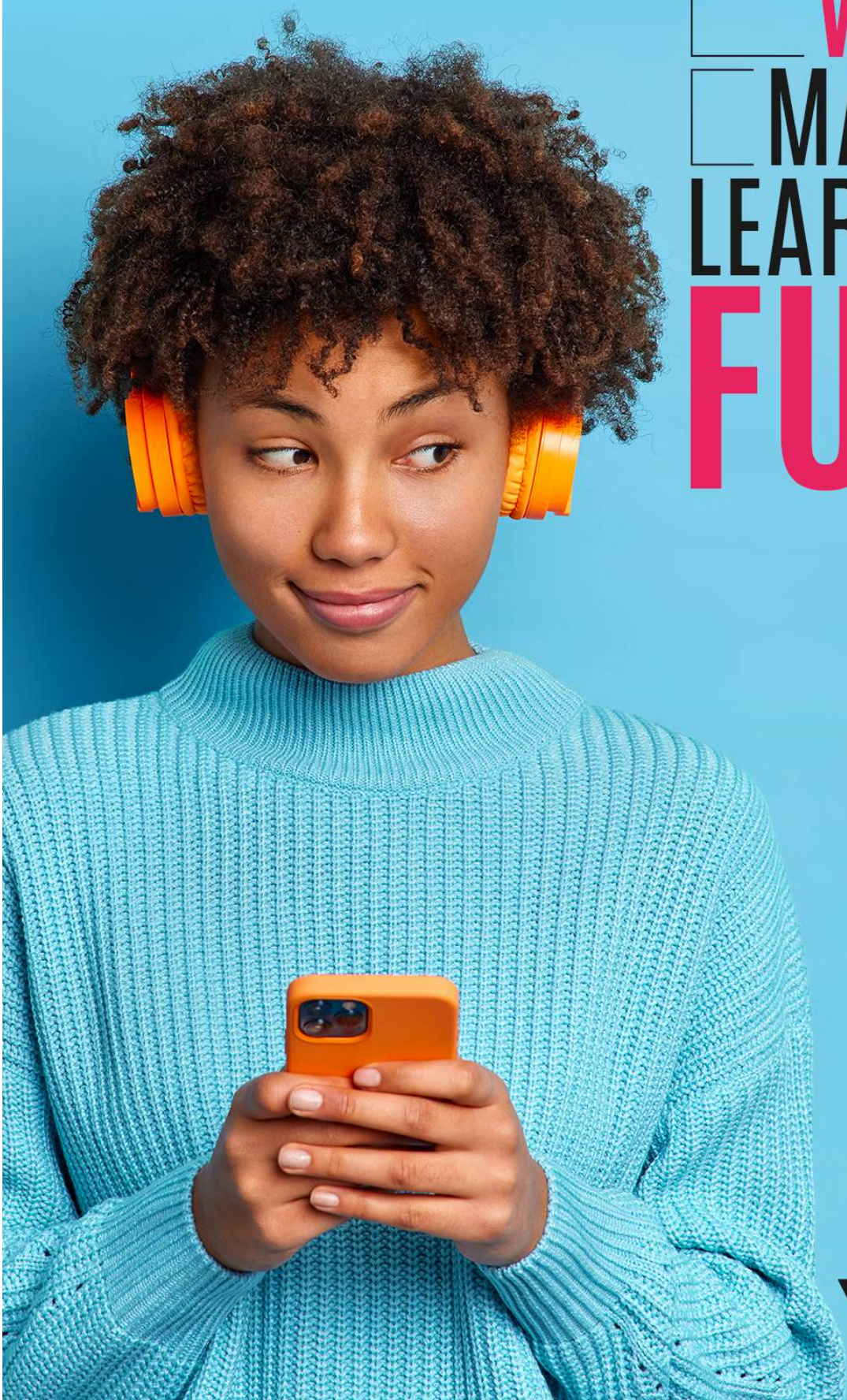
Often donors are cats owned by clinic staff, or other cats belonging to the owners of recipient cats; sometimes donor cats may be volunteered after a public appeal. Many veterinary clinics maintain a register of suitable donors to call upon when needed. In some areas, unowned cats may also be used. The guidelines emphasize that the clinician's duty of care extends to the owner or caretaker of the donor cat, who must be well informed of the process and risks. To assist in this, International Cat Care, the parent charity of ISFM, has created a resource (available at icatcare.org/advice/cat-carer-guides) explaining what to expect if owners are considering volunteering their cat as a blood donor or, indeed, if their cat is requiring a blood transfusion. Where pre-collected blood products are purchased via a blood bank, the provenance of the blood products





and welfare of the donors supplying the blood bank must likewise be confirmed by the clinician.

Well-informed decision-making around the use of blood products in cats requires the veterinary clinician to carefully balance the clinical benefit to the recipient cat, the suitability and welfare of the donor cat, and the ethical justification of the procedure. The aim of these new guidelines is both to facilitate this process and to help ensure that the health and wellbeing of recipient and donor cats is equally prioritized.



WE
MAKE
LEARNING
FUN!

VC Vet
Candy
smart. simple. sweet.

A woman with dark hair, wearing a black beret, a black t-shirt, a grey and white plaid blazer, and grey trousers, is sitting on the floor of a closet. She is holding up a pair of pink sneakers with white laces and a white star on the side. The closet is filled with various shoes on shelves and hanging bags. The background is a white wall with metal shelving units.

5 tips for a closet makeover

Mikaela Bolker

The struggle to organize our closet is real. Luckily, there are so many ways to turn your closet into a safe haven that makes you feel fabulous, no matter whether you're wearing a ball gown or sweats. Keep reading for five tips on how to give your closet a glam makeover.



Color Coordinate

The first step to making a closet look cool, calm, and collected is through a great color palette. Find a color scheme that you like and then accessorize accordingly. Whether it be the bins, the hangers, or color coordinating the clothes itself, finding a color palette for your closet makes it inviting.

Stupendous Storage

Storage is key to any closet. The perfect closet is organized, yet functional.

Whether it be color coordination, adding bins, or hanging clothes in a specific order, find a system that works for you and stick to it.

Fun but functional

Accessorize when possible! One creative way to do this is by using your jewelry as decoration. For instance, hang your pearls on the walls of your closet as a display. You can also do this with hats! Hang them up on the closet walls like they're a picture – or get a big statement mirror to hang on the closet door.

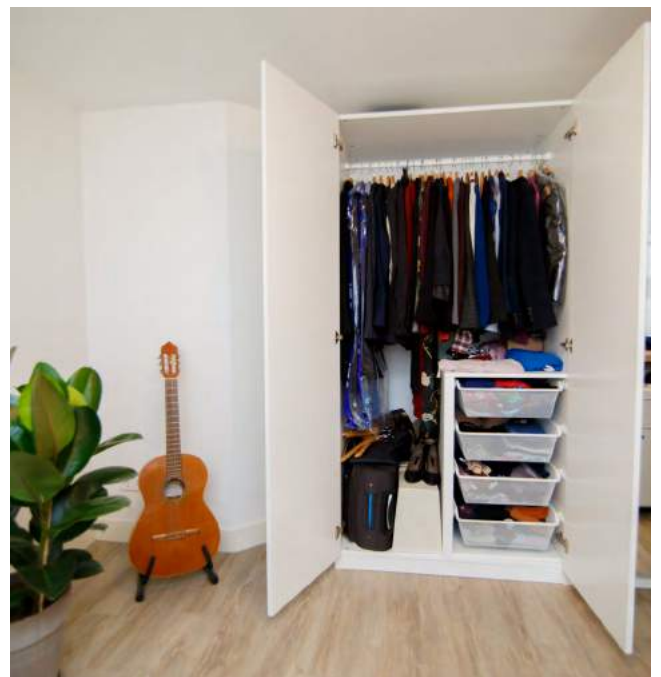


Personalize

Your closet is your own, so always do what works best for you! Don't be afraid to mess around with different ideas until you find something that works for your closet and lifestyle.

Less-Stress Labelling

Label your closet items! Ultimately, labeling items will make laundry day or digging around in the dark in the morning a much easier experience, especially if you share your closet with someone else.



How to Find the Perfect Scrubs for Your Body Type

By Keith Lutz

Finding the perfect scrub for your body type is often about more than just comfort.

As a functional work garment, scrubs help keep you clean, professional, and (hopefully) comfortable throughout your workday.

One issue that many people encounter when purchasing scrubs is that they don't know how to shape the appropriate scrubs for their body type.

This often goes beyond sizing and into more general areas such as what kind of body type you might have, as well as what feels comfortable to you.



We will discuss the three common body types and how they relate to your purchase of work scrubs – not to mention some insights into what might work best for you.

V-Shape Body Type

People with a v-shape body type tend to have very wide shoulders and a narrow waist. This is often accompanied by a broader chest and sometimes fuller hips.

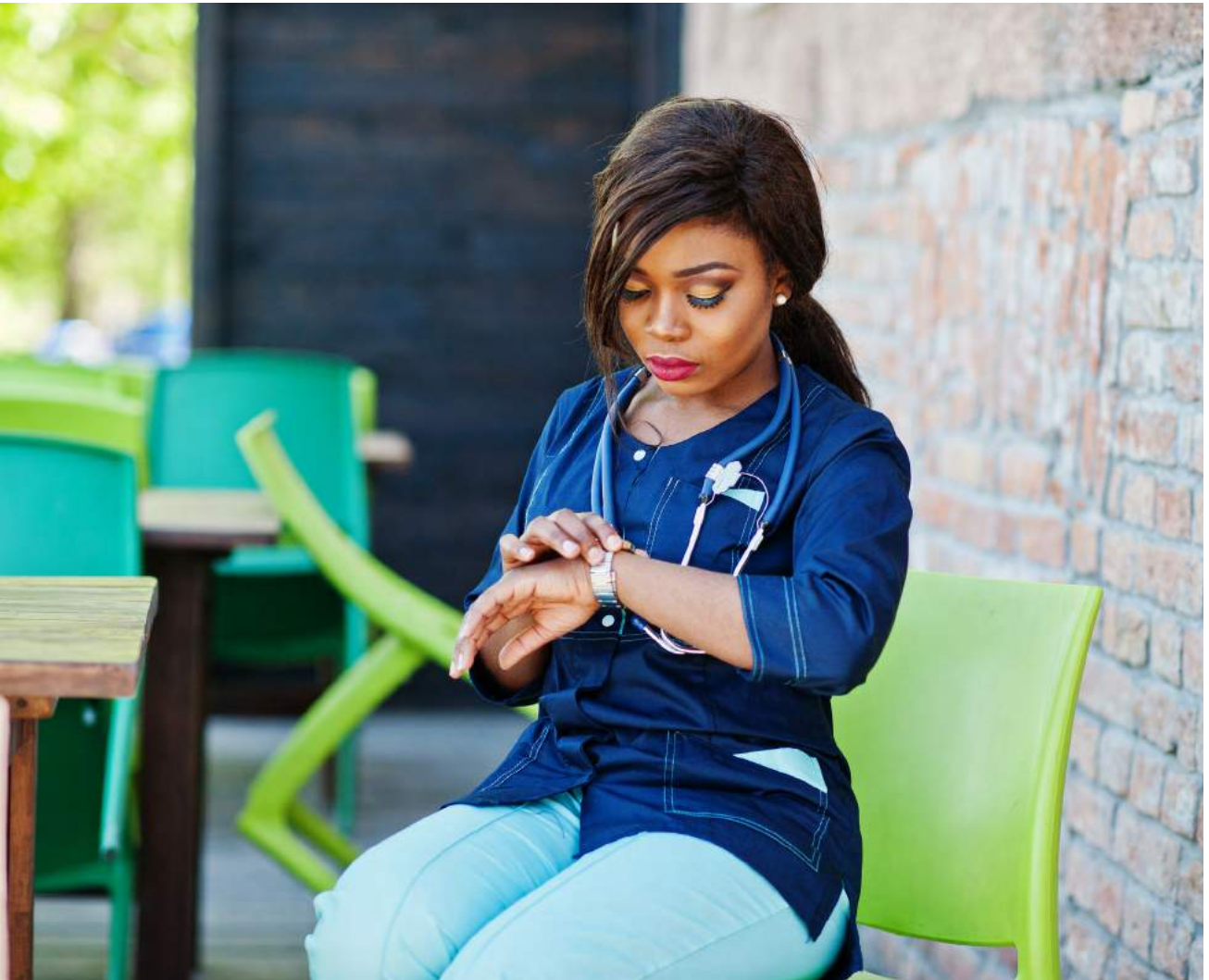
Often referred to as the “athletic” body type, you often see this on basketball players and professional swimmers. Finding scrubs to fit this body type means you need to accommodate a large chest and full hips.

A tight upper garment will not only be uncomfortable, but also hamper mobility. Tightness in the hips will do the same (aside from looking awkward). For women in this category, both the mock wrap and empire waist work well for the top garment. For the bottom garments, cargo, straight, wide, and flare leg pants work well. For men falling into this category, polo shirt styles, layered v-necks, and unisex tops work best while cargo, fitted, and drawstring options tend to work best for the bottom half.

Pear/Apple Body Type

Pear and apple body types are often used interchangeably, although they mean different things. A pear body type is where a person is smaller at the chest and shoulders and fuller at the waist and hips.





Conversely, an apple body type means that a person has a wider chest and broader shoulders, a less defined waist, and tapering as you reach the waist and hips. For a pear body type, scrubs that are looser in the bottom garment and stretchable or breathable will work best, while those people with an apple body type need something looser and wider in the upper garment area. For pants, we recommend drawstring and relaxed fits for apple body types and straight, flare, and wide-leg pants for pear.

Hourglass Body Type

When you have wide shoulders, a broad chest, wide hips, and a defined waist, then you have what is called an hourglass body type.

You will want garments that are loose and breathable in both the upper and lower sections with a focus on movability. We suggest stretchable fabrics in a mock wrap or empire waist with wide, straight, or flare leg pants.

General Tips for Finding a Pair of Scrubs for You

Overall, you'll want to make sure your scrubs allow you maximum maneuverability while also being comfortable for long periods of time.

Depending on your shift, this could be anywhere from 8 to 12 hours, so you will want to pay attention to things such as the fabric and breathability of the pieces in general.

TIME FOR SOME
SELF-CARE WITH
Dr. JESSICA



Cavalier King Charles spaniels carry more harmful genetic variants than other breeds



Recent dog breeding practices have loaded up cavalier King Charles spaniels with disease-causing mutations, including variants linked to the common heart condition myxomatous mitral valve disease (MMVD). Erik Axelsson of Uppsala University and colleagues published these new findings on September 2nd in the journal *PLOS Genetics*.

The past 300 years of dog breeding have created an incredible diversity of breeds with

various sizes, shapes, and abilities. Unfortunately, this process has also caused many breeds to become more inbred and more likely to inherit genetic diseases. The study's researchers wanted to know whether recent breeding practices had increased the number of disease-causing variants in dogs. They sequenced entire genomes from 20 dogs from eight common breeds, such as beagles, German shepherds, and golden retrievers. They found that the cavalier King Charles spaniel, which experienced the most intense breeding,



carried more harmful genetic variants than the other breeds they examined.

The researchers also looked for genetic variants in the cavalier King Charles spaniel genomes linked to MMVD. In this condition, the mitral valve in the heart degenerates, allowing blood to leak from the left ventricle back into the left atrium. They identified two genetic variants linked to the disease, which appear to regulate a gene that codes for a common protein in the heart muscle. The findings offer a potential explanation

for why the cavalier King Charles spaniel is predisposed to develop the disease.

The especially large number of potentially harmful genes in the genomes of cavalier King Charles spaniels, compared to other dogs, likely resulted from its breeding history. Records suggest that small spaniel-type dogs have existed for at least 1,000 years and were popular at royal courts for several hundred years throughout Asia and Europe, including at the court of King Charles II (1630-1685). These spaniels experienced several “bottlenecks,” where only a small percentage of the population passed on their genes to the next generation. The bottlenecks may have made the harmful genes more common in the cavalier King Charles spaniel genome before the dog achieved recognition as a breed in 1945.

Axelsson adds, “We find that recent breeding may have led to an accelerated accumulation of harmful mutations in certain dog breeds. In the Cavalier King Charles spaniel specifically, one or several of these mutations affect heart muscle protein NEBL and may predispose this breed to devastating heart disease.”





HOW TO GET READY IN 15 MINUTES OR LESS

Mikaela Bolker

Only have fifteen minutes to get ready? Whether you missed your alarm or were invited to an event at the last minute, getting ready quickly *is* possible. Here are five quick tips to get ready in fifteen minutes or less.





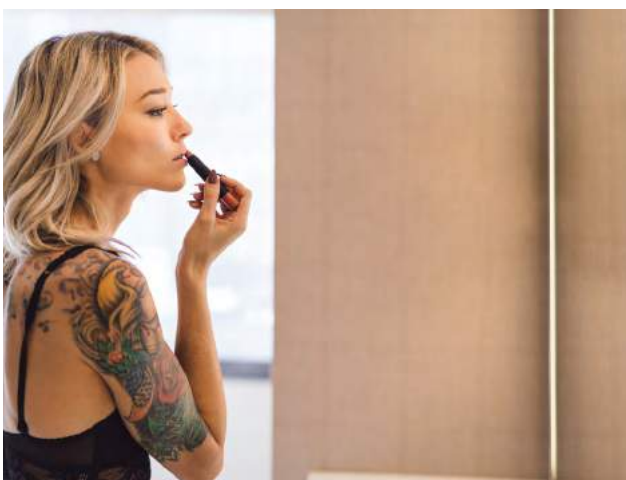
HAIR

There are so many hairstyles that take just a few minutes. Consider wearing your hair half up/half down, in a high ponytail, or down. If you want to make a statement, wear a cute hat, headband, or headwrap. Lastly, remember that dry shampoo is your best friend. Just a few spritzes can make your hair look clean, fresh, and voluminous.



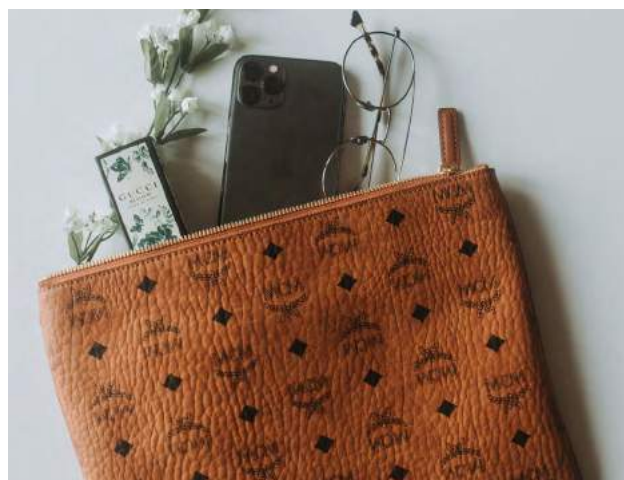
OUTFIT

You can never go wrong with basics. A simple white tee, a pair of blue jeans, and a nice pair of shoes (such as boots, flats, or fashion sneakers) will never go out of style. Otherwise, just grab your favorite go-to outfit and you're all set!



MAKEUP

When you only have 15 minutes to get ready, keep your makeup minimal. Hit all the basics like moisturizer, cover-up, mascara, and lip balm. These should be enough to keep you looking refreshed and put together. If you want to add some oomph, throw on a dash of lip color or eyeshadow.



PURSE

Make sure to pack your purse the night before! That way, you won't be frantically searching the house for your keys or chapstick when you don't have time.

There you have it. Five tips for fifteen minutes!



How to Make Your Scrubs Reflect Your Personality

Keith Lutz

Scrubs aren't the most exciting work garment out there, but that doesn't mean they have to be totally boring.

Of course, you'll want to conform to any standards and dress codes established by your place of work.

But as long as you aren't breaking the rules, who says you shouldn't have a little bit of fun with your work attire?

The only real question is what to do to make them more exciting.

We have a couple of suggestions for you – five, to be exact – and we think they'll help you to at least get started on the path towards thinking more creatively about your work attire.

Here are five of our favorite ways to make your scrubs more exciting:

Switch Up Colors and Prints

This might seem like a simple suggestion, but it can have a huge impact on your scrubs in terms of presentation. Try mixing and matching different colors and prints to create new bold, dynamic styles. We recommend going for complementary colors so that you give off a chic, composed vibe – or you could go all-out with a full neon orange pair of scrubs or a wild print.

Add Some Buttons and Badges

Again, you'll want to make sure you're adhering to workplace policies, but some fun buttons and badges are a very easy way to add personality to an otherwise boring outfit. What you choose is up to you, but some fun suggestions we imagine would be something like cartoon characters or heroes if you work with children, or something that advertises your love of animals.



Add a Fun Scrub Jacket

Aside from giving you more buttons to work with and thus more functionality, scrub jackets can add a quick pop of personality that can also be easily removed, should the circumstances require it. To be honest, we love the extra functionality these jackets give us. And if we can make them more fun in the process, why not?

Graphic Tops

Whether you want something like an animal print or a geometric pattern, graphic tops can look fun or fashionable depending on what you're looking for in a scrub garment. If you're after a pattern like stripes, dots, or something a little more out there like color blocks, graphic tops are a fun, quick way to add personality to your outfit. Best of all is that most of them probably already work with your existing scrub bottoms, so no need to go out and buy a whole new outfit just to look fashionable!

Bold Colors

We hinted at this in our suggestion about switching up colors and prints, but we're going to take it a little bit further here. We all know what the standard scrub colors are and we know what will stand out from that pack.

Think subtle hues of blue and purple or varying shades of green. You'll be amazed at how you can stand out just by going a shade lighter or darker than the standard uniform. It's not a lot of effort, but you'll be unique among those who have chosen the more tried-and-true route. Aside from that, you could aim for chic colors such as blacks trimmed in silver or other fashionable looks.



A Holistic Approach

A couple of things to keep in mind when shopping for scrubs is that you want them to be functional and comfortable. If they're fashionable and fun, those are bonus points. Also, don't forget about accessories, if they're allowed. Often it's the subtle touches to our daily outfits that make the most impact.





STREAM
Anytime. Anywhere

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Why we need more culture in our profession

Dr. Shermaine Wilson Cox

Some people are better at creating change than others. They're the ones that see something missing from the world and instantly make plans to fill the gap. They're people like Dr. Shermaine Wilson Cox, who founded [Sankofa Medical Scrubs](#) after she found that most scrub fashion didn't fit her personality. Through [Sankofa](#), Dr. Shermaine was able to deliver a modern line of Afrocentric medical scrubs featuring pan-African prints of gold, red, and green.



Q and A with Dr. Shermaine

What inspired me to create my designs:

Working in a clinic, we have to wear scrubs on a daily basis. I would wear African print headbands or wraps to express my style, but trying to match those with my scrubs was near impossible. The printed scrubs I would find had cartoon characters, flowers, or superheroes and, although they were cute, they didn't represent my style.

While searching online for African print scrubs, I found that the selection was very limited, especially those that have a modern, tailored fit. That's when I decided to make a line myself.

Why we need fashionable scrubs:

The way we dress can express our heritage, culture, and style. I believe that when you are wearing something you like, it makes you more confident and that energy transfers to your life and your work. Simply put, when you look good, you feel good. And when you feel good, you do good!

What is so different about Sakofa?

Sankofa scrubs contain a vibrant African kente print that relates back to my African ancestors. I used African print so that medical professionals of color could wear them and feel a sense of pride and empowerment. It took a lot for African Americans to get to the point where we were allowed to go to

medical schools and practice medicine. I feel that showing pride in our culture is a way of giving thanks to our ancestors because, without them, we would not be where we are today.

What I do in my spare time:

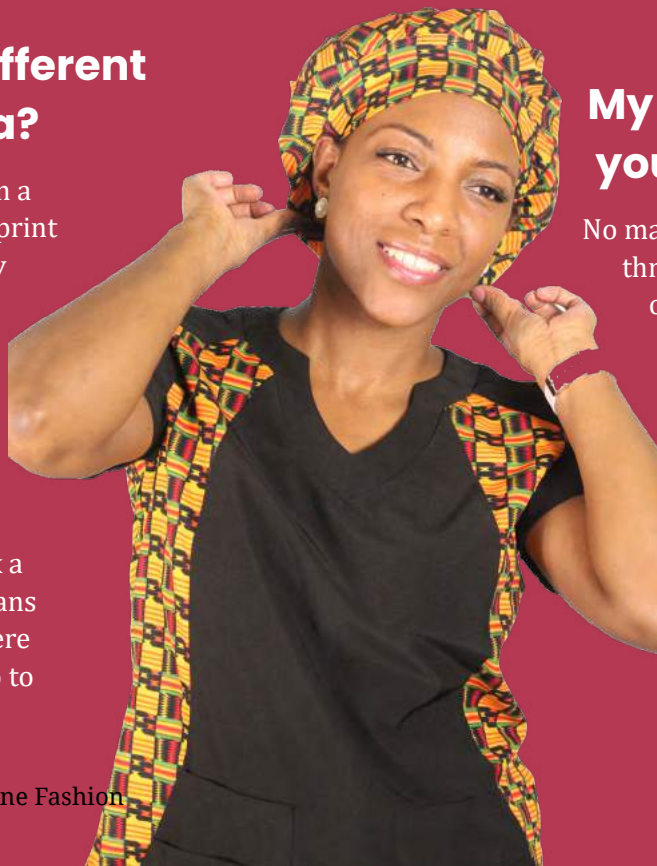
I am a mom of a very active 3 year-old son. Family time is a priority for us and we love being outdoors, either going to the park or pool. We also love to check out fun family-friendly activities around our community. My husband and I also have a passion for travel. I spent four years working as a flight attendant before attending Tuskegee for veterinary school and he drives trucks for a living, so together we know all the best travel secrets!

The best career advice I ever received:

Never stop learning! Don't ever think you can get to a point where you know everything, because that will never happen! Veterinary medicine is constantly changing. Keep an open mind to learning and always be teachable.

My advice to my younger self:

No matter what you may go through in life, no matter the obstacle or struggle, don't let it keep you down and never give up. Continue to move forward and reach for your goals. Taking micro-steps toward your goals and dreams is much better than taking no steps at all.



INFECTIOUS DISEASES IN CATS

WITH

DR. **CAREY** HEMMELGARN





Washington State University spearheads new toolkit for one health

Courtney Stanley

Sara brings her ferret, Izzy, into the veterinary clinic for a check-up because he hasn't been feeling well. During the veterinary visit, Izzy is diagnosed with the flu, an illness that can go back and forth between humans and ferrets. Although Sara didn't plan to meet with the nurse practitioner - she really only came in for Izzy - the nurse practitioner at the clinic is able to meet with Sara in the adjacent room and is able to diagnose Sara with the flu as well. At the One Health Clinic, Sara doesn't need to make an appointment or go to another location for her healthcare, since all the care is in one location.

This easy access to healthcare is the norm at the One Health Clinic™ in Seattle. The clinic offers integrated healthcare for people experiencing homelessness with pets. The unique side-by-side model of care means clients, like Sara and Izzy, can get both their healthcare needs met at one place and at one time. It's somewhere her veterinary and human health team can create a health plan that benefits them both.

"People experiencing homelessness will prioritize caring for their pet rather than themselves," shared Dr. Katie Kuehl, clinical faculty at the Washington State University College of

Veterinary Medicine. *“Our team builds trust with the clients, so they are more comfortable accessing healthcare. When the person cares for themselves, they can better meet the needs of their pet as well as access other services to move toward housing stability.”*

The One Health Clinic launched in 2018 with a goal of improving healthcare outcomes for people and their pets. Medical professionals and veterinarians - both students and clinicians - work together to understand the needs of the person,

the animal, and issues that impact both.

“The interdisciplinary approach to healthcare is critical,” says Dr. Peter Rabinowitz, director of the University of Washington Center for One Health Research. *“We are bringing together students from medicine, nursing, pharmacy, social work, and veterinary medicine to learn how they can best offer healthcare. This integrated approach is important for students to learn as they consider how to increase access to care for underserved communities.”*





The team knew that creating a clinic wasn't enough. They documented everything, resulting in an online toolkit so people in other communities can design integrated healthcare clinics. The free toolkit (www.onehealthclinic.org) offers guidance for organizations at all stages of clinic development – from initial meetings to logistics. The team is working with communities across the country to pilot One Health Clinics. These clinics will increase access to healthcare for underserved populations.

“We have seen the youth and young adults in our community benefit from the One Health Clinic integrating with our existing human-only health care clinic,” states Katie Schneier, Neighborcare Health Clinic Administrator. *“Before, they may not have accessed care for themselves, but the access to veterinary care brings them into the clinic and their “Just Say*

Hello” policy has the owners meeting with our Nurse Practitioner. And that meeting may turn into a visit this time, or maybe next time. We estimate our client numbers have increased 42% since the One Health Clinic started.”

The One Health Clinic started as a partnership between the University of Washington Center for One Health Research and Washington State University College of Veterinary Medicine to explore integrated human and veterinary healthcare for people experiencing homelessness. Partners for the Seattle Clinic includes Neighborcare Health as the human healthcare partner and is held at New Horizons, a youth and young adult shelter and service provider. The pilot program was funded by a grant from the Banfield Foundation and the Population Health Initiative. The toolkit creation was supported by Petsmart Charities.



5 HEALTHY AND DELICIOUS SNACKS YOU MUST TRY

Mikaela Bolker

Contrary to popular belief, healthy snacks don't need to sacrifice flavor! Here are five snack ideas that are easy, fast, and tasty.



Apples/Celery & Peanut Butter

Apples and peanut butter are a classic. There's just something about the combo of the crunch of an apple and with the creamy peanut butter. Other variations to this delicious duo are apples and caramel or celery and peanut butter. To spice things up, add dark chocolate or shredded coconut on top.

Acai bowls

Acai bowls are full of vitamins, probiotics, and fiber. To make an acai bowl, just find your favorite yogurt flavor and top it with fruits. From blueberries and bananas to pomegranates and mangos, you can get creative with acai bowls. You can even add granola or flaxseed to amp up the health benefits of your bowl.





Granola

Granola is an excellent healthy snack option because you can either buy it or make it yourself. Depending on your favorite flavor, granola can be sweet or savory. Homemade granola bars are fantastic because you can limit the number of artificial flavorings and sugar that many store-bought versions have. Some ideas include oatmeal honey granola or almond chocolate granola.



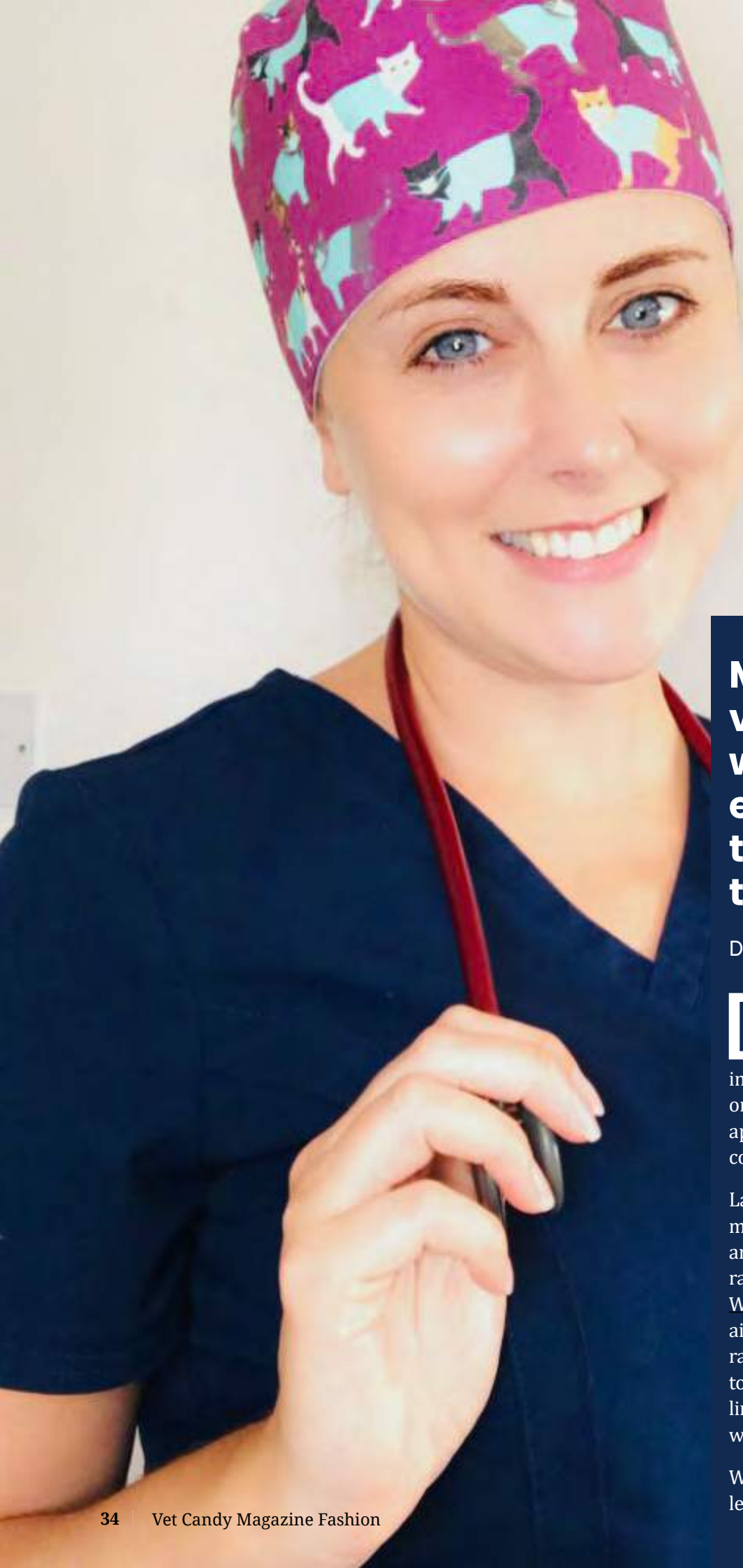
Veggies & Dip

Veggies and dip are a great strategy to get your greens in. There are a lot of healthy dip options around nowadays, from lite ranch dressing to hummus. If you want an all-natural, dairy-free dip option, go with hummus!

Roasted Chickpeas

Packed with protein and crunch, roasted chickpeas are an underrated alternative to chips. Simply drizzle canned chickpeas with olive oil, then put them in the oven until they're crispy. Next, cover them in your favorite spices, such as chili powder or garlic powder, and you're all set to snack!





Meet the veterinarian who's bringing eco-fashion to the surgery table

Dr. Jill Lopez

Dr. Laura Sullivan wants to change the world. Whether it's through caring for pets in the poorest areas of the world or creating eco-friendly veterinary apparel, this veterinarian is committed to helping others.

Last year, Dr. Laura spent two months in Sri Lanka treating sick and injured animals. She also helps raise much needed money for WECare Worldwide, a charity that aims to reduce the incidence of rabies in developing countries. On top of that, she recently created a line of eco-friendly surgery caps with her brand, *All Scrubbed Up*.

We caught up with Dr. Laura to learn more:

Q and A with **Dr. Laura**



Why I created All Scrubbed Up:

I started *All Scrubbed Up* with a vision of bringing fun, positivity, and glam to vet life. As someone who loves performing surgery, I saw there was a need for comfortable caps that could be worn throughout the workday.

I also wanted to help contribute in some small way to reducing waste from the use of disposable items. This waste contributes to landfills while emissions are created via the incineration of clinical waste. So, when you choose to use one of my caps instead of using hundreds of disposable ones, you are actually making a big impact.

Why I think veterinary professionals need fashion in their lives:

I think fashionable vet wear can help us feel good about ourselves. That is very important, especially on stressful days. Popping on a snazzy scrub cap can brighten up a set of plain scrubs or work uniform and spread a bit of joy to your day. It's also a nice way to showcase your personality.

What makes All Scrubbed Up caps different:

A lot of love and attention goes into each and

every cap. They are made of high-quality material, lined, and machine washable. They also are fitted and shaped to your head. I really love the fact that they're super comfortable and don't slip like the disposable ones do.

I also pick bespoke fabrics for the caps and I match the design to clients' requests based on their interests. Everyone has different tastes; one person may prefer a soft floral theme while another wants a medieval dragon pattern with skulls.

Why I am happy to be a veterinarian:

My favorite thing about being a veterinarian is being able to use my skills to be able to give back to those less fortunate. I get a massive sense of fulfillment from volunteering with We Care Worldwide and I want to continue to support them on their clinical team.

What I do in my spare time?


I love to travel! I recently visited Slovenia and Estonia, which are both amazingly beautiful places. Last year I spent two months volunteering in Sri Lanka and two months working as a locum surgeon in Bermuda. I also enjoy scuba diving and paddle boarding, but, since I live in the UK and not a hot tropical area, it is too darn cold most of the time to enjoy these activities.

The best advice I ever received:

Someone once told me that there's always a reason why someone behaves the way they do. Other people's actions or negativity is actually a reflection of themselves.

My advice to my younger self:

Don't sweat the small stuff! Being a veterinarian is great, but it's hard work, sometimes sad, and sometimes very tough. While it is super rewarding, it's only one facet of our lives. You are more than just a veterinary professional.



How a dog with a giant tongue was saved by a veterinary surgeon

Angela Nelson

This is a story of a dog with an enormous tongue and the veterinary surgeon who performed a ground-breaking surgery to help him.

Raymond Kudej is a professor and small animal surgeon at Cummings School of Veterinary Medicine who often works with brachycephalic — or short-headed — dog breeds, such as bulldogs, pugs, and Boston terriers. The shape of their heads makes these breeds prone to breathing and other upper airway problems.

A few years ago, he read a study published in the journal *Veterinary Surgery* in which veterinarians measured the volume of tongues in relation to the area of airways in 16 brachycephalic dogs. They found that the proportion of air to soft tissue in brachycephalic dogs was decreased by approximately 60 percent compared to dogs with a medium-sized skull.

“This paper was the first to objectively assess that the relative size of the tongue is becoming obstructive in these dogs, but it didn’t talk about



ways to make it smaller,” Kudej said. “My first thought was that a tongue reduction might work.”

The idea came from his investigation into the condition of sleep apnea in humans. Humans have fat cells in the base of the tongue and weight gain can cause that area of the tongue to get bigger. One potential treatment for sleep apnea patients is to surgically reduce the size of the tongue to make breathing easier.

There are different types of tongue reduction surgeries for humans, so Kudej launched a research study to explore the method he thought would be the most effective on a brachycephalic dog. He examined the safety and beneficial effects of the procedures on animal cadavers donated to the Henry & Lois Foster Hospital for Small Animals for teaching and research. That’s when a phone-call came into the hospital from someone who needed help with a dog whose tongue was so big he could barely eat.

A Serendipitous Meeting

The caller was Maureen Salzillo, director of Operation Pawsibility Project, an animal rescue organization based in Rhode Island. She had recently rescued a year-old pit bull named Bentley who needed medical care. His tongue was so big that it hung out of his mouth all the time and he took more than 30 minutes to eat just one bowl of food.

“Dogs are stoic,” she said. “He figured it out. To eat or drink, he had to plunge his whole face into the bowl, and it made such a mess. He couldn’t swallow the right way. And he drooled in such copious amounts, it took multiple towels to mop it up.”

Salzillo wanted Bentley to be more comfortable and she took him to a few different veterinarians for help. One took a biopsy of Bentley’s tongue, but the results didn’t reveal any issues. Another suggested that Bentley was tongue-tied, a condition that limits tongue mobility and can be corrected with a surgical procedure. But Salzillo,

an experienced dog owner, had a hunch that mobility wasn’t the issue.

“In the meantime, we changed Bentley’s food and put him on allergy medication because in addition to the tongue, his muzzle was so swollen,” she said. “We changed him to a specialty food for dogs with sensitive skin and allergies. It helped the muzzle problem, but it didn’t help the tongue.”

When she called the Foster Hospital for Small Animals an appointment, she said she spoke with a liaison and thoroughly detailed Bentley’s medical history. The liaison forwarded her information to Kudej, who immediately called her back.

“That’s where the sense of serendipity came in. I’m in the middle of this research, and here’s this dog with an enlarged tongue as a clinical case. It’s such a rare thing,” Kudej said.

By November 2020, amid the COVID-19



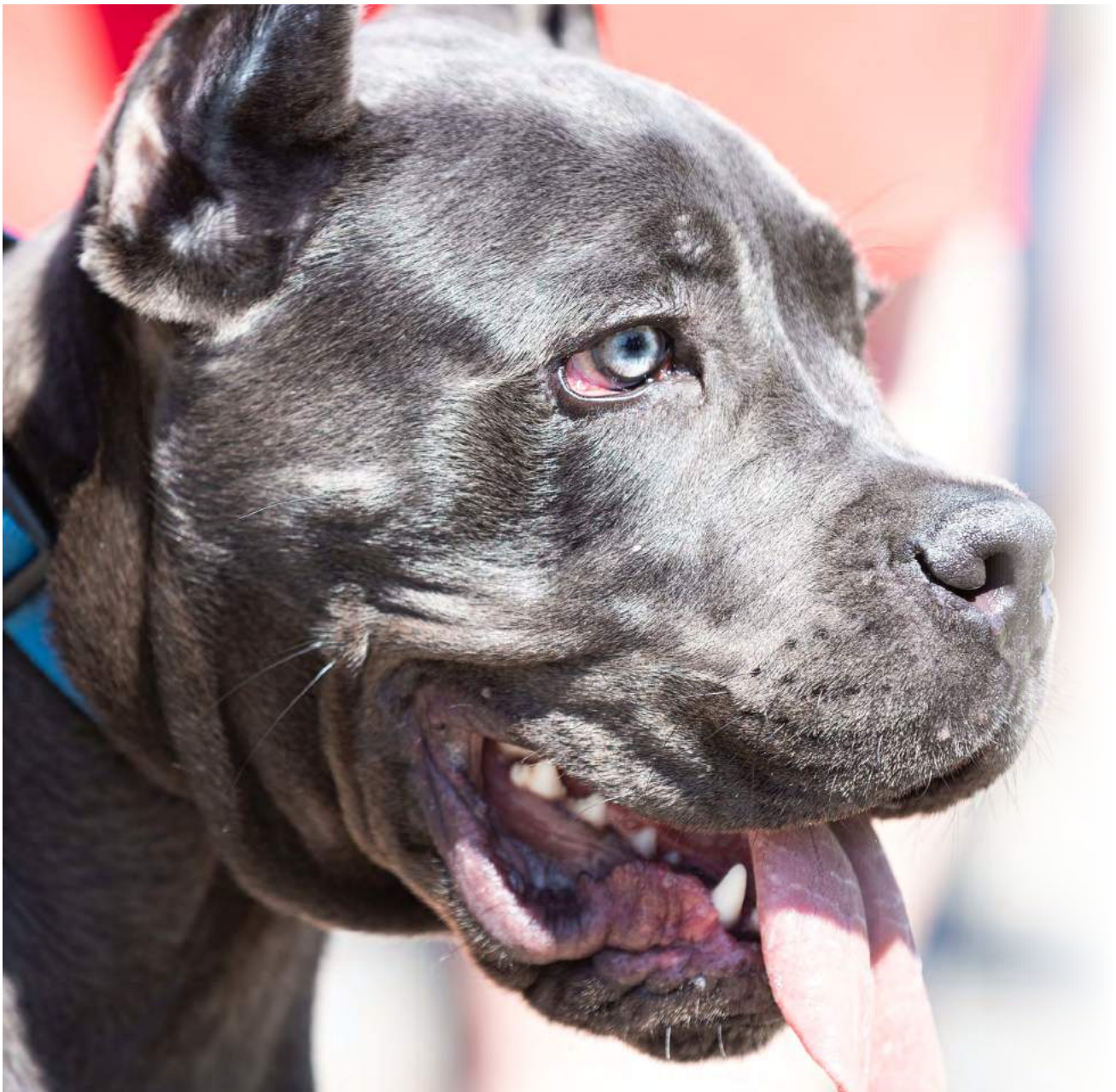
pandemic, Salzillo brought Bentley for an examination at Tufts, where Kudej agreed the dog was not tongue-tied. He just had a humongous tongue. Bentley's tongue was so heavy that the sheer weight of it pushing down on his teeth constantly caused them to grow sideways at a 90-degree angle. In addition, his mandible, which is normally the shape of a small bowl that holds the tongue, was completely flat.

"The dog was suffering," Kudej said. "There were ulcers on the surface of his tongue from trauma associated with it just being so big."

The animal shelter printed T-shirts with Bentley's face on them as part of a fund-

raiser for his medical care. Photo: Courtesy of Maureen Salzillo He told Salzillo that he had never done a tongue-reduction surgery on a patient, although he had practiced on the donated cadavers. Knowing the unprecedented nature of the procedure, she was willing to let Kudej go forward with it.

The surgery would be expensive and the specialty dog food needed to keep Bentley's allergies in check was also expensive, so Salzillo began fund-raising for Bentley's medical costs. She printed up T-shirts that had Bentley's face on them with the words, "Save Bentley's Smile" and sold them on her social media channels. By February 2021, the shelter had raised most of the money needed for the operation.



A photograph of two surgeons in an operating room. They are wearing blue scrubs, surgical masks, and hairnets. They are focused on a patient lying on a table, which is covered with a blue drape. Various surgical instruments are visible on a table to the right. The background shows the typical sterile environment of an operating room with overhead lights and equipment.

A FIRST-OF-ITS-KIND SURGERY

An abnormally enlarged tongue is called macroglossia and the surgery Kudej performed was a midline glossectomy, which reduces the size of the tongue by taking out tissue from the middle of the

muscle as opposed to the sides, where arteries are located. Guided by a CT scan to avoid the arteries, Kudej was able to remove tissue from the center of the tongue to make it thinner and smaller.


“

We are so grateful to Dr. Kudej and his team at Tufts for helping our boy live a better quality of life.

”

At first, Kudej wasn't sure if the surgery was successful. The first stage of healing is inflammation, so swelling was to be expected for the first few days. However, after the third day the swelling started to decrease. After a week or so, Salzillo was able to take Bentley home with her to oversee his continued recovery. However, caring for a 75-pound sick dog is no easy task.

“Bentley couldn't move his tongue in and out because the muscle of his tongue was still healing. He couldn't get his food down, so I made little meatballs out of his wet food, got him to open his mouth, and tossed them into the back of his mouth,” she said.

Eventually, Bentley made a full recovery and is now doing incredibly well. Salzillo said his quality of life has improved dramatically and he's like a different dog now, although he continues to eat a specialized diet to keep his allergies in check. He even found a forever home with a loving family.

“Bentley is doing amazing,” the family said in a statement. “He is able to eat and drink much better. With his energy and

attitude, he is like a puppy again. We are so grateful to Dr. Kudej and his team at Tufts for helping our boy live a better quality of life.”

It may have been the first canine tongue reduction surgery ever performed on a live patient. Kudej could not find such a surgery described anywhere in veterinary literature, although he acknowledges it's possible that the surgery was performed but not documented.

In October, Kudej will present his research into tongue-reduction surgeries on brachycephalic dogs and include Bentley's clinical case at the 2021 American College of Veterinary Surgeons conference. In addition, an abstract of an upcoming paper will be published in *Veterinary Surgery* with lead author Valeria Colberg, a veterinary surgery intern who worked with Kudej on the research study.

“Bentley's case of macroglossia is one that I've never seen before, and I'll probably never see again,” said Kudej. “I don't believe in fate, but sometimes the stars just line up.”

A Vet Candy Original

Catching Up WITH SHANNON GREGOIRE



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