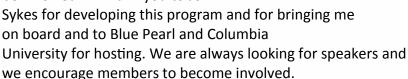
The New York City Veterinarian

September, 2017 Volume 58, No. 3



President's Message

Welcome back, everyone after the summer break! We are ready to move ahead into our second part of the year. This fall the VMA will continue to offer the high school and college night programs for the aspiring veterinarians of New York City . This is an exciting event to be involved in. Thank you to John



September is National Suicide Prevention Awareness Month. It is a time to focus and to remind us to support each other throughout the year, every day. Our profession in all its glory comes with the frustrations, guilt, and challenges that haunt many of us to feel hopeless. I implore each of you to seek help if these feelings plague you and to be understanding and supportive of your colleagues. Please don't hesitate to reach out for yourself or for someone in need. The AVMA provides resources for support as well as the Facebook group Not One More Vet. Please let's be here for one another. "One conversation can change a life".



Inside this issue

President's Message1
Liaison Committee5
Calendar of Events7
Suicide Prevention Month9
Veterinarians and Mental Healt.15
Classifieds17
2016 EXECUTIVE BOARD

PRESIDENT

Danielle Mossa, DVM

PRESIDENT-ELECT Thomas LoBasso, DVM

Deirdre Chiaramonte, DVM

TREASURER
John M. Sykes, IV, DVM

IMMEDIATE PAST PRESIDENT
Mary Buelow, DVM

MEMBERS AT LARGE

John Lu, DVM John Sangiorgio, DVM Sally Slavinski, DVM David Wohlstadter, DVM Stephanie Janeczko, DVM

NYSVMS REPRESENTATIVE

Allan Bregman, DVM
ETHICS CHAIR
Lisa Esposito, DVM
EXECUTIVE SECRETARY
Linda A. Chiaverini
MANAGING EDITOR
Sally Slavinski, DVM

Continued on next page.....

Presidents message continued

Moving forward into the rest of the year, The VMA is pleased to continue to provide our monthly continuing education lectures and we are excited to be working on a holiday party this year. We welcome any member to join us at the executive board meetings preceding the lectures and the social hour immediately following. Thank you and take care of each other!

Respectfully Yours, Danielle Mossa, DVM



This dog was recued during the aftermath of Hurricane Harvey.

This dog was spotted chained to a pole as flood waters rose in Houston. Image credit: Ruaridh Connellan





SAVE THE DATE

Saturday, November 4, 2017 8am – 4pm

Animal Medical Center's 3rd Annual One Health Conference:

Connecting Human and Veterinary Medicine, A Comparative Approach to Cardiology

> Weill Cornell Medicine Belfer Research Building 413 East 69th Street New York, NY 10021

Register at: amcny.org/onehealth





ONE HEALTH PROGRAM SPEAKERS:

ТОРІС	DVM	MD
Cardiac	Kate Meuers	Jeff Towbin
Genomics	NSCU	Le Bonheur Children's Hosp.
Endomyocardial	Taryn Donovan	Navneet Narula
Biopsy	AMC	Weill Cornell Medicine
Pathophysiology	Mark Oyama	Giovanni Ferrari
Mitral Valve Prolapse	Univ. of Penn.	Univ. of Penn.
Echocardiography	Dennis Trafny AMC	Rebecca Hahn Columbia Univ. Medical Ctr.
Hypertrophic	Philip Fox	Mark Sherrid
Cardiomyopathy	AMC	NYU Langone Medical Ctr.
Pulmonary Hypertension and Tracheomalacia	Rebecca Stepien Univ. of Wisconsin	Mohit Chawla MSKCC

The Elmer and Mamdouha Bobst Hospital | Caspary Research Institute
The Institute for Postgraduate Education | Usdan Institute for Animal Health Education





Mini-Meds

Triangles™









Mighty-Bites™ Mini-Bites™

AVAILABLE FOR QUICK SHIP DIRECT TO CLIENT IN ANY QUANTITY OR FOR OFFICE USE IN BOTTLES OF 100

Multi-Meds™

Amlodipine	0.625 mg
Mini-Meds	1.25 mg
Aspirin	2 mg
Mini-Meds	2.5 mg
	3 mg
**	4 mg
	5 mg
	10 mg
	12 mg
Budesonide	0.5 mg
Mini-Meds	
a section increase where	1 mg
	2 mg
C:	3 mg
Cisapride Mini-Meds	1.5 mg
Milli-Meds	2.5 mg
	3.75 mg
	5 mg
	7.5 mg
	8 mg
	10 mg
Clopidogrel Mini-Meds	5 mg
Mini-Meds	6 mg
	10 mg
	18.75 mg
Doxycycline Mini-Meds	80 mg
Mighty Bites	150 mg
Famciclovir	31.25 mg
Mini-Meds	62.5 mg
Fludrocortisone	0.15 mg
Mini-Meds	0.25 mg
**	0.3 mg
	0.4 mg
	0.5 mg
	0.6 mg
	0.7 mg

Fluoxetine Mini-Meds	2.5 mg
	5 mg
Gabapentin	20 mg
Mini-Meds	25 mg
	30 mg
	40 mg
	50 mg
Methazolamide Multi-Meds	60 mg
Methimazole Mighty Bites	5 mg
Metronidazole Mini-Meds	25 mg
	30 mg
	40 mg
	50 mg
	62.5 mg
Mirtazapine Mini-Meds	1 mg
	1.8 mg
Phenoxy-	2.5 mg
benzamine Mini-Meds	5 mg
Pimobendan	1 mg
Mini-Meds	1.25 mg
	1.5 mg
	2 mg
	2.5 mg
	5 mg
	7.5 mg
	10 mg
	12.5 mg
	15 mg
	20 mg



800-754-5222

Piroxicam	1 mg
Mini-Meds	1.5 mg
	2 mg
	2.5 mg
	3 mg
	3.5 mg
	4 mg
	4.5 mg
	5 mg
	6 mg
	7 mg
	7.5 mg
	8 mg
	9 mg
	11 mg
	12 mg
	13 mg
Prazosin	0.25 mg
Mini-Meds	0.5 mg
Prednisolone	5 mg
Mini-Meds	
Sildenafil	3 mg
Mini-Meds	6 mg
	12 mg
	15 mg
Multi-Meds	20 mg
Theophylline	50 mg
Mini-Meds	
Tramadol* Mini-Meds	10 mg
Multi-Meds	20 mg
	ZUTIIS
Available for office use through Stokes	
DEA Manufacturer	
License	

More items coming soon!

Trilostane	3 mg
Mini-Bites	5 mg
	8 mg
	9 mg
	12 mg
	15 mg
	20 mg
	23 mg
	25 mg
	35 mg
Mighty Bites	40 mg
	50 mg
	70 mg
Ursodiol	30 mg
Mini-Meds Mini-Med Triangles	35 mg
	40 mg
	50 mg
	60 mg
	75 mg
	100 mg
Multi-Meds	150 mg

Order



1. ONLINE

Registration Required*:

register.myifill.com

*Registration could take 24-48 hours

Already registered? Login at myifill.com

2. CALL 800-754-5222

3. FAX 800-440-5899

SA07262017

Animal Medical Center

510 E 62nd St, New York, NY 10065

Register online at www.amcny.org/pipseminars

Partners in Practice (PIP) Comprehensive Clinical Conferences

Provide several hours of comprehensive review and updates of important and contemporary topics in veterinary medicine. Upon completion, participants should gain enhanced knowledge of the selected topic.

Partners in Practice (PIP) Practical Clinical Workshops

Designed to promote sound diagnosis and effective therapies.

Blue Pearl Veterinary Partners

Continuing Education lectures are free and open to all area veterinarians. Registration is required and is done by sending an email to Dr. David Wohlstadter at david.wohlstadter@bluepearlvet.com. Dinner begins at 7:00 pm and the lectures begin at 7:30 pm. BluePearl is approved as a New York State sponsor of CE. Unless otherwise noted, lecturers are given in Queens then Manhattan and then Brooklyn at the addresses listed below.

Brooklyn

32 4th Avenue (at Pacific Street)

Brooklyn, NY 11217

Queens

107-28 71st Road

(between Austin St. & Queens Blvd)

Forest Hills, NY 11375

Manhattan

410 West 55th Street

(between 9th and 10th Avenues)

New York, NY 10019

Liaison Committee

The Liaison Committee interacts with our local specialty hospitals, educational institutions and not-for-profit organizations and lists in this column any information which is relevant for our membership. Specifically, we highlight continuing education which is complementary to our membership. Please contact us if your hospital has information that you would like to share with our membership.



Partners in Practice (PIP) Comprehensive Clinical Conferences Sundays from 9:00 am - 3:00 pm, unless otherwise noted.

September 10: BehaviorNovember 12: LVT Lecture

Partners in Practice (PIP) Practical Clinical Workshops Tuesdays from 7:00 pm - 8:30 pm.

• October 17: Cardiology

November 21: Common Emergency Toxicities

• December 12: Exotic Medicine

Partners in Practice (PIP) Veterinary Technician Workshops Mondays/Tuesdays/Thursday from 6:00 pm - 7:00 pm.

Under Development



Check their website for the most current information.

Dinner begins at 7:00 pm, the lecture begin at 7:30 pm. BluePearl is approved as a New York State sponsor of CE. Unless otherwise noted, lecturers are given in Brooklyn, then Queens and then Manhattan at the addresses listed to the left.



_unch and Learn





Pet Health Insurance plans, schedule a Lunch and Learn today!

718-570-7778 | aspcapetinsurance.com/lunch

ASK US ABOUT OUR HORSE INSURANCE!

ASPCA PET HEALTH INSURANCE

The ASPCA® is not an insurer and is not engaged in the business of insurance. Products are underwritten by the United States Fire Insurance Company, produced and administered by C&F Insurance Agency, Inc. (NPN # 3974227), a Crum & Forster company. Through a licensing agreement, the ASPCA receives a royalty fee that is in exchange for use of the ASPCA's marks and is not a charitable contribution. C&F and Crum & Forster are registered trademarks of United States Fire Insurance Company.

UO517-OVAT

Calendar of Events

Program Committee - Deirdre Chiaramonte, DVM, Sally Haddock, DVM

The schedule of the VMA of NYC Continuing Education meetings for the remainder of the 2016 calendar year is listed below, including the speakers and topics. All meetings will be held at Wells Fargo, NA, 150 East 42nd Street, Connections Level, New York, New York 10017 at 6:45 pm. Dinner will be served at 6:30 pm. Please bring a photo ID with you to allow entry to the facility. Members must register prior to each meeting.

October 11, 2017

Speaker: Becky Mullis

University of Tennessee

Topic: Nutrition

November 1, 2017

Speaker: Steve Dale

www.stevedalepetworld.com

Topic: Fear Free

December 6, 2017

Speaker: Marie Kerl

University of Missouri

Topic: Nasal Disease & Biomarkers for Kidney Disease

If you have a suggestion for a continuing education speaker or timely topic, please email the VMA of NYC at info@vmanyc.org.



VERG-North has moved to Gowanus

Our new home is at 196 4th Ave—which is less than a mile away from our original North location.

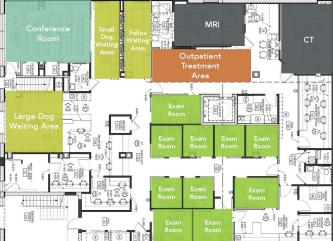






New Features & Improvements

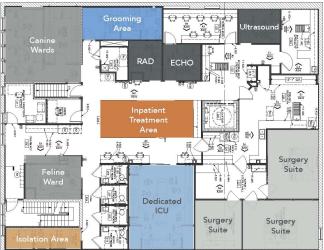
1st Floor



NEW / IMPROVED

Higher quality diagnostic imaging

2nd Floor



Separate canine & feline wards for optimal patient comfort

Dedicated Treatment Area for

Grooming suite to pamper our patients before discharge

More surgical suites to handle a larger caseload

VERG North

(718) 522–9400

196 4th Avenue

VERG South

(718) 677-6700

2220 Flatbush Avenue

*

24-Hour

Emergency &

verg-brooklyn.com

September is National Suicide Prevention Month



The National Suicide Prevention Lifeline 1 (800) 273-8255

Hours: 24 hours, 7 days a week Languages: English, Spanish

Website: www.suicidepreventionlifeline.org

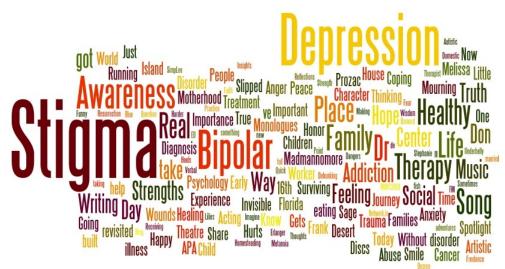


Image courtesy of Mental Health America on San Diego County

VETERINARIANS AND MENTAL HEALTH: CDC RESULTS AND RESOURCES From the AVMA@Work Page

The suicides of <u>Dr. Shirley Koshi</u> and <u>Dr. Sophia Yin</u> brought national attention to the issues of depression, mental health and suicide, which have been an increasingly discussed situation within our profession.

Every 40 seconds a person dies by suicide somewhere in the world. Over 800,000 people die due to suicide every year, and suicide is the second leading cause of death among 15–29-year-olds. (See the World Health Organization's report, Preventing Suicide: A Global Imperative, for these facts and more.)

How does the veterinary profession compare to the U.S. population regarding depression, mental illness, and suicide? The results of a <u>recent survey</u> performed by the U.S. Centers for Disease Control and Prevention (CDC) and a number of health agencies don't paint a rosy picture.

These results are based on more than ten thousand practicing veterinarians who responded to the survey, most (69%) of whom are in small animal practice. According to the survey:

- 6.8% of males and 10.9% of females in the profession have serious mental illness/psychiatric disorder, feelings
 of hopelessness and worthlessness since graduation from veterinary school. Compared to 3.5% and 4.4% lifetime average in the U.S., males in the veterinary profession have twice the prevalence and females in the profession have two to three times the prevalence compared to the national average.
- 24.5% of males and 36.7% of females in veterinary medicine have experienced depressive episodes since leaving veterinary school, which is about one-and-a-half times the prevalence of a U.S. adult throughout their lifetime.
- 14.4% of males and 19.1% of females in the veterinary profession have considered suicide since leaving veterinary school. This is three times the U.S. national average.
- 1.1% of males and 1.4% of females in the veterinary profession have attempted suicide since leaving veterinary school. This is below the national average for suicide attempts and the authors suggest that it may be due to veterinarians' ready access to drugs used in lethal suicide attempts, that they are more likely to die by suicide, thus there are fewer survivors to respond to the survey.
- The three primary stressors identified by the respondents were the demands of veterinary practice; veterinary practice management responsibilities; and professional mistakes and client complaints.
 - There is a stigma among our profession toward those with mental illness, as though mental illness is a weakness that should be stifled, overcome or simply cut out like a surgeon excising a growth. But it's not that simple. Mental illness is not a weakness or a personal or professional failing; it's a real medical condition that must be treated.

If you think your mental or emotional health is falling by the wayside and in need of some help, you're not alone and there are people who can help you. Please get help. Do you recognize potential signs in a friend or colleague? Support them, but also get help from experienced mental health professionals. See the American Foundation for Suicide Prevention website for more information. The National Suicide Prevention Hotline website also provides a number of useful resources, including a Suicide Prevention Lifeline Safety Plan. The University of Tennessee's Veterinary Social Work program is another great resource. Feel free to share others in the comments below. There's also a great series of TED talks on mental health, available online. Our Peer Assistance and Wellness resources provide valuable information, as do several of our Simple Answers to Tough Questions videos.

SUICIDE AND VETERINARY MEDICINE: LET'S TALK ABOUT IT

Debbie L. Stoewen

This article was originally printed in the Canadian Veterinary Journal; Suicide in veterinary medicine: Let's talk about it. Debbie L. Stoewen. Can Vet J. 2015 Jan; 56(1): 89–92.

Suicide and non-fatal suicidal behavior are major public health problems across the world: approximately 1 million people worldwide die by suicide each year. In fact, the number of lives lost through suicide exceeds the number of deaths due to homicide and war combined. Beyond the tragedy of life lost, there is the devastating human cost to family, friends, and colleagues, a cost carried forward with lasting impacts and lifelong repercussions. Suicide is injurious, both deeply and widely.

Several studies have identified a link between suicide and occupation ($\underline{1}$), including the healthcare professions and our own profession. The rate of suicide in the veterinary profession has been pegged as close to twice that of the dental profession, more than twice that of the medical profession ($\underline{2}$), and 4 times the rate in the general population ($\underline{3}$).

No matter where we live, what we do, and what our state of the world, we share the common experiences of joy and sadness, face strife and hardship, and struggle to meet life's challenges. Sometimes "the stuff of life" can pile up, leaving us overwhelmed, depressed, and feeling alone. It can even push us over the edge to thoughts of suicide. The 2012 CVMA National Survey Results on the Wellness of Veterinarians (n = 769) found that 19% of respondents had seriously thought about suicide and 9% previously attempted suicide ($\underline{4}$). Of those who had seriously thought about it (n = 135), 49% felt they were still at risk to repeat. The risk is real. The numbers are compelling. As Halliwell and Hoskin ($\underline{2}$) indicate, "We must develop a greater awareness within the veterinary profession of the issue of suicide, and of the predisposing signs and of the warning signs. There is ample evidence that bringing these issues out into the open, rather than bottling them up, is of great assistance in preventing suicides." Although the stigma associated with suicide has been an important barrier to discussing the issue ($\underline{5}$), we need to open the dialogue in the hope that with increased awareness we can reduce the numbers — and stem the tragedy. It's time we talk about it.

Separating the myths from the facts

Know the facts! They will help you recognize the warning signs, respond appropriately, and even save a life.

Myth #1: Talking about suicide may give someone the idea

Talking about suicide does *not* create or increase risk. The best way to identify the intention of suicide is to ask directly. When someone is given the opportunity to talk, the threat to carry through with suicide diminishes.

Myth #2: People who talk about suicide should not be taken seriously

Suicidal talk is a major warning sign for suicidal risk and should *always* be taken seriously. The myth suggests that suicidal talk is just attention-seeking behavior, while in truth it is an invitation to help the person to live. If help isn't forthcoming, especially after they've made themselves vulnerable by having disclosed sensitive thoughts and feelings, they may feel it will never come. Without appropriate response, suicidal talk — which begins with suicidal thoughts — can escalate to suicidal acts.

Myth #3: Once someone has attempted suicide, they will not attempt again

People who have attempted suicide are the most at-risk for future attempts. The rate of suicide is 40 times higher for those who have already attempted. The foremost predictor of a future suicide is a past attempt.

Myth #4: Most suicides are caused by one sudden traumatic event

A sudden traumatic event may trigger the decision to take one's life, but suicide is most often a result of events and feelings that have added up over a long period of time.

Myth #5: A suicidal person clearly wants to die

What a suicidal person most often wants is *not* to actually carry through with suicide, but to avoid life in its present form and find a way to handle the circumstances that are difficult and impossible to bear.

Myth #6: Suicide is generally carried out without warning

A person planning suicide usually gives clues about their intentions, although in some cases, intent may be carefully concealed.

Myth #7: Males have the highest rate of suicidal behavior in North America

Males die by suicide approximately 4 times more often than females, yet females attempt suicide approximately 4 times more often than males. Females, therefore, have the highest *rate* of suicidal behavior.

Myth #8: The risk of suicide is highest around Christmas

The rate of suicide is actually fairly constant throughout the year, with a slight rise in January, *after* the holidays, and peak in early spring. The holiday season can be a protective factor for those at risk. The "time of togetherness" can increase feelings of connectedness and the obligation to make it through the holidays in the interest of harmony.

Myth #9: Pet ownership reduces the risk of suicide

Anecdotally it may seem that pet ownership is protective, but research has not demonstrated an association between pet ownership and suicide. In fact, the loss of a beloved pet can be a risk factor *for* suicide.

Myth #10: Animals die by suicide

Although folklore includes tales of suicide among animals, modern naturalistic studies of thousands of animal species in field situations have not identified suicide in nonhuman species. Death by suicide is strictly a human phenomenon.

THE RISK FACTORS

The widely acknowledged risk factors for suicide in the general population include personality factors, depression (as well as other forms of mental illness), alcohol and drug abuse, inherited factors, and environmental factors (including chronic major difficulties and undesirable life events) ($\underline{6}$). Although the specific factors contributing to the increased rate of suicide in the veterinary profession have not yet been determined ($\underline{5}$), thanks to the recent work of Bartram and Baldwin ($\underline{3}$), we have a starting point in better understanding the issue. Bartram and Baldwin ($\underline{3}$) designed a comprehensive hypothetical model to exemplify the risk, pointing to a confluence of interrelated and potentially compounding factors. According to Bartram and Baldwin ($\underline{3}$, $\underline{7}$), the following factors may contribute to the increased risk of suicide in our profession: personality factors, undergraduate training, professional isolation, work-related stressors, attitudes to death and euthanasia, access to and knowledge of means, psychiatric conditions, stigma around mental illness, and suicide contagion.

PERSONALITY FACTORS

Veterinarians tend to be high achievers, and high achievers have tendencies to perfectionism, conscientiousness, and neuroticism, all of which can be risk factors for mental illness. Similarly, veterinarians with a preference for working with animals rather than people, may have a higher risk of depression as a result of relative social isolation.

UNDERGRADUATE TRAINING

Halliwell and Hoskin (2) suggest that the very high academic entry requirements into veterinary schools may be linked with increased vulnerability to suicide. However, others report a negative association between intelligence and suicide (8), making the association unclear, but worthy of consideration. It's also been suggested that the highly demanding curriculum and pressures to succeed in veterinary school may preclude the expected growth of emotional intelligence and social skills in that critical juncture of life, limiting the development of coping skills and resilience.

Continued on next page.

•••

PROFESSIONAL ISOLATION

Many veterinarians in private practice work in relative isolation where there is often little supervision and access to assistance from veterinary colleagues, an environment ripe with the potential for professional mistakes. The considerable emotional impact of such mistakes may contribute to the development of suicidal thoughts (9).

WORK-RELATED STRESSORS

Inadequate professional support and professional mistakes, along with other work-related stressors such as long working hours; after hours on-call duties; conflictual relationships with peers, managers, and clients; high client expectations; unexpected clinical outcomes; emotional exhaustion (compassion fatigue); lack of resources; limited personal finances; concerns about maintaining skills; and the possibility of client complaints and litigation can all contribute to anxiety and depression, which increase vulnerability. Long-term exhaustion (burnout), characterized by disillusionment and demoralization, may also increase vulnerability.

ATTITUDES TO DEATH AND EUTHANASIA

Veterinarians in private practice are commonly required to engage in the active ending of life, with strong beliefs in quality of life and humane euthanasia to alleviate suffering. Likewise, those in food production are required to end the lives of animals via the slaughter of livestock. Active participation in the ending of animal life may alter views on death and the sanctity of human life, and in the face of life's challenges, enable self-justification and reduce inhibitions towards suicide, making suicide seem a rational solution.

ACCESS TO AND KNOWLEDGE OF MEANS

Veterinarians have access to and knowledge of prescription medications (including drugs for anesthesia and euthanasia), increasing the potential for misuse. With ready access and knowledge, such substances could be used not only as a (maladaptive) means of coping, but also as a means to suicide, potentially being a key factor in the high rate of suicide in the profession (10).

PSYCHIATRIC CONDITIONS

Just as mental illnesses such as depression and substance misuse and dependence are associated with suicide in doctors (11), by extension, they may also be a factor in suicide by veterinarians. Two-thirds of people who die by suicide suffer from a depressive illness.

STIGMA AROUND MENTAL ILLNESS

The stigma around mental illness is known to influence the accessing of mental health services. Such stigma may be particularly problematic for those working in professions in which their identity is firmly entrenched as "the helper." The need for "helpers" to seek rather than offer help, especially as it relates to mental health, may be perceived as a sign of weakness, engendering feelings of guilt and shame as well as worry about career implications. Stigma is problematic, as it reduces help-seeking behavior, thereby enabling suicide planning

SUICIDE CONTAGION

The increased vulnerability to suicide as a result of direct or indirect exposure to the suicidal behavior of others, known as suicide contagion ($\underline{12}$), may contribute to the increased risk in veterinarians. Awareness of a death by suicide can travel readily among members of a relatively small profession. This, along with the awareness of the risk in the profession as a whole, may increase risk.

Continued on next page.....

PROTECTIVE FACTORS

Just as there are factors that contribute to the risk of suicide, there are factors that reduce the risk ($\underline{13,14}$). Factors known to reduce the risk include having a caring family and good friends (i.e., a strong social network), pregnancy and motherhood (i.e., the maternal bond), and a stable home environment. The willingness to seek help is also protective, giving those who recognize the need for and value of assistance the edge to build resilience. Likewise, proper interventions (diagnosis and treatment) are protective. In addition to these factors, a recent study investigating the protective factors against suicide in the veterinary profession identified the sense of responsibility to family and the belief in the necessity to cope with suicidal thoughts as protective ($\underline{15}$).

WARNING SIGNS

Be aware of the warning signs! With awareness you can better know when to step forward to lend a hand — to support the health and wellbeing of a colleague, friend, or family member, and even save a life. The 3 cardinal warning signs are clinical depression, changes in behavior, and talk about suicide.

The rate of suicide for those with clinical depression is about 20 times greater than in the general population (<u>16</u>). Clinical depression is not just feeling a little sad or "down-and-out" or having an "off" day or two. It is much more pervasive and manifests as a combination of symptoms so potent and wide-ranging that they can interfere with the ability to work, study, sleep, eat, and enjoy once pleasurable activities. Symptoms include feelings of sadness, helplessness, hopelessness, and worthlessness; low energy; difficulty concentrating; irritability, anger, and hostility; loss of interest in usual activities; changes in appetite and sleep patterns; and thoughts of dying. The aspect of depression that appears to be most closely associated with suicide is the sense of hopelessness.

Changes in behavior, especially if out of character or questionable, are strongly associated with the risk of suicide. Recklessness, such as over-drinking, speeding, and promiscuity, and withdrawal from usual enjoyed activities are 2 key behavioral changes to be aware of. Other changes include visiting or calling people (to say goodbye), giving away prized possessions, acquiring lethal means (e.g., purchasing a gun), and increasing the use of alcohol or drugs. Even a positive change, such as a sudden turnaround in someone who has been depressed, can be a warning sign. Rather than signifying improvement, it can indicate acceptance of suicide as the answer and the plan to do the things they care about "one last time."

The risk is overt if there is talk about suicide — of having no reason to live, being a burden to others, being in unbearable pain, and wanting to hurt or kill one's self. The presence of a plan is especially of concern. The more specific, detailed, lethal, and feasible the plan, the greater the risk.

Continued on next page.....

HOW TO RESPOND: BE THERE AND CARE

What can you do to help a depressed or suicidal colleague? The motto to follow: be there and care. As uncomfortable as the situation may be for you, just imagine how it is for your colleague if they're reaching the end of their rope. Remember, suicide is a permanent "solution" to a temporary problem. Suicidal impulses are often brief, at the point when the person feels hopeless. The situation can and will change. Remember too that suicide is not an individual, but a community issue. Humans are social beings who thrive — and survive — within community. Here's how you can be there and care:

- Approach the person.
- 2. Ask how they are feeling.
- 3. Listen with care and concern.
- 4. Ask if they have suicidal thoughts.
- 5. If they do, find a crisis hotline and stay by their side as they make the call.
- 6. If they do but refuse to call, call a crisis hotline yourself for guidance. It is imperative to access professional support, direction, and services as needed.
- 7. Assure them that things can and will change.
- 8. Stay with them, and recruit the company of trusted others (as warranted), until you know the person is safe with the necessary supports in place.

When it is safe to leave, make specific plans to see them the next day so they have a reason to hang on for one more day.

The first step may be the hardest, but it's the right thing to do. Despite your every effort, however, remember that you cannot take responsibility for someone else's life — the decision is ultimately their own. You may, however, be able to help them find hope and see other ways of dealing with their problems and pain, and help them seek the support they need. Professional assistance can make all the difference.

REFERENCES

- 1. Agerbo E, Gunnell D, Bonde JP, Mortensen PB, Nordentoft M. Suicide and occupation: The impact of socio-economic, demographic, and psychiatric difference. Psychol Med. 2007;37:1131–1140. [PubMed]
- 2. Halliwell REW, Hoskin BD. Reducing the suicide rate among veterinary surgeons: How the profession can help. Vet Rec. 2005;157:397–398. [PubMed]
- 3. Bartram DJ, Baldwin DS. Veterinary surgeons and suicide: Influences, opportunities and research directions. Vet Rec. 2008;162:36–40. [PubMed]
- 4. CVMA News: Wellness of Veterinarians: CVMA National Survey Results. [Last accessed November 17, 2014]; Can Vet J. 2012 53:1159–1160. Available from: http://www.canadianveterinarians.net/documents/resources/vet-health-wellness-cvma-national-survey%20results.
- 5. Platt B, Hawton K, Simkin S, Mellanby RJ. Suicidal behaviour and psychosocial problems in veterinary surgeons: A systematic review. Soc Psychiatry Psychiatr Epidemiol. 2012;47:223–240. [PubMed]
- 6. Goldney RD. Risk factors for suicidal behaviour. In: Hawton K, editor. Prevention and Treatment of Suicidal Behaviour: From Science to Practice. Oxford, UK: Oxford University Press; 2005.
- 7. Bartram DJ, Baldwin DS. Veterinary surgeons and suicide: A structured review of possible influences on increased risk. Vet Rec. 2010;166:388–397. [PubMed]
- 8. Gunnell D, Magnusson PK, Rasmussen F. Low intelligence test scores in 18 year old men and risk of suicide: Cohort study. BMJ. 2005;330:167. [PMC free article] [PubMed]
- 9. Mellanby RJ, Herrtage ME. Survey of mistakes made by recent veterinary graduates. Vet Rec. 2004;155:761–765. [PubMed]
- 10. Hawton K. Restricting access to methods of suicide: Rationale and evaluation of this approach to suicide prevention. Crisis. 2007;28(Suppl1):4-9.
- 11. Hawton K, Malmberg A, Simkin S. Suicide in doctors: A psychological autopsy study. J Psychosom Res. 2004;57:1–4. [PubMed]
- 12. Maris RW, Berman AL, Silverman ML. The social relations of suicides. In: Maris RW, Berman AL, Silverman ML, editors. Comprehensive textbook of suicidology. New York, New York: Guilford Publications; 2000.
- 13. Men and Suicide: A high risk population. Center for Suicide Prevention; [Last accessed November 17, 2014]. Available from: http://suicideinfo.ca/ LinkClick.aspx?fileticket=n5ZgwCH83L8%3D&tabid=563.
- 14. Women's Tool Kit. Center for Suicide Prevention; [Last accessed November 17, 2014]. Available from: http://suicideinfo.ca/LinkClick.aspx?fileticket=3lf9EhngaOc%3D&tabid=563.
- 15. Bourdet-Loubere S. Master's thesis. University of Toulouse II-Mirail; France: 2006. Study of links between suicidal behaviour, reasons for living, anxiety and depression in a sample of 94 veterinary surgeons.
- 16. Pope KS, Vasquez MJT, editors. Ethics in Psychotherapy and Counseling: A Practical Guide. 4th ed. Hoboken, New Jersey: John Wiley & Sons; 2011.



REGENCY FOREST PET MEMORIAL PARK



SERVICES & RESOURCES













CONTACT US

Toll Free: 1-800-372-PETS (7387)

New York: 631-345-0600 New Jersey: 201-262-0500

Fax: 631-345-2859

Email: info@regencyforest.com

OFFICE HOURS

Monday – Friday: 8:00am – 5:00pm Saturday: 8:00am – 12:00pm

Sunday: Closed

ABOUT US

Regency Forest Pet Memorial Park is dedicated to maintaining the dignity of your pet by procuring, protecting, and preserving the final resting place for your beloved companion.

Family owned and operated, we provide full service burial and crematory services to all of Long Island, New York, Manhattan and South East Connecticut. We service pet owners and veterinarians. Regency Forest Pet Memorial is one of the finest pet memorial facilities in the USA and we offer many options that can be tailored to meet your individual, family, and pet needs. Our dedicated staff members are experienced and able to answer your questions at any time.

VETERINARIANS AVAILABLE

Full or Part-Time. Veterinarian seeks work at small animal practice in New York City. NY licensed. Contact Eduarda Krieger, DVM at 917-239-3377.

Part-Time or Relief. Veterinarian available in NYC. Please contact drmartinvet@gmail.com.

Permanent Per Diem. Experienced LI veterinarian with strong in Queens 2-4 days per month. Contact Dr. K at 516-374-5050.

Per Diem or Part-Time. Available most Mondays, Tuesdays, Thursdays and Fridays. Excellent people skills. Good practice builder. 35 years experience. References available. Contact Dr. Tobias Jungreis at 516-295-1125.

Per Diem Veterinarian available: 37 years of experience. Recently sold my practice after 33 years. Can perform most surgeries. No orthopedics please. Rate of \$85 per hour, or less for a full week of work. Call Paul Fish DVM 516-2451-7278 or email PaulFishdvm36@gmail.com.

Relief or Per Diem. General practice. Orthopedic and Soft Tissue Surgery. DVM, Cornell. Internship Oradell. Residency in Small Animal Surgery, Cornell. Phone Dr. Kathy Sevalla at 1-718-267-6489 or 1-718-578-9085.

Relief Veterinarian. Experienced with excellent medical, surgical and client skills. Contact Dr. Christine Asaro at 631-806-9343 or 718-238-2513 or e-mail: chrisasaaro@hotmail.com

Relief or Per Diem Veterinarian. Available weekdays preferably in NYC. Over 30 years experience, excellent people skills, completed residency in surgery at the AMC in the 80's and good medical skills. Contact Kenneth Fein, DVM at 203-540-7771.

VETERINARIANS NEEDED

Animal Care and Control of NYC is seeking full-time, per-diem and on-call veterinarians to work in our Care Centers in Manhattan, Brooklyn and Staten Island. Join a team of dedicated and caring professionals who provide veterinary care for homeless and abandoned animals. You will work with a wide variety of species, medical conditions, emergency and public health issues. Volunteer opportunities are also available. Competitive salary, full benefits. See www.nyacc.org for a full description. Send cover letter and CV to hr@nycacc.org or 212-442-2066.

Animal Medicine & Surgery Clinic. Full-time small animal position needed for 37 year established 3 DVM animal hospital in Brooklyn, New York. Experience preferred and new graduates are welcomed. Strong communication, diagnostic, medical, & surgical skills preferred. Equine work available for interested candidates. Please send resumes to schaid806@aol.com and call (917) 543-7379.

Animal Rescue Fund of the Hamptons (ARF), a leading no-kill shelter on Long Island, seeks a second full-time veterinarian at its state-of-the-art fast paced facility performing surgical procedures including, but not limited to spay/neuter, early S/N, feline TNR, and dentistry; as well as providing general health care and thorough work up of shelter animals. Must be a team-orientated, motivated individual who is compassionate and committed to ARF's mission. Competitive compensation and benefits offered with position, some of which include: 401K, Health Insurance, PTO, CE, Paid professional memberships and licenses. Contact Michele Forrester, Director of Operations. Michele@arfhamptons.org

ASPCA Animal Hospital Staff Veterinarian Are you a veterinarian who is a passionate, level-headed clinician committed to animals living good lives, and who thrives in a fast-paced environment? The ASPCA Animal Hospital staff veterinarian will collaborate effectively with the entire hospital team to provide emergency services, inpatient and outpatient treatment, and general surgery and dentistry procedures to our target populations of at-risk dogs and cats. The staff veterinarian will also collaborate to provide coverage for the Animal Recovery Center (ARC) and the In House Veterinarian position as needed. At AAH, we are passionate about minimizing fear, anxiety, and stress and pain in our patients. *Continued on next page........*

VETERINARIANS NEEDED

ASPCA Ad continued.......Team members in this position are responsible for providing service and communication to clients, members of the public, co-workers, and patients that is consistent with our practice's standards and Fear Free values. **Qualifications:** Ability to successfully work in a high-volume, fast-paced emergency practice and effectively multi-task without loss of attention to detail; Ability to work well within a team and communicate effectively and courteously with all levels of staff including Veterinary Technicians and Client Service Representatives; Veterinary internship or minimum 5 years small animal medicine experience without internship; License to practice in New York; English (Required). **Education and Work Experience:** Doctorate: Veterinary Medicine (Required), Veterinary Internship Preferred, Veterinary Work Experience. *ASPCA is an Equal Opportunity Employer (M/F/D/V)*Applicants can apply here: https://aspca.wd1.myworkdayjobs.com/en-US/ASPCAWebsite/job/New-York-NY---92nd-Street/Staff-Veterinarian--ASPCA-Animal-Hospital--AAH-_2017-37-1 and email Dr. Frank at kristen.frank@aspca.org with any questions.

Banfield Pet Hospital seeking Associate Veterinarians in New York! Leadership Positions, Flexible Full and Part-time Schedules! Banfield Pet Hospital is seeking Veterinary professionals for leadership positions, as well as full time and part time Associate Veterinarian positions with flexible schedules. As an Associate Veterinarian, you will be able to make independent medical decisions, continually grow and learn as a Veterinary professional, as well as fulfill a higher purpose by improving the quality of life for millions of pets across the United States. You will also have the opportunity to work alongside a highly trained team, providing the best preventive care possible for both clients and their pets, improving the quality and business performance of our veterinary hospital. A typical day for an Associate Veterinarian will include performing all surgeries, including the use of state of the art medical instruments and equipment. You will diagnose, treat and control diseases and injuries in pets, prescribe and administer drugs and vaccines and educate clients on all aspects of pet health, including Optimum Wellness Plans®. To hear more, or simply to see what we have available, call Andrew Cowley at (360) 784-5057 or e-mail Andrew.Cowley@banfield.com.

Banfield Pet Hospital seeking Associate Veterinarians in New Jersey! Leadership Positions, Flexible Full and Parttime Schedules! Banfield Pet Hospital is seeking Veterinary professionals for leadership positions, as well as full time and part time Associate Veterinarian positions with flexible schedules. As an Associate Veterinarian, you will be able to make independent medical decisions, continually grow and learn as a Veterinary professional, as well as fulfill a higher purpose by improving the quality of life for millions of pets across the United States. You will also have the opportunity to work alongside a highly trained team, providing the best preventive care possible for both clients and their pets, improving the quality and business performance of our veterinary hospital. A typical day for an Associate Veterinarian will include performing all surgeries, including the use of state of the art medical instruments and equipment. You will diagnose, treat and control diseases and injuries in pets, prescribe and administer drugs and vaccines and educate clients on all aspects of pet health, including Optimum Wellness Plans®. To hear more, or simply to see what we have available, call Andrew Cowley at (360) 784-5057 or e-mail Andrew.Cowley@banfield.com.

Bideawee, a leading pet welfare organization serving the metropolitan New York and Long Island, is seeking Associate Veterinarians to join our team in the Manhattan location. Associate veterinarians provide care for dogs and cats in our adoption centers including spay/neuter surgeries/dentals, as well as surgical and medical care for clients of our animal hospitals that is open to the public. Essential job functions include wellness exams, preventative care, management of medical and surgical cases for shelter animals and client-owned animals, performing spay/neuter and other surgery including dental procedures, working with our trainers to manage behavior issues, leading staff and volunteer training sessions in animal care, participation in educational events held for the community or volunteers/donors, some administrative work required. Must have at least 7 years of experience as a veterinarian, NYS veterinary license required, shelter medicine experience preferred, able to perform soft tissue surgeries including but not limited to spays and neuters of dogs and cats, graduate with a DVM or VMD from a U.S. accredited veterinary school required. https://www.bideawee.org/Job-Opportunities

VETERINARIANS NEEDED

Greater New York Area. Full-time caring, compassionate and competent veterinarian wanted for four-doctor progressive well-established practice in the Greater New York Area. State of the art modern equipment: full lab, digital radiology, and ultrasound. Superior, qualified, well trained and friendly colleagues form our team. Flex time scheduling available. Two or more years experience preferred, but recent graduates will be considered. Email us at: info@completecarevet.com.

Greenwich Village Animal Hospital. A full-time position and a per diem position are available at Greenwich Village Animal Hospital for a New York licensed practitioner. The work week is five days, 40-45 hours/week. Experience is preferred but new graduates and interns will be considered. The candidate is expected to be able to perform the more routine surgeries, ie. spays, neuters, growth removals, etc. as well as oversee a great number of dental procedures. The pace is highly variable, with an approximately 75% canine to 25% feline breakdown. The owner of the hospital has special interest in laser-assisted surgery. Please have any potential candidates contact Dr. Tracy Sane at 212-691-1100 or 347-413-1482 or send resumes to fax 212-691-6991 or gvah504@gmail.com.

Kings Bay Veterinary Hospital. Join our modern, well equipped Brooklyn practice. We've been here 4 years and are looking to expand. We will be interviewing for energetic, smart graduates and experiences clinicians for part time work schedules. Compensation will be production based and is negotiable. Practice and live as you dreamed. We supply the facility and staff. You bring your energy and expertise. We can fulfill our goals of balanced work and family life in the great borough of Brooklyn. Contact Dr. Edward Osterman at 718-339-0557 or (c) 917-916-4012.

Middletown Animal Clinic. Full-Time Associate Veterinarian. Experienced Veterinarian needed for Small animal practice located in the northeast bronx. Great middle class neighborhood close to westchester county and the long island sound. Very well equipped and modern facility with great support staff and established clientele. No after hours emergencies. Medical/dental/vision and 401-k benefits. competitive salary. Two years experience preferred, but will consider all applicants. please contact Dr. Earle at 718 824-8300. or send CV to info@middletownanimalclinic.com.

Queens: Looking to hire NYST licensed veterinarian for new small animal practice in heart of Queens. Ten minute walk from nearest LIRR station and 15 minute walk from subway. All new modern equipment. FT or PT Call office manager at 347-809-1128

Queens Animal Health is currently looking for a Veterinarian to join our team for a part-time or per-diem position located in Fresh Meadows, Queens on Horace Harding Expressway. We are looking for a energetic and great team player that works well with people. No after hours emergencies. We will be interviewing for experienced clinicians for part-time work schedules. Please email your resume along with days and hours of availability to info@queensanimalhealth.com.

St Marks Veterinary Hospital has been serving the vibrant East Village and surrounding communities of NYC for 30 years and we are honored to be taking care of New York City's Best Friends. St Marks Vet is seeking a full or part time Associate DVM with enthusiasm, integrity and a strong commitment to veterinary medicine to join our dedicated team. Our hospital is a busy, 5-vet practice which excels in client communication and we put our hearts and souls into our veterinary care. We embrace all pets...dogs, cats as well as avian and exotic species. Our well-equipped hospital has digital and dental radiography, endoscopy, tonometry, surgical laser, in-house laboratory, and more. Our ideal candidate would have strong diagnostic and surgical skills, be self-motivated with strong communication and interpersonal skills, and have high professional standards. If you are interested in applying, please submit your resume to jimma@stmarksvet.com or fax to (212) 475-8351.

Urban Vet Animal Hospital. Manhattan Animal Hospital located in Village seeks full time, part time, relief doctor. Experience preferred but new graduate/intern trained considered. Send resume to 212-674-8600, or email to onedogtwo@aol.com.

Wanted: Full time veterinarian for a progressive, well equipped modern small animal veterinary hospital. We have locations in two of the most sought after neighborhoods in Brooklyn. Positions available at both our Williamsburg and Park Slope offices. Available equipment includes in house diagnostic lab, digital x-ray, digital dental x-ray, ultrasound, laparoscopy and endoscopy. Experienced veterinarians and new graduates considered. Flexible hours. Salary and benefits commensurate with experience. Will consider either straight salary or base salary with production bonuses. Please contact Allan Bregman, DVM; Cell 516-456-1209; Google Voice: (516)-495-9838; Fax: (718)-313-0746. www.BregmanVetGroup.com

Williamsburg Brooklyn Clinic. Part-time or per-diem veterinarian with interest in preventive and shelter medicine needed for one or two days a week. New York State license and prior experience required. Email resume to feltonvet@verizon.net or fax to 718-388-6968.

Williamsburg Veterinary Clinic is looking for an experienced, enthusiastic, and caring Veterinarian to join the team at our brand new, state of the art, 2000 square foot animal clinic located in the heart of Williamsburg, Brooklyn. We are considering Full Time and Part Time Veterinarians to work three to four days per week. Pay is highly competitive and commensurate with experience (2+ years preferred). Williamsburg Vets is run on the latest technology available to small animal clinics. Cloud based practice management software and digital radiography. Dental equipment suite; in house lab; exam room computing for a full service client experience from check-in to check out. Minimal front desk congestion is the goal with privacy of the exam room to serve the client best. Our practice focuses on quality of life and staff interaction. Team development is the key to our success. Empowerment, training, mutual respect are critical components which will be part of our daily lives. Only team excellence can achieve the best of care for pets, which is our ultimate goal. Compensation & Benefits: Base salary and performance linked incentive compensation structure commensurate with experience and customizable per candidate, Health benefits, 401K, paid vacation, sick leave, continuing education, paid licensing dues. Please send CV to Jobs@Williamsburgvets.com.

LVT NEEDED

Queens. Looking to hire NYST licensed veterinarian for new small animal practice in heart of Queens. Ten minute walk from nearest LIRR station and 15 minute walk from subway. All new modern equipment. FT or PT Call office manager at 347-809-1128

FOR SALE OR RENT

Staten Island. Established single doctor small animal veterinary practice for sale in Staten Island, NY 10314. Owner is retiring. Call during the day 718-982-1640

East Village animal hospital with space to rent out to a veterinarian. We have a large commercial 3000 square foot space that is operating and approved for small animal veterinary medicine and surgery in the East Village. Our animal hospital is fully equipped for surgery, x-ray, dentistry, and also contains a pharmacy and pet food shop. We're looking for someone to rent part of our space as we have only two veterinarians and there is space to share. This would be especially useful for a board certified veterinarian looking to build a practice around their specialty and build a clientele base in the East Village as well as veterinarians with mobile clinics who seek a home base. We are happy to discuss different ideas and exchange cases that might be mutually beneficial. Rent will be reasonable and dependent on the number of hours/ space required. If interested, please send your CV and details of what you are interested in to: veterinarianinquiry@gmail.com.

VMA of NYC

The mission of the Veterinary Medical Association of New York City is:

To improve and advance the education of veterinarians and the science of veterinary medicine; to foster and maintain high standards of integrity, honor, courtesy and ethics in the profession; to foster protection of the public health, and enlighten and inform the public in regard to veterinary medicine, science, knowledge and the avoidance of cruelty to animals, wherein it affects the public good and welfare.



Post Office Box 959 New York, NY 10024 Phone: 212-246-0057

Fax: 212-721-1620 E-mail: info@vmanyc.org Website: www.vmanyc.org