

The New York City Veterinarian

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PRESIDENTS MESSAGE

Anthony Miele, DVM



Post Covid Era: Relevance!

Hopefully my first letter as president of the VMANYC will stimulate discussion about the future of our local VMA as well as that of the State and National organizations. I will not bore everyone with the benefits of veterinary associations membership, since at this point, all the awareness programs sponsored by NYSVMS and AVMA should be well known. That alone will give us reason to continue on with this type of volunteerism, however, since the Covid outbreak, there has been a complete stagnation of our association, no live meetings, no new faces, not many new ideas. Yes, membership is up, however attendance and relevance has become static. We have all been with Zoom meetings since the outbreak and our association will be coming back live within the next few months.

As always, we still offer great CE on Zoom, however so do many other organizations. Great CE has always been our forte, however that is now being offered up for free from many other sponsors/ organization. Do we continue to do zoom meetings in the future? Go back to dinner meetings live? Do a combination of both? These are the questions that need answers. As in the past, should we just try things out, then making judgement calls based on turnout? Feedback from our membership would be helpful on these questions.

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President's message continued ...

Along with every other association in the world, we have seen our membership get older and seemingly our younger members are disinterested. We like every other association struggle to understand the changes that are occurring as well as those we yet to face due to the paradigm shift that is resulting from a post Covid period. In an effort to "stay with the times" I'm asking everyone that reads this to please send us a brief email describing what you would want from us in the next year or two. We want and need help, we want and need to grow, as well as we want to stay relevant in the post Covid era. Please step up and make this part of your work life balance!

When we schedule our first live event, like in the past, we will feature (restrictions permitting) great CE with our Dinner as well as post meeting libations. Due to number restrictions please RSVP early for this. I'm really looking forward to going live again, being part of the new normal, seeing new faces and, yes even hanging out with the old ones again.

Calendar of Events

Program Committee - Megan McGlenn, VMD and Jennifer Tsung, DVM

The schedule of the VMA of NYC Continuing Education meetings for the 2022 calendar year is listed below, including the speakers and topics. The meetings will start at 7:00 pm. Members must register prior to each meeting.

April 6, 2022

Speaker: Kenny W. Simpson, BVM&S, PhD
Topic: Autoimmune Enteropathies

May 4, 2022

Speaker: Barden Greenfield, DVM, Dip. AVDC
Topic: Dentistry

June 8, 2022

Speaker: TBD
Topic: TBD

September 7, 2022

Speaker: TBD
Topic: TBD

October 12, 2022

Speaker: TBD
Topic: TBD

November 2, 2022

Speaker: TBD
Topic: TBD

December 7, 2022

Speaker: TBD
Topic: TBD

Wellness Corner

Veterinarians Can be Productive Without Having to be a Perfectionists

Being a perfectionist is often driven by striving for excellence but it can also be self-sabotaging. Perfectionists can make mistakes that will not make you more productive. Productivity isn't about getting *more* done. It's about *what* you get done. Aspects of perfectionism can interfere with your ability to prioritize the most important tasks.

1. Perfectionists are reluctant to designate decisions as not important or able to delegate tasks.

Perfectionists have a hard time designating decisions as unimportant. Should they decide quickly or outsource the decision? They want to be in control of everything. If something goes wrong, perfectionists might feel frustration and they don't want to take that risk that something will go wrong.

Perfectionists are used to micromanaging that it doesn't even occur to them that any decision is unimportant. They're blind to it. They habitually and automatically classify everything as worthy of their full effort.

Perfectionists can learn to give up some control over some choices if they pay attention to how good it feels to be relieved of the decision-making burden. Try to delegate with the expectation that you will get much faster with pretty good decisions overall but not perfect ones.

2. Perfectionists feel obligated to overdeliver.

The belief that you need to beat expectations in any situation can manifest in many ways. Perfectionists feel that if you don't overdeliver that they are underdelivering. They want to feel that clients, support staff, etc. are getting more than what the competitors are giving. Perfectionist may want to get things done sooner than competitors even if standards of care are being met. They want to overdeliver and exceed expectations. Sometimes, they feel that there are consequences if they do not overdeliver.

Understand what it is costing you to always aim for outperformance. What else don't you have time, energy, attention, and willpower for? Perhaps your own health, your big goals, or your family. Access the costs of this obligation to whatever else is going on in your life. Focus on what is important.

3. Perfectionist cling to habits that may no longer be serving them and getting excessively annoyed when you aren't 100% consistent.

When perfectionists want to adopt new habits, they want to hit their goals 100% of the time and meet their goals every day. They can bite off more than they can chew.

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Leptospirosis in New York City

George Korin, DVM

On January 20/2022 The Daily News published an article describing an outbreak of presumed Leptospirosis involving dogs visiting the McCarren Park dog run in North Brooklyn. Four dogs became ill with classic clinical signs associated with Leptospirosis infection: fever, vomiting, diarrhea, abdominal pain, severe depression. They all subsequently died.

The dog run, which is ground zero for the infections, is a dirt pad and had become overrun with rats during the pandemic. This particular park has also been associated with outbreaks of Giardia and Canine Influenza in past, so the conditions here seemed ripe for another infection.

In response, the community has applied public pressure on the New York City Parks Department to have the dog run closed and excavated.

Almost a month has gone by and what is most interesting is that the New York City DOHMH has not received one reported confirmed case of the outbreak. The situation is a potentially serious public health issue, which needs to be verified and control measures applied.

In order to verify the Lepto outbreak, I am trying to scope out the following resources.

1) I have spoken to Dakarrie, who is a long time resident, dog walker and trainer, who was personally involved with two of the dogs Oreo and Cardi B. who were ill and subsequently died from Leptospirosis infection and kidney failure. He also told me that he personally knows of two more dog deaths and has heard through social media of three more cases of neighborhood dogs that died. Apparently, all the dogs frequented the same dog park. It is uncertain as to whether any people attached to these dogs have succumbed to any illness. This information was confirmed by Agnes, the manager of Buddy's Dog Den, a neighborhood dog boarding facility where some of these afflicted dogs frequented.

2) I have reached out to both ANTECH Diagnostics and IDEXX Laboratories to see if they can cross-reference positive leptospirosis test results from hospitals in the vicinity of the park. Jennifer Tsung, DVM reported that IDEXX Laboratories had one positive case from Bond Vet on the Upper West Side out of 24 submissions for the period of December 2021 through January 2022 and that it was reported to the city authorities. ANTECH Diagnostics is currently working on this data as well

3) I have reached out to VEG in Williamsburg, Brooklyn who purportedly diagnosed Oreo prior to his death, and see whether they have reported the case to the DOH. Dr Ahraf recently reported to me that she did mail in a report to DOHMH

4) As of the writing of this letter, DOHMH does not have any knowledge of any reported cases of Leptospirosis.

Leptospirosis in New York City continued ...

I will continue to investigate until we reach a conclusion as to why there is a disconnect between these reportable illnesses and a NYC health agency acknowledgment and response.

The Parks Department initially was reluctant to close the park because there had been no confirmation of Leptospirosis from the city health agency, but subsequently succumbed to neighborhood pressure from local dog groups.

This is a potentially serious public health concern. Covid has resulted in a severe reduction in street cleaning and the rat population has proliferated. There have been so many more dogs purchased or adopted during the pandemic and the few NYC dog parks are overcrowded. We in the NYC veterinary community ought to do our part in educating dog owners about this disease and recommend vaccinating our susceptible canine patients.

Cases of Leptospirosis must be reported by veterinarians to the DOHMH.

Let's do our part to mitigate this disease in our communities.

Disaster Relief in Ukraine

Help provide the critical care for animals in Ukraine

People and animals in war-torn Ukraine need our help. Veterinary clinics, rescue organizations, and shelters are making every effort to provide urgent medical care as the number of displaced animals grows along with food and supply shortages and devastating structural damage.

You can support those affected, including veterinary teams and the animals they care for, by making a gift that will provide food, veterinary care, and emergency support to those caught in the crossfire.

The American Veterinary Medical Foundation will direct a \$100,000 donation from Merck Animal Health and will match this grant with a donation of \$100,000 to **help pets in need, to support veterinary and animal-welfare groups** in the war-torn country and the surrounding areas. Individuals are invited to add their contribution to relief efforts through a gift to the AVMF.

All donations will provide support to protect animal welfare and care providers in the affected areas, and **100% of donations will be used to help those in need.**

Consider joining the relief efforts by making a gift to the AVMF.

Donate at <https://www.avmf.org/forms/donate-to-avmf>.

Important: please select "Ukraine Disaster Relief " from the "Apply my donation" dropdown menu.

Guinea Pigs...Guinea Pigs...Guinea Pigs



Although guinea pigs (*Cavia porcellus*), a species of rodent, originated from the Andes of South America, they have become a common household pet in the United States. With their relatively small size and small cage that they can come in, it seems like an easy choice for parents to introduce their children to having and caring for a pet.

The life span of a guinea pig is 5 to 7 years which is shorter than a cat or dog but still enough of a time that we would want them to be cared for in one household. Also, why not get a friend for your guinea pig and have two instead of one. Not everyone is able to sex a guinea pig at the pet store so some owners may be buying a female and a male guinea pig. Fun facts about guinea pig reproduction for those of us who don't remember is that they can reach sexual maturity in 1 month. The sows can breed all year round and if unlucky, can have as many as 5 litters in a year. That is a lot of pigs.

When we think back upon the puppy pandemic, we need to remember that there were other animals who were bought to keep people company. Guinea pigs were 'easier' pets to pick up and buy and one that we don't normally think about. Now that people's lives are starting to get busier and kids are going back to school, who is going to care for the guinea pig? Who is going to feed and clean the cage? Do the fun bubbly, chirping, and rumbling sounds not get the attention of their human owners anymore? Is it more of a chore and burden to have these little creatures around? Is it time to get rid of them and take them to the shelter for someone else to adopt?

Our New York City shelters are filling up with these little creatures and anyone who may want to have a new guinea pig should consider going to the local shelter to adopt one than to a pet store. There are some rumors going around of trying to get pet stores to not sell guinea pigs now as there seems to be an overabundance of them in the shelters. If there are any clients who may be interest-

VETERINARIANS WANTED

ABC Animal Hospital in the East Village seeking per-diem veterinarian for 2 to 3 days a week. We are a fully equipped hospital with a digital x-ray, surgical suite, and multiple exam rooms. Looking for an independent and experienced veterinarian who would work well with the team. Open to discussions regarding compensation and scheduling. Please email shireo@gmail.com for more information.

Broadway Veterinary Care. Join our rapidly growing practice 20 miles from NYC on the south shore of Nassau County. Serving an upscale community with high quality medicine, surgery, an advanced dental operator, and digital radiology and ultrasound. Privately owned and operated and ready for the right individual to move into the future. This would be an ideal position for a new or experienced veterinarian. We can accommodate your existing client base or you will have the opportunity to build your own loyal clientele. Very competitive compensation, vacation and benefits package, and a flexible schedule. To apply submit your resume to glendina@optonline.net

Queens Animal Hospital. Growing practice in Forest Hills, NY is seeking veterinarians to join our team. New graduates are welcome, Bilingual is a plus. Willing to train with existing veterinarians in holistic and conventional medicine. We will beat any salary and benefits offered in the NY area. Also looking for feline specialists. Our hospitals are equipped with digital x-ray and complete in house blood equipment. Email resume to nyvet-care@gmail.com.

Steinway Court Veterinarian. Part time associate for Astoria veterinary office. Busy clinic with great staff and the ability to practice quality medicine. Experience preferred. Great opportunity to get into a thriving practice. Please contact Dr. Glasser at rglasser@steinwaycourtvet.com.

Westside Veterinary Center is looking for an energetic and compassionate associate veterinarian. A veterinarian who is confident in their ability to diagnose and treat complex medical cases. Westside Veterinary Center offers great mentoring because we have many experienced and knowledgeable veterinarians. We are one of the largest private veterinary hospitals in Manhattan established in 1985. Several of our veterinarians have been trained at the Animal Medical Center and at other advance training hospitals. Our experienced and talented support team provide outstanding care for our patients 24 hours/7 days a week. We have a full range of equipment and all necessary tools to excel in both the diagnosis and treatment of medical, surgical and dental cases. We continually strive to grow the knowledge base of our practice and embrace new ideas. Competitive salary and benefits offered. If you are interested in job opportunity at Westside Veterinary Center please contact: Dr. Karen Cantor, Director at Cantor@westsidevetcenter.com. 212-580-1800 / 917-836-7417.

VETERINARIANS WANTED

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.

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

Per Diem Veterinarian Available. 39 years of experience. Recently sold my practice after 33 years in the same location. Can perform most routine surgeries. No orthopedics please. Willing to travel up to 40 miles from central Nassau county. Call Paul Fish DVM 516-241-7278 or email PaulFishdvm36@gmail.com.

Relief/Per Diem Veterinarian. General practice. Orthopedic and Soft Tissue Surgery. DVM, Cornell. Internship Oradell. Residency in Small Animal Surgery, Cornell. Phone Dr. Kathy Sevall at 718-578-9085.

Relief Veterinarian. NYC Relief vet in Manhattan and Brooklyn. Lorelei Wakefield, VMD, internship-trained with 9 years of experience. Soft tissue surgery, derm. expertise. NY/ DEA licensed. 917-930-8936. lolelei@wakefieldvet.com.

VARIOUS POSITIONS AVAILABLE

Animal Care & Control of NYC (AC&C) has many new and exciting job openings available at this time. If you love working with animals and helping people they may have a great career opportunity for you. Some of the positions that are available are Communications Associate, Volunteer Liaison, Veterinarian, Licensed Vet Tech, Animal Care Officer, and Animal Control Officer. If you are interested in learning more about the available positions or want to apply, please visit their website at www.nyacc.org.

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.

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. The following is a list of essential job functions. This list may be revised at any time and additional duties not listed here may be assigned as needed: 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. Requirements: 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.

InstaVet is a modern veterinary practice, with a focus on providing pets with top level care in the comfort, convenience and stress-free environment of home.. We are looking for an experienced veterinarian to join our growing team, serving clients at home, in the office or local preferred partner clinics. An ideal candidate would be someone who understands the value of administering care in the patients own environment, on demand... while remaining cool, calm and determined under extenuating circumstances. A team player fully invested in their colleagues' success...someone who takes enormous pride in their ability to listen and speak to clients like a trusted friend...a service-minded professional who is energized by the once in a lifetime opportunity to revolutionize the field of in home veterinary care forever.

Skills and Qualifications: A Doctor of Veterinary Medicine (DVM) degree, or equivalent, from an accredited university, Licensure in good standing to practice in New York or New Jersey; Professional demeanor and appearance, with excellent interpersonal skills and a positive, friendly attitude, The ability to make decisions and communicate clearly and effectively with fellow team members, A commitment to practicing the highest standard of medicine, upholding the veterinary code of ethics. Please note we have PER DIEM, PART TIME and FULL TIME positions available. Benefits include generous compensation, professional discounts on pet care, continuing education opportunities and more! Please reply with a cover note and attach your resume. To learn more about our services, please visit our website: www.InstaVet.com. Required experience: 2 years. Salary commensurate with experience. Salary: \$80,000.00 to \$100,000.00 /year.

Wellness Corner continued ...

Being flexible is very important to psychological health. You need to be able to take a day off and break a streak once in a while. You need to also be able to know when a habit should be stopped to move on to a new area of development or when you are no longer interested in a habit. Being able to take a break and not be compulsive is a healthy outlook.

There must be a mechanism in place for checking that you're not sticking to a habit just because of self-discipline. Review the opportunity cost of any activities or behaviors you diligently do to make sure they are currently the best use of your physical and mental energy.

Perfectionism is often driven by striving for excellence, but it can be harmful if it leads to continuing habits beyond their usefulness or overdelivering when you don't have to. There is no need to overthink every decision you make. We as veterinarians can be extremely good without the excessive burdens of being perfect.

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.



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