

The New York City Veterinarian

February, 2026
Volume 66, No. 1



PRESIDENTS MESSAGE

David Wohlstadter-Rocha, DVM

Dear Colleagues,

I hope everyone has been keeping warm and busy as we move through this cold winter. We have much planned for this year and have already gotten started! We added more continuing education and are bringing back the Annual Awards Reception.



David R. Wohlstadter-Rocha, DVM

In addition to four in-person restaurant CE events, we are hosting six virtual CEs. Our CE program offers a total of 20 hours top-tier CE that is New York State approved.

Also, don't forget that VMANYC membership gets you free access to both CE in the City and the New York Vet Show, increasing CE hours offered by almost a full day.

Join us on Saturday, March 21, for the return of our Annual Awards Reception. Come honor your colleagues while enjoying food, drinks and music at Little Sister Lounge at Moxy NYC East Village.

If you have never attended a board meeting, please consider doing so. I encourage every member to get involved. Volunteer for a committee or reach out with your ideas. We have a variety of committees that are looking for new talent, and we continue to create new ones as the need arises. Together, we can elevate the practice of veterinary medicine in NYC and ensure that our association remains a vibrant, essential resource for every member.

Contact me if you are interested in learning more. I look forward to serving you and our association throughout 2026.

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Calendar of Events

Program Committee - Megan McGlinn, VMD and Anthony Miele, DVM

The schedule of the VMA of NYC Continuing Education meetings and events for the 2026 calendar year is listed below, including the speakers and topics.

March 4, 2026 - 7:00 - 9:00 pm

Speaker: Renee McDougall, DVM, MPH, DACVS (Small animal)
Location: Virtual

March 21, 2026 - 7:00 - 10:00 pm - Annual Awards Reception

Location: Little Sister Lounge

March 31, 2026 - 7:00 - 9:00 pm

Speaker: Mollie Mesman, DVM, DACVD
Location: Virtual

April 25, 2026 - 8:00 am - 5:00 pm - CE in the City

Location: InterContinental New York Barclay

May 6, 2026 - 7:00 - 9:00 pm

Speaker: Howard Seim, DVM, DACVS
Location: TBD

June 10, 2026 - 7:00 - 9:00 pm

Location: Virtual

July 8, 2026 - 7:00 - 9:00 pm

Location: Virtual

July 16, 2026 - Big Apple Summer Veterinary Mixer

September 9, 2026 - 7:00 - 9:00 pm

Location: TBD

October 14, 2026 - 7:00 - 9:00 pm

Speaker: Joseph Wakshlag, DVM, PhD, DACVIM (Nutrition), DACVSMR
Location: TBD

October 28, 2026 - Big Apple Fall Veterinary Mixer

October 29-30, 2026 - NYVET Show

Location: Javits Convention Center

December 1, 2026 - 6:00 - 8:00 pm

Speaker: Location: TBD

December 1, 2026 - Holiday Party

Location: TBD

If you have any suggestion for a continuing education speaker, timely topic, or event, please email the VMANYC at info@vmanyc.org.

Wellness Corner

Winter Colds

By Jennifer Tsung

It is that time of year when people are calling out for work sick or coming into work coughing all day. After being sick with flu for two weeks at the beginning of this year, I started to think about how we could prevent this in the future. Is it true that we take care of our animal friends more than we do ourselves?

Do we remember to get the flu vaccine? The CDC recommends everyone older than 6 months of age get the flu vaccine yearly. The flu vaccine in the United States is a trivalent vaccine. The World Health Organization, which reviews data on circulating viruses worldwide, chooses the strains for the vaccine months in advance. For those of us smart enough to know our viruses, this current vaccine is for A(H1N1), A(H3N2), and B/Victoria. For people over 65 years of age, there is a higher dose recombinant vaccine. That vaccine is typically four times the dose of the regular flu vaccine and provides a stronger immune response. We develop antibodies to the vaccine after two weeks which means that we should be thinking about getting the vaccine at least 2 weeks before flu season. The ideal time to get vaccinated is in September or October. The effectiveness of the flu vaccine is found to be around 40 to 60% and decreases ICU visits and death by 25 to 30%.

The best prevention for not getting sick or decreasing the length of a cold would be to have a strong immune system. The usual points of care to remember are restful sleep, healthy food, and less stress. When we are lacking in these things and get sick, there is an entire range of over-the-counter supplements to help make our immune system stronger. The more commonly used OTC supplements are Emergen-C, Airborne, Zarbee's Immune Support and Sambucol. The following are some supplements and vitamins which may help us get healthier faster.

1. Vitamin C – ascorbic acid is at the top of the list. There is no evidence that vitamin C prevents a cold but can help reduce the duration and severity of a cold. The best way to get vitamin C is through food, such as oranges, grapefruit, kiwi, raw broccoli, and Brussel sprouts.
2. Zinc - Zinc inhibits replication of viruses by interfering with viral RNA polymerase. Zinc does not reduce the severity of cold symptoms but may speed up recovery from a cold if taken within 24 hours of symptoms starting.
3. Vitamin D – The sunshine vitamin is helpful for people whose levels are already low. Forty percent of people in the United States tend to have a vitamin D deficiency, especially in the winter months. We can get vitamin D from fish, eggs, milk, and a trip to Florida.
4. Elderberry (Sambucus) – is an herbal product made from the berries of the elder plant. Elderberry is thought to have antioxidant and immune-modulating properties and may reduce the symptoms of a cold.
5. Pro-biotics – Maintaining gut health is believed to be connected to improving the body's immune response. Approximately 70 to 80% of immune cells are present in the gut.
6. Herbal teas – Tea is a home remedy which helps us keep hydrated. Ginger, honey and echinacea can help soothe a sore throat.

As we navigate the winter cold season, let us remember to take care of our bodies and minds. The best immune support to offer ourselves is eating well, getting enough sleep, and reducing our stress levels. Consistent moderate exercise and regular handwashing are also good habits for us all to have. As we take care of ourselves, we will be in a better place to take care of all the animals who need us.

In Memory: Lewis Berman, Veterinarian to Both High-Profile and Everyday Folk, Dies at 90

Suresh, Anita. "In Memory: Lewis Berman, veterinarian to both high-profile and everyday folk, dies at 90." AVMA News, January 06, 2026, <https://www.avma.org/news/memory-lewis-berman-veterinarian-both-high-profile-and-everyday-folk-dies-90>.

Dr. Lewis Berman, a New York City (NYC) veterinarian whose clients included Jacqueline Kennedy Onassis, Tennessee Williams, Lauren Bacall, and Betty White, died December 16, 2025.



Dr. Berman was a 1957 veterinary graduate of Cornell University. He founded Park East Animal Hospital on the Upper East Side of NYC, in a neighborhood that was home to celebrities galore. He treated small animals for more than 50 years, with a reputation that preceded him.

Dr. John de Jong, a past president of the AVMA, said "Berman was well-known and highly respected for his excellent work as a veterinarian in New York City for many years. Some referred to him as 'Veterinarian to the Stars.' His reputation came from his work on the Upper East Side of Manhattan where his famous clients were icons of society, politics, fashion, entertainment, and more."

The first celebrity patient Dr. Berman treated was a dog of the composer, Cole Porter, according to his obituary in the New York Times. He made house calls to treat Walter Cronkite's

Springer Spaniel and frequently had Secret Service agents outside his office while caring for Henry Kissinger's Labrador. Dr. Berman's other celebrity patients included a Great Dane belonging to the Shah of Iran and the Dachshund companions of Herbie Hancock and Andy Warhol.

Dr. Berman spoke frequently on the human-animal bond, believing that pets stimulate physiological changes in their owners, altering their moods in a positive way. Asked during an interview in 2014 with Town & Country magazine, if he would have ever considered human medicine, he emphatically said the thought never crossed his mind.

Dr. Berman grew up in Manhattan's Inwood neighborhood. His interest in veterinary medicine came early, when his first dog, a black Cocker Spaniel mix, needed care and was treated by a local practitioner in what felt like a miraculous way to the teenager.

"From that time on, I remember saying, 'I'll be a veterinarian,'" Dr. Berman was quoted saying in his interview.

Following graduation from Cornell, he served two years in the Air Force, subsequently working for a veterinary practice on NYC's Upper West Side before founding his own clinic.

Lewis Berman continued ...

"Lewis's true gift was with people," Dr. Michael Kotlikoff, president of Cornell University and former dean of its College of Veterinary Medicine, said in the New York Times article. "He was always calm, capable and compassionate, even in the midst of a medical emergency, and his clients—from the person off the street to the titans of finance, politics and entertainment—loved him for it."

A past president of the VMA of New York City, Dr. Berman was named its Veterinarian of the Year in 1998. He also served as president of Bide-A-Wee, a no-kill animal rescue and shelter, with locations in NYC and Long Island, New York. Dr. Berman was a past trustee of the Morris Animal Foundation and was a longtime member of the Animal Rescue Fund of the Hamptons (ARF), serving more than a decade as its executive vice president. In 2011, the ARF honored him in recognition of his outstanding veterinary practice and lifelong service to the animal welfare community.

Dr. Berman is survived by his wife, Amanda; two daughters; and four grandchildren. Memorials may be made to Cornell University College of Veterinary Medicine, 602 Tower Road, Ithaca, NY 14853, or Animal Rescue Fund of the Hamptons, 124 Daniels Hole Road, East Hampton, NY 11937.

Order FREE Print Materials: The Health Effects of Smoking and Vaping on Pets

Tobacco Policy and Programs
Bureau of Chronic Disease Prevention
NYC Department of Health and Mental Hygiene

The NYC Health Department recently released new materials to raise awareness about the impact of smoking and vaping on pets and to share steps they can take to protect their pets. Smoking and vaping can harm pets and increase their risks of various illnesses through secondhand smoke exposure and ingestion of products and toxins:

- Dogs that live with people who smoke are at higher risk of nasal and lung cancer.
- Cats that live with people who smoke are at higher risk of lymphoma.
- Birds that live with people who smoke can develop pneumonia, lung cancer, and eye, skin, heart, and fertility issues.
- Pets may be at risk of deadly nicotine toxicity within 15 to 30 minutes of swallowing vape cartridge contents.

For a limited time, you can order a free starter kit of the following materials directly through the Tobacco Policy and Programs unit to display at your site or to share with clients. - <https://survey.alchemer.com/s3/8667324/Order-Form-The-Health-Effects-of-Smoking-and-Vaping-on-Pets>.

- The Health Effects of Smoking and Vaping on Pets Poster - <https://www.nyc.gov/assets/doh/downloads/pdf/smoke/secondhand-smoke-and-pets-poster.pdf>
 - ◊ Also available in Spanish, Traditional Chinese, and Simplified Chinese
- The Health Effects of Smoking and Vaping on Pets Fact Sheet - <https://www.nyc.gov/assets/doh/downloads/pdf/smoke/secondhand-smoke-and-pets.pdf>
 - ◊ Also available in Spanish, Traditional Chinese, Simplified Chinese

To place an order, please fill out the order form by Friday, March 6. For questions or additional information, please contact Tobacco Policy and Programs at tobacco@health.nyc.gov.



NEW YORK CITY DEPARTMENT OF
HEALTH AND MENTAL HYGIENE
Michelle Morse, MD, MPH
Acting Health Commissioner

2025 Veterinary Advisory #9

Introducing Firstline: An Infection Prevention & Control (IPC) Resource for Veterinary Professionals

- The NYC Health Department has launched a new veterinary infection prevention and control (IPC) module on *Firstline*, a free clinical decision support tool.
- The module aims to close critical gaps in IPC in companion animal settings to prevent infections in animals and protect public health.
- National and local data indicate that veterinary professionals face substantial challenges implementing IPC and that IPC training tools are needed.

Please share with your colleagues in Veterinary Medicine and your staff.

November 18, 2025

The NYC Health Department is launching a new infection prevention and control (IPC) resource for veterinary professionals within the Firstline clinical support online tool. This free digital tool offers quick, reliable IPC guidance for companion animal veterinary settings.

IPC in Veterinary Settings

IPC is a professional specialty that aims to reduce infectious disease transmission in healthcare settings. Veterinary professionals routinely make IPC-related decisions, big and small, with implications for the health of their patients, animal owners, and their colleagues. In human healthcare, IPC is federally regulated and supported by national guidelines. IPC in veterinary medicine remains underdeveloped often without specific regulations and guidelines.

Veterinary facilities seldom have IPC-focused staff or dedicated resources to prevent and monitor for healthcare-acquired infections among patients and staff. A 2013 [Journal of Veterinary Internal Medicine article](#) highlights that while veterinary professionals are aware of healthcare-acquired infection risks, many fail to routinely mitigate these risks. In 2024, the NYC Health Department conducted focus groups in which 90% of participating NYC veterinary professionals reported facing challenges with implementing IPC.

Antibiotic-resistant bacteria pose an additional and unique challenge since animals can be colonized with these organisms and show no clinical signs. Antibiotic-resistant bacteria [can spread silently](#) among colonized patients and can contaminate the environment, establishing potential reservoirs of resistant bacteria within a veterinary facility.

[Studies](#) and [feedback from veterinary practitioners](#) suggest that a scalable, easy-to-access, veterinary-specific training tool could improve IPC in veterinary settings.

Firstline: An IPC Resource for Veterinary Professionals

The NYC Health Department's veterinary IPC Firstline module is designed for veterinarians, veterinary students, veterinary technicians, animal care workers, clinic managers, and other veterinary professionals. The content is tailored for IPC in companion animal medical facilities, and was developed with input from human and veterinary IPC experts. The Firstline module offers information in four broad categories:

- Veterinary IPC Principles
- Applied IPC for Veterinary Practice
- Veterinary IPC by Disease & Agent
- NYC Health Department Veterinary Health Alerts & Advisories

Together, these resources equip veterinary professionals with accessible guidance to help minimize healthcare-acquired infections.

Get started with Firstline now:

- **Scan the QR code** to download Firstline on your **mobile device**. Tap 'Select Location,' choose '**NYC Health - Veterinary Infection Prevention & Control (IPC)**' from the list, and follow the onboarding instructions.
- Access the **web-based** version [here](#).



Scan QR Code to
Download Firstline



Whether hospitalizing an animal with an infectious disease, developing protocols for routine clinic hygiene, or educating staff on antimicrobial stewardship, the veterinary IPC Firstline module supports ongoing professional development and strengthens infection prevention efforts across companion animal veterinary settings. For additional information or support in using Firstline, contact ARprevention@health.nyc.gov or 347.396.2600.

Visit our webpage for information and resources for veterinarians: [Zoonotic and Vector-borne Diseases: Information for Providers](#)
If you do not receive these alerts via email and would like to be added to the distribution list, email zivdu@health.nyc.gov

Report animal diseases to the NYC Health Department:

- Online through a [secure web-based reporting platform](#)
- Call 347-396-2600
- Fax the [Animal Disease Case Report form](#) to 347-396-2753

Report upon suspicion: Anthrax, brucellosis, glanders, influenza (novel with pandemic potential), mpox, plague, Q fever, SARS, tularemia.

For rabies, call the Animal Bite Unit at 646-364-1799 to report suspect rabid animals or for assistance with pets exposed to rabies.

Report upon laboratory diagnosis: Arboviral encephalitides, carbapenem-resistant organisms, leptospirosis, psittacosis, Rocky Mountain spotted fever, salmonellosis, tuberculosis

Report within 24 hours any outbreak or suspected outbreak of any disease, condition, or syndrome, of known or unknown etiology, which may pose a danger to public health.



Veterinary Infection Prevention & Control (IPC) Resources

A new, free, digital tool to make infection prevention and control guidance easy, accessible, and actionable for veterinary professionals.



As a veterinary professional, your decisions have a profound impact on the health of our community. By using evidence-based IPC guidance, you can help protect the health of animals, staff, and the broader community—and reduce the need for antimicrobials before resistance takes root.

Get started in less than 60 seconds

- 1 Download Firstline on **mobile** or access on the **web**
- 2 Click 'Select Location' and choose **NYC Health - Veterinary Infection Prevention and Control (IPC)**
- 3 Instantly access local, tailored guidance to optimize patient outcomes



Join the VMANYC for a South African Safari, Continuing Education Event



South Africa's Premier Private Game Preserve Thanksgiving week 2027

The iconic MalaMala Game Reserve is the safari industry's blueprint for the luxury safari. In existence since 1927, this massive, thriving tract of land offers the most exciting and consistently exceptional wildlife experience this side of the equator. It shares an unfenced boundary with the world-renowned Kruger National Park and lies strategically sandwiched between the Kruger National Park and the Sabi Sand Nature Reserve. MalaMala was the first private game reserve in South Africa to recognize the importance of prioritizing conservation of the land and protecting the fragile ecosystem by prohibiting hunting and making the transition to photographic safaris.



For more information contact Dr. Joe Impellizeri, DVM, DACVIM (Oncology) at oncologyvet@gmail.com

VETERINARIANS WANTED

Kalvig & Shorter

About KSV

- You are invited to join our supportive professional team, which is dedicated to serving our unique community of New York City pets and people.
- Kalvig & Shorter Veterinary Associates is a highly regarded, privately owned small animal practice located in Manhattan.
- We support a loyal and diverse urban clientele passionate about the quality of care and services provided to their beloved pets.
- Our practice was founded upon the sincere belief that kindness and thorough attention to all patient and client needs should be a top priority in every healthcare field. We are committed to providing excellent service to our patients, clients, and community.
- A core value of our hospital team is to give our individual and collective best to the clients and patients we serve daily.

About the Candidate

We are searching for a candidate who places high value on helping pets and people: a Veterinarian committed to practicing high-quality medicine with a caring heart is serious about the importance of excellent patient/client services and communication and is passionate about serving their community. This is an outstanding opportunity for a dedicated individual looking to work, learn, collaborate, and grow in a professional environment that offers various paths in comprehensive general practice. A candidate excited about a veterinary career within the exciting pet community of New York City would find a fulfilling mix of work-life balance, continuing education, and invaluable personal and professional growth. We welcome all special interests, including but not limited to surgery, internal medicine, dentistry, emergency and critical care, rehabilitation, exotics, and dermatology.

Highlights of the Practice

Our practice provides a valuable opportunity for learning and growth in many important areas of veterinary medicine under the Mentorship of Practice Owners, Referral Specialists, Associate DVMs, and others in the field. We are a full-service hospital with a state-of-the-art surgical suite and anesthesia/monitoring equipment, DR digital radiography, ultrasound, dental x-ray, dentistry suite, in-house and reference labs, tonopen, cold laser, cryotherapy, on-site and on-line pharmacy, and a private outdoor area for exercise and physical therapy. Close to 24-hour referral and emergency practices and with Board-Certified Mobile Veterinarians who regularly perform a wide variety of specialty procedures on-site, the opportunity for collaboration on complex emergency, medical, and surgical cases is readily available. We treat various exciting cases, including managing senior patients with multiple chronic illnesses. With client education in preventative health care, along with the dedication and compliance of our clients, we are fortunate to care for many vibrant patients well into their geriatric years.

Location

Located in the historic Midtown Manhattan neighborhood of Murray Hill, our beautiful practice is in a quintessential brownstone building. Our community enjoys the change of seasons in our lovely front courtyard as we enjoy our rare gem of a backyard and garden for daily relaxation, team celebrations, and fun client/patient events. We love our Landmark neighborhood with many restaurants and shopping opportunities, convenience to the many vibrant activities of Bryant Park and the waterfront esplanade, endless uptown, crosstown, and downtown cultural attractions, and quick access to the East River Ferry and the Hampton Jitney. We are three blocks from Grand Central Station, a central NYC transportation hub. We cherish the opportunity to watch our famous neighbor, The Empire State Building, change color every evening! Anyone excited about a fulfilling professional career in a city with endless opportunities should look no further for a beautiful location to work and call home.

Benefits

We offer both Full-time, Part-time, and steady Per-Diem employment, with a competitive compensation package, including PTO, 401K, Health, Dental, Vision, and Group Disability Insurance, Continuing Education, Wellness, Transit, Bonus, and Other Options.

We look forward to meeting with you to hear all about your professional interests and goals, and to discuss how we may be a good professional lifestyle match for you! To apply, please send your resume to vetcareers@ksvassociates.com.

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.

VARIOUS POSITIONS AVAILABLE

New York Animal Care & Control of NYC (NYACC) 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.

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.

FOR SALE

Small animal practice for sale 1+ doctor. Located in Queens. Owner retired and working part time. Room for expansion, possible for 24/7 facility. Please call 516-991 2235.

Equipment For Sale - Shor-Line Animal Cages (2 Large / 3 Small attached to each other), Tingle X-Ray Machine Model TXR 325A, Suburban Surgical Table, Suburban Examination Table, Health-O-Meter Weighing Scale Model 2842 KL



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 re-
gard to veterinary medi-
cine, science, knowledge
and the avoidance of cruelty
to animals, wherein it affects
the public good and welfare.*



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