

## Therapeutic Drug Monitoring

Today, many medications that are prescribed to people are also prescribed to our pets. This represents a tremendous advancement in the high quality of care that can be provided to your lovable companions, and is one of the key reasons why our pets are living longer and healthier lives.

However, just as in people, these medications need to be monitored carefully in order to ensure maximum effectiveness and safety. The success of a pet's therapy – his or her health, happiness and comfort – depends on making sure that the medications they are prescribed are working as they should be.

*Therapeutic Drug Monitoring (TDM) provides us with the information needed to closely follow your pet's therapy through regular, routine laboratory testing. In addition to any physical examinations required by us, a TDM program is recommended and generally consists of two types of laboratory tests:*

### Serum Drug Concentrations:

This test measures the amount of medication in your pet's blood.

### Health Evaluation Panels:

These tests monitor any effects the medication may have on your pet's internal organs and body systems.

**Depending on the medication, it's typically recommended that your pet is given the above tests 2-4 weeks prior to being put on any long-term medication plan, and every 6 months thereafter.**



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For more information visit [www.getvets.co.nz](http://www.getvets.co.nz)



# WELLNESS TESTING

YOUR ANIMAL HEALTH PROFESSIONAL

## What is wellness testing?

**Tauranga, Te Puna and Katikati Vets want to offer your pet the best possible preventative healthcare to ensure they live a long, comfortable and healthy life.**

One study has found that 80% of older dogs seen in general veterinary practices had at least one unrecognised medical problem. In another study over 50% of animals that had undergone a routine blood test were found to have more than three analytes outside of the normal range, which warranted further investigation for an underlying disease.

Wellness blood testing is therefore a highly recommended procedure that is available at our practices.

It helps us to establish healthy baseline values for your pet, as well as identify any unseen diseases at an early stage.



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## When should my pet have wellness testing?

By obtaining "normal" values and making a record of those values when your pet is young and healthy, we're able to detect subtle changes or trends that may occur in the future, and therefore increase the chances of detecting disease before clinical signs are evident. This often means that we're then able to treat a condition more effectively and also prevent unnecessary suffering in your pet.

Wellness blood testing is strongly recommended for patients that are starting any long-term medication. For example, if your pet is on long-term medication for thyroid disease, skin, arthritis, heart, kidney, diabetes, liver or any other chronic condition, it helps us to ensure that the prescribed medications are not affecting their internal organs.

**We believe in wellness testing from a young age.**



## What does wellness testing involve?

**1**

### Blood test:

Blood testing can give us an indication of how well your pet's vital organs are functioning. For example, their kidneys and liver, as well as checking red and white blood cell levels and so on.

**2**

### Head-to-toe examination:

Your pet's annual wellness check-up will include a thorough head-to-toe physical examination. This examination will throw up any issues and concerns with regards to your pet's oral or dental health, skin or coat condition, joint health, or heart condition. An abdominal palpation will also be included to enable the vet to feel some vital organs and the intestinal tract.

**3**

### For older patients - urine test and blood pressure check:

For geriatric patients (animals aged 7 years and over), wellness blood testing can be complemented with a urine test and blood pressure check. The information gained from these additional tests will give a more complete picture of your pet's health and are useful in detecting diseases, such as kidney and thyroid problems, that often affect elderly patients.

