

# B a b e t t e

## *the Vet*



*"Dr. Babette — one of the few people in the world that I trust with my dogs."  
—Bruce Weber, who took this picture of his furry family*

## Welcoming Warm Weather

I AM DR. BABETTE GLADSTEIN, VMD, and if you don't already know me, I am pleased to introduce myself. I am a mobile/house-call veterinarian based in Carnegie Hill, on the Upper East Side of Manhattan, and licensed to practice in five states (New York, New Jersey, Connecticut, Florida, and California). The benefits of seeing patients in the comfort of their own homes are enormous. Your pet is much calmer, which makes it easier on them, you, and me! The home environment helps with the diagnosis, management, and treatment of my patients too. I also work around your busy schedule, so that you don't have to take the day off of work or use your weekend to visit the vet. I am available 24/7 for emergencies.

My youngest patient is 3 months old and my oldest is 18. The care I provide ranges from checkups and cleaning teeth to the hard cases that others have either washed their hands of or mismanaged.

I practice traditional, alternative, and regenerative veterinary approaches for the care and maintenance of your animals. Specializing in animal physical therapy, my therapeutic maintenance and treatment options include acupuncture, laser, chiropractic/massage therapy, and prolotherapy. I see a lot of back and knee injury patients and often use prolotherapy, which in many cases is a much better choice than surgery, both physically and economically. Prolotherapy involves rebuilding tendons and ligaments over a period of months. Each case is unique and I use any combination of massage, acupuncture, laser, and more. I am a Member of the AVMA, AHVA, AARV. I am certified in acupuncture and laser therapy, as well as USDA certified for national and international health certificates.

Have a happy and healthy season!

### Carnegie Hill Canines

Carnegie Hill canines and other dogs residing in the 10128 zip code have something in common with those at zip 10314 and neighboring 10312 in Staten Island—the most dogs in New York City!

Zip 10314 is in first place, with 1,657 registered; 10312 is in 2nd place, with 1,609; and 10128 is in third place, with 1,537, according to information culled from the NYC Dept. of Health and Mental Hygiene database for dog license registration.

The most common breed for both Staten Island and Carnegie Hill is the mixed breed, with 10128 coming in at 456, and 10314 at 426. *(continued inside)*



### *Babette the Vet* Zineletter Tips, News, Fun!

**House calls** bringing traditional, alternative, regenerative medical solutions to the comfort of your home, 24/7!

PHOTOGRAPHS BY BRUCE WEBER. See more of his great dog photos at [www.bruceweber.com](http://www.bruceweber.com)



# Springing **A**ction into

Even though this spring hasn't brought much warm weather, the increasing daylight and strength of the sun has triggered changes in your dog. Whether fido is 'fixed' or not, increased sunlight ignites chemicals in his or her brain, promoting an adventurous spirit along with induced shedding. Appetite and energy also increase, an experience you may share. Here are some basic do's and don'ts to help you and your dog celebrate the season in a wise and healthy manner.

## Do's Don'ts & Tips

**Food** Your dog is extra hungry, but **do not increase food** unless you also increase exercise.

**Exercise** Your dog needs to slowly get back into shape from the inactivity of winter. Use moderation as you increase exercise. Only let your dog **drink or eat a very small amount before, during, and right after exercise.** If their stomach is too heavy they may get severe stomach cramps or worse. Dogs that are large, or any size with a narrow deep-chested body, are particularly prone to canine acute gastric dilatation-volvulus (GDV). This condition may occur when the stomach is too heavy during exercise and it flips over and expands, trapping air and gases in the stomach. This could lead to a medical and surgical emergency. As a preventive, when I get large female dogs spayed, I have the surgeon also do a gastropexy, to tack the stomach lining to the abdominal wall.

**Sniffing** Colder weather tempers the diseases your dog can get from sniffing fellow canine markings on the ground. Even though a dog's nose filters dirt and disease, it is anything but foolproof in preventing illness, especially after the weather warms and stays above freezing. Not only are the flowers and trees growing and thriving in the warmth, **so are bacteria, viruses, and parasites.** Dogs with short noses are even more

susceptible to sniffing in disease. So, in warmer weather, you should be sure to watch your dog more carefully.

**Sneezing** Yes, dogs get allergies to pollen too. This can lead to sneezing, coughing, dripping eyes, and evolve to a weakened immune system. **If allergies get too bad for your dog, there are certain remedies I can advise.**

**Fleas & Ticks** The time is now to **start using a flea and tick deterrent,** even if you don't go to the common locations where fleas and ticks thrive—the country, beaches, woods, or parks. Fleas are tenacious and quick. Many a dog picks them up just visiting the vet or neighbor's pet.

## Weekend Warriors

**CAR** Most people are surprised to hear that you should **not let your dog jump out when the car is at rest**—no matter the size of your dog. When landing on the ground, their front legs take all the impact, which can seriously hurt their elbows. Get a ramp or a harness or carry your dog. **BIKE** Do not put your dog in the basket or let your dog run beside you on a leash. Your dog's motive is to keep up with you—you cannot gauge his or her real experience. They can injure their paw pads and joints, and tax their organs and entire body.

**JOGGING** The **most a dog should run is a mile.** Take breaks, keep it slow, mind your dog's experience and needs.

CREATIVE COMMONS



**NO LONG-DISTANCE RUNS!**  
Careful—your dog's paw pads or internal organs can get injured if you go too far.



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**Carnegie Hill Canines** (continued from first page) Shi Tzu is the top pure breed for both zips. Labrador Retrievers and Yorkshire Terriers come in 2nd and 3rd in 10128, with the reverse in 10314. Lucy, Max, and Molly are the top 3 names for 10128. Bella, Rocky, and Max top 10314. Bella ranks 17th and Rocky 7th in 10128. Lucy is 16th and Molly is 6th in 10314. Complaints phoned in to 311 last year totaled 230 for 10128 and 503 for 10312. With "canine noise" topping out at 369 for 10312 compared with 182 in 10128. Complaints of "canine waste" were surprisingly low, at 48 for 10128, but 10312 had 134. Stat's all for now folks ...

The Shih Tzu originated in China, officially recognized by the American Kennel Club in 1969. The popular breed is susceptible to breathing problems and heat stroke, due to the short face structure. So when temperature and humidity rise, take care not to over-exert. They are also vulnerable to serious back, hip, and neck issues, so be cautious about jumping and other exercise.

# Babette the Vet Happenings



## HAVING A BALL

At the Annual ASPCA Bergh Ball.



**BIRTHDAY BABES** The 1st birthday party for Pupi Dupi (far left), who is my patient's puppy. Chiquita and I (far right) joined in this casual yet elegant celebration as did Baby Hope (2nd from left), who is a prominent pup in promoting animal rescue and welfare. <http://animalfair.com>



**BIRTHDAY BASSET** At Sandy's Doggie & Kitty Spa on the Upper East Side of N.Y.C. after visiting some patients, I joined in celebrating this birthday Basset's 9th year. No cake for the birthday boy though. Instead, a supervised workout on the treadmill. Note the slow speed. When he gets in a little better shape, we can increase the speed slightly, and maybe a sliver of cake for his next birthday. [www.sandypets.com](http://www.sandypets.com)

## AGILITY! YOUR DOG'S BEST FRIEND.

I completed prolotherapy with Flax for his hips and knees. Maximizing and maintaining your dog's physical and mental agility is the key to a long and healthy life for your pet. A balanced and customized approach, which focuses on your dog's individual needs, inside and out, will keep him or her at play!

Flax works his mind and body on the FitPAWS Balance Disc with his trainer.



## WESTMINSTER DOG SHOW

Travel/performance-weary show dogs need good care. I was the official on-call veterinarian for the 137th Westminster Kennel Club Dog show's four-legged guests at the Pennsylvania Hotel.



## TENDER P.T.

Getting ready for the underwater treadmill to give physical therapy for fibrocartilaginous embolism (FCE).

## WINTER WOOLAND

The fun won out over near-zero temperatures in January at the Winter Jam inaugural Doggy Snow Zone in Central Park. The canine catered events included off-leash activities at the agility course and vendor booths for expert advice and giveaways. I shared a booth with Tazz Latifi, owner and founder of Petropolis pet supply and grooming salon in Battery Park City, now just recovering from the impact of Storm Sandy. [www.petropolisnyc.com](http://www.petropolisnyc.com)



**Chance and Yvette Schmitter, organizer of Doggy Snow Zone.**

<http://yvetteschmitter.com/in-dog-we-trust/>



# The Animal Fan Movie Guide

If you're into family movies, dramas, comedies, or suspense, and you prefer stars with feathers, fur, or scales, there is a movie coming soon to you. Here are highlights of films in production or development that are expected to be released this year or next.

**LONE RANGER: THE LEGEND RETURNS** • Native American spirit warrior Tonto (Johnny Depp) recounts the tales that transformed John Reid (Armie Hammer), a man of the law, into a legend of justice, Lone Ranger. Hi Ho Silver! July 2013.

**CLOUDY WITH A CHANCE OF MEATBALLS 2: REVENGE OF THE LEFTOVERS** • *Cloudy 2* picks will be based on an original idea and not the follow-up book, *Pickles to Pittsburgh*. With the fate of humanity in his hands, Flint and his friends must embark on a dangerously delicious mission, battling hungry tacodiles, shrimpanzees, apple pie-thons, double-bacon cheespiders, and other food creatures to save the world... again. I think these are animals? 3D Sept. 2013

**TURKEYS** • This animated family comedy is directed by Ash Brannon of *Horton Hears a Who*. Woody Harrelson, Owen Wilson, Dan Fogler, and Amy Poehler casted. Birds from opposite sides of the tracks, joining forces to get their species off people's plates, hijack a top-secret time machine to go to the first Thanksgiving in 1621. Coming Nov. 2013

**WALKING WITH DINOSAURS** • Based on the BBC documentary series that explores the world of dinosaurs, using both CGI and real-world locations, the film is said to be "mainstream entertainment" while accurately drawing on the latest paleontology discoveries. Shooting in Australia, 3D Dec. 2013

**ANIMAL RESCUE** • This crime drama, mystery, stars Tom Hardy and Noomi Rapace. A bartender (Hardy) finds a wounded puppy in the garbage, leading to a trip through the criminal underbelly of Boston in this adaptation of Dennis Lehane's short story. Seems intense. 2014

**ANIMAL FARM** • This classic will be re-made by Andy Serkis with performance-capture techniques. 2014

**MR. PEABODY AND SHERMAN** • A family adventure film based on Jay Ward's classic cartoon. Emmy Award winner Ty Burrell voices Mr. Peabody, the world's smartest person who happens to be a dog. When his "pet" boy Sherman (Max Charles) uses their time-traveling machine without permission, events in history spiral out of control. I loved the original cartoon on T.V. Animated 3D 2014

**THE MUPPETS AGAIN ...** Filming in London and Hollywood. Tina Fey stars as Nadya, a feisty prison guard, and Ty Burrell as Interpol agent Jean Pierre Napoleon. The Muppets gang is on tour, selling out grand theaters across Europe. But mayhem follows them, as they find themselves unwittingly entangled in an international crime caper. Again is right... 2014

**NOAH** • This classic drama adventure story is shooting in Iceland this August. The cast includes Emma Watson and

Russell Crow. You know the plot: Noah builds the ark and saves his family and representatives of all animals from the massive flood waters that cover the Earth. 2014

**BEARS** • This Walt Disney movie is currently in production shooting in Alaska's Katmai National Park. Starring brown bears who call Alaska's stunning coastal mountains and shores their home, revealing through tender moments and entertaining imagery how these animals are far from grizzly creatures. The Directors are Keith Scholey and Alastair Fothergill. Yes, very Disney. 2014

**GODZILLA** • Yep, another one. But this action sci-fi adventure will be in 3D. And maybe the cast, which includes Bryan Cranston, Elizabeth Olsen, Aaron Johnson, and Juliette Binoche, will add some new pizzazz. 2014

**DAWN OF THE PLANET OF THE APES** • This sequel to *Rise of the Planet of the Apes* continues the story that leads to the original 1968 film, with the apes on the path to emerge as society's new rulers. The director is Matt Reeves, and *Total Recall* screenwriter Mark Bomback has been tapped to work on the script. The cast will include Andy Serkis and Gary Oldman. 2014

**NINJA TURTLES** • This 3D reboot story centers on the turtle crime fighters, including Leonardo, Michelangelo, Donatello, and Raphael, and their master, Splinter. A live-action feature, it was previously with Mirage Studios, Lightbox, and TMNT before Nickelodeon bought the franchise rights. 2014

**THE GOOD DINOSAUR** • What if the cataclysmic asteroid that forever changed life on Earth actually missed the planet completely and giant dinosaurs never became extinct? Animated family movie. 2014

**JURASSIC PARK IV** • Will rely on animatronic dinosaurs, despite advancements in technology over the last decade. Rumor is some old characters may return! Yes, 3D. 2014

**HOW TO TRAIN YOUR DRAGON 2** • The family fantasy 3D animation continues the story about a man named Hiccup and a dragon named Toothless. Flies into theaters summer of 2014; the final film in the trilogy to be released in 2016.

**NIGHT AT THE MUSEUM 3: BROTHER FROM ANOTHER MOTHER** • Not sure if Ben Stiller will be in this, but I am sure animals will be. Release Dec. 25, 2014

**ANNIE** • Jay-Z will "re-imagine" the music. Quvenzhan Wallis, the Oscar-nominated star of *Beasts of the Southern Wild*, will play the title role. Rumors are Justin Timberlake will join the cast. Nothing yet on who will be Sandy! 2014

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