



# Newsletter

The American Association of  
Human-Animal Bond Veterinarians

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AAH- ABV web page: [www.aah-abv.org](http://www.aah-abv.org)

## MESSAGE FROM THE PRESIDENT



*Victoria Voith, DVM, PhD, DACVB*

### Dear All the President's Friends:

All I can say is, "Boy, has this year gone by fast!", and "It's a lot of work organizing meetings!" But it has been fun and, hopefully, fruitful.

The AAH-ABV has a great program lined up for the AVMA meeting. I think all of you will be fascinated with the speakers and topics. Some of you will be introduced to people you didn't know existed and learn about the amazing work they are doing.

We also tried our first Human-Animal Bond tract at SCAVMA. It's never too early to start enlightening veterinarians about all the aspects of their profession that are intertwined in society as a whole.

After the AVMA meeting, a group of our members will be brainstorming at a strategic planning retreat regarding the future of our association. This retreat

Continued on page 2

## AVMA 2009 - Seattle, Washington Speaker Abstracts & Articles

### BUSTAD MEMORIAL LECTURE



*Cliff & Jane R. Shaw, DVM, PhD*

**Jane R. Shaw, DVM, PhD**  
**Colorado State University**  
[jane.shaw@colostate.edu](mailto:jane.shaw@colostate.edu)

Veterinary medicine is composed of a community of healers in service of animals and the people who love them. Our animal patients in their own right are teachers and healers. They teach us lessons of love, life and loss. They serve as companions, guides, assistants and counselors, often reading our minds seeming to intuit what we need. They live in the moment, provide unconditional love, and express enduring gratitude and loyalty. Veterinarians are the "other family doctor", caring for animals and their people. Appreciating the impact of animal companionship on the health and well-being of humans creates a new dimension for veterinarians in public health. Our responsibilities have expanded to include the mental health and well-being of our clients, as well as their pets. In healing animals, we care for their families.

As caregivers, veterinarians also need healing. Sometimes we underestimate the therapeutic value of the human-animal bond and the veterinarian-client-patient relationship. Daily veterinary practice can become rote and routine and these special relationships are at the heart of our work. We receive emotional gifts from our clients and patients each day that are a source of replenishment. One of the greatest sources of fulfillment in the veterinary profession is connecting with clients and their pets.

We are drawn into veterinary medicine and called to this work to care for others. Science is just one of our tools. Our clients and patients are drawn to us for who we are and what is inside of us. In bringing our whole self to our relationships with others we stay connected to the meaning of our work – service, compassion, caring and healing.

**Letter from the President:  
Victoria Voith, DVM, PhD, DACVB**

*Continued from Page One*

is being hosted by the Delta Society at their headquarters in Bellevue, Washington. Even if you are not attending the meeting, please email me, any time within the next 6 months, answers to the following 2 questions:

If you are a member of AAH-ABV, why are you a member? What is one thing you would do to increase participation/attendance at the AAH-ABV tract and meeting at the annual AVMA convention?

My sister and I recently spent a fair amount of time visiting assisted living and rehabilitation residents for the elderly. It was heart-warming to see the number of facilities that not only allowed structured visiting pet activities, but also those that had resident cats, birds and/or dogs and those that permitted privately owned pets to be kept in individuals rooms. The message is getting out. Progress is happening.

Tami Shearer, our incoming President, is starting a new practice in North Carolina. In addition to general veterinary medicine, she also provides rehabilitation and hospice services. Tami has authored a number of very helpful books, chapters and articles. What a wonderful background.

See you in Seattle.

Victoria L Voith, DVM, Ph.D.  
President AAH-ABV, 2008-2009

**ISAZ Waltham Collaborative Research Award**

Erika Friedmann, Ph.D., President of the International Society of Anthrozoology (ISAZ) would like the AAH-ABV to promote the ISAZ Waltham Collaborative Research Award. The purpose of this award is to stimulate new research in the area of human-animal interactions, with particular interest in the role of pets in the lives of elders, pets enhancing healthy longevity, and understanding the barriers to pet ownership. \$22,000 was awarded for distribution in 2009. Last year's deadline for applications was January 1st and we presume it will be similar for 2010. Contact [www.isaz.net](http://www.isaz.net).

The AAH-ABV thanks Waltham for supporting Erika Friedman's presentation at the 2009 AVMA Human-Animal Bond Sessions in Seattle.

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## Short Bios:

**Lawrence J. Norvell, MBA and William F. McCulloch, DVM, MPH**



*Lawrence J. Norvell, MBA*

Larry Norvell (*left*) has been President/CEO of Delta Society for six years. Each year he presents the Bustad Companion Animal Veterinarian of the Year Award at AVMA Convention. He is an officer and Board member of the International Association of Human-Animal Interactions Organizations co-founded by Delta Society.

Bill McCulloch (*right*) is a co-founder, former Board vice-president and now Honorary Board member of Delta Society. He was given the Bustad Award in 1986 and is a Charter Member, American Association of Human-Animal Bond Veterinarians.



*William F. McCulloch,  
DVM, MPH*

## Delta Society: One Health Collaborative Model

*Lawrence J. Norvell, MBA and William F. McCulloch, DVM, MPH*

We will review the history and impact of the Delta Society as a One World Health collaborative model for research, service and education on the human-animal bond. Delta Society began over 30 years ago with the Delta Foundation in 1977 (the late Michael J. McCulloch, MD, President) and continuing as the Delta Society in 1981 (the late Leo K. Bustad, DVM, President). Many members of the Delta Society have had a pioneering influence on the human-animal bond throughout the world. They helped initiate the AVMA Task Force on the Human-Animal Bond in 1981 and the American Association of Human-Animal Bond Veterinarians in 1993. Delta Society also co-founded the International Association of Human-Animal Interactions Organization in 1990. Since 1986, Delta has co-sponsored the Bustad Award to a veterinarian.

In 2004, the Delta Society moved into its new \$7.6 million dollar International Headquarters building in Bellevue, WA (next to Seattle). Delta now has over 10,000 volunteer Pet Partners in the US and is also involved in several foreign countries. Other current efforts include the National Service Dog Referral Center and the Human-Animal Bond Resource Center. Delta Society publishes Interactions Magazine twice yearly.

Examples of recent activities include: presenting information and being interviewed by members of the AVMA One Health Initiative Task Force on the importance of the human-animal bond and human health benefits, presenting a One Health Seminar at American Animal Hospital Association annual meeting and giving seminars to medical faculties of Oregon Health and Sciences Center and University of New Mexico School of Medicine.

We will further review future plans for Delta efforts on One World Health. One of the critical needs is for more public and private funding for human-animal bond research to further explore the benefits of HAB in clinical and community settings. This necessitates increased development of strategic partnerships with health-related organizations as the American Veterinary Medical Association, American Medical Association, American Association of Human-Animal Bond Veterinarians, American Animal Hospital Association, American Public Health Association, American Humane and universities/health sciences centers to further advance the health and well-being of people, animals and our ecosystems.

## Short Bio:

**Erika Friedmann, Ph.D.**

**University of Maryland, School of Nursing**



Dr. Erika Friedmann is an internationally recognized expert on the human animal bond and its contribution to cardiovascular health. She has been conducting research on the health benefits of contact with and ownership of companion animals since

the 1970s. Her research indicating that pet ownership is associated with increased likelihood of one-year survival of heart disease patients is seminal to the field. Dr. Friedmann has published more than 80 papers in refereed journals addressing psychosocial aspects of cardiovascular health and spoken at numerous research conferences across the U.S. and internationally. In 1990 she was a founding member of the International Society for Anthrozoology, the only research society dedicated exclusively to the study of the interactions of people with animals. She currently serves as its president.

## Pets and Human Health

*Erika Friedmann, Ph.D.*

*University of Maryland, School of Nursing*

The human-animal bond is extremely important to most clients of small animal veterinary practices. Small animal veterinarians recognize the importance of the bond, but may not have had formal training about how to incorporate it into their practices. During each office visit the bond between the pet and the owner should be evaluated by the veterinarian and the staff. Discussing the bond and behavior issues with clients also can identify problems before they become insurmountable. Suggestions of community resources and subsequent follow up discussion can help maintain healthy bonds and successful pet keeping.

Companion animals/pet ownership, animal assisted

therapy, animal assisted activities, and assistance animals can promote people's health; Pet ownership, or just being in the presence of a companion animal, is associated with health benefits, including improvements in mental, social, and physiological health status. Most research addressing health benefits of pet ownership or companion animals focuses on reductions in distress and anxiety, decreases in loneliness and depression, and increases in exercise. Animal companions facilitate human companionship and decrease loneliness and social isolation. Pets and companion animals appear to reduce psychosocial distress by altering our perceptions and making situations and people in them seem more benign. The impact of pet ownership on health appears to be most important for highly stressed or socially isolated individuals. Pet ownership was related to proxies for health status including medical visits, number of health problems, and functional status. An important question is whether pet ownership causes better health or better health encourages pet ownership. Pet ownership may protect people from developing coronary heart disease or slow its progression. Many longitudinal studies have demonstrated the association of pet ownership with cardiovascular health and functional status. Dog and cat ownership might have different associations with health status as evidenced by cross-sectional and longitudinal studies. It is possible that pet species differ in their contributions to their respective owners' health, which also raises questions about differences between people that may influence their choice of pet. Experimental studies, which provide the strongest evidence of causality, have been used to demonstrate the effects of the presence of and interaction with companion animals on stress indicators and on stress responses. The presence of companion animals reduces chronic stress indicators and acute stress responses. The stress ameliorating effects of interaction with companion animals are less clear. In some instances, interaction with an animal may interfere with task completion and even increase stress rather than moderating it. In a small clinical trial, adding a pet to a non-owner's life improved the new owner's health status.

People who do not own pets or are temporarily in living situations that preclude them from having pets can still benefit from visits with therapy animals. Therapy animals are usually personal pets that accompany their owners to provide supervised, goal directed interventions to clients in hospitals, nursing homes, schools and other therapeutic

sites. Several terms are used to describe these activities including animal assisted activities (AAA), animal assisted therapy (AAT), pet therapy, and pet visitation. Animal assisted activities and AAT are the preferred terms. These terms have distinct meanings. Animal assisted activities provide opportunities for motivational, educational, recreational and/or therapeutic opportunities for groups or individuals to enhance quality of life. The goals of AAA most frequently address enhancing social interaction or mood of individuals in an institutional setting. The benefits of AAA are similar to those of owning a pet including: improved mood; and decreased psychological distress, depression, and loneliness.

Benefits from human-animal interaction can extend to immune compromised individuals. Measures can be taken to enable safe physical interaction and pet ownership for people with compromised immune systems. Zoonotic diseases from companion animals, such as salmonellosis, giardiasis, cryptosporidiosis, bartonellosis, campylobacteriosis and toxoplasmosis<sup>1</sup> are a potential concern for anyone who comes into contact with animals. Client education and enhanced veterinary care can reduce the risk from zoonotic diseases, even for the immunocompromised. Veterinarians must provide information about zoonosis prevention to all clients as part of routine veterinary care. Veterinarians are important resources for health professionals, pet owners, and assistance animal users to maintain and maximize the benefits of the human-companion animal bond. A list of agencies as well as other resources can be obtained from the Health Pets Healthy People website at [http://www.lgvma.org/hphp/hphp\\_text.html](http://www.lgvma.org/hphp/hphp_text.html). The Center for Disease Control and Prevention (CDC) has free brochures "Preventing Infections from Pets" at <http://www.cdc.gov/hiv/resources/brochures/print/pets.htm>; it is available in Spanish at <http://www.cdc.gov/hiv/spanish/resources/brochures/print/pets.htm>. The health promoting effects of interacting with animals may be particularly beneficial for individuals with compromised immune systems, especially those who are socially isolated.

## Short Bio: Cynthia Kinney, DVM

Cynthia Kinney is a charter graduate from Western University of Health Sciences. She is a small animal practitioner in Southern California. Areas of interest include human-animal bond, oncology, and she also enjoys bovine medicine. While attending the 2004 SCAVMA convention in Knoxville, Tennessee, she learned about an organization called Josh and Friends which provides support to hospitalized children. With the help of Dr. Ciara Vollaro, they founded the Josh Project at Western University which raises money to provide kits to sick children. The campaign stimulated other schools to provide comfort to sick children as well. For each kit purchased, a donation is made to the Children's Miracle Network. All funds support research for treatments and cures.

## The Josh Project

*Cynthia Kinney, DVM*

**Josh and Friends** gives support to sick children by providing comfort kits that include a book entitled "I'll Be O.K." and a wonderful plush Golden Retriever dog named "Josh". Many hospitalized children do not have parents by their side every moment, especially during diagnostic testing and specialized treatments and surgery. Therapy dogs provide amazing love and support but their visits are for a short period. This is why Josh the plush toy is so valuable to a child. He NEVER leaves. He is an infinite companion. He is with the child as he/she awaits surgery, and is there when the child wakes up. He sits with them during chemotherapy, and he is with them during the long hours of the day. It is hard to find a person who has not known the comfort and love of a stuffed animal. Josh is no exception, and is an excellent example of the many realms of the human-animal bond.



## Short Bio:

**John H. Tegzes, VMD, MA, Dipl. ABVT**  
**Western University of Health Sciences,**  
**College of Veterinary Medicine**

Dr. John Tegzes is a board-certified Veterinary Toxicologist, who is currently a professor of Toxicology and co-Director of Phase I curriculum at the College of Veterinary Medicine of Western University of Health Sciences. He graduated from the School of Veterinary Medicine at the University of Pennsylvania in Philadelphia, PA. After spending several years in small animal practice, he completed a residency in clinical and diagnostic toxicology at the University of California, Davis. In addition to small animal practice, Dr. Tegzes has worked for the Oregon Poison Center at Oregon Health Sciences University in Portland, OR, and for the California Poison Control System. He has been at Western University since 2003.

## Human-Animal Bond in Honduras

*John H. Tegzes, VMD, MA, Dipl. ABVT*

Imagine going back in time to a place where life is simple. Where the pace of life is slow, where time is kept not by a watch, but by the position of the sun in the sky, and where a feeling of community is the center of activity instead of the TV in the living room. Now imagine that a time machine isn't necessary. And you have imagined a world that I have been fortunate to visit to provide veterinary care. Every January from 2004 – 2007, I spend two weeks providing rural veterinary care in the mountains of northern Honduras, along with a volunteer organization called Peacework Medical. Volunteers donate their time, talent, and resources to provide health care to the rural communities that do not have the resources or infrastructure to receive health care on their own. As a Veterinarian, I joined the other volunteers, to provide health care to the animals that are an integral part of daily life to the people.

With patience and perseverance, we attended to the needs of the animals, providing mostly preventative care to cattle and horses. At first, the local residents were a bit surprised that we wanted to care for their animals. They were a little shocked that we even acknowledged their animals, let alone cared about their welfare. But word quickly traveled and our services were sought by the men who are the primary caretakers of the animals.

What we came to discover was that the men of the communities assumed many of the animal custodian functions. And because of cultural values, and work practices, many men were not attending the health care clinics for their own needs that the volunteers were providing. Those waiting for services outside the clinic were mostly women and children. But after we initiated veterinary care to the animals, and interacted closely with the men of the community, they were showing up at the clinic to have their own health care needs addressed. It didn't have anything to do with our specific instructions, or care for their animals, but all of the sudden they felt cared for!

We often talk about how the human-animal bond improves how people care about and for animals. But we often overlook how this same bond can improve the health of people. Yes, we have shown that petting a dog can actually lower a person's blood pressure and heart rate. But in Honduras we saw how by providing health care to animals, the people-- in particular the men-- were more likely to receive health care for themselves.

## Short Bio:

**Suzanne Hetts, Ph.D.**  
**Certified Applied Animal Behaviorist**  
**Animal Behavior Associates, Inc.**



Dr. Suzanne Hetts received her Ph.D. in Zoology with a specialization in animal behavior from Colorado State University in 1991. She is a Certified Applied Animal Behaviorist and is an affiliate member of AVSAB and the AVMA. Since 1982, Hetts has worked at the Veterinary

Teaching Hospital at CSU and the Denver Dumb Friends League (DDFL, Humane Society of Denver) where she initiated their Behavior Help-Line. With her husband, Dr. Dan Estep, she is currently co-owner and president of Animal Behavior Associates, Inc., a behavior consulting practice in Littleton, Colorado. Hetts is a recipient of American Humane Association's "K.C." Faculty Award for Outstanding Teaching, was a columnist for the Denver Rocky Mountain News, and writes the column, Dog Watch,

for Cornell University College of Veterinary Medicine. She authored AAHA's Pet Behavior Protocols: What to say, what to do, when to refer and other learning tools. Hetts was the chair of the Delta Society's task force that created professional standards for dog trainers, is past chair of the Board of Certification of the Animal Behavior Society and is on the board of directors for the Association of Pet Dog Trainers and the Certification Council for Professional Dog Trainers.

## The Bright and Dark Side of Dog Training: Guidelines for Identifying Humane Dog Trainers

*Suzanne Hetts, Ph.D*

At one time or another, most veterinarians refer clients to dog trainers. Unless veterinarians do their homework, this is a potential mine field. Good trainers can be an invaluable asset to the veterinary practice, its clients and patients. When trainers engage in questionable training techniques that harm dogs, the veterinarian and the practice can be seen as guilty by association. In a recent New Jersey case, when a dog trainer was charged with cruelty, a veterinarian was also being investigated to determine if the veterinarian knew of the trainers' practices when the clients were referred.

Veterinarians cannot take the passive approach and rely on who is the most visible, or who leaves business cards and brochures regularly. A logical place to start would be with a review of the individual's credentials, but unfortunately, you will instead quickly find yourself in murky waters.

Professional titles are mostly irrelevant as any variation of trainer or behavior consultant are not protected terms (with the exceptions of veterinary behaviorist and certified applied animal behaviorist).

"Being certified" cannot be taken at face value either because "certification" programs are growing like weeds. Requirements range from successful graduation from for-profit programs that then "certify" their graduates, to passing of an examination by an independent testing agency. Veterinarians must learn to ask questions about the certifying body and the requirements for certification.

A few schools for dog trainers are approved voc-tech schools; most are private businesses and not accredited even if their advertising suggests otherwise, while others are franchises providing franchisee training and "certification". The vast majority of dog trainers rely on self-teaching methods, including attendance at national conferences, seminars, distance learning and independent reading to further their knowledge and skills. Few have been professionally mentored.

Veterinarians must become skilled at knowing which trainers to trust and "red flags" that should warn you to look elsewhere. These include belief in the "pack leader" approach (sometimes disguised as how dogs communicate with each other), belittling of food reinforcement or head collars, insistence on choke chains, pinch or electronic collars, lack of interaction with peers or involvement in national dog training organizations, assertion that one's years of experience or "natural connection" with dogs supersedes the need for formal education, results guarantees, and use of confused terminology to explain behavior (e.g. "drives", "predictive control expectancy theory")

Veterinarians must distinguish between referring a dog for "training" - walking nicely on a leash, not jumping on people, inappropriate attention seeking behavior, etc. – OR for serious behavior issues such as aggression, fears, or phobias. Typical "obedience lessons" (whether they be classes or private) do not help these serious problems, and not all trainers have the skills to work with them.

## Short Bio:

**Jane Berkey, President  
Animal Farm Foundation, Inc**

Jane R. Berkey attended New York University. She is founder and President of the Jane Rotrosen Agency, a literary agency in New York City. In 1985, she organized Animal Farm Foundation, whose mission is to restore the image of the American Pit Bull Terrier and to protect all dogs from discrimination and cruelty. The Foundation also operates a research and publication subsidiary, the National Canine Research Council. In addition to her work with the Foundation and the Council, she is a member of the Advisory Board of the Center for Shelter Dogs at the Animal Rescue League of Boston.

## **Breed Specific Legislation: Damage to the Human-Animal Bond**

*Jane Berkey, President  
Animal Farm Foundation, Inc*

Veterinarians, their clients, and their clients' pets in 300 cities and towns in the United States live with special burdens and added costs because of ordinances banning or restricting dogs of one or more breeds and breed mixes. These restrictions and bans compromise the human-animal bond and complicate the professional landscape for veterinarians.

There has never been any evidence that one breed or type of dog is more dangerous to people than any other breed or type of dog, or that breed bans and restrictions contribute to improved public safety.

Nonetheless, breed stereotypes have become ingrained in our language and attitudes toward dogs. Early in the 19th century, as America's conflict over slavery intensified, public attitudes towards the bloodhound paralleled the increasingly negative attitudes towards the dogs' most publicized function: slave catching. In the 20th century, the reputations of the German Shepherd Dog, the Doberman Pinscher, and the Rottweiler each were compromised because of negative breed stereotypes. Pit bull type dogs enjoyed an excellent popular reputation, until the 1980's, when media focus on the dogs, rather than on the criminals who fought and abused them, made headlines. Monster myths of super-canine powers began to dominate the stories and to define all the dogs that looked like pit bulls.

While European nations have begun to repeal their breed specific laws, in the United States, such restrictions, directed against more than 36 breeds and presumed mixes of those breeds, are proliferating. American legislation ranges from an outright ban in Denver, Colorado, where thousands of dogs have been seized and killed; to mandates for muzzling, neutering, and/or confinement that only apply to the regulated group, however defined; and to requirements that owners pay

special license fees and maintain higher levels of liability insurance. These requirements can be expensive and may even mean a choice between sending a beloved pet away or surrendering it to be killed

Focusing on breed or phenotype diverts attention from strategies veterinarians and other animal experts have consistently identified as contributing to humane and safer communities. In addition to the problem of negative breed stereotypes, it is impossible to breed label or predict the behavior of dogs of unknown origin and genetics solely on the basis of their appearance. There is so much behavioral variability within each breed, and even more within breed mixes, that we cannot reliably predict a dog's behavior or make policies based on breed alone.

Each dog is an individual.

### **Short Bio:**

**Victoria L Voith, DVM, PhD, DACVB**  
**Professor, Animal Behavior**  
**College of Veterinary Medicine**  
**Western University of Health Sciences**

Dr Victoria L Voith is a Professor at Western University of Health Sciences, College of Veterinary Medicine, in Pomona, California.

She attended The Ohio State University, where she obtained her DVM, along with a MSc in Veterinary Clinical Sciences and a MA in psychology. While at Ohio State, she and two colleagues in the Psychology Department began experimenting with the application of principles of learning to the treatment of behavior problems of companion animals. What began as an aside to their careers in basic sciences developed into an entirely new field, clinical animal behavior.

Dr Voith studied and obtained a PhD from the University of California, Davis in Neuroanatomy/Animal Behavior. This was followed by post-doctoral work at the University of Pennsylvania in the area of the Human Animal Bond.

She has taught or been a content expert in animal behavior at several universities, including the University of Pennsylvania, Philadelphia and Wright State University

in Dayton, Ohio. Her primary interests are attachment behaviors – both in people and non-human animals. She is a Charter Diplomate of the American College of Veterinary Behaviorists and a Charter Member of the American Association of Human-Animal Bond Veterinarians.

## The Impact of Companion Animal Problems on Society

*Victoria L Voith, DVM, PhD, DACVB*

We are all so accustomed to the benefits of the presence of animals in people's lives, that we tend to forget that not all animals are perceived as benevolent by everyone. Even people who love and enjoy their own companion animals may be intolerant of other people's pets. Sometimes pets are hazardous to owners themselves or, unbeknown to the owners, problematic to others, society and the environment.

Most veterinarians are aware of the major areas of concern regarding potential negative impacts of animals in a community: Zoonotic Diseases, Behavior Problems of Individual Animals, Loose and Roaming Pets, Surplus of Unwanted Dogs, Cats and Horses, Animal Waste, Animal Hoarding, and Noise Pollution (Barking dogs). But is everyone cognizant of the ramifications of these areas of concern? How aware are owners of these potential problems?

Although there still is work to be done, the veterinary medical profession is doing a good job drawing attention to, addressing and educating owners and the public about zoonotic diseases, hoarding, individual companion animal behavior problems, and overpopulation of dogs, cats and horses. But how much do pet owners know about the effect of animal waste on the environment's fauna and flora or on contamination of water or transmission of diseases and parasites to wildlife. What about hybridization of wild life with related domestic animals? Do pet owners know that barking dogs can be considered noise pollution which impinges on the health of people nearby?

Pet feces have become enough of a concern that commercial enterprises advertise the service of maintaining DNA banks of pets that can be matched to DNA in feces found in inappropriate areas. The internet is filled with on line sites pertaining to barking dogs – and strategies to cope with this problem.

Owning pets and companion animals is generally viewed as a privilege rather than a right, especially when the well being of a community is seen as compromised. Municipalities enact management conditions to having pets. Housing associations and landlords may ban pets all together. For many decades, Reykjavik, the capital of Iceland, did not permit dogs to reside in the city – a measure taken to eradicate and control Echinococcosis in people. More recently Beijing attempted a radical elimination of many dogs in the city due to a rabies threat.

Veterinarians are in an excellent position to educate people and instill pride in responsible pet ownership, albeit they cannot enlighten the entire populace by themselves. Educational efforts need to be infused throughout the school system from kindergarten to college level. Massive public outreach programs through television, the internet and other media should be employed. Agricultural colleges can employ extension agents to work with the pet owning public. And all veterinary colleges should incorporate animal behavior and communication skills as part of their required curriculum.

Most owners want to be good owners. They may not have thought about the consequences of how they manage their pets. They may not realize the escalating restrictions being placed on ownership of companion animals. They may not know what it is they can do.

### AAH-ABV List of Nominees for Officers and Directors at Large:

Nominations may also be made from the floor at the annual business meeting, which immediately follows the Human Animal Bond Sessions and Panel Discussion at 5:45 PM on Tuesday, July 13, 2009

President Elect: Robin Downing, DVM

Secretary: Marcy Hammerle, DVM

Treasurer: Tom Krall, DVM

Directors at Large: (2 positions open): Gregg Takashima, DVM ; Tina Ellenbogen, DVM

## Short Bio:

**Alice Villalobos, D.V.M., DPNAP**



Alice Villalobos is director of Animal Oncology Consultation Service, Woodland Hills, & Pawspice care clinics in Hermosa Beach & Capistrano Beach, California. Villalobos is a past president of the AAH-ABV, and editor-in-chief of its newsletter. She is nominated for president

elect of the Society of Veterinary Medical Ethics, secretary of the Animal Health Foundation, and Founder of the Peter Zippi Memorial Fund for Animals, with over 11,600 rescued and placed pets. She authored the text book, *Canine and Feline Geriatric Oncology: Honoring the Human-Animal Bond*, and writes VPN's monthly column, *The Bond and Beyond*. Villalobos received her doctorate in 1972 from the UC, Davis, and the Alumni Achievement Award in 1994, for her pioneering role in bringing oncology services to companion animals. She is the 1999 Bustad Award recipient and a Distinguished Practitioner of the National Academy of Practice (DPNAP). She is a founding member of the Veterinary Cancer Society, the Association of Veterinary Family Practice [avfp.org] and the International Association for Animal Hospice and Palliative Care [iaahpc.org]. She lectures worldwide in the field of oncology, decision making, quality of life, medical ethics, and Pawspice care for terminal pets.

## The Dilemma of Over-Treatment

*Alice Villalobos, D.V.M., DPNAP*

The Human-Animal Bond does not diminish as pets age. It does not tarnish with the development of illness or medical conditions. In fact, some pet owners feel that their bond grew stronger as they nurtured their pet through injury or illness. Pet lovers feel vulnerable when they are thrust into the gears that drive the "mindless machinery of medicine." They often do not know what to do and they often do not get careful and compassionate

advice. The issues of prognosis, cost, hope, loyalty, love, anticipatory grief and loss can be overwhelming. The majority of concerned pet owners want to do what is best for their pets. They feel committed to care for their pets with loyalty at the end of life. What recommendations can veterinarians offer clients to help them avoid over-treatment and the practice of "futile medicine" especially for terminal diseases and advanced cancer? What guidelines can we adopt to help our profession and our clients avoid the sinking feeling that they might be over treating their pet?

Veterinarians will encounter more demand for pet hospice "Pawspice" services as they face emotional and financial issues with treatment for serious and terminal diseases, especially cancer, as more pets are aging in caring homes. Emergency clinics are able to maintain seriously injured and poisoned animals on life support for long periods of time. This technology forces family members into taking positions (sometimes against one another) over the dilemma of "pulling the plug" or enduring the burden of continuing costly and potentially futile life support. The diagnosis of cancer, its treatment and its recurrences and relapses will become a more common clinical dilemma causing angst and sorrow in society. One in four pets over two years of age will develop cancer. Half of dogs over ten years of age and one third of all cats will die of cancer. Generalists will increasingly interact with surgeons, internists, neurologists, oncologists, radiation oncologists, and other specialists who support their referral patients. What can generalists do to prevent the over-treatment of their patients at veterinary referral and emergency hospitals? How can the referring doctor maintain good relationships with specialists during times of disagreement?

- This paper offers suggestions for decision making and weighing probabilities when the odds are contradictory.
- Honoring the human-animal bond inherently includes reverence and respect for quality of life as a personal ethic and as an appreciated and highly valued social aesthetic.
- Use the Quality of Life Scale to evaluate patients during treatment and/or Pawspice. The URL is:

<http://www.veterinarypracticenews.com/vet-practice-news-columns/bond-beyond/quality-of-life-scale.aspx>

- Help clients understand that there is no perfect choice.



## Human-Animal Bond Lecture Schedule, AVMA 2009 Monday July 13th in Seattle, Washington

Moderator: Victoria L Voith, President AAHAB

Time	Topic / Title	Speaker
8:00- 8:25	Bustad Memorial Lecture	Jane Shaw, DVM, PhD
8:25 – 8:50	Delta Society: One Health Collaborative Model—Past, Present and Future	Lawrence J. Norvell & William F. McCulloch, DVM, MPH
9:00 – 9:50	Pets and Human Health	Erika Friedman, PhD
10:00- 10:25	The Josh Project	Cynthia Kinney DVM
10:25-10:50	Human Animal Bond in Honduras	John Tegzes VMD
11:00- 11:50	Health Sciences, Service Dogs, and Variables in the Human- Animal Bond.	Mary Lee Nitschke, PhD
LUNCH	LUNCH	LUNCH
2:00- 2:50	The Bright and Dark Side of Dog Training: Guidelines for Identifying Humane Dog Trainers	Suzanne Hetts PhD
3:00 – 3:50	Dog Breed Specific Legislation : Recent Developments,	Jane R Berkey
4:00 – 4:25	The Impact of Companion Animal Problems on Society	Victoria L Voith DVM, PhD
4:25 – 4:50	Over-Treatment at Veterinary Hospitals and Specialty Centers	Alice Villalobos DVM
5:00 – 5:45	Panel Discussion: Facilitating the Human Animal Bond in the Community	Suzanna Hetts , Jane R Berkey, Victoria L Voith, Alice Villalobos



The American Association of  
Human-Animal Bond Veterinarians  
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St. Petersburg, Florida 33733

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The AAH-ABV thanks **HILL'S,**  
**WALTHAM** and **IAMS** for  
their generous support of the  
AVMA Human-Animal Bond  
Tract Speakers: Dr. Jane Shaw,  
Dr. Cynthia Kinney and Dr.  
Erika Friedman, respectively.  
These valued sponsors  
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relationships between people  
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**THANK YOU!**

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