

Dr. Oakley says....

It is HOT out there! Read on for my tips on how to beat the heat!

First, Dr. Oakley says-know thyself. If you are a long haired cat or dog, or a short nosed pet, you must be even more careful out there. Along with my friends who are out of shape, overweight, very young, very old or those with heart or respiratory disease this is a serious issue.

You know that we pant to cool ourselves, but did you know that the panting evaporates moisture from our lungs, which takes heat away from our bodies? If it is humid, we are unable to cool ourselves and can overheat very quickly. (Humanesociety.org)

No parked cars! Ever! Our normal body temperatures are several degrees warmer than you humans so we have less room for increases.

We love shade and kiddie pools, when we are outside. Cooling our feet is really helpful since we sweat primarily through our feet. Admittedly, I enjoy dunking my feet in water, so if my water bowl is too large, I may step in. Please keep our water bowls a bit away from our pools.

Fans don't cool us the way they do you humans, but we appreciate cooling body wraps or mats (such as the Keep Cool Mat).

Watch for heatstroke-heavy panting, coordination issues, vomiting, and seizures-anything out of the ordinary merits a call to your veterinarian.

To end on a high note, try these Peanut Butter popsicles for dogs (sorry, cat friends) from the Humane Society's website.

1 Cup peanut butter-unsweetened and unsalted, ½ banana, mashed. Combine the peanut butter and mashed banana. Line a cookie sheet with wax paper. Spoon mixture onto a tray like you would cookie dough or stuff the mixture into Kong's. Freeze overnight. Serve and enjoy!

Peace,

Dr. O