



Who will be my pet's acupuncturist?

Dr. Zlatow, DVM, CVA

Dr. Zlatow (Dr. Z) is a Tucson local who has spent time abroad in the Philippines and Hong Kong. Her lifelong dream to become a veterinarian grew out of love for her own pets, and was strengthened by researching canine cognition at Yale, shadowing a variety of veterinarians around the world, and working as a veterinary assistant.

Dr. Z graduated as a veterinarian (DVM) from The University of Arizona's College of Veterinary Medicine. She holds veterinary acupuncture certification (CVA) through Chi University, and achieved Elite Fear Free Certified status to ensure reduced pet stress at vet visits. Prior to veterinary school, Dr. Z graduated from Stanford University with a MS in Laboratory Animal Science, and Yale University with a BA focused on Chinese language.

She enjoys travel, film, art, iced coffee and hot tea, and outdoor activities. Dr. Z is excited to meet your pets and support you in caring for them!

Hours of Operation Open 24/7

Acupuncture by appointment.

Please call: **520-748-0331**

What can I expect during treatment?

An initial acupuncture session requires 45-60 minutes as the doctor takes a thorough history and develops an appropriate treatment plan. An examination will be done like the one your pet receives during the annual wellness exam. A diagnostic acupuncture examination is then performed. Your doctor will review any lab work, x-rays/ultrasounds or surgical findings and prepare a treatment plan for your pet's needs. Needles may be inserted for as few as 10 seconds to as long as 30 minutes, depending on the problem, desired effect, age of a pet and region stimulated. Most follow-up treatments take 30-40 minutes. Treatment points may vary and are determined from session to session.

What can I expect after treatment?

Shortly after treatment your pet may experience complete relaxation, sleep very soundly and may even exhibit a better sense of well-being. Many pets will show improvement after one to three treatments. However, it may take six to eight treatments before optimal results are seen. The length and frequency of treatments varies and is determined based on the needs of your pet.

Is acupuncture safe?

Yes! Acupuncture is a very safe medical procedure when administered by a qualified practitioner. Very few negative effects have been found in clinical cases.

VCA Valley Animal Hospital and Emergency Center

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VCA Valley Animal Hospital and Emergency Center

Veterinary Acupuncture
Integrative Treatment for Pets



What is Integrative Medicine?

Integrative Medicine is a balancing of Eastern and Western practices resulting in safe, effective pain treatment and healing for your pet.

A clinician practicing Integrative Medicine utilizes both conventional and alternative or complementary diagnostics and treatments to improve the innate healing response that is present in every individual. Immediate health problems are addressed along with a continued individualized focus on maintenance of health and secondary disease prevention.

When possible, treatments should be natural and should be the least invasive option available. When our companions are dealing with serious or life-altering conditions such as cancer, end-stage organ failure, or debilitating osteoarthritis, neither conventional nor complementary medicine offer a cure. However, the addition of complementary medicine therapies to a patient's treatment plan have been found to have potential to improve quality of life. Pain control using acupuncture, traditional Chinese herbal medicine, low-level laser and pulsed electromagnetic field (PEMF) technology allows us to decrease or eliminate analgesic medications that are accompanied by unwanted side effects.

Practice definitions:

- *Conventional or Western Medicine* utilizes testing that is familiar to many of us, and focuses on identifying a disease or pathology that is causing a patient to be ill. Treatment is aimed at eliminating the offending problem, whether it is an infection, traumatic injury, or a metabolic derangement.
- *Alternative or Complementary Medicine* describes the utilization of testing or treatment modalities that are not within those used in conventional medicine to maintain health and treat imbalances in a patient that have or may lead to disease.
- *Integrative Medicine* utilizes testing and treatment from all resources (conventional and alternative) to evaluate each patient as an individual. It aims to not only restore health to a patient that is ill, but also to maintain a patient's health and wellness over their lifespan. This is accomplished by addressing the unique physical, genetic, emotional, nutritional, and environmental influences at play in each patient's life.

Types of Veterinary Acupuncture

- Dry needling uses only needles.
- Electro-Acupuncture utilizes electric leads to stimulate spinal nerves.
- Aqua-Acupuncture relies on an injection of Vitamin B12 for extended stimulation of acupuncture.

How does it work?

Acupoints are located near large bundles of nerve endings, mast cells, and lymphatic vessels. Triggering acupoints helps the body heal by stimulating nerves, increasing blood circulation, relieving muscle spasms, and releasing beta-endorphins, serotonin, cortisol, and other neurotransmitters. It is a non-invasive option to treat a variety of health issues. Faster recovery, less pain, and lower medication doses are a few of the benefits of Veterinary Acupuncture.

Triggering acupoints helps your pet by:

- Stimulating nerves
- Increasing blood circulation
- Relieving muscle spasms
- Releasing beta-endorphins, serotonin, cortisol and other neurotransmitters

When can acupuncture be helpful in a pet's overall treatment plan?

Musculoskeletal problems

- Hip/elbow dysplasia
- Arthritis
- Back or neck pain
- Intervertebral disk disease
- Tendon/ligament injuries
- Long-term injuries and pain

Neurological problems

- Seizures
- Paralysis
- Traumatic nerve injury
- Wobbler's disease
- Laryngeal hemiplegia
- Geriatric weakness

Skin problems

- Lick granuloma
- Chronic allergies
- Skin and ear infections

Gastrointestinal disorders

- Diarrhea
- Gastric ulcers
- Appetite stimulation
- Nausea/vomiting
- Constipation
- Feline megacolon
- Canine megaesophagus

Respiratory problems

- Feline asthma/bronchitis
- Cough

Urinary tract disorders

- Kidney failure
- Urinary incontinence
- Feline lower urinary tract disorder

