

Dog Days of Summer: Fending Off Heat Stroke

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For The Skanner News

It appears the dog days of summer are upon us. The hottest time of the year from late July to mid-August is in full effect. DJ Jazzy Jeff and Fresh Prince's "Summer, Summer, Summer-time" lyrics spring to mind and I immediately long for a blackberry lemonade, watermelon and cornmeal-fried catfish.

As a veterinarian, I'd be remiss to not consider all of the hot doggies outside enjoying the rays of sunshine with their families.

But with the warm weather also comes the threat of heat stroke.

Heat stroke is a non-pyrogenic (unrelated to fever) form of hyperthermia that occurs when the cooling mechanisms of the body are unable to accommodate excessive heat.

Although variable, temperatures exceeding 103°F (39°C) in dogs and cats are considered abnormal. This condition is very serious and can result in death if left untreated. Multiple organ dysfunction will occur at 109°F (42.7°C), so it is imperative to know the clinical signs before it progresses to a critical level.

As Kool & The Gang put it best, you need to know when its "too hot, too hot... Gotta run for shelter. Gotta run for shade."

Heat stroke usually occurs in



Dr. Jasmine and her dog Sheba

warm and/or humid regions. Longhaired and brachycephalic breeds (pugs, English bulldogs, etc.) are predisposed to this condition along with young, old, obese or sickly animals. Animals left unattended in unventilated rooms, locked cars, or who have been exercising are at the greatest risk for hyperthermia.

Clinical signs present as panting, excessive salivation, tachycardia (increased heart rate) and hyperthermia. If left untreated, signs can progress to seizure, coma, respiratory and cardiopulmonary arrest -- and even death.

Early detection is key to preventing heat stroke. Animals should be monitored closely in extreme temperatures. Pets should never be kept in locked

cars with the air conditioner off and windows rolled up. According to the American Veterinary Medical Association, even on an 80°F day, the temperature inside a car can rise to above 100° F in a little over 10 minutes.

Sprinkler systems, convection cooling fans, kiddie pools and spray water bottles can be used to keep pets cool during the summer. Exercise pets in the morning or late evening before the sun is at its highest. Ice or ice water should be avoided as this can lead to constriction of the blood vessels and slow heat elimination.

Cool or room temperature water should be provided, but food should be withheld until the body temperature returns to normal. Animals with suspected heat stroke should immediately be taken to a veterinary hospital for care which may require hospitalization until temperature stabilizes.

Warm weather is the highlight of summer and much needed to compensate for Portland's rainy season. This pet friendly mecca is abound with festivals, restaurants, and adventures to get into all summer long. So get out there and enjoy, just make sure you and your pet are prepared to beat the heat.

Do you have a pet topic you'd like to learn more about? I'd love to hear from you! Write me at drjasmine@theskanner.com.

Bourne

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him. Yet he has nevertheless remained under the radar, since he is still considered an outlaw by CIA Director Robert Dewey (Tommy Lee Jones).

We soon learn that Jason's one ally inside the Agency, Nicky Parsons (Julia Stiles), has also gone rogue. She's off the grid in Iceland, working in concert with a WikiLeaks-style whistleblower (Vinzenz Kiefer) attempting to hack into the CIA's files.

Nicky eventually tracks down Jason in Greece where she slips him the key to some incriminating evidence about the Agency as well as to answers about his own mysterious past. Their rendezvous, however, has not gone unnoticed by CIA analyst Heather Lee (Alicia Vikander) who had been surreptitiously monitoring Nicky's movements all along.

Next thing you know, Jason finds himself on the run from a bloodthirsty assassin (Victor Cassel) dispatched by Director Dewey. Meanwhile, Lee joins the chase, too, hoping to talk Jason into vol-

untarily coming in from the proverbial cold. The ensuing cat-and-mouse caper proves to be a trademark globe-trotting affair, unfolding in ports-of-call all across Europe and culminating in a visually-captivating showdown on "The Strip" in Las Vegas.

The film's only distracting flaw is the sotto voce performance delivered by Oscar-winner Alicia Vikander (for "The Danish Girl") who inexplicably seems to swallow her every word here. Otherwise, the balance of the principal cast acquits itself admirably, from Tommy Lee Jones in the familiar role of an orders-barking boss, to Vincent Cassel as an appropriately-despicable diabolical villain, to the inimitable Matt Damon back in the saddle as the two-fisted protagonist.

A flagging franchise thoroughly revived courtesy of another inspired collaboration by Messrs. Damon and Greengrass.

Very Good ★★★
Rated PG-13 for brief profanity, violence and intense action

FREE MOVIE SCREENING

THE WAKE OF VANPORT

Digital narratives and storytelling from flood survivors and residents of Vanport



FRI. AUG. 26, 2016

1:30 PM

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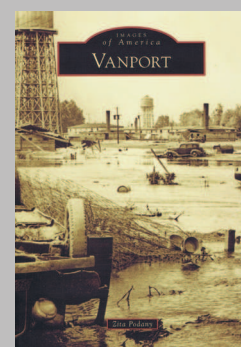
REGISTER ONLINE AT

<http://thewakeofvanport.eventbrite.com>

★★★★★ Together, this touching collection of truly heartfelt remembrances paint a poignant portrait of a short-lived, idyllic oasis —Movie Critic Kam Williams

"The Wake of Vanport" is so named to honor the death of a city and the viewing of its history through the collection of Vanport stories told by the voices of those who lived there.

Join us for this screening of multimedia works produced during the 2014 Vanport Multimedia Project dedicated to collecting and preserving Vanport survivors' stories. Immediately following the screening there will be an opportunity for discussion with survivors and producers.



BOOK SIGNING AT THE EVENT

**FREE BOOK TO THE
FIRST 40 GUESTS!**

Portland author Zita Podany will be signing copies of her book "Images of America: Vanport" at the event.



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