

Vet's Corner

Dr. Oliver is the owner and veterinarian at Benessere Animal Hospital and captain of "Team Awesome"- her amazing, caring and knowledgeable staff. She has considered North Carolina her home since 1997, and has lived in Greensboro since 2009. She earned a bachelors degree in 1987 in Physical Therapy from East Carolina University and then graduated with her D.V.M. from the North Carolina State University College of Veterinary Medicine in 2008. Benessere Animal Hospital is a small animal general practice that sees cats, dogs and exotics. Dr. Oliver practices integrative fear free veterinary medicine and enjoys all aspects of providing veterinary care, but has an extra passion for geriatrics, nutrition, physical rehabilitation, and prevention and management of chronic diseases. There are several different professional associations that Dr. Oliver is a member of, including AAHA, AVMA, AAEP, NCVMA, AAVN, AAHA, and IVAPM. She also supports two local charities, Break the Chain Kennel Kru and Bingo Pet Hospice. Benessere Animal Hospital is a "Pets for Patriots" veterinary service provider.



INTEGRATIVE VETERINARY MEDICINE- patient focused, results based, fear free

Integrative Veterinary Medicine (IVM) is a comprehensive approach to healing patients through a blend of the latest evidenced based Western medicine and less conventional treatment modalities like acupuncture, herbs and homeopathy. IVM is commonly mistaken for Alternative or Holistic practice. The terms are used interchangeably and it becomes confusing. The practice of IVM will utilize alternative and/or holistic approaches, but it is first rooted in evidenced based medicine and adapts and utilizes all available therapies to develop a safe, effective, results based outcome for the whole health of the patient.

Using synthetic drugs and surgery to treat pet health conditions is commonly known as, simply, "veterinary medicine." Today, this system is increasingly being termed "conventional veterinary medicine." This is the kind of medicine most pet owners still encounter in veterinary hospitals and clinics. Often both expensive and invasive, it is also very good at some things; for example, handling emergency conditions such as imminently life threatening injury or advanced stages of illness that have been left too long to be able to treat less invasively. Some conventional veterinary medicine is scientifically validated, some is not.

Any therapy that is typically excluded by conventional medicine, is known as "alternative medicine." It's a catch-all term that includes hundreds of old and new practices ranging from acupuncture and Chinese herbs to homeopathy. Generally alternative therapies are closer to nature, cheaper and less invasive than conventional therapies, although there are exceptions. Some alternative therapies are scientifically validated, some are not. An alternative medicine practice that is used in conjunction with a conventional one is known as a "complementary" medicine. Example: using fish oil and turmeric to help fight inflammation along with a prescription analgesic to result in maximum comfort for the patient.

Integrative medicine in general, as defined by the National Center for Complementary and Alternative Medicine at the National Institutes of Health, "combines mainstream medical therapies and complementary alternative therapies for which there is some high-quality scientific evidence of safety and effectiveness."

In other words, integrative medicine selects the very best, scientifically validated therapies from both conventional and complementary/alternative systems. The emphasis is on getting the patient better. So this is a basic definition of integrative medicine. IVM is healing-oriented veterinary medicine that takes account of the whole pet (body, mind, and spirit), including all aspects of lifestyle.

The principles of integrative veterinary medicine:

- A partnership between the pet patient, their guardian and the veterinarian in the healing process.

- Appropriate use of conventional and alternative methods to facilitate the pet's innate healing response.
- Consideration of all factors that influence health, wellness and disease, including mind, spirit and community as well as body. Nutrition, air and water quality, emotional environment/stress management and mitigating fear/anxiety, appropriate mental stimulation, exercise, thoughtful risk based vaccination protocols and parasite prevention are factors.
- A philosophy that neither rejects conventional medicine nor accepts alternative therapies uncritically.
- Recognition that good medicine should be based in good science, be inquiry driven, and be open to new paradigms.
- Use of natural, effective, less-invasive interventions whenever possible.
- Use of the broader concepts of promotion of health and the prevention of illness as well as the treatment of disease.
- Training of veterinary practitioners to be models of health and healing, committed to the process of self-exploration and self-development.

In our hospital, IVM starts when you walk in the door. We have selected paint colors for the hospital that have been proven to help calm animals and their human guardians. We use a combination of aromas, fear free approaches to pet handling and emphasis on creating a kind, calm and welcoming atmosphere. We listen to our clients. We pay close attention to our patients. We use the information we gather to help develop a comprehensive preventative medicine and treatment plan for each individual pet.

We have also taken the extra step to insure quality care by becoming AAHA accredited. Only about 15% of veterinary hospitals nationwide are AAHA accredited. AAHA accreditation means we have passed an over 900 point inspection process that holds us to the highest standards of veterinary medicine and we continue to be held accountable by getting re-inspected on a regular basis.

We are committed to promoting the best possible health and welfare for our patients and their guardians. We strongly believe that prevention of disease through careful selective vaccination protocols, parasite prevention, good nutrition, good hygiene, emotional health through training and environmental enrichment and communication with pet parents is the best approach to helping our patients stay well.

Dr. Oliver and her associate Dr. Cobb, along with their fantastic veterinary health care team, look forward to meeting and working with anyone who wants to collaborate with us to formulate the best veterinary health care plan for their pet family members.

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