

# INSIGHTS

NEWS AND VIEWS *from*  
Dr. Heather Brookshire, DVM, DACVO



ANIMAL  
VISION  
CENTER  
*of* VIRGINIA

WHY CHOOSE US | SERVICES WE OFFER | CONDITIONS WE TREAT | REFERRING VETS

*FALL EDITION : November 2015*



## Now Open!

The [Animal Vision Center of Virginia](#) is now open, serving dogs, cats, horses and animals of all shapes and sizes in Hampton Roads. We had a great time at our grand opening celebration, Oct.17, as guests and their pets came to check out our new state-of-the-art surgical center at 521 Old Great Neck Road in Virginia Beach. They toured the facility, led their dogs through a canine agility course and mingled on the lawn with ponies, llamas, rabbits, ducks and chickens that were part of our on-site petting zoo. Thank you to our friends at Baladi Mediterranean Cafe and Thai Arroy Restaurant, who provided delicious foods for all to enjoy. And a special thanks to our supportive local businesses (listed below), who contributed a fabulous array of items for our silent auction. If you weren't able to come to the opening celebration, please drop by and visit us any time! The Center is open Monday thru Friday from 9 a.m. to 6 p.m. and every other Saturday from 10 a.m. to 2 p.m.

Thank you to our silent auction contributors:

[Dan Ryan's for Men](#)

[Corner 24 Surf Shop](#)

[Baladi Mediterranean Cafe](#)

[Balance Massage](#)

## In This Issue

[Now Open!](#)

[See the Difference](#)

[Ask Dr. Heather](#)

[Superfoods for Super Pets!](#)

[What Our Clients Say](#)

## MEET DR. HEATHER



**Dr. Heather Brookshire, DVM**  
*Diplomate, American College of  
Veterinary Ophthalmology*

Dr. Brookshire grew up in northern Michigan and obtained her undergraduate degree (BS, Biology with Honors) at the University of Michigan in 2002 before moving west to Colorado, where she completed her general veterinary training at Colorado State University. After receiving her doctorate of veterinary medicine (DVM, (Cum Laude) in 2008, she completed a rotating medicine and surgery internship at North Carolina State University. Following a 6-month ophthalmic internship, she completed a 3-year combined residency program in comparative veterinary ophthalmology with Animal Eye Care Associates and North Carolina State University. She became a

[April Mitchell Integrative Yoga](#)  
[Thai Arroy Restaurant](#)  
[Ynot Restaurant](#)  
[Hot House Yoga](#)  
[Wareings Gym](#)



### See the Difference

The value of having animals undergo an annual physical checkup is widely known and practiced. But many pet owners don't always recognize that eyesight quality is an integral part of their pet's overall health.

Board Certified Veterinary Ophthalmologist after passing the national American College of Veterinary Ophthalmology (ACVO) board examination in 2013.



### Superfoods for Super Pets!

Soon, we'll be dining on turkey with tasty sides made from fresh fall superfoods. While we don't suggest you give your dogs and cats treats from the table, there are foods you prepare and serve them to support eye health. Take a look ...

**Boiled broccoli** - packed with beta-carotene

**Raw carrots** - crunchy and rich in Vitamin A, B,C,D,K, riboflavin, niacin, calcium.

**Salmon and tuna** - high in Omega-3 fatty acids

**Eggs** - great source of protein

**Steamed kale** - antioxidants for sun protection

**Cooked sweet potatoes** - one of the best superfoods, loaded with beta-carotene

### What Our Clients Say

*"So kind and caring of my fur baby! Couldn't have been a better experience. My Olive had bilateral cherry eye and she looks great now. Dr. Heather and Melissa are wonderful!"*

—Kathy B.

**Coming up in our next issue**



The Animal Vision Center of Virginia offers a full array of [animal eye care services](#) including eye exams and diagnosis, medical therapies, genetic testing for ocular conditions, and surgeries for cataracts, eyelid conditions, dry eye, corneal and iris conditions, glaucoma, lens extractions and even eye removal, when necessary. We also provide free ocular exams for service dogs. Our team will consult at either our Virginia Beach location or at referring veterinary practices throughout the greater Hampton Roads area, from Virginia Beach to Williamsburg.

## Ask Dr. Heather

As a board certified veterinary ophthalmologist, I have treated dogs, cats, horses, birds, reptiles, pocket pets and a variety of other exotic and wild animals. I created the Animal Vision Center of Virginia to provide the best animal eye care in Hampton



Roads. In each issue of Insights, I'll be happy to answer questions you may have about ocular care, treatments, recommendations and concerns about your patients and/or pets. Send your questions to me at [Dr.Heather@AVCVA.com](mailto:Dr.Heather@AVCVA.com). Here are a few questions I am frequently asked:

### What are the signs that my pet may have eyesight problems?

*The most common signs of decreased vision include hesitancy in the pet when they move around their environment, bumping into objects and decreased willingness to walk into dark environments or rooms. Other signs that a pet might have an eye problem can include eye redness, swelling, discharge, cloudiness or squinting. If you notice any of these signs, it's time to have your animal's eyes examined, and we are here to help.*

### What takes place during a typical examination?

*We start the evaluation by obtaining a complete history of both the ocular changes noted at home, as well as the pet's overall systemic health. The ocular exam begins with several tests of vision, followed by an overall evaluation of the eyes and surrounding structures. Next, we use a slit-lamp biomicroscope to evaluate the front portion of the eye on a microscopic level. This instrument allows for optical sectioning of the eye in a similar fashion to what is possible with histopathology, or tissue sectioning of the globe. Next, the back of the eye, or retina and optic nerve, will be evaluated using indirect ophthalmoscopy and a series*

Introduction of our newest employee, Ashley Pierce

Ophthalmic Challenge  
"Case of the Month"

## EDUCATION SERVICES



## OPHTHALMIC TRAINING SESSIONS

We are dedicated to helping you manage the ophthalmic care of your patients in any way possible - whether it be on a patient referral basis, or by providing basic training to your clinic on ophthalmic diagnosis and treatment. Please call 757-749-4838 to schedule a clinic training session on the ophthalmic topic of your choice.

## FRIDAY AFTERNOON "LUNCH & LEARN"

Animal Vision Center of Virginia will soon be providing quarterly accredited Friday afternoon continuing education sessions to veterinarians and veterinary staff members.

## SCHEDULE COMING SOON!

Please visit our website to learn more about this at [www.avcva.com](http://www.avcva.com).

ANIMAL VISION  
CENTER of VIRGINIA

521 Old Great Neck  
Road, Suite 2  
Virginia Beach, VA

757-749-4838

HOURS OF OPERATION

Monday - Friday

of condensing lenses. If needed, we may conduct additional tests.

9:00am - 6:00pm

Every Other Saturday  
10:00am - 2:00pm

**What is the most unusual animal you have treated?**

*While I have treated a number of unique critters (just this week - a wallaby, a screech owl, a corn snake, a red-tailed hawk and a chicken!), the most unique situation was being involved in the surgical removal of a cataract with restoration of vision to C sar, a 38-year-old African elephant residing at the North Carolina Zoo!*

Find us on Facebook | Visit our Website | Send us an Email | Call us at 757-749-4838



**ANIMAL  
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of VIRGINIA**

*Providing quality ophthalmic care for animals of all shapes and sizes, Animal Vision Center of Virginia is owned and operated by Dr. Heather Brookshire, a board-certified veterinary ophthalmologist.*

*The Center is located at 521 Old Great Neck Road, Suite 2, in Virginia Beach, VA 23454.*

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