

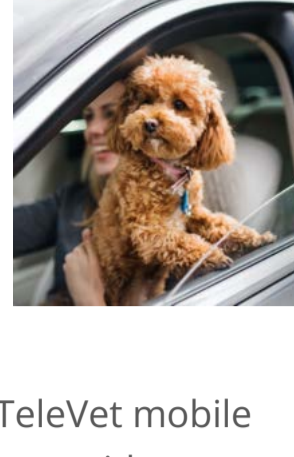
Spring Edition: April 2020



Treating Pet Patients in the Time of Coronavirus

Just a few months ago, life was so much simpler. We ran errands, met friends after work and hit the gym without a second thought. That changed with the emergence of COVID-19. Faced with health updates that seemed to change by the hour, medical providers, like us, worked swiftly to implement new ways to care for our patients in safe, sometimes innovative settings.

Last month, [Animal Vision Center of Virginia](#) began offering new drive-up telehealth appointments, allowing you to stay in your car while our staff escorts your pets to the clinic for their exam. Via video or voice telemedicine phone conferencing, we obtain a complete history on your pet's progress, allowing you to be "present" for the appointment. Then, we take your pets back to the car with follow-up instructions and medication (if needed).



We've also seen a number of our existing clients remotely, using our TeleVet mobile app, providing a two-way consultation appointment in real time with me, without ever leaving your home. If this is a service you haven't tried yet, you can read all about it in the article below.

In addition, we have remained diligent about the utmost cleanliness of the practice, implementing enhanced protocols that are effective against viruses, including coronaviruses. And we are fully stocked with medications and supplies.

We appreciate so much your willingness to do things a little differently over the past few weeks. These are unusual times to be sure, and we will continue to adapt further if needed. Our goal remains the same, to provide the best ocular care possible for all animals—even in a changing world.

All the best,

Heather Brookshire

Dr. Heather



Traveling to See Us For Cataract Surgery? Here's What You Need to Know.

We often see clients from out of the area, who travel to see us for their pet's cataract surgery. We thought it would be helpful to explain what happens before, during and after surgery so you can plan accordingly.

Cataract surgery is very similar to cataract surgery in people. A small incision is made at the top part of the eye, and a circular hole is created within the outer flexible capsule of the lens. Ultrasound energy is used to remove the internal cloudy lens material. The capsule is polished, an artificial lens is implanted, and the incision at the top of the eye is closed with suture.

The surgery schedule unfolds over three days, with a pre-operative evaluation and full assessment with Dr. Heather on day one; pre-operative preparation, surgery and post-operative monitoring on day two; and a post-op exam on day three.

Before you depart for home on the third day, we will show you how to care for your pet, administer medicine; explain the stages and what to look for with your dog's recovery; and schedule follow-up exams.

[Read More](#)

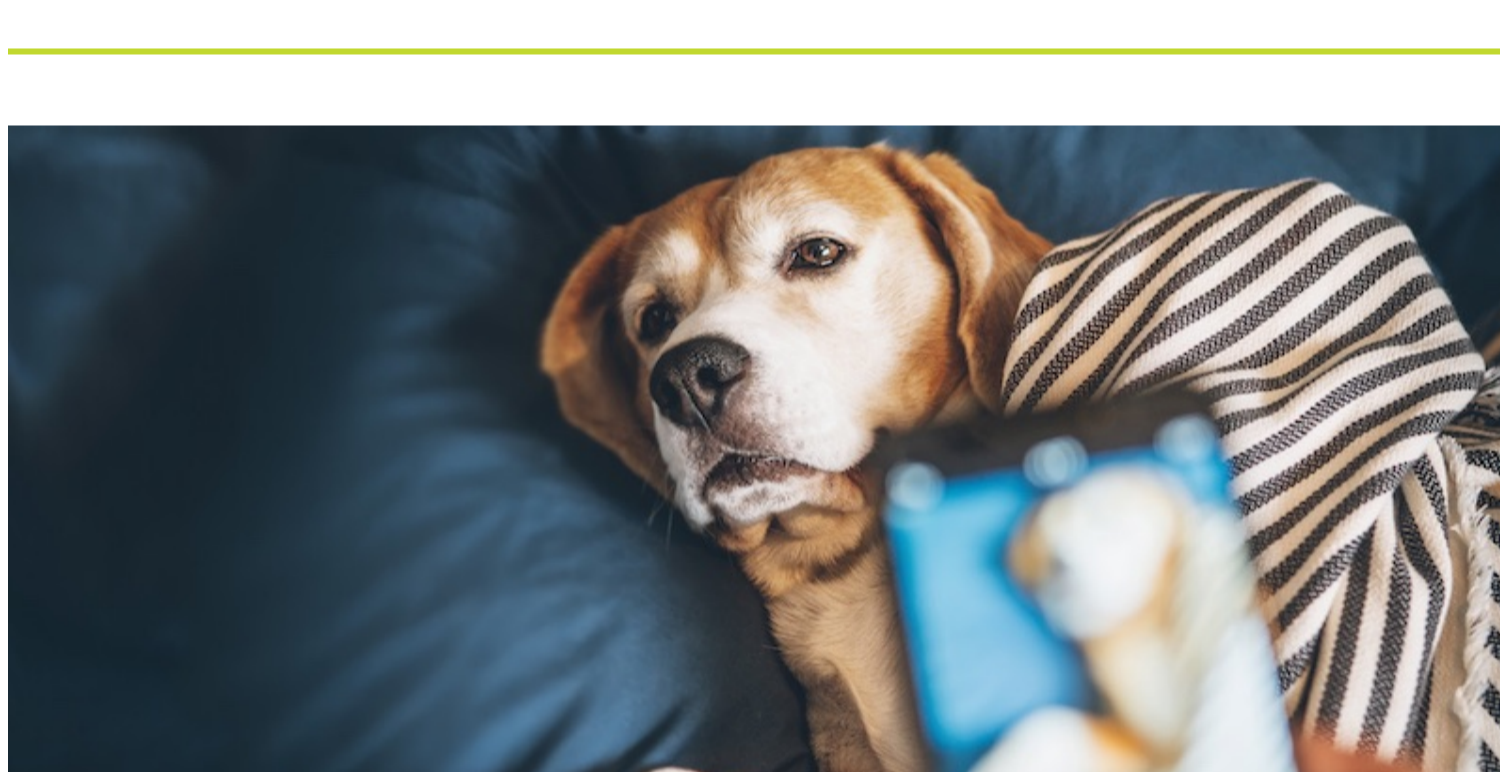


The Calming Power of Pets

You're a pet owner, so you already know that spending time with your lovey makes you feel good. But do you know that pets can help boost levels of serotonin and dopamine, lower blood pressure and improve your overall health? That's the therapeutic power of pets, according to an article published in [Helpguide](#), a nonprofit mental health and wellness website.

The article reveals that pets have evolved to become acutely attuned to human behavior and emotions. Dogs and cats especially can reduce stress, anxiety and depression, while keeping us active with daily walks and outings. Pets also are wonderful companions for children, helping them grow to be more secure and active.

If social distancing is making you feel a bit removed, spend more time with your pet. Take them on walks, snuggle with them on the couch, play fetch in the yard or teach them a new trick. And, if you know a friend who could use a companion, put them in touch with any of the local animal adoption and rescue groups featured on our [In Focus blog](#). Adoption will be good for them—and their new furry friend.



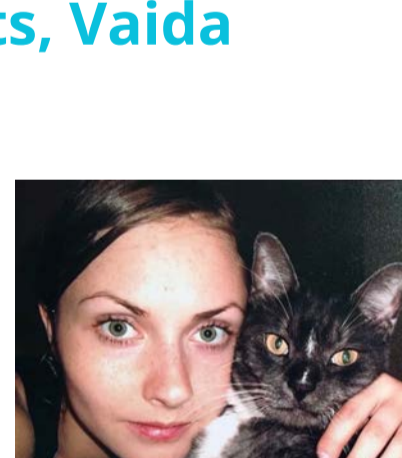
Save a Trip with Our Telemedicine Consultations

You don't always have to travel to us for an ocular evaluation. Since 2018, Animal Vision Center of Virginia has offered remote telemedicine consultations and triage assessments for our veterinary partners and existing clients and pet patients. Using the TeleVet mobile app, you can participate in a two-way consultation appointment in real time with Dr. Heather Brookshire. This service is ideal for our veterinary partners when working with urgent cases, a difficult diagnosis, a second opinion, and for the convenience of practices located in far away or rural areas. For our existing clients, telemedicine is an option for pets that don't travel well or become anxious away from home. [Details about our telemedicine consultations](#) are featured on our website. Take a look, and let us know how we can help.



When It Comes to Caring for Feral Cats, Vaida Moore is a FAN

Vaida Moore founded the Feral Affairs Network (FAN) in 2016 to help address the problem of overpopulation of community cats in Hampton Roads. The nonprofit organization's primary goal is to trap-neuter-return (TNR) feral or community cats to their environment, while providing support to their caretakers in need. Ultimately, this results in a happy, healthy and safe community for cats throughout the region. An analyst by day, and a TNR activist by night, Vaida holds a Master's degree in Public Administration from Old Dominion University. We caught up with her recently and posed a few questions about FAN.



What is your background and why did you decide to launch FAN?

Cats have captured my heart since I was a little girl. I started volunteering at the Norfolk Animal Care and Adoption Center in 2009 and soon became very involved in all aspects of animal care, from fostering to adoption and beyond. At the same time, I became more aware of the problem of animal overpopulation, especially when it comes to cats. One particular group of feral or community cats caught my attention, and I started researching possible solutions.

That is when I learned about trap-neuter-return (TNR). I bought a couple of traps and started my own operation as a one-woman team. I was amazed to find a big community of feral cat advocates here locally, working to reduce their overpopulation and suffering, at the same time providing much needed relief to the overcrowded municipal animal shelters.

With some experience and valuable connections under my belt, I decided that it was prudent to form a professional team and pool our resources to better serve the community. Guided by the idea of connecting compassionate hearts to save community cats, [Feral Affairs Network](#) (FAN) was born in 2016. We now have a solid team of close to 20 volunteers serving in varying capacities and making our continued operation possible.

Today FAN is a nonprofit 501(c)(3) organization whose primary goal is to trap-neuter-return (TNR) feral or community cats and also provide support to their caretakers in need. Our ultimate goal is happy, healthy and safe community cats throughout Hampton Roads and a strong caretaker network working together to support and care for community cats in every way possible.

[Read More Q&A with Vaida](#)

What Our Clients Say

"Dr. Heather is amazing! She has taken such good care of Cheyenne, our 20-year old Beagle with glaucoma. Such a clean, relaxed atmosphere with amazing staff. And you never feel rushed. Highly recommend AVCVA."

- L. Cornell



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.

Call us at 757-749-4838 | Fax us at 757-932-9325

Main Office Location & Hours:

521 Old Great Neck Road, Suite 2, Virginia Beach, VA 23454

Monday, Wednesday, Friday 9:00 a.m. - 5:00 p.m.

Tuesday, Thursday 9:00 a.m. - 6:30 p.m.

One Saturday a Month 11:00 a.m. - 2:00 p.m.

Suffolk Clinic at The Cove Location & Hours:

6550 Hampton Roads Parkway, Suffolk, VA 23435

Friday 9:00 a.m. - 12 p.m.

Review us on [Facebook](#) [Google](#) [Yelp](#)

[Follow us on Instagram](#) [Visit our website](#) [Send us an email](#)