

SMOKE SIGNALS

ARROWHEAD IMPROVEMENTS ASSOCIATION

IN THIS ISSUE...

...as usual, you'll find **great information** from the AIA Board and our Managers- however, due to space in the print edition some of our Managers' Messages that focus on information for winter residents will only be found on the AIA website edition. I have always suggested that folks check the Smoke Signals and Mountain Living out on-line since they are really enjoyable in color! The Website can be found at www.arrowhead1.org

Histories of Arrowhead, starting on page 8, shares some information on a few places of interest nearby. Whether just enjoying their old West history or looking for some great winter sports, you can entertain the visiting family and friends with a day-trip to Crested Butte, Telluride or Ouray. All are fantastic destinations in winter or even summer!

Wanting to sell that snowmobile or ATV? Something lost? Something found? Have a community announcement? Head to the new **Arrowhead in Colorado Facebook page!** There is a link on the AIA Website to this new page and the great news is that it does not require you to have a Facebook account! The Arrowhead in Colorado AIA Facebook page is dedicated to promoting and serving our community. This is not an OPINIONS page. Please use this page in order to keep up on community events. This will also serve as a location where you can find and post notices of community events, lost and found, want ads and notices such as birth, marriage or death. *Notices should be sent to me at missyanne@mac.com and will be reviewed and posted.* So far, response and usage have been very positive. Visit it and click on the "Like" button!

I hope that you all continue to enjoy the Smoke Signals, Mountain Living, the AIA website and now the Facebook page!



Happy Valentine's Day & Erin go Bragh!

Melissa Hernandez

Communications Manager

missyanne@mac.com

Histories of Arrowhead

This addition of the Smoke Signals focuses on three great day-trip locations close to Arrowhead. Crested Butte, Telluride and Ouray are fantastic destinations winter or summer! Skiing, snowboarding or ice-climbing- they have it covered! Page 8

Arrowhead Pet Page

Once again,, our own Veterinarian **Larry Brustle** gives his advice for keeping your pets healthy and safe! This issue gives advice on your pet's water consumption. Page 16

People of Arrowhead

introduces Bill & Kathie Martsof, new owners of 200 Spruce! Outgoing and friendly, these are neighbors you'll want to shake hands with soon... and maybe end up with some gold! Page 13



PRESIDENT'S MESSAGE

Bob Hernandez

bobhernandez@mac.com



It has felt like winter at Arrowhead since Thanksgiving, but the minimal snow hasn't made it look like winter. That is changing. We are starting to get a little bit of snow every 3-4 days now and I hope the weather pattern is shifting back to normal from the La Niña pattern that has effected us so far. The holidays have come and gone without incident. With Security's help everyone managed to utilize all the space in the winter parking lot.

The AIA starts a new year with a new board member, Sharon Pugh and a reelected member, Don Koeltzow, and an approved 2012 budget. I want to thank the Board for having the confidence to elect me President again for the coming year. Your Board works hard throughout the year and has pledged, again, to follow the Declaration of Protective Covenants and Restrictions (Covenants), Regulations, and By Laws, and to serve the whole community by following the rule of majority of the board.

I want to thank Paul McDermott for his outstanding work over the past 6 years as treasurer, vice president, president, vice president and treasurer. Paul's contribution over this time has been very important and will be felt for years to come. He will be missed. Please take the time to thank Paul when you see him.

At the beginning of a new year it is an opportune time to thank all our AIA employees for the hard work they do. Our managers, Joyce Bolter - Design Review, Reinie Masanetz - Security, Bob Rosenbaum - Forest, and Melissa Hernandez - Communications all do a great job and keep the community running smoothly while taking load off the Board. Our Heavy Equipment operator, Will Hobson works hard all 4 seasons keeping equipment running, our roads passable, and we especially appreciate his hard work clearing the Alpine at this time of the year. In security we have Joanie Aufderheide, Brad Fowler, Jim Gelsomini, Eric Johnson, and Leonard Wasilewski who all do an outstanding job serving us under the supervision of our Security Manager, Reinie. On the Design Review Committee (DRC) we have a great set of volunteers lead by Joyce. They are Joanie Aufderheide, Don Bumgardner, Linda Dysert, Al Hale, Star Misner, and Wayne Rhodes all ensuring our community grows as outlined in the DRC regulations. Our winter groomers do an excellent job taking the bumps out of our filing roads. They are Glynn Abbott, Mike Bartlett, Ron Corder, and Toby Ezell with Will Hobson and Bill Misare as backup. Lucia Lebon is the Arrowhead Snowmobile Club's Grooming Coordinator. Finally our office manager, Dave Tobler, keeps things running smoothly and is the institutional memory for the AIA and maintains our records and billing. He does an outstanding job supporting the Board and the whole AIA community. I want to personally thank all of them for all they do and encourage you to let them know how much you appreciate their hard work.

Since it is winter, I want to stress the important role the Arrowhead Snowmobile Club (ASC) plays for all of us. As a result of the grant received by the ASC for a new groomer, the AIA avoided the cost to replace our groomer. This is because we lease the ASC groomer at a very reasonable rate to groom our filing roads. The ASC also grooms the snowmobile trails in our area for the state parks. So, it is important for everyone to support the ASC by joining. Even if you don't snowmobile up-country, everyone benefits from the ASC. If you cross country ski or snowshoe on the filing roads, or park your snowmobile on the hill in the parking lot, you benefit from the efforts and services offered by the club. Our emergency and fire services also rely on our roads being groomed. Your visiting family and friends benefit as well. All of this also helps our property values even for those who choose not to use their Arrowhead property in the winter. ASC is an integral part of our unique mountain community and I'd ask for all that have not joined or renewed this year to do so. Look for the ASC link on the AIA website for information on joining.

I look forward to leading the Board in meeting our community's future business and challenges.

SECURITY'S MESSAGE

Reinie Masanetz

reinie@fone.net



Now that we have survived the holiday season, we're looking forward to a smooth transition for the rest of our winter season. Our winter parking lot reached its full capacity during the holiday season, which happens each year. We had to stress courtesy and discipline, when parking in the winter parking lot. Please follow the winter parking lot rules, by not leaving your snowmobiles/UTV's and trailers parked for lengthy periods of time in the parking lot when owners are gone. The South row from the diesel parking is designated for "Trucks with Trailers Only" as this needs to accommodate trucks with large box trailers. Otherwise, they have to park alongside the East bank of the parking lot and this will limit space for all traffic and heavy equipment.

I am sad to report, acts of Hit & Run/Vandalism with extensive damage were committed to vehicles in our parking lot, and these incidents were reported to Security. Since no one admitted to this heinous act or left a note behind, and with no witnesses, it's hard to determine who the culprit is. Security does provide property owners with an incident report with pictures, to submit with their insurance claims.

As you all know, we have had a poor accumulation of snow this winter season. Our roads were officially closed on December 23rd, last month. Some property owners have chosen to drive back in to the subdivision because of the lack of snow. Please be advised, that you are doing this at your own risk in case you get stuck and cannot get out of your driveway. Security's concern is SAFETY; please drive very slow, especially around curves and corners on the filing roads. It would not be a good situation if a vehicle and snowmobile met while coming around a corner. Security has placed a "No Parking" sign at the bottom of Ute and the Alpine Road. The reason being, any vehicles parked there will interfere with the grooming operations and this area is also designated for a rendezvous point to meet the Ambulance in case of an emergency.

During the winter parking lot snow removal operation, please do not park your vehicles between the signs that say "No Parking next 300 feet, Helicopter landing zone".

The speed limit inside the Arrowhead subdivision is 20 MPH, contrary to the rumor floating around that in the winter time you can go faster on your snowmobile. Not true!! The posted speed limit of 20 MPH applies year round. If you choose to go faster than the posted speed limit, don't be surprised when you find a Security vehicle behind you, because you are Busted!

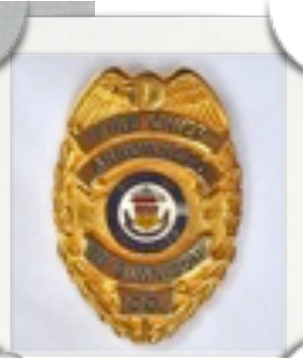
When snowmobiling, please be courteous to all pedestrians and cross-country skiers and keep off of the cross-country ski trails with your snowmobile.

Reinie Masanetz
Security Manager

FIRE CHIEF'S MESSAGE

Brent Mims

avfdchief@gmail.com



The Arrowhead Volunteer Fire Department would like to address three topics in this Smoke Signals: the below average snow pack and how it may affect the upcoming fire season at Arrowhead, the availability of private landowner defensible space grants, and the upcoming snowshoe golf event.

The snowpack is very low, but hopefully this situation will change. The USDA January 2012 snowpack report currently has our area in the 50 – 69% of average snowpack category. In fact, most of the mountain west from the Colorado/New Mexico border north to Montana is in this category. What does this mean for Arrowhead? This could indicate that the fire danger at Arrowhead may be higher than average this summer. It also means that the initial mutual aid responses to wildland fire incidents may not be as strong and quick, if local fire resources are spread out over the west due to a heavy fire season. For Arrowhead specifically, we should ensure that our fire department is fully prepared to suppress any wildland fire incidents in our district as quickly as possible. More importantly, every resident and visitor to Arrowhead should have a heightened awareness to fire prevention. As the fire season nears, the AVFD will review the live fuel moistures for the area and conduct regular Arrowhead specific fine dead fuel moisture readings. Based on the findings of those readings, the AVFD will implement any restrictions that may be necessary. If the current snowpack conditions do not change, the AVFD would like to ask all residents and visitors to pay very close attention to the fire danger rating for Arrowhead and check the AIA website for any fire restrictions prior to enjoying fires this summer.

The AVFD has become aware of the possibility of some private landowner defensible space grants offered by the Western Region Wildfire Council for 2012. Our initial investigation into these grants has revealed that to be eligible for grant consideration:

- The land to be mitigated must be located in an extreme or very high fire danger area outlined in an approved community-wide wildland fire prevention plan (CWPP).
- The landowner must supply three bids from three separate contractors.
- The landowner must supply a detailed map of the mitigation area.
- The landowner must supply pictures of the proposed mitigation area.
- Prior to receiving grant funds, successful grant recipients must have an onsite inspection of the mitigation area by the Colorado State Forest Service to ensure work has been completed to the grant standards.

Also:

- Grants funds **MAY PAY UP TO 90%** of contractor bid with landowner paying 10%. **(Grants are not guaranteed to be 90/10).**
- Work must be completed within 90 days of becoming a successful grant recipient.
- Defensible space mitigation must meet the grant standards. (Both the AVFD and AIA Forest Manager are currently working to see how those standards might compare to the current Arrowhead standards.)
- Private landowners must complete their own grant application. The AVFD would be happy to supply the information needed to contact the Western Region Wildfire Council and inform private landowners where to obtain copies of community-wide wildland fire prevention plans.

Finally, the AVFD would like to invite everyone to the annual snowshoe golf tournament to be held Saturday March 17th at 1:00 p.m.. Please meet at the fire station. This event is being held on a Saturday so that all residents, full time or not, can attend. I would like to thank Jim and Barbara Darnell (coordinators), Joan Aufderheide (food coordinator), Linda Dysart (awards coordinator), and everyone else that works toward making this event happen.

ARROWHEAD CABIN FOR RENT



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SNOW REPORT

by

LINDA DYSART

1/27/12

NEW SNOW 6"

BASE 28"

TOTAL FOR SEASON

81.5 "

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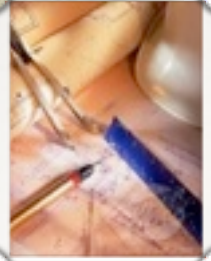
Joanna Misare- (970) 862-8324 or 407-590-7288 or jomisare@fone.net

Mary Bair- (970) 389-3877

DESIGN REVIEW'S MESSAGE

Joyce Boulter

joyce.boulter@gmail.com



It's January here at Arrowhead, even though it looks a whole lot like late May. To date, we haven't received any new plans for construction, though I am sure by June we will be busy walking in driveways and even a house or two.

The Design Review Committee will be out surveying lots for mitigation and for defensible space. We will be working with Bob Rosenbaum, the AIA Forest Manager, on evaluating the progress made in cleaning up your lot. This year lot owners that purchased their lot in 2010 and 2011 will need to work on defensible space and mitigation.

I'd also like to announce the following:

There is an opening for 2 new Design Review Committee Members

Please send me a resume, including skills and reason(s) for wanting to be on the committee. You do not have to live at Arrowhead full time to participate. We use email and phone for communications. You do need to spend some time at Arrowhead in the summer to help locate center pins and walk in drive ways. Building and construction experience is helpful, but not required. The committee will recommend a member for the Board to approve.

The deadline for Letters of Interest has been extended to February 29, 2012.

Design Review Committee Meeting Dates for 2012

February - 13	July - 16
March - 5	August - 13
April - 16	Sept. - 10
May - 14	Oct. - 15
June - 11	

MOUNTAIN HEALTH

Joyce Boulter

joyce.boulter@gmail.com



This month I thought about several subjects. Diabetes won out. It is important for the diabetic to be aware that altitude can change the need for insulin and work with your physician to adjust your dose. You may increase your exercise and need to plan accordingly. We do a lot of walking at Arrowhead. We all need to be aware of the signs and symptoms for diabetic reactions.

Type I diabetes:

This is insulin dependent diabetes and older terms include juvenile diabetes, sugar diabetes or brittle diabetes. The beta cells in the pancreas don't produce insulin or not enough and insulin must be injected several times a day. The diabetic will also need to test blood sugar several times a day to determine the dose of insulin. Normal blood sugar range is 70 to 130. These numbers vary and should be set by your personal physician. Warning signs for diabetes are, increased thirst, increased hunger, increased urination, dry mouth, unexplained weight loss, fatigue, blurred vision and headaches.

Type II diabetes:

This is non insulin dependent, usually adult onset. The beta cells may still produce insulin in small quantities or cells become resistant to insulin. Oral medications are used to treat this type of diabetes, but blood sugar testing may still be needed.

There are two types of reactions for the diabetic.

Hypoglycemic or low blood sugar. The blood sugar falls below 70. Symptoms are sweating, headache, blurred vision, hunger, numbness and tingling of the skin. This has a rapid onset and can lead to fainting and seizures. It is an emergency and should be treated immediately.

Treatment includes giving 15 mg of carbohydrate. It could be 3 glucose tablets, 4 oz. of fruit juice or non-diet soda, 1 Tbs sugar in water, 1 Tbs of honey or syrup or 5-6 hard candies. Do not try to give oral sugar to a person that is unconscious, call 911 for medical help.

Hyperglycemia or high blood sugar. The blood sugar is above 180. Symptoms include shortness of breath, a sweet fruity smell on the breath, nausea and vomiting, and confusion. This occurs when a person has forgotten to take medicine, or eats more than the dose of insulin can treat, or has illness or stress. Treatment includes drinking water and exercise to use up excess sugar. You should **never** exercise if blood sugar is over 240. Insulin is prescribed according to the blood sugar levels and insulin can be used to treat this condition, but must be administered under physicians orders. This has a slow onset and takes longer to show symptoms.

The purpose for this discussion is not for you to try and diagnose, but to understand why and which treatment is used. Diabetics should wear some form of medical identification to alert people if treatment is needed. If you are diabetic be sure to carry the sugar needed to treat low blood sugar. Be prepared for emergencies.

Remember that sugar is used to treat low blood sugar and the onset is rapid. Sugar given to a person with high blood sugar is not harmful as high blood sugar has a slow onset and treatment can be given later.

HISTORIES OF ARROWHEAD FROM MINES CAMPS AND RANCHES TO FUN



Crested Butte

In the 1860s and 1870s [coal](#) and [silver](#) mining towns opened in the Crested Butte area of Colorado. However, when silver mining hit on hard times, many of these towns failed. Crested Butte was in a better position to survive because it served as a supply town to the surrounding area. Today, Crested Butte retains its Old West charms. Crested Butte Mountain Resort is famous for its skiing and snowboarding in winter. Great restaurants and pubs greet you after a day on the slopes!

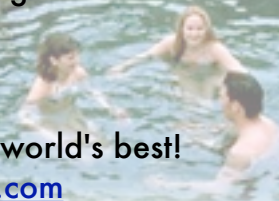
Crested Butte is one of the locations where mountain biking is claimed to have started. Other popular summer activities in Crested Butte include hiking, backpacking, rock climbing, whitewater rafting and kayaking, 4 wheeling, disc golfing and fishing. No matter what season, a mere 2 hours from Arrowhead, Crested Butte is a great destination!

Ouray

Not one of the lucky 1%? Once famous for America's richest goldmine, Ouray, - under two hours from Arrowhead- is a great place to soak your financial worries away! Once the stopping place for the Ute Indians, the hot springs here now host tourists. Whether you choose the Orvis Hot Springs, the Wiesbaden Hotel and Spa or the city's own hot springs pool, you are sure to find a place to relax and unwind.

Ouray is famous for the sport of ice climbing, hosting an Ice Climbing Festival in January where anyone can learn to ice climb from the world's best!

www.ouraycolorado.com



Telluride

"To-hell-you-ride" got it's nickname for a reason! An old mining town located in a box canyon, Telluride is known as a location for world class skiing and snowboarding! Year-round, it is home to fantastic festivals and fun, but in winter Telluride is a jet-set ski area a bit over two hour's drive away from those of us us lucky enough to own at Arrowhead! Whether you want to tackle the slopes or sit and people watch for the likes of Oprah Winfrey, Jerry Seinfeld or Tom Cruise, Telluride is a wonderful way to spend the day.

Check it out at www.telluride.com



WV

SNOWMOBILE INFO!

**The February Ride is
the big Sweetheart Ride
with photos, fun and prizes!**



8-10 am- Breakfast at
the Inn at Arrowhead

9 am- Arrowhead Snowmobile
Club Meeting.

10 am- Rides leave from the Inn
for three levels of riders!

**Free lunch is at Willow Park with
bonfire, sides and brats!**

**ASC Rides are
on Saturdays-
February 4th and
March 3rd.**



**The March Ride is
the St Patty's Ride.**

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photo by Adam Meininger

Get to Know your AIA Board Members

2:00 pm at the Inn at Arrowhead

Jan. 21st, 2012	Jul. 21st, 2012
Mar. 10th 2012	Aug. 18th, 2012
May 19th, 2012	Sept. 15th, 2012
Jun 16th, 2012	Oct. 20th, 2012

AIA Board Meetings are on Saturday for your convenience

(cut out and put on fridge!)

Joanna Misare

**NOTARY
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\$267,000

Clifton 668 34 1/4 Road
 2150 Sq Ft on 1.35 Acres! Country Home with Great Views! Pasture, Corrals. Two Parcels Combine to 1.35 Acres. 3 Bed, 2 Bath, 1 Car Garage, RV Parking Family & Living Areas with Custom Bar



\$695,000

Palisade 3366 C 1/2 Rd
 Private Pond & Outstanding Viewson 6.95 Acres! Located in the Heart of Orchard & Vineyard Country, Beautiful Peach & Cherry Trees. 3 Beds, 3 Baths, 2380 Sq Ft, Refrigerated Air. 6 Car Garage PLUS 42 x 60 Barn / RV Shop. Possible In-Law Accommodations



\$429,000

Clifton 3480 F Road
 Updated kitchen & appliances with an extra large island. Views of Mt. Garfield. Central vac, 3 baths, 4 bedrooms, large pole barn with shop. Fully landscaped, dog run area, RV Parking galore plus Breeze Air Cooler. Palisade Schools. Possible land split, a great opportunity on this gentleman's ranch!! House sits above the pasture plus a large pasture included behind the house.



\$525,000

Grand Junction 255 32 1/2 Road
 Custom working fruit stand in 1800 sq.ft. building w/upstairs storage & shop. Large country kitchen w/island, beautiful real hardwood floors, brick fireplace. Working peach & fruit orchard plus garden area! 2 coolers, solar dryer, wind machine-propane. A rare perfectly manicured gentleman farmer property. 168 sq.ft. sunroom attached to house.



\$85,000

Redlands 317 Mesa Grande
 2.13 acre Redlands Building Lot - Valley Views with private setting! Irrigation pond on northwest corner of lot. Plat & survey available. Buyer should investigate options on sewer. Irrigation pond used by Mesa Grande Homeowners.



\$192,900

Grand Junction 313 Kava Way
 3 Br 2 Ba 2 Car Immaculate home, hardwood floors, open concept plan, RV parking, shed. Plenty of room.



\$167,000

West Grand Junction 720 M 8/10 Rd.
 Wonderful views come with this manufactured home situated on 5 Acres. Irrigation is provided from the reservoir. 2 Car Cover-All Carport. 30x26 Carport, Corrals with room for horses, animals and toys. All information subject to change/error. Buyer to verify all information.



\$142,000

Grand Junction 110 Texas Ave
 Exceptionally nice update home close to Sherwood Park! New - Siding, windows, floors, roof and beautiful kitchen remodel, must see inside. Covered Carport with storage plus shed in backyard.



\$129,900

Grand Junction 1415 N. 24th
 Charming cottage style home that is close to the College. 12x19 sun room not included in the disclosed sq. footage...just needs heat added to the room. Beautiful hardwood floors plus landscaped and fenced.



\$419,000

Arrowhead 2190 Spruce Rd
 Dream Mountain Home in Arrowhead! Immaculate Condition with views of West Elks & open meadow. Open concept w/pine ceiling & walls, split floorplan, master bath updated w/new tile & vanity. Large kitchen w/island & pantry. Detached garage w/finished loft & storage shed. Large laundry/mudroom.



\$324,900

Arrowhead 121 Lake Road
 Cozy mountain home in Arrowhead. 1/2 round log exterior w/stone accents. 2 car garage and drive thru shed. New interior paint, counter tops and some new flooring. Third bedroom is a loft bedroom. A 15x16 covered deck An additional 1 acre lot next door also can be purchased for \$45,000.



\$98,000

Collbran 49076 Highway 330
 Country home in the Mesa Area, needs some TLC/Handyman. Near Plateau Creek. Family owned since it was built. Plenty of room for horses or livestock, etc. Owners haul water to Cistern. Sq. Footage off recent appraisal, differs from assessors, includes upstairs. Buyer to verify all information.



\$58,000

Arrowhead 1720 Spruce Rd.
 Nice views of the San Juans, already cleared camping & RV area. Water & electric installed and ready for your RV or to build your dream cabin. ATV and summer activities, fishing permitted on 3 lakes, close to Arrowhead Inn. Blue Mesa Reservoir is not far away also. Possible owner carry. Call for details.



Price Just Reduced - \$549,000

Arrowhead 1601 Spruce Road
 Fabulous log home in Arrowhead Subdivision! Best views on the mountain, overlooks creek bottom. Custom gourmet kitchen opens to cathedral ceiling living room with rock fireplace. Family room/den are in the walkout basement. Upgrades galore! Covered deck, detached 2 car garage.



\$109,000

Arrowhead 202 Crest Drive
 A view lot in arrowhead subdivision in Cimarron, 1 acre lot, with \$\$ views of West Elks and continental divide, great lot for a walkout basement, close to blue mesa lake, plus private fishing lakes at arrowhead and ATV trails!

PEOPLE OF ARROWHEAD

by Bill and Kathie Martsolf

We met through mutual friends when I borrowed her horse to take another girl on a date. We met again just before I was discharged from the Marines. Kathie's friend, Mary, and I had a friendly wrestling match at her friend's house and, well just to say that Kathie grabbed my leg and has never let go, lucky for me. We were married 6 months later after I got my discharge.



Bill & Kathie Martsolf

I (Bill) was born in Pennsylvania near the town of Beaver Falls. Graduated from high school and moved to Colorado. Went to Mesa Junior College while working as manager of the Arctic Circle. I received my draft notice, enlisted in the Marines, my duty stations included Chu lai, Vietnam and El Toro, California as an aviation electrician.

I (Kathie) was born and raised in Grand Junction, Colorado. Went to Grand Junction High School and Mesa Junior College. While our two children were still at home, I returned to Mesa State and got a degree in Accounting. Now I'm working and Bill is retired – go figure!

How did we find Arrowhead? It all started by looking for a second home in Lake Havasu, AZ. Kathie didn't like the hot summers and it was too far from home. We traded in our sun tan oil for Chap Stick and started looking in Colorado for a mountain home. We looked at Vega Reservoir area up by Colburn. Vega was OK but not what we were looking for. Next we looked around Crawford, but again not to be done. We also looked at cabins on the Grand Mesa and found, again, it to be lacking in many things.

We were about to give up for the year when I was talking to Dwight Marney while he was trimming Kathie's horse. He invited us up to take a look and introduced us to Lucia. We liked the area, nice drive up the canyon and cabins well spaced. Lucia put the pressure on, twisted my arm and offered to buy lunch. Now you're talking -- lunch at the Inn. We talked and had fun, Lucia talked about what they had to offer. Another twist of the arm - gentle of course, but I still think I can take her at arm wrestling. We decided to go for it. Why not? Good neighbors, lots to do, horse back riding, fishing, and don't forget gold panning!

Want to learn how to pan for gold? Just ask Bill!



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I would like to thank everyone who has helped me make a new and successful start
in the Arrowhead community
Thank you so much, Ron Corder

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We meet at the Inn at Arrowhead and break into groups based on experience level-
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**Our club invites you to join us! Call or email Lucia Lebon at 862-8243
or llebon@fone.net for more information!**

Ride dates for this year are Jan. 7th, Feb. 4th and Mar. 3rd!

**REMEMBER- part of your CSA www.coloradosledcity.com dues go to
help keep our subdivision filing roads groomed!**

ARROWHEAD PET PAGE

ASK THE VET

by Dr. Larry Brustle D.V.M.

Why is my pet drinking more water recently?

Increased thirst accompanied with increased urination can be a sign of a serious underlying disease in your pet. The two main causes of increased thirst are diabetes and kidney disease /failure. There are two types of diabetes; diabetes insipidus and diabetes mellitus [sugar diabetes]. Diabetes mellitus is the more common form in animals and has many similarities to human diabetes. In both dogs and cats the disease has a tendency to develop in middle age, overweight pets with some dog breeds being more susceptible. The clinical signs are increased water consumption, increased urination, increased appetite, while losing weight and cloudy eyes [cataracts]. The disease can be easily diagnosed with a blood test and or urinalysis. Treatment can be challenging, but in most cases, the prognosis is favorable and can sometimes be controlled with diet and oral medication alone, but usually will involve injections of insulin.

The second major cause of increased thirst is progressive or acute kidney failure. Most statistics show that kidney failure is the second major cause of death in older dogs and cats, just behind cancer. The causes are varied with infection, auto immune disease and chronic degeneration of the kidney over time. Diagnosis, as with diabetes, is best determined by a blood test and urinalysis. Treatment may include special diets low in protein and

phosphorus, medications that lower blood flow to the kidney and reduce blood pressure, antibiotics and fluid therapy to reduce dehydration.

Both of these conditions are treatable and the prognosis is much improved if diagnosis and treatment are started early in the course of the disease. So if you feel your four-legged family member seems to be drinking more water than normal, don't delay a trip to the Vet for a check up to rule out these disease conditions.

If you have questions regarding your pet's health, e-mail me at Bruestle@centurytel.net.

I will answer all questions and provide related topics in future editions of the Smoke Signals.



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Jan. 13	<i>How Evan Broke His Head</i> by Garth Stein
Feb. 10	<i>Against Medical Advice</i> by James Patterson
Mar. 9	<i>Hotel on the Corner of Bitter and Sweet</i> by Jamie Ford
Jun. 8	<i>Same Kind of Different as Me</i> by Ron Hall & Denver Moore
Jul. 13	<i>Little Bee</i> by Chris Cleave
Aug. 10	<i>Secret Daughter</i> by Shilpi Somaya Gowda
Sept. 14	<i>Kings of Colorado</i> by David E. Hilton
Oct. 12	<i>Refuge</i> by Dot Jackson



Contact **Linda Dysart** at 862-8287 or skypilot@fone.net for more information or to be put on the email list.

Reward offered

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