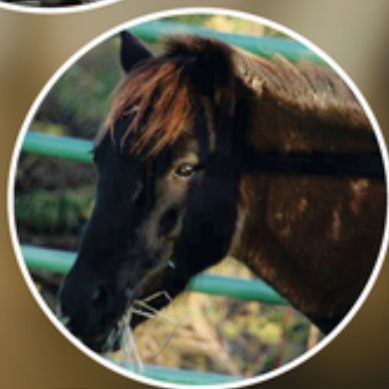


# Nutrition and Disease Management

for Veterinary Technicians and Nurses

**SECOND EDITION**



Ann **Wortinger** | Kara **Burns**



**WILEY** Blackwell

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# **Nutrition and Disease Management for Veterinary Technicians and Nurses**

**Second Edition**

**By Ann Wortinger and Kara M. Burns**

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## Preface

Nutrition is an area of veterinary medicine that is very easy for the technician to have an active role in. Many of the commercial food producers have even concentrated on educating technicians on nutrition. There are nutrition tracks at most national conferences, as well as on-line learning programs.

As with any other area of education, you still need to know the basics to understand what is being taught, and unfortunately this is often not addressed for technicians. While chemistry, microbiology and math are required at most schools, even these do not adequately address basic animal nutrition. We all are taught the basic nutrients in a diet: water, protein, fats and carbohydrates, but how do they work together, what happens to them inside the body and what changes occur with aging or disease?

So where does this leave a technician who wants to know more about nutrition, who wants to really understand what is going on inside the animal? Usually they start by going through the available veterinary nutrition books, if you aren't overwhelmed and terrified by the first chapter it's a miracle. These books are often more detailed than a technician needs or wants to know; you tend to get lost in these details and miss the basic points. If you go to human nutrition books, these do not address the unique nutritional needs of our most common species, dogs, cats, horses, birds and pocket pets, though they can often address basic nutrition in a less technical manner. Some people enroll in an online program, but the basics are still often missing from these and referencing these later on can be difficult. I love having reference books available whenever I have a question or need clarification on a point of interest, and I

often have questions and need clarification. Many commercial food producers also provide technical helplines, but you still need to understand the basics before you can ask for clarification!

I have plowed through nutrition books from the very basic pet owner books to the extremely technical veterinary books; all of them have something to offer, but will you read long enough to understand it? I was very fortunate to have a number of veterinarians who were willing to explain the points I didn't understand, to correct me when I misunderstood a concept and to direct me to areas that I may find interesting. Without them, I would have had a much more difficult time understanding and utilizing nutrition in our day-to-day practice. After all, that is the ultimate goal of nutrition isn't it?

My goal in writing this book was to provide a book for a technician that was both relevant and technical but understandable and usable. This is not a dummed down version of a veterinary nutrition book, but one that focuses on the unique interests of technicians and how we use nutrition in practice and at home. For the second edition I have asked my good friend and partner in nutrition, Kara Burns to provide her spin on disease management and alternate species nutrition. I am very excited to have Kara helping to improve the second edition.

The book is organized into five sections. The first section addresses the basics of nutrition by looking at energy and nutrients, how the individual nutrients of water, carbohydrates, fats, proteins, vitamins and minerals are utilized by the body, digestions and absorption of these nutrients and finally energy balance. [Section 2](#) covers nutritional requirements for cats and dogs by going through the history and regulation of pet food, understanding how to read pet food labels, understanding