



When Table Scraps Are Toxic

Some foods that are good for you may be deadly for your dog. Memorize this list and let your children know that slipping Bowser one of these items can make him very sick.

▪ **RAISINS** Both grapes and raisins can cause vomiting, diarrhea, and kidney failure. "If a dog eats a small number it isn't likely to be a problem," says Steven Hansen, D.V.M., executive director of the American Society for the Prevention of Cruelty to Animals' poison control center in Urbana, Illinois. "But we don't know what the minimum safe dose is, so it's best to avoid them altogether."

▪ **CHOCOLATE** Chocolate contains a caffeine-like substance that can be toxic to dogs. The darker the chocolate, the more the effect. "Just one quarter of an ounce of baking chocolate can cause serious problems in a small dog, whereas it will take two ounces of milk chocolate to produce the same effects," says Hansen. Consumption may cause excitement, increased urination, muscle tremors, seizures, and rapid heart rate.

▪ **SUGARLESS GUM** Dogs will eat a pack of gum, wrappers and all, any chance they get. Sugarless gum, and candies for that matter, often contain xylitol, a sugar alcohol that can cause a rapid drop in blood sugar for dogs. So keep your purse out of your dog's reach.

▪ **ONIONS** A chemical in onions damages dogs' blood cells and can cause anemia. One small whole onion may be fatal.

▪ **MACADAMIA NUTS** Never leave these nuts unattended on your coffee table. A compound in them may leave your dog with temporary paralysis in his hind legs. The good news: "Dogs who eat too many macadamia nuts fully recover with no treatment at all, and no long-term effects," says Hansen. AMY PATUREL

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Your pelvic pain is tough to diagnose. It's even tougher to live with. It may be IC.

Do you have:

- > pain or pressure in the pelvic area?
- > pain during or after sex?
- > more than two urinary tract infections a year?
- > frequent, sometimes painful urination?

Answer "yes" to any of these questions and you may have Interstitial Cystitis (or IC).

Millions of women may suffer from IC, or Interstitial Cystitis – a medical condition caused by the bladder wall becoming inflamed. But it's difficult to diagnose because its symptoms are similar to those of other conditions. Left untreated, the symptoms may get worse. Talk to your doctor about Interstitial Cystitis. There are prescription medicines available that can treat the condition. See hope where all you saw was pain.

Call 1-866-IC-INFO-1 or visit www.allaboutIC.com

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