



## **SPRING (FEVER) TREATMENT PLAN »**

**Manifestation of the disease?** You know - fever.

Spring fever is a condition of a collection of mental and sometimes physical changes that accompany adapting to, let's say, change. The condition can be experienced suddenly as a significant increase in vitality or just plain motivational mind-funk.

**Cause?** Non-specific. Mostly.

**First line of defense?** Of course, vaccination. Against restlessness, brain fog, lethargy and simply wanting to get outside of the clinic!

**Suggestions for host defense therapies:**

- **Enhancement of natural skin barriers.** **Go find the sun. Get your passport stamped.**
- **Targeted ramp-up of immune responses/antibodies.** **Appropriate hydration/beverage support.**
- **Cell mediated strategies.** **Activate killer non-susceptibility to increased case load aka patient referral.**

Despite the intensity of symptoms reported by some, spring fever is not life-threatening. Our endocrine system is positively influenced by numerous factors, from prolonged sunlight exposure, adjustments to eating and sleeping habits, open conversation and avoidance of irritants.

But if you just can't get the funk out, **seek life-balance**. After this, it gets easier. Sounds like a win to me.

## **GLOVED UP »**

The **Production Animal Medicine Society/Therio Club** and **Bovine Palpation Team** plan to attend a March competition featuring six students at the **SAVMA Symposium hosted by the University of Georgia, March 9-11**. It's a two-day contest; the first day covers theory via written exam taken by all students. The second day features palpation of structures and applied theory. Team students (years 1-3) are prepping for the contest with the help of CVHS clinicians, faculty, professors and alumni. Students continue self-study sessions, hands on wet labs, palpating at local sale barns, and theory-based meetings throughout the spring.

**Sponsors are needed to facilitate travel for the team.** Please make your check payable to **OSU Foundation** sent to Sharon at 308 McElroy Hall, Stillwater, OK 74078 (noted for **Palp Team**). Credit cards are welcome 405-744-5630.

## **A NEW YEAR CALLS FOR OLD TRADITIONS »**

**Call for Distinguished Alumni Nominations.** The deadline is approaching for nomination of a classmate for **Distinguished Alumnus 2019**. Three CVHS alumni are honored annually who are exemplary in areas of Practice, Academia and Research. Eligibility requirements and a list of previous recipients is available at [nominate](#). Nominations remain eligible for three years. **Deadline to nominate is May 1.**

## **CAREER DAY »**

Registration is OPEN for **Career Day, March 2**, on the CVHS campus. Gain access to a resume database of current 4th year students seeking employment and be assigned space within CVHS for personal interview times. We are excited about your interest in hiring our outstanding students! [Register](#)

Employer job postings can be made on the [hire](#) system where current positions link to employer listings for student viewing. Contact for assistance is 405-744-5630 or [sworrel@okstate.edu](mailto:sworrel@okstate.edu)

## SPRING ALUMNI OPPORTUNITY »

**Western Veterinary Conference** February 17-19, Mandalay Bay Convention Center, Las Vegas, NV.  
Alumni reception at Mandalay Bay Monday, February 18.

That **F R I D A Y** question? A ticket to somewhere is the answer.

*Give*

[CVHS Alumni Affairs Fund](#)



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**Healthy Animals – Healthy People**



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