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CVMA Celebrates Contributions of Veterinarians on World Veterinary Day *Chicago Veterinary Medical Association also acknowledges need for work-life balance*

With the annual World Veterinary Day (WVD) on Saturday, April 29, the Chicago Veterinary Medical Association (CVMA) recognizes its members and celebrates the essential and integral nature of the veterinary profession on the world's animals and their owners and caretakers.

Established by the World Veterinary Association (WVA) in 2000, World Veterinary Day acknowledges veterinary professionals, highlights their contributions, and stresses the importance of the role they serve by helping to keep our beloved pets healthy and thriving. WVD is always celebrated on the last Saturday in April.

A new theme is established annually for WVD and 2023's is "promoting diversity, equity and inclusiveness in the veterinary profession."

According to the WVA, this theme is about "removing barriers and improving inclusiveness through diversity, equity and inclusion policies and practices...(as) the well-being of all veterinarians is enhanced when (this) is promoted and applied."

The well-being of veterinarians is a critical area to highlight as the veterinary profession struggles with job-related stresses more than many other industries and their ability to strike a work-life balance is imperative.

"According to the Centers for Disease Control (CDC), veterinarians experience an increased risk for suicide, with female practitioners being 3.5 times more likely and male practitioners being 2.1 times more likely to die from suicide compared to the general population," explained Ray McGury, CVMA Executive Director. "And while we celebrate the accomplishments of these amazing people who dedicate their lives to the health and well-being of animals, it's up to us to provide the necessary resources and support that encourage them to practice self-care."

Dr. Marina Jaworsky, CVMA Board President explained, “Our veterinary professionals need our ongoing support. They need to understand that although the work they do can be stressful, it’s so very necessary and it has such a positive impact on those who enjoy the companionship of their pets. You don’t need to wait until World Veterinary Day to show your local veterinarian that their work matters. A sincere thank you or acknowledgement expressed at any time can go a long way in helping them mitigate every day stresses and channel their focus to the positive aspects of their work.”

If you or someone you know is struggling with thoughts of suicide, please call, text, or chat 988 to reach the Suicide and Crisis Lifeline to speak with a trained counselor who can provide support and referrals to local resources if needed.

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About the Chicago Veterinary Medical Association: Chicago Veterinary Medical Association is a professional network with a longstanding tradition that connects more than 1,000 veterinarians with comprehensive resources that support their continued development as champions of animal health while encouraging the fostering of the human-animal bond.

About the Chicago Veterinary Medical Foundation: The CVMF, established in 2009, is a 501^(c)(3) charity that works with Chicagoland veterinarians to provide financial assistance to pet families in need by helping with the costs of their pet’s urgent, unexpected medical and surgical bills. The Foundation’s work plays a vital role in strengthening the human-animal bond by helping sick and suffering pets get well again.