

JUNE 2024



# The Better Pet Gazette

highlandsveterinaryhospital.com.au



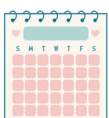
## celebrating furry friends!

June 6th is Pet Appreciation Week – also known as PAW.

Created by the American Veterinary Medical Association in 1981, this day was established to recognise and honour the companionship, joy, and positive impact that pets bring to our lives.

To a pet, their human is their whole world. Their life revolves around their human. They bring us so much joy and comfort. They can be goofy and make us laugh, or they can snuggle and comfort us. PAW (Pet Appreciation Week) reminds us to pause our busy lives and spend a little quality time with them.

Surprise your pets this week with a longer walk, teach them a new trick, surprise them with a new toy, play with your pet, or just chill out with them and cuddle. Most of all, be kind and gentle with them. You have a family and friends, but your pet only has you. Give them unconditional love and a ton of your time - they deserve it!



**For all those who might find it hard to see us during the week, we are open Saturday mornings for consults from 8:15am - 12:00pm!**



*The Better Pet Gazette is a monthly newsletter full of informative articles and tips on pet health as well as updates on what's happening at the practice. We hope you enjoy the read!*

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need an appointment?  
**BOOK ONLINE**



*Guess who just reached a purr-fect milestone... Can you believe that this beautiful Golden girl celebrated her 21st birthday last month? Here's to many more years of joy, cuddles, purrs, whisker twitches, and endless love from her devoted owners.*



## southern highlands' dog-friendly spaces

### walks

Berrima Pet-friendly walks:

- The Berrima River Walkway
- Berrima Historic Walk
- Harpers Mansion in Berrima

Bowral Walkways:

- The Cherry Tree Walk
- Retford Park
- Brian Marton Oval
- Bong Bong Track Bowral
- Gibbergunyah Reserve Bowral

Bundanoon walkways:

- Fairy Bowers Falls
- Lovers Walking track
- Bundanoon Showcase Loop
- Ferntree Gully Riverview Walk

Mittagong Walkways:

- Alexandra Square Dog Park
- The Mount Gibraltar Reserve
- Box Vale Walking Track

### dog parks

- Centennial Park, Centennial Road, Bowral (fenced)
- Alexandra Square, Edward Street, Mittagong (fenced)
- Seymour Park, Spencer Street, Moss Vale (fenced)

### eateries

- Burrawong Village Hotel  
Burrawong 4886 4206
- Courtyard Café  
Berrima 4877 2729
- Eden Brewery  
Mittagong 0422 366 531
- The Kookabar Café  
Bowral 4861 5172
- The Press Shop Café  
Bowral 4879 9244
- Raw & Wild Market Café  
Bowral 4851 5155
- Scottish Arms Hotel  
Bowral 4861 4333



where you can  
**bring  
your dog**  
*in the Southern Highlands*

**From Berrima to Bowral, Mittagong to Moss Vale, and everywhere in between, you can find a variety of dog-friendly walks, parks and cafes in the Southern Highlands.**

Local recreational walks do have rules of use, such as in some parks and walkways requiring a dog to be on a leash at all times. They also ask that you pick up the poop your dog may leave. Many café, eateries and hotels now realise that welcoming well-mannered dogs to their establishment is a way to capture a wider patronage.

### Dog-friendly Walks Abound

While getting up and taking your dog on a local walk takes a bit of effort, the health benefits of walking and exercising far outweigh the effort required. Both the owner and the dog feel better after a stroll in the southern air; exercise builds strength and endurance, creates a feeling of positivity and goodwill, and builds a strong bond between dog and human.

When planning to take your dog on a walk, do your homework for the area. Bad weather and heavy rainfall can alter conditions along the walkways. And always let someone know where you are going and when you will be due back.

### Leash-free Dog Parks

Leash-free areas require dog owners to be always present, that your dog is well socialised and not a threat to other dog users, and that owners clean up after their dog.

Female dogs on heat should be left at home, and dangerous dogs or restricted breeds should not use leash-free areas.

### Local Eateries That Welcome Dogs

When you get to the end of your walk or play in the park, there are many cafés and eating places now that encourage people to bring their furry friends. It is good for business, good for the social structure of life, and is great for your dog who learns social and behavioural skills from these outings.

See the column on the left for dog-friendly walks, parks and cafes within the stunning Southern Highlands area that you and your dog can enjoy! Or, check out our web page "**Dog-Friendly Places in Southern Highlands**" for many more options on places that will welcome you pet.





# upcoming

## f LIVE TALK



**poison patrol**  
keeping your pet safe

Join us on your lunch break:  
**05.06.24**  
**@ 12:30pm**

  
HIGHLANDS VETERINARY HOSPITAL

@ facebook.com / highlandsveterinaryhospital

**f LIVE** Highlands Veterinary Hospital  
05 · JUNE · 2024 · 12:30PM

**Veterinarian Dr Diederik Gelderman** will cover safeguarding your beloved pets from potential hazards: identifying dangers, recognising symptoms, and implementing immediate measures for treatment.



This month, Dr Diederik will unravel the mysteries surrounding pet poisoning, shedding light on common household hazards, toxic foods, and plants that pose risks to pets. Gain invaluable insights into recognising the subtle signs of poisoning and learn the immediate steps to take in case of an emergency. Whether you're a seasoned pet owner or a first-time caregiver, this talk offers invaluable knowledge to keep your pets safe and healthy! Don't miss this opportunity to equip yourself with lifesaving information and become your pet's greatest advocate.

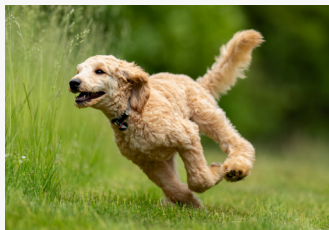
Please listen in on Wednesday, 5 June at 12.30pm on our Facebook page [here](#). All of our previous talks can be found in the Live section under the More menu.

### MAY FACEBOOK LIVE TALK RECAP

#### "Fur, Dander & Beyond: Managing Pet Allergies"

Why is it that the start of autumn causes our pets to nearly turn themselves inside out as they itch and scratch continuously? Dr Diederik answers your questions on this annoying problem, which is a reaction from your pet to allergens in the air after a wet season with unseasonal high humidity. Dr Diederik has some very valuable information about managing your pet's dilemma. From diet adjustments to topical products for use, and grooming tips that will help your dog or cat manage these allergens..

You can view this recorded episode of Facebook Live [here](#) as Dr Diederik shares some great ways to manage your pet's allergies.



**Despite her charming demeanor, Jemma the Jack Russell faced a challenging ordeal recently - she required the removal of her eye due to Glaucoma.**

This condition is characterised by dangerously high pressure within the eye. Glaucoma not only robbed Jemma's eye of its sight, it also gave her considerable discomfort.

So what are the signs of glaucoma and how is it diagnosed? The most common signs are:

- **Eye pain.** Your dog may partially close and rub at the eye or turn away when you touch them.
- **Watery discharge** from the eye.
- **Lethargy,** loss of appetite or even unresponsiveness.
- **Physical swelling and bulging** of the eyeball. The white of the eye (sclera) looks red and engorged.
- **Cloudy or bluish** cornea or clear part of the eye.
- **Blindness** can occur very quickly.

All of these signs can occur very suddenly. We are please to let you know that Jemma is doing really well and will be back to normal within a few days!



## winter grooming tips

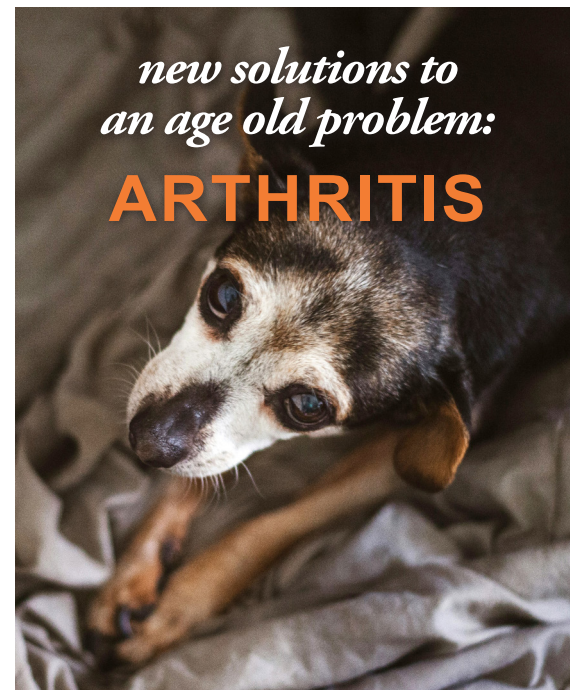
With the colder winter weather settling in, your grooming practice for your pet may need to be adjusted. As a pet ages, they too like humans feel the sharp cold burrowing into their hide. Here are a few reminders that will help you to make your pet's life a pleasure.

- **Keep bathing to a minimum** to retain the skin and when you do bath your dog use a body conditioner to put back vital oils to the skin.
- **Keeping your pet haircuts a bit longer** to retain warmth.
- **Pet noses and paw pads can dry out** and crack so use a combo paw and nose cream to avoid drying out.
- **Try Vaseline on paws**, especially around the toes to block moisture loss. Trim nails more often and dry paws when your dog returns from their walk.
- **Brush your pets more** in the winter to get rid of loose hair and stimulate growth.
- **Keep beds off the cold floors** and away from drafts, use heating pads for older pets, and pet coats for short-haired pets. While not grooming-related, these tips are still important for pet health.

**Arthritis can affect your pets**, with stiffness and inflammation being the result when the cartilage lining starts to wear down in the joints. Your pet may be slower when they move around or have difficulty getting up stairs or going down steps. Even just getting into their bed can become an effort. Your cat may be reluctant to jump any distance, and pets can find grooming painful.

While arthritis cannot be cured, there are ways to help them cope. Weight control is important as excess weight puts additional pressure on joints. Keep exercises gentle, and don't overdo it.

We are proud to stock a choice of two exceptional products – **Zydax** and **Beransa** - which are medications that help block the pain receptors in the joints of arthritic pets. Either product is administered by injection and offer pain relief that allows pets a better quality of life. If you want to know more, please call in and talk to us.



Helping Paws is a Highlands Veterinary Hospital initiative, designed to provide financial assistance to pet owners going through financial difficulties to raise money for lifesaving treatments or medication that their pets urgently require.

We are running a raffle to help raise money for those in need during these difficult financial times. Next time you come in, we invite you to purchase a raffle ticket and be in the draw to win some great prizes for your pet! Tickets are \$2 each or 3 for \$5. Donations are gratefully accepted as well. Winner will be notified 30th June, 2024. We'd also like to extend a big thank you for all the donations left in our donation box at our reception desk. Your generosity and support is very appreciated!



- \$25 Big W gift voucher*
- Dog toys*
  - Dog travel bowl*
  - Dog food bowl*
  - Dog harness*
  - Dog collar*
  - Travel pack*
  - Pigs ears*
  - Poop bag carrier*
  - Travel coffee mug*



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