

FREE!!
PLEASE TAKE ONE

YOUR
VET



WINTER 2016



... for happy, healthy pets.

167 North Road
Gardenvale, Victoria 3185
P: (03) 9596 4804
F: (03) 9596 7255
E: office@nrvc.com.au
W: www.northroadvet.com.au

find us on facebook

OUR VETS

Dr Andrew Milledge
Dr Wendy Milledge
Dr Caroline Thursfield
Dr Jenny Tong
Dr Byron von Hoff
Dr John Strainge

OUR NURSING TEAM

Always eager to help you with your appointments, food supplies and any other questions you may have about the care and welfare of your pet.

Carli, Ingrid, Melissa, Bec, Tennille, Chloe, Tam, Julianne, Sarah and Leeanne make up our team of veterinary nurses. Veterinary science students Louise and Vivienne work in our cattery on the weekends.

CLINIC HOURS

The clinic can be contacted between 8.00am and 7.30pm weekdays, between 8.30am and 4.00pm on Saturdays and between 9.30am and 4.00pm on Sundays.

Consultations are by appointment during the following hours:

Weekdays: 9.00am – 1.00pm 3.00pm – 7.30pm

Saturdays: 9.00am – 4.00pm

Sundays: 10.00am – 4.00pm

AFTER HOURS

Please phone the clinic on 9596 4804 for after hours emergencies, you will be directed by a recorded message to appropriate treatment options.

WINTER BLUES AND YOUR PET

The clouds are moving in, the wind is chilly and there is a slight dampness in the air.

You can't wait to get back inside to sip your favourite hot beverage and sit in front of the heater. It's the winter blues - and you're not the only one feeling it. Have you noticed that your pet's behaviour changes in winter? Here in the Southern Hemisphere we may be lucky that our winters are not as severe as they are in other parts of the world but our animals still have to adapt to this colder season.

You'll possibly notice your pet's appetite will increase during winter. This is especially true in outside pets that will use more energy to keep warm. If your pet is especially energetic or active they may benefit from a small increase in their daily portion of food but keep a close eye on their weight ensuring they are nourished, but not overfed. As always, check that your pet has an adequate supply of clean, fresh water.

It's vital for us all to keep moving during the colder months. Get your pet warmed up and active by encouraging them to walk or play with you. There's nothing like a brisk walk in the park or a game of chasing string to get the blood pumping. Not only will your furry buddy love you for it, you'll be feeling fantastic in no time too.

If your pet spends the majority of their time outside then proper outdoor housing is a must. There is a fantastic range of kennels for dogs and enclosures for cats that offer rain, frost and wind protection. Make sure the housing is placed away from the seasonal elements in a position where they feel secure and cosy and fill it with warm dry blankets that are washed regularly.

Whether inside or outside, it's important that your pet's bedding is raised off the floor and away from cold drafts including the door ways of kennels. Particularly cold

winters days can be uncomfortable for slim, younger or older animals. Try placing a hot water bottle with warm water into your pet's bedding. As a caution for pets who love to chew, only use warm water and if you have any doubts there are other options such as heating discs and pads.

You can also indulge your pet by making or buying warm clothing for them to wear. Cats don't usually like jackets but short-haired or smaller dogs that lose body heat rapidly can benefit hugely from a jacket in winter.

If your pet is struggling to get out of bed then it could be a sign of arthritis or an age related disease. Often these problems are provoked by cold weather and 6-monthly check-ups are recommended, particularly if your pet is showing signs of ageing. If you are unsure about your pet in winter, notice shivering or lethargy you should consult a qualified vet who can provide advice to ensure your pet remains warm, happy and healthy.



LATEST RESEARCH: HEALTH BENEFITS OF DOG OWNERSHIP

In case you need another reason to own a pet, recent research has again shown the ongoing benefits.

For adults 60 years of age or more, walking is the most common form of physical activity because it is self-paced, low impact and does not require equipment. Researchers at the University of Missouri have determined that older adults who are also dog owners benefit from the bonds they form with their furry companions. Dog walking is associated with lower body mass index, fewer doctor visits, more frequent exercise and an increase in social benefits for seniors.

The study analysed 2012 data from the Health and Retirement Study sponsored by the National Institute on Aging and the Social Security Administration. The study included data about human-animal interactions, physical activity, doctor visit frequency and health outcomes of the participants.

The results showed that dog ownership and walking were related to increases in physical health among older adults. The study also indicated that people with higher degrees of pet bonding were more likely to walk their dogs and to spend more time walking their dogs each time than those who reported weaker bonds. Additionally, the study showed that dog walking offers a way to socialise with pet owners and others. It would seem that pet owners really do live healthier and happier lives!

Reference: University of Missouri Health. "Senior adults can see health benefits from dog ownership." *ScienceDaily*. ScienceDaily, 20 April 2016.

BEAUTIFUL LILIES.... HIDDEN DANGERS

Who doesn't enjoy having a few vases of flowers in the house?

Inquisitive pets, especially puppies and kittens that are teething, love to explore and may chew on branches and leaves. Although lilies are flowers commonly used in floral arrangements, many cat owners are unaware of lily intoxication as a potential cause of kidney failure in cats.

Indoor cats, especially kittens, may be drawn to floral arrangements as they are a unique feature in an otherwise very familiar environment. In the course of investigating the flowers, the cats may play with and

sometimes chew parts of the plant. This could easily go unnoticed by owners, or may occur while the cat is alone at home. Similarly, cats with access to lilies growing outdoors in domestic gardens may be at risk, so careful questioning regarding the presence of the plant or flowers is always warranted when a vet is investigating kidney failure in cats.

However, it's not all lilies that are a problem. There are no current concerns with belladonna lilies, canna lilies or lily of the valley. But members of the liliaceae and hemerocallis genera are the ones that are toxic to cats which include Easter lilies, Christmas lilies, tiger lilies and day lilies.

The toxic substance in these lilies that injures the kidneys has not been identified,



PLAY TIME PHOTO COMPETITION

BE IN TO **WIN** A PURE SILVER PENDANT AND CHAIN
FROM SILVER PET PRINTS VALUED AT \$215

Send us a photo of your pet enjoying their play time and you could be a winner.

Simply email us a picture of your pet enjoying their play time to:
cliniccompetition@gmail.com

Make sure to tell us your pet's name, your name, address, phone number and the clinic you attend. Please make the subject 'Winter Pet Competition'.

The winning photo will be published in the Summer issue of Your Vet and the winning pet owner shall receive a Silver Pet Prints pendant and chain.

Entries must be received by 31/08/2016.

THAT'S IT! GOOD LUCK!



SILVER
PET PRINTS

www.silverpetprints.com

but all parts of the lily are poisonous - flowers, stamen, stem, leaves and roots, even if just a very small part is ingested. The toxic dose is unknown, but thought to be reached by ingestion of very small amounts of material. In dogs, eating lilies will probably only result in a stomach upset. Cats seem to be unique amongst domestic pets in their susceptibility to this intoxication, possibly due to differences in their metabolism.

Signs of poisoning include lethargy, depression and vomiting and if untreated, acute kidney or renal failure will occur and potentially death. The onset is usually within 2 hours.

Although an affected cat is likely to remain depressed, they may appear to improve, briefly (with or without symptomatic treatment) as the gastrointestinal signs abate. It is likely, however, that acute renal failure will develop within 24 to 72 hour at which time the cat will become critically

ill. At this time the patient may drink much more than usual, or become extremely dehydrated. If this stage is left untreated, a cat can die in 3 to 7 days.

A cat that is suspected of ingesting lilies should be taken to a vet immediately. Your vet can diagnose the presence of acute renal failure using blood tests, urine tests, an ultrasound examination and possibly a needle biopsy of the kidneys. Although there is no specific test that can identify lily intoxication as the cause with certainty, there are characteristic laboratory findings that make the diagnosis likely if supported by evidence of lily ingestion. The treatment for lily intoxication is intensive, typically involving intravenous fluid therapy and hospitalisation for several days.

Do not delay a visit to your vet if you believe your cat may have ingested some lily, as cats treated within 18 hours of exposure to a toxic lily generally recover well.

== DID YOU KNOW? ==

CONJUNCTIVITIS IN CATS



Conjunctivitis refers to the inflammation of the moist tissues in a cat's eye.

The problem may affect one or both eyes and the symptoms may be any or all of the following:

- Persistent squinting
- Redness of the eye tissue
- Regular and excessive blinking
- Fluid build up in the eye
- Eye discharge
- Upper respiratory infection

Conjunctivitis in cats is almost always caused by infection. There are several viruses that can cause conjunctivitis - one of the most common being the herpes virus. In addition, allergies can cause the eyes to react in a similar way, as can the presence of a foreign particle or an injury to the eye.

Treatment is ultimately based on the underlying cause of the condition. If there is a suspected food or environmental allergen causing the infection, the issue should clear up when the identified allergen is removed from the cat's environment. If the infection is due to a virus, there are some commonly prescribed medications to manage the inflammation, while secondary bacterial infections are generally treated with antibiotics.

It is strongly suggested that you consult your veterinarian for a definite diagnosis for all eye problems. By ensuring your cat receives the correct diagnosis and treatment, you lessen the risk of any permanent damage.

Clever CROSSWORD

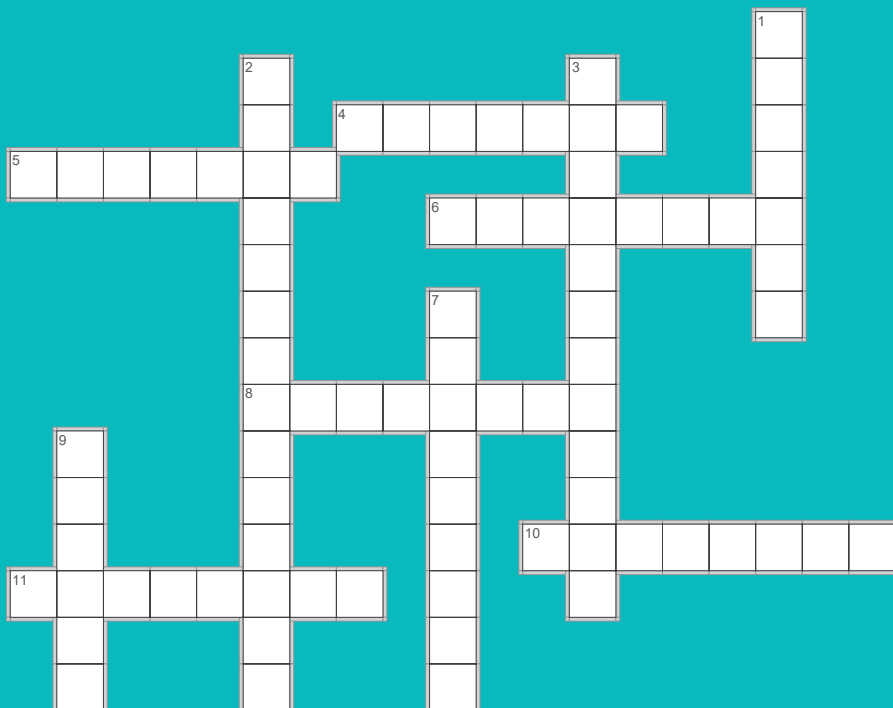
EACH OF THE WORDS CAN BE FOUND IN THIS ISSUE OF YOUR VET. ANSWERS ARE ON THE BACK PAGE.

Down:

1. This safe option secures your dog by linking to the seatbelt.
2. Word used to describe inflammation of the moist tissues in the eyes.
3. Dogs allowed to travel in a vehicle like this can be distracting and unsafe.
7. If your pet is unwell, your vet can provide this and the correct treatment.
9. Certain varieties of this flower can cause serious illness and even death in cats.

Across:

4. Research shows that there are benefits from doing what with your dog?
5. It's important for this to be raised off the floor.
6. During winter, you might notice your pet's what increases?
8. It's illegal to own a turtle in Western Australia and which other state?
10. Turtles are part of this species of fauna.
11. The Eastern snake-necked turtle can grow up to 30cm in?



TURTLE TIME!

A turtle can be a fascinating, educational and enjoyable pet to own. However, they do have species specific requirements that must be met for them to lead a healthy life in captive conditions.

All reptiles, including turtles, are protected under the National Parks and Wildlife Act. It is legal to own a turtle in Australia, except for in the states of Tasmania and Western Australia. Keeping native (freshwater) turtles as pets requires special care and is subject to permit or licensing restrictions. These vary between states and territories so you need to contact your state/territory government to find out what restrictions apply.



It is illegal in all states to take a turtle from the wild. This law has been created in order to protect them from the threat of extinction. A good way to buy a turtle in Australia is to first contact the local branch of the Australian Herpetological Society. Their members will have turtles to sell and can teach you everything you need to know about the care of turtles from the society.

The most commonly owned turtle is the Eastern snake-necked turtle, also called a long-necked turtle. A young snake-necked

turtle may be as small as a coin, but they can grow up to 30cm in diameter. These are an ideal turtle to begin with because they are indigenous to Australia, are relatively easy to maintain and have a lovely, placid temperament.

Owning a turtle can be a very rewarding experience for everyone involved. But do keep in mind that turtles require special care and live for many years, so deciding to look after one is a big commitment.

As with all pets, it's important to do plenty of research before you consider owning a turtle, so learn everything you need to know about its care and feeding before you take one home.

CAR SAFETY

Just like you, your dog's safety is compromised when not wearing a seat belt in the car. Unrestrained dogs can be distracting which can cause accidents.

Rules introduced in Australia in 2013 prohibit a pet being in the driver's area of a vehicle for this reason. Restraining your dog will provide a number of safety benefits to both your dog and the occupants of the vehicle.

RSPCA statistics reveal about 5000 dogs each year are injured or killed in Australia as a result of falling from a moving vehicle. However, never attach a car restraint to your dog's collar as too much sudden pressure on the neck can be very dangerous.

There are a large range of options available to restrain dogs comfortably and safely during travel. A safe option is to use a car harness that secures your dog by linking to the seat belt. However, do not allow your pets to travel on the front passenger seat if your car is fitted with airbags as this could be fatal for your pet in an accident.

For dogs travelling in the rear seat area of the vehicle you can use a hammock seat cover or front seat barrier to restrict access to the front seats. These can be used in combination with the harness for extra safety. For smaller dogs and cats special seats or pet baskets are another option.

Dogs can travel in the open cargo area of a wagon type vehicle behind a cargo barrier or in a travelling crate. However, make sure they have enough room to sit, stand, turn around easily and lie down in a comfortable position. It's also vital to ensure there is enough ventilation and airflow.

Take the time to ensure your pets are safely secured next time you head out. It only takes a moment to secure your furry family member properly, but it can make a significant difference to both your safety and theirs.



PRACTICE UPDATE

Drs Caroline and Jenny have recently returned from relaxing breaks. Dr Caroline enjoyed a trip to Vanuatu with husband Dave, scuba diving beautiful reefs and interesting wrecks, sampling the local seafood and checking out the markets. Caroline also met many locals as she went running through the nearby villages.

Dr Jenny had a wonderful trip to Japan, exploring it's fascinating and diverse culture from serene gardens and temples to deer strolling the streets of Nara to the opulent shops of Tokyo (window shopping only)! Delectable cuisine from vegetarian banquets served by Buddhist monks to exquisite sushi from the renowned Tokyo fish market.

Nurse Claire has arrived safely in Japan and her four legged family have made themselves at home. She is loving life there, but her pregnancy checks in hospital have been interesting with few people speaking English!

We welcome nurse Chloe to our North Road team. Chloe joins us full-time as a senior nurse, she has a wealth of nursing experience and has a particular interest in surgical nursing. She is originally a Queensland girl, coming from Rockhampton!



Eddie fast asleep in his new home.

VOTE FOR FIZZLE

Fizzle joined the North Road team a few months ago. His owners sadly could not keep him, they moved from a farm to a small apartment and felt that he was unhappy. Dr Caroline and all the team fell in love with Fizzle and with the owner's permission we decided to keep him as our clinic cat. He is a sweet, affectionate boy, very relaxed and happy at the clinic. He loves to check up on our patients and has a favourite sleeping spot in the surgery cupboard! If you see Fizzle wandering around, feel free to give him a cuddle.

Fizzle is entered in the Dermcare Clinic Cat of the Year Competition. Please help Fizzle win by voting online at <http://dermcare.com.au/Dermcare-Clinic-Cat-of-the-Year>

Voting closes Friday 15th July.



Fizzle ready to greet clients in the waiting room.

Down: 1. Harness 2. Conjunctivitis 3. Unrestrained 7. Diagnosis 9. Lilies
Across: 4. Walking 5. Bedding 6. Appetite 8. Tasmania 10. Reptiles

11. Diameter

CROSSWORD
ANSWERS