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February 2020 Newsletter

Hello and Welcome to This Month's Newsletter

Are you like me and wondering 'Where did January go?' It only seems like yesterday that it was the beginning of a new decade, and now we are one month down and dusted. Talking of dust, summer keeps on coming with soaring temperatures and dust clouds becoming a part of life. Remember pets need a refuge from the heat as do our native wildlife. A ready supply of water and a shaded place to rest would be much appreciated. A big thank you to all the heroes/heroines who are still fighting on the fire frontlines, and to those who have provided care for our wildlife and people. The stories we have been hearing are so inspiring, as is the knowledge that this too shall pass. Thanks to all those who have donated time, money and resources to those animals and people in dire need.

We are having spectacular storms during this summer. Some pets are afraid of thunder and lightning, so keep them safe inside during a storm. Let them cuddle up to you and keep calm as pets mimic our behavior. Soft music may help to distract your pet, or a deep soft pet bed will let them burrow down and feel safe. Distract with a food dispensing puzzle toy, draw the blinds so they don't see the lightning flashes, and most of all ... give them your time and attention. Some pets are so distraught with storms that you may need medication to keep them calm. Call us or [book online](#) for a visit as we can offer a solution for your pet. Be prepared for storms and help your pet to accept that big growling dog in the sky with its fierce flashing eyes!



This month we cover the following topics.

- ❖ Seasonal grass seeds and your pet
- ❖ Anal sacs – the unspoken disease in dogs
- ❖ Case study- Josie and her dental checkup
- ❖ How pet health insurance helps you
- ❖ Pet care after surgery
- ❖ Pet for adoption – can you help?
- ❖ Fun facts and humor and so much more

Regular health checks are an essential part of pet healthcare. Prevention is always easier than fixing an advanced health issue
Book your pet in here for [regular health checks](#).



Pet Health Care Plans

Should you sign up for a pet health care plan?

You never know what is in your future, therefore a health care plan acts as a buffer against the unknown. The rising costs of health care and surgery means that an accident can change your budget requirements overnight. What a [Health Care Plan](#) does is charge a minimum amount per week or month which buys you protection against the worst possible pet injury. At least if your pet is hit by disease or injury you won't have the financial worry to compound the problem.

Keep your pets lean!

Obesity is the number one nutritional disease seen in pets. It can even shorten your pet's life by placing a lot of strain on the vital organs. Studies completed in 2019 on 56,00 dogs showed large dogs who were overweight lived two years shorter. Smaller dogs such as the Maltese lost 6 months. A pet who is lean is a pet who is serene... and full of life!



How to Care for Your Pet after a Surgical Procedure.

If you have time before the surgery, get your pet used to crate training, so that you can keep them confined after their operation. Make sure your pet has a 'pet safe area' ie no stairs, steps or slippery surfaces which could cause an additional injury. Plan ahead to have stair gates or a pet pen to restrict their movements. Train your dog to get used to toileting while on a leash so that they don't get sidetracked and race off to play. Your pet may need an E collar (that cone that we all love) to prevent your furry pal from licking and biting at the wound. Get creative with clothing to cover the sutures. Kids' T-shirts work well, with holes cut in the hem for a dog's back legs. Ensure your pet has a quiet, warm and comfy bed to recover as [surgical procedures](#) do take time for your pet to recover from. After surgery, your pet will be a disorientated, sore and bit miserable. Something light to eat will be welcome as many pets have surgery on an empty tummy for safety reasons. As your pet recovers, reduce the boredom of the confinement by offering puzzle feeders or frozen stuffed Kong feeders. Another boredom buster is gentle training that doesn't require a lot of moving, such as teaching hiding something things close by and getting them to sniff it out. Gentle lead walks as they recover will get them moving again but keep is slow and easy to start. Ensure the wound is kept dry and clean, and most importantly – follow our veterinary instruction's regarding dosage and timing. Never hesitate to call us if you have a question about post-op care.

Join our Facebook Page for loads more pet healthcare information.
<https://www.facebook.com/highlandsveterinaryhospital/>

Anal Sac Disease – That Embarrassing Doggie Problem.

If your dog is dragging their butt along the ground (scooting) or excessively licking or biting around their tail area, your dog may have problem with sac impaction usually due to inflammation of the ducts. The anal sacs are two small pouches located either side of your dog's anus. The walls of the sacs are lined with a many sebaceous (sweat) glands that produce an unpleasant smelling fluid. The fluid is released when your dog passes a bowel movement. It is like an individual signature to other dogs, a kind of territorial marker, and both female and male dogs have them. When they become infected or impacted, your dog will need our help to clean out these sacs by expressing or emptying the sacs. It may be needed to flush them out to remove any solidified material. If left, your dog will be in pain, and the condition only worsens. An antibiotic may be required to alleviate the pain and promote healing. If your dog is making a habit of scooting, bring them in to us so that they can have some relief.

CASE STUDY – Josie's Dental Procedure

Josie came to us after her owners expressed concern regarding the dental pain that she was suffering. She is an older dog and doesn't like people opening her mouth so we were unsure what condition her teeth would be in, but by the smell of her breath, she needed help. After a pre-op blood test, Josie was hooked up to a warm IV drip while she lay on a Bair warmer air bed and heat mat to prevent body temperature heat loss which is vital for pets under anesthesia. Her teeth were loose, broken and yellow. We had to remove several teeth, which although is a drastic move, it will give her a much better quality of life. Her recovery time after the procedure was excellent and within half an hour to an hour, she was ready for a light snack and a drink. She will went armed with a maintenance plan. You can view our video [Click Here](#) to see more. Dental care is a necessary part of a pet's health care regime, if you haven't had your pet's [teeth check](#), book in now for an appointment.



Beautiful Bonnie – she would love a home! Find her at the Golden Oldies Rescue Group!

Follow us on

[Instagram](#) 😊

HIGHland Veterinary Hospital App!

Our mobile phones are so handy that they are now entrenched within our lifestyle. The sheer number of APPS that you can download is amazing. We have our own HIGHland veterinary Hospital App to help you schedule appointments, order pet food and **access FREE information** about pet care. If you haven't downloaded it yet, please go into the App store and type in HIGHlands Veterinary Hosptial. Click the 'Get' button and there you have it! Watch out for our latest App update for additional benefits.



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ADOPT A PET – Getting a pet from a shelter is an excellent choice to acquire a safe and happy pet because the Shelter's main purpose is to revive lost and ailing animals. Pets that enter the shelters are evaluated and are given a health clearance before they are declared eligible for adoption. There are so many pets waiting for their chance to have a home, and the number is steadily growing. Stop this heartbreaking cycle by checking out the wonderful pets the shelters have on offer in your area. Call Gina at the Golden Oldies rescue group on 0403 265 498 or check their profile on rescuegoldenoldies@gmail.com! Another avenue for pets is your local RSPCA shelters in your area. All the animals want is someone to love and care for them ... could that be you? There are so many wonderful pets to choose from, so why not check them out today?

Seasonal Grass Seeds and How They Can Affect Your Pet.

You wouldn't normally think of grass seeds as being a health hazard for pets, but the truth is that they can cause irritation, biting or whining in your pet. The seeds are often shaped like an arrow and penetrate the skin and manage to burrow their way into a pet's body. This causes inflammation and painful swelling which if left to fester can turn into an abscess. These seed heads don't easily break down, and they are often barbed which means they don't travel well in reverse. Seeds can get stuck in your pet's nose, eyes, ears, skin, feet as well as their stomach and lungs. Inflammation, sneezing and swelling as well as general ill health are the signs that your pet has a problem. Sometimes veterinary assistance is required to cut the seed head out or remove it.

Avoid walking in heavily seeded areas with your pet. Keep the longer hair around the paws, ears, armpits trimmed short. After walking your dog, check your dog to ensure there are no seed heads showing. If your pet is showing any signs of discomfort, whining, and unrest, bring them in to us for a full body check over. Leaving seed heads hoping they will fall off is not an option.

Medicinal Grass & Cats. Cat love to chomp on grass, so cat owners are familiar with the regurgitated pile of soggy grass and indigestible matter that appears soon after. So why do they do it and do they really need to? The answer is yes. Grass helps to eliminate indigestible matter from their stomachs, bringing relief to your kitty. The juice is also like a natural laxative counteracting any indigestion. Natural grass can harbor pesticides, herbicides or chemicals so, therefore, having a tray of grass indoors for your cat is an ideal solution. The chewing action is good for relieving tension if your cat is anxious while home alone. And if your cat is an indoor-only cat, it offers them their natural medicine in their indoor habit.

A Cat's Prayer

Now I lay me down to sleep, I pray this cushy life to keep. I pray for toys that look like mice, and sofa cushions soft and nice. I pray for gourmet kitty snacks, and someone nice to scratch my back. For windowsills all warm and bright, for shadows to prowl and explore at night. I pray I will always stay real cool and keep the secret feline rule... to never tell my human that the world is really ruled by cats.

Just A Little Humour

Q: What do you call a dog that's unable to bark?
A: A hushpuppy

Our Website ... HIGHlands Veterinary Hospital
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