

Welcome to Your July Newsletter.



During the depth of winter, many dogs and cats will prefer to stay inside much like their owners, keeping close to the heat source. Only the frisky young animals want to go out and play, whereas seniors will avoid it as much as possible. While animals do need a bit of extra food over winter to boost them up, don't overdo it or you will have a porky pet on your hands come spring. Try to keep them active inside with some indoor challenges. For a dog, one of those robotic balls that moves every which way except where expected can entertain them for ages. Cats can be tempted to chase a small ping pong ball, leap after feathers on a flicker pole or even attack your hand moving under a padded quilt! If you increase their food, increase their activity as well. When they are tired, treat them to a new, deeply padded bed to snuggle into.

From the Friendly Team at HIGHlands Veterinary Hospital

HIP DYSPLASIA IN PETS

This is an abnormality within the hip joint often affecting larger dogs. Causes include genetics, age, excess weight, and extreme exercise. An imbalance between the muscles and skeletal development can lead to joint laxity causing the ball and socket joints to pull apart. Lameness, difficulty getting up from a lying position or an unusual gait are all symptoms. Hip dysplasia is the most common cause of osteoarthritis of the hip. If you suspect your dog is affected, please bring them in for a checkup. We can offer a solution based on the severity of their condition

THE RULES HAVE CHANGED WHEN SELLING OR GIVING AWAY CATS & DOGS

From 1 July 2019 the rules have changed in NSW for pet owners .

If you are advertising cats, dogs, kittens or puppies for sale or even just to give away, as a pet owner you will need to include an identification number in your advertising. This ID No. can be either a microchip number, a breeder ID No, or a rehoming organization number.

As an owner, you play a critical role in providing for the welfare of the cat's and dog's that you sell or rehome.

To find out more about this, we have included a link to the **NSW Government Animal Welfare** page where you can have access to the information you need to help you meet your responsibilities.

For more info [click here](#)



Plan a play date for your dog. Colder weather can cut down the socialising your dog can do, so why not book them in for a visit from one of their doggie mates. They will keep warm by running around and having fun together and it will hone their social skills.

HELPING A RESCUE PET TO SETTLE INTO YOUR HOME

Getting a new cat or dog from a shelter is a fantastic idea; you are giving an abandoned animal a forever home where they can feel safe and secure. This can be a scary time for the new pet who is unsure of what to expect. They may be a little intimidated or frightened by this new turn of events. Plenty of gentle affection and reassurance from you will go a long way to help them to settle in. When you bring them into their new home, try introducing them to one room at a time, allowing them to adjust and become familiar with it. Show them their nice new bed, the location of the litter box and where they can get food and water. Then just relax and let them progress at their own speed. When they feel comfortable, show them another room and so on. As they realise that this is now their home, their true personality will emerge and you will find a loving, grateful dog or cat who just wants to repay your kindness with love and affection. If you have family members, ask them to keep their noise levels down while your new pet settles in. Explain to young children how your new pet may feel scared with all this new activity. When your new pet tentatively wants to cuddle, give them lots of reassurance and welcome them onto your lap. Can you imagine how an abandoned pet must feel to have a new home, affectionate owners, toys to play with and a comfy bed to sleep in? It must be almost surreal; so help them settle in while showering them with love, patience, and a calming demeanour. But most of all, give them time to adapt!

Case studies - Alfie the Rabbit

Alfie is only a young rabbit but was having a problem with his teeth. Unless rabbits are wearing away their teeth on the rough rubbishy food that they were designed to eat, then their teeth will keep on growing. In the wild, a rabbit will use their teeth for digging as well, so the teeth are worn down. They are the consummate chewers and need food like old rubbishy wood, or even a bit of wooden curtain rail to wear those teeth down. With Alfie, we are going to remove his incisors as they are having to be trimmed every two weeks. We use a tool called a periotome to remove them without stressing Alfie. Please don't ever try trimming your rabbits teeth with pliers or side cutters as you can fracture the tooth, exposing the nerve causing incredible pain to your pet. Please click the link below for more information.



<https://www.facebook.com/highlandsveterinaryhospital/videos/693434027774151/>

Our Friendly Staff Make a Great Team

We are blessed with a mix of highly qualified staff who work together as a team and can help you with your pet requirements. All are animal crazy enthusiasts, who love to welcome you and your fluffy or feathered friend to our Veterinary reception. *Congratulations go out to Kirra*, our friendly trainee team member who has studied hard and now has her Cert IV qualifications in Veterinary Nursing. This training covered a wide range of animal species and treatments to enable her to assist within the hospital surgery and to help during the recovery period. Her passion for animal health and welfare is the force that drives her career forward.

Learning is an ongoing process for everyone here at the HIGHlands Veterinary Hospital. There are new techniques or advances in veterinary medicine on a regular basis, that can improve the services that we can offer to you. HIGHlands is currently testing new technology such as a vet app that can make contact with us so much easier and we need your help!

TESTING - HIGHlands New App

We are looking for **20 volunteers** to test out our new **vet2pet app** and give us feedback about your experience.

Please ring us and put your name forward if you are interested.



HVH VALUE PLANS - Essential for pet health

Health plans for pet's are becoming an essential tool for today's pet owners.

The benefits include home delivered parasite protection and membership discounts. While all the care in the world can be taken as a pet owner, the unexpected in health care can happen. This is where being a member of the HVH Value Plan can bring peace of mind. It helps you to plan for the unexpected.

Get the best care for your pet. There are a range of health plans to suit any budget - [click our link here](#) for more information.

KEEP YOUR CAT WARM IN WINTER

Older cats who may have stiff joints will welcome one of those deep plush beds where they can snuggle down and drift off to sleep. You can even get heated beds for cats now, just ensure the temperature only heats up to the cat's body temperature and no more. For cats with stiff joints, make it easy for them to get into a bed or box by cutting out a low side entrance for them. Cats love their comfort and the warmth will loosen the joints and lessen any pain.

A REMINDER ABOUT PUPPY PRESCHOOL

Tuesday July 2nd, 9th, 16th and 23rd

Have you called to book your pup in for some socialising and serious learning? Call the clinic for more information.

"Petting, scratching and cuddling your pet could be as soothing to the mind & heart as deep meditation and almost as good for the soul as prayer."

Dean Koontz



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Veterinary Hospital.**
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**JOIN THE FAMILY:
ENJOY THE
FREEDOM**

WELLNESS EXAMINATIONS - as our pets cannot talk to us and tell us their health problems, the best way to take care of them is to have a regular wellness examination for your pet. We will do a complete head to tail physical health check, including teeth and gums. Catching a disease or injury in its early stages is far easier to treat than when it has become fully established. It is also less expensive than having to have surgery or a series of treatments. Give us a call and book your buddy in to visit us. We have separate cat and dog consulting rooms which is calming and welcoming for your furry friend.



For more in-depth information, please go to our Website.

HIGHlands Veterinary Hospital - <https://www.highlandsveterinaryhospital.com.au/>