



# HIGHland Veterinary Hospital

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## JUNE 2020 Newsletter

### Hello and Welcome to This Month's Newsletter

Ever so slowly we are returning to normal life, or as they say on the news ... the new normal. People are coming out of their homes, children are getting back into school, and many businesses are slowly picking up the pieces and returning to trade. It seems as if social distancing is here to stay, as is frequently washing of one's hands and resisting touching your face! It has been a challenging time, but we look forward to getting back to life as we used to know it.

Pets will have to get used to their people going back out to work. For the last few months, many pets have enjoyed having their family home and they have relished being the focus of the family. Games and cuddles have been abundant, but now they will have to readapt to being home alone while the family members finally get to go out to school or work. Help your pet adjust by giving them a walk early in the morning and then leaving them with a treat packed toy such as a Kong to keep them busy. Perhaps a little soft music to break the deafening silence or arranging a relative or a friend who works from home to call in and check on them. This is especially important for those new furry friends who just joined the family during the [Corona Virus](#) pandemic. Going from a hectic, noisy household to an empty home will be quite a shock. Animals can get unsettled when their routine changes so keep them in mind when you are readying the household for life after the pandemic. Ensure you leave them plenty to play with, a soft bed to sleep in and a few strategically placed treats to help fill their day until you return home to give them reassurance and the love that they crave.



### This month we cover the following topics.

- ❖ Pet Wellness Plans
- ❖ Mange – What is that?
- ❖ Case study-Savian's Spleen Tumor
- ❖ Bloat in Cats & Dogs
- ❖ Fun facts and humor
- ❖ Adopt a pet
- ❖ Fresh minty breath dog biscuit recipe

During the long months of winter, cold and damp weather can lead to your pet developing joint pain which makes it difficult for them to completely relax or get around – especially [older pets](#). They are also prone to becoming ill. Keep up with their exercise, increase their food slightly if needed, and protect them from the weather. A wet dog needs drying off after a run in the rain. Our pets feel winter's blast as much as we do!



### BEWARE THE ANGRY CAT!

One of the first subtle signs that your cat is mad at you, is when you see the tail placed low, quickly swishing back and forth from side to side. When you see this tail twitch, stop whatever it is that you are doing that is upsetting them, give them some space, and back off for a while until they calm down.

Ears low against the head and sticking out like aeroplane wings are a sure indicator that your cat is upset and ready to strike.

Keep your distance and respect your cat's space. It may not be you they are upset against; it may be redirected aggression such as her annoyance that she can see another cat in her yard! As she cannot address the situation directly, she may strike out at your inadvertently placed hand!

TIME FOR A LAUGH! 😊

My friend said he once threw a stick two miles and his dog still brought it back... seems a bit far-fetched to me!



### EXPLAINING BLOAT in Dogs and Cats!

What is bloat? It is when your dog or your cat's stomach fills with gas, food or fluid causing the stomach to expand. This in turn puts a lot of pressure on other internal organs and can cause a dangerous set of conditions - see below.

- Lack of blood flow to the heart and stomach lining or a tear in the stomach wall, or even extreme difficulty with breathing.
- Sometimes your cat or dog's stomach can twist – this is a condition known as gastric dilation volvulus. It essentially traps blood in the stomach and prevents it from returning to the heart and other areas. Your pet can go quickly into shock at this stage.

Bloat symptoms in your pet include acting restless, looking anxious, trying to vomit without success, drooling, collapse, pale gums, rapid heartbeat, sudden weakness, and shortness of breath. I cannot stress enough that your pet needs [veterinary assistance](#) immediately because if they don't, this condition can kill them. Any dog can get bloat but deep-chested large breeds like the Bassett Hounds, Great Danes and German Shepherds are more prone to it. Bloat is often associated with eating quickly, running around after a large meal, having one large meal a day, and eating from a raised food bowl.

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### PET WELLNESS PLANS

In these unusual times, what with the country slowly recovering from an unprecedented lockdown, having a pet wellness plan makes sense. You can get all your pet's preventative medication delivered right to your door so that you can continue your dog or cat's preventative health care without leaving the house. If you don't have a wellness plan you can go to our website [here](#) and see what we can offer your pet. You can choose the level of preventative care designed to suit your pet's age from puppies/kittens to senior pets. We have your pet covered.

### CASE STUDY – Savian

Savian was rushed to our hospital after he had collapsed at home. He was diagnosed with an abdominal spleen tumour that had burst and was bleeding into the abdominal cavity. There are two types of tumour – malignant that often spreads to the liver and is life threatening, or the benign kind. Surgery is risky because of the high blood loss involved so speed is essential during the operation. The operation involved intricate and careful removal without damaging other organs. When the tumour was removed, it weighed in at a massive 4 kg in weight and was the size of a football. Savian was 44 kg before surgery. Luckily for Savian, the tumour does not appear to have spread. There is a link to the operation, which is informative, but it is fairly graphic so just warning you about that. Check out the [video link](#) to learn more about this issue.

We are happy to report that Savian is now doing well and having a great recovery after such an intricate and intense operation.

PUN INTENDED 😊 Crazy dog ladies with too many dogs experience a condition called ... wait for it ... a **Rover-dose!**



Rhys is up for Adoption

## ADOPT A PET –

🐾 Can you give Rhys his forever home? 🐾

Rhys is a desexed ginger medium hair tabby.

Birthdate: 30/11/13

[Microchipped](#) and all vaccinations are up to date.

Rhys is staying with us at the clinic till he finds his new family and is free to anyone that will love him as much as we do! He loves to play and is a real cuddle bug – his warm and engaging personality will steal your heart!

**Please contact us at the clinic for any questions 4872 1144**



## GROOMING YOUR PET.

Grooming should not be forgotten in colder months, especially the brushing your pet's coat. The brushing removes the dead hair and spreads their natural oils that not only rejuvenate your pets' skin but allows for the coat to flourish. A thicker coat provides greater protection from the cold. Please do not shave your pet or cut their fur exceptionally short for the winter as this will leave them with little defense from the chilly winds.



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## DEMODECTIC MANGE – An Unpleasant Infestation

Demodex mites are minuscule microscopic creatures that live in the base of the hair (the follicles), within the sebaceous glands and under the skin of animals. They cannot be seen by the naked eye. Dog and cat Demodex mites are specific for each species and animal mites are not contagious to humans (who have a specific variety of human Demodex mite)! Problems occur when these mites start to multiply excessively. Your pet's immune system keeps the mite numbers low but any weakness in the skin defenses allow the mite to overgrow.

Causes of weakness in the skin's defense include a serious internal disease (cancer, immune diseases etc.), intestinal worms, poor nutrition, pregnancy, or immune lowering medications such as cortisone.

The mites may or may not cause itchiness but Demodex mites often cause infection with bacteria and yeast and the result causes the skin to become red and itchy. Patches of hair loss occur, and a general decline in the animal's overall health occurs. Diagnosis is confirmed by doing deep skin scrapes and viewing the sample under a microscope. Medications are available to treat the condition and the prognosis for juvenile, localised demodicosis is excellent.

*Use our **HIGHlands Veterinary Hospital App** to book appointments, order your pets medications, research pet health issues, get bonus rewards, and so much more. Our App is available **FREE** online at the App Store!*

## MINT & PARSLEY FRESH BREATH DOG COOKIES

Here is a healthy recipe for dog biscuits that is not only tasty for your pooch, but they are a like a fresh mint against doggie breath!

- 2 1/2 cups of rolled oats
- 1/2 cup of fresh chopped mint
- 1/2 cup of freshly chopped
- 1 large egg
- 1/3 cup of water
- 3 Tablespoons of coconut oil (unrefined extra-virgin is best)

Put the oats in a blender and pulse until you get a flour like consistency. In a large bowl whisk together the parsley, mint, egg, water, and oil. Then add the oat flour and stir to combine. Knead the dough a few times to combine fully and then roll the dough out on a lightly floured board. You can use cookie cutters to make a variety of shapes if you like or roll into a ball and gently flatten. Put your cookies onto a lined baking tray and put into the oven and bake at 160 degrees for 35-40 minutes or until crisp and golden. Cool before giving your dog a sample and store the remainder in an airtight container. Simple and easy to make, and the end to doggie breath!