



# HIGHland Veterinary Hospital

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## January 2020 Newsletter

### Hello and welcome to this month's newsletter

This year sees the New Year start a brand-new decade, a time of endless possibilities and wonder. It doesn't seem that long ago we were wondering what 2010 and beyond would bring. 2020 will start with hot issues such as climate change and the push to impeach the president of the United States. But to our pets, it is just another day, another decade, and they don't have those concerns. They just live each day as it comes, taking it all in their stride, which is a good attitude. Perhaps we should take note and do the same?

The summer is now taking its toll on the country, with green lawns fading to a crisp brown. Wildfires are prevalent and our hats are off in honour to those who battle the blaze and the supporters who support the people and animals affected by the fire. One thing we do know, Australia is a tough country and it will bounce back. But it will take time and dedication to get over this catastrophic summer, and move forward again. Please help by leaving water out for the wildlife, and ensure your own animals have enough shade, water and shelter during the sweltering days ahead.

*Everyone at Highlands Veterinary Hospital wishes you and your pets all the very best for the new year. May 2020 be a year of progress, success but more importantly ... kindness and respect for each other and for animals.*



### This month we cover the following topics.

- ❖ Bushfire emergency kit
- ❖ Urinary tract infections in dogs
- ❖ Case study – Errol the cat & Cardiomyopathy
- ❖ Storm season and your pet
- ❖ Our pet selfie competition on our Highlands App
- ❖ The main advantage of a 2020 health care plan to protect your pet
- ❖ Fun facts and humor and so much more

**Have you made your New Year's Resolutions yet? Remember to make a few for your pet such as to continue with training and to have [regular health checks](#).**



### Fun Pet Facts

It is much easier for dogs to learn spoken commands if they are given in conjunction with hand signals or gestures.

Hearing is the strongest of cat's senses: They can hear sounds as high as 64 kHz — compared with humans, who can hear only as high as 20 kHz. Cats can move their ears 180 degrees. They can also move their ears separately



### Bush Fire Evacuation Tips – Be Prepared.

Listen to updates regarding the fires and establish your escape routes early. Keep pets inside so they don't panic and run away. Plan to move larger animals such as horses well before the fire gets to your property. Talk to friends and family and ask them to be on standby to help. Make sure you have your emergency kit for your pet organised and ready to pick up and run!

In the case of an emergency, prepare a special pet evacuation kit and keep it in a handy large bin or tote with a lid. Start with copies of your vaccination records for each pet. List any health issues and store information about any medication (and doses) that they are on. List emergency contact numbers such as your vet's number, family and friends, animal shelters, pet-friendly hotels or motels. Note any emotional issues your pet has, any dietary restrictions, allergies, or disabilities in case they must be boarded temporarily. Take spare leashes, harnesses, and a collar and it would pay to get one for your cat(s). Have a copy of any pet health insurance and microchipping information. Include photos of your pet, registration details etc. for ease of identification. Finally, add in enough food for your pet for 3-7 days plus a feeding bowl and a supply of water. Remember to add in your pet bedding, a favorite blanket, and a toy and lastly, make sure you have some first aid items such as cotton bandage rolls, bandage tape, disinfectant, and hand sanitizer and a supply of disposable bag.

Join our Facebook Page for more information.

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

**Thunderstorms and Pets** Does your pet whine, shiver and shake, and become quite frantic during a storm? If so, they may suffer from Astraphobia, which is the technical term for the fear of thunder and lightning. Act calm yourself as pets often pick up on our own fears. Comfort and reassure your pet and provide a retreat in the quietest part of the house. A crate with a soft bed and a favorite blanket will help your pet to feel safe. Try playing some calming music to distract from the thunder. Some dogs may benefit from a 'Thundershirt', a type of vest that feels like a wrap – it can reassure your pet. Animals with severe stress will benefit from our veterinary help. Don't wait until your pet's phobia becomes severe, as it will be much harder to reverse. We can prescribe an anti-anxiety medication that will help your fur baby manage their fear.

**Healthplans ensure that when something unexpected happens to your pet, they are there to provide financial support and veterinary help without the hardship of financial pressure. [Read more here.](#)**

**CASE STUDY – Errol the Cat and Cardiomyopathy.** Errol had a heart murmur (abnormal heartbeat) but seemed overall in good health. He wasn't showing signs of distress during exercise. But a heart murmur in a middle-aged cat can be dangerous. A heart murmur can lead to Cardiomyopathy of which there are three forms - Hydrotropic cardiomyopathy, intergrade cardiomyopathy, and dilated cardiomyopathy. The earlier the disease is discovered, the easier for us to treat. A blood test and ultrasound was used to assess his health, and to discover any damage to Errol's heart. The tests came out positive, Errol has a damaged atrium. As a result, we have created a home care plan for Errol to ensure he lives out his life in a happy and positive manner. We are lucky that this disease was caught so early due to a regular health check. [Click here](#) to watch the video on our Facebook page.





Beautiful Bonnie – she would love a home!

## HIGHland Veterinary Hospital App!

There is no pet selfie competition for January as we know how busy you all are. If you haven't yet downloaded our App, simply go into the App store and search under our name to join up with us. It is FREE and there is a lot of useful information about pet health that you can read. You can schedule a appointment via the App, order food and prescriptions and the section on poisons is well worth reading. Come and join us 😊

**Separate Consulting Rooms.** Is your pet a little shy? Is your [cat scared of dogs](#) or is it the other way around? Don't be afraid to bring your pet into our veterinary hospital as we have separate consulting rooms. Your pet can relax under the friendly attention of our nurses and veterinarians. We believe a visit to HIGHlands should be just like visiting a friend – it should be enjoyable for your pet.



**May 2020 bring you prosperity and good health. Keep safe over the holiday break.**

Jean Brewer Newsletter Author.  
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**ADOPT A PET – Bonnie is a lovely dog** who dearly wants to find a forever home for the new year. She is affectionate, loves to play and gets on well with other dogs. Bonnie is approximately four years old and walks well on a lead although is known to pull a bit if she sees something interesting. She just needs someone who is experienced with a large dog – that would suit her best. Bonnie is desexed, vaccinated, wormed and treated for fleas. And she is microchipped. Interested in helping Bonnie? Call the Golden Oldies rescue group on 0403 265 498 or check her profile on [rescuegoldenoldies@gmail.com](mailto:rescuegoldenoldies@gmail.com) We would love to see as many pets adopted over the New Year as possible. These wonderful animals deserve a loving home, and they will reward you with loving devotion forever!

## Urinary Tract Infections in Dogs

A urinary tract infection (UTI) is a common problem that can occur in your dog. If your dog is suddenly peeing everywhere and their urine is strong and pungent, perhaps containing blood, your pup may have a urinary infection. The bladder and urine are sterile, but an infection can occur in a when bacteria make their way up the urethra tube from the genitals, an area that often harbors bacteria. The symptoms of an infection include.

- ❖ Frequent and often inappropriate urination (peeing in the house)
- ❖ Urine with a very strong smell
- ❖ Your dog may only urinate very small amounts at a time
- ❖ Painful urination and abdominal pain
- ❖ Cloudy and /or dark urine
- ❖ Licking the genital area more than usual
- ❖ Blood within the urine

Treatment requires a course of antibiotics and if cystitis (inflammation of the bladder) is present we will have to prescribe a course of anti-inflammatory medication to ease their pain. It is important to bring your dog in for treatment immediately as it is easy to clear up in the initial stages. [Contact details](#)

## Ulcers in cats and dogs.

Ulcers are the result of gastric acid build up within the stomach, where it can lead to the deterioration of the lining of the stomach which in turn causes an ulcer to form. An Ulcer doesn't just appear out of the blue though, usually, there is some underlying health condition that is the cause, such as inflammatory bowel disease, or perhaps a Tumour. Signs of an ulcer could be persistent vomiting, with blood appearing in the vomit. Your pet may seem very tired all the time and have no appetite which leads to weight loss, and they may have blood in the stool and pain in the abdomen. When you bring your four-legged friend into us, we will perform an x-ray and a sonogram of the stomach. This will show how large the ulcer is and whether it is bleeding or not. The treatment considers the underlying cause. Reducing the acidity in the stomach via medication may allow the ulcer to heal itself. If your pet is having health problems, a visit with us and a few simple tests can save them a lot of pain and have them up on their paws in the best of health in no time at all. Our [contact details are here](#).

## Just a Little Humour

Q. What animal has more lives than a cat? **A – Frogs, they croak every night!**

Q. Why did the bee go to the doctor? **A – Because he had hives...** 😊

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