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April 2021 Newsletter 🌸 🌸 🌸

Are you starting to feel the chill in the mornings? It does bring with it a bit of relief from the searing temperatures of summer. This is a great time to get out with your furry friend early in the morning and let them wear a bit of their energy off before the day's commitments set in. Walking in the morning is a perfect time to plan your day if you didn't do it the night before, and to get clear about your priorities for the day. Not only that but walking in the pleasant temperatures and taking in the early morning views around your area while you and your pet get some essential exercise is what we all need to stay healthy regardless of our age. Young pets need a lot of exercise and activity, and while it is hard to imagine that the boisterous puppy that eats your shoes or the kitten that does zoomies around the house at midnight will ever be calm and sedate, they will slow down eventually. When they are young, they are always asking to walk, play or eat! But as they mature, their activity levels will level out, so walking at a rapid pace will not last forever. Rather than grumble about walking the dog/cat, enjoy it while it lasts. Your pet helps you to stay young, they have a let's do it now attitude, and are a bundle of fun to live with ... as long as they get plenty of exercise during the day to burn off that never-ending source of energy 😊!

How Did the Rabbit Become the Easter Symbol?

Who isn't familiar with the characters of Bugs, Thumper or Peter Cottontail who are the beloved characters of the classic cartoons and movies. But how did the most famous of all – the Easter Bunny - become associated with Easter? In the northern hemisphere spring is associated not only with flowers bursting into bloom, but the explosion of baby bunnies. Springtime and rabbits are symbolic of birth and renewal. But according to history, there is no religious significance to a bunny being part of the Easter Holiday. However, the Easter Egg has more historical context than the Easter Bunny in that eggs have been a part of the Passover Seder plate at the last supper. The earliest reference to the Easter Bunny dates back to pre 17th Century when the Germanic people in Europe introduced the Osterhase – a rabbit that brought gifts to children at Easter time. When the Germanic people immigrated to America, they took their traditions with them. Although the true origins of the Easter Bunny may never be truly known, the tradition of the cute Easter bunny and the egg lives on. And let's face it, rabbits are so cute and cuddly looking, so they make a great ambassador for Easter. Not only that, but most humans looove chocolate, so putting the two together makes great marketing sense. The live rabbit symbol has evolved into the soft toy thankfully, because a real rabbit requires a lot of loving, tender care. But a soft toy, well that can be squished and cuddled with no bad side effects. And let's be honest, who doesn't like being given a delightful chocolate egg or two? A rabbit and an egg in your Easter basket will put a spring (or should that be hop?) in your step for the Easter break.





Happy Easter to everyone. Please remember that chocolate is not good for pets, in fact it can be lethal in large doses. So hide your Easter Eggs from your fur babies, or when you are enjoying munching on your chocolate eggs, have a yummy dog or cat treat ready for your furry friend. Don't cave into their pleading eyes for chocolate - give them healthy pet treats that their body can handle and you will enjoy a long relaxing Easter Weekend without drama. Chocolate contains theobromine which is a derivative of methylxanthine – and anything that is hard to spell like that is a dead giveaway to the damage it causes to the heart and nervous system in your pet!

PREVENTING THE PREVENTABLE. Your guide to [Senior Wellness Plans.](#)

Pet care has changed in the last decade. With better health care our pets are living longer due to advances in medical services. To show how much we care, HIGHLands Veterinary Hospital are launching our Preventing the Preventable – your trusted plan to senior pet wellness.

PLUS – We have a 'BEST SENIOR PET MOMENT' COMPETITION!
This is for the first two weeks of April and the prizes are drawn on the 20th
....There are two (yes 2) 1st prizes!...
The prizes are a membership in the 7 -10 senior plan
And a membership in the 10 years and over plan.
Valued at \$350 and \$650 respectively!!!

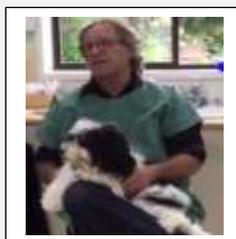


To Enter – Simply email your entry into us at info@highlandsveterinaryhospital.com.au You need to state which competition you are entering. Is it the 7-10 year old competition, or are you entering the over 10 years competition?

You can also enter by using the HIGHLand App, once again stating what age group in the Best Pet Senior Moment Competition you are entering – the 7-10 year class, or over 10 years group. It is as easy as that!

You can get as creative as you like. Perhaps your senior dog or cat has resigned themselves to foster kitten attacks on their tail? Does your senior get cranky with a younger animal and just puts their paw on them to flatten and hold them down to stop their madness? Or perhaps your senior cat likes to play in boxes but gets stuck and needs your assistance to get out! Those precious life moments where a senior pet antics and expressions can say more than words ever can, which sends you into peals of laughter, resigning yourself to their quirky behaviour. Go ahead and capture that senior moment, send it to us, and you could be a winner!

Case Study. Meet Koby our patient who is suffering from lameness in his front legs. Through X-rays we discovered that the ulna bone has bowed out causing incredible pain for this beautiful dog. So what is the solution? It sounds radical but we will cut the ulna bone which will allow the bone to heal in a straighter position which is what nature intended. I won't go into details here, but this is an amazing solution which will bring Koby a pain free life once he heals. As he suffers in both legs, we are going to operate on both legs. Follow along with Dr Diederik as he explains the procedure. The video is a bit graphic but it is presented beautifully. [Click our link!](#) This video shows the amazing progress of veterinary skills that is bringing our pets relief and longer lives. It is well worth watching.



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Visit our Website by clicking [HERE](#)
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Arthritis in Pets.

We all know about arthritis and how it can slow down people and animals alike. But what is arthritis in dogs and cats?

Arthritis is a chronic degenerative disease that is the result from everyday wear and tear on the joints within the body. Osteoarthritis is common in older pets which is a form of arthritis that wears away at joints which then creates continuous pain in one or more of the weight bearing joints. In other words, movement becomes painful and your pet is slower getting around than they used to be. The cold weather can worsen the pain, making movement stiff and awkward.

Keeping your pet slim and trim is vital to ease their pain. Excess weight can add extra load on the joints, and fat can release inflammatory mediators which make the pain even more excruciating. Diet is a large part of the management of arthritis. Gentle exercises to keep your pet fit and flexible also are important treatment factors. We can help you to plan a therapeutic diet which is calorie controlled but also employs cutting edge nutritional science that will help boost your pet's metabolism and prevent feelings of hunger during weight loss. These diets must only be used under a vet's recommendation and guidance so check with us if your elderly pet has arthritis and needs to lose a bit of weight. We can prescribe medication which can help your pet manage the pain and inflammation – this medication is carefully monitored to ensure your pet's kidney and liver function properly during useage. There are arthritis supplements containing omega fatty acids for anti inflammation or glucosamine and chondroitin which are the building blocks of normal health cartilage and provides essential joint nutrients that can help. And view our new [senior pet wellness program](#) – its all about preventing the preventable.



Protect Your Pet From Toxins – Be Aware of the Dangers.

You may think it will never happen to your pet, but life happens! If your pet has eaten something that is causing a reaction to a toxin, call us immediately... please don't wait to see if it clears on its own! And Check out the RSPCA link to what household dangers can affect your pet [-click here](#). Some items listed may surprise you!



10 Human Foods You Should Never Give Your Dog (Or Cat)!

Food is to be shared between friends and buddies, so it is only natural that you may want to share what is on your plate with your pup – but when it comes to pets and food, sharing may not be a good idea. Avoid the following.

- Macadamia nuts – they create health issues such as paralysis, vomiting, elevated heart rate and even death.
- Grapes, sultanas and currants - Grapes and their dried versions are actually poisonous for dogs. They can cause vomiting, sluggishness and can even cause kidney failure.
- Avocado- while we love the green stuff, it hates our pets. Avocado contains a toxin called persin which is considered poisonous to a pup. Better to give them a creamy peanut butter instead (naturally made with no artificial additives such as xylitol).
- Chewing gum – a lot of chewing type foods contain xylitol which is an artificial sweetener that is toxic for dogs. Symptoms include seizures, vomiting and a rapid loss of coordination.
- Peaches and plums – not so much the fruit but more so the large seed stone contains cyanide but not only that, they are a choking hazard for hounds.
- Onion and garlic – good for us but not good for our furry friends. Eaten in large amounts they can attack the red blood cells in the body and make your precious pooch anaemic.
- Ice Cream – who hasn't been guilty of sharing a little bit of ice cream with their dog? But sadly what is good for us is not so good for our pets. Our pets are susceptible to lactose intolerances. This can lead to digestive issues and diarrhoea so give them a pooch friendly smoothie instead.
- Cooked bones can be brittle and when your dog is chewing the jagged edges they can cause internal injuries. Better a raw bone that is thick and tasty.
- Coffee – while the dark beverage may pick us up, it will send your dog into a tailspin causing restlessness muscle twitching and erratic breathing. Coffee in a large enough amount may even be fatal.
- Alcohol consumption and the yeast in many drinks can be toxic and lethal. Pets and alcohol should not mix.

Toxic Items Around the Home for Cats. 🐈 🐈

- Mothballs are not ok for cats. Apart from the chemicals in the mothballs, they can get swallowed and get stuck in the digestive tract.
- Potpourri oils – these beautiful oils are too strong and potent for your cat and they are toxic for them.
- Fabric softener – the chemicals will make your cat sick.
- Automatic dish detergents of any kind. Lock them well away from kitty.
- Batteries (which contain acids or alkali) – it is amazing what your cat will chew on if left to their own devices.
- Cigarettes or ground coffee are too strong and totally foreign to your cat's body
- Homemade play dough (the dough contains a high quantity of salt which is hard for your cat's body to deal with.
- Medications that are left lying around – a young cat will often try anything they find lying around the home to see whether it makes a nice snack. Lock all medications away.

Cats are also affected by the foods listed above which affects your dog, especially chocolate, alcohol, grapes and sultanas etc. The intestines and internal structures of your cat are just not designed to break down some of the foods that we enjoy eating. We tend to think our fur babies are human but they come with a completely different digestive system and requirements. Human food is for humans, cats and dogs have their own food that is created for their systems and wellness.

Cats can be poisoned by flowers or houseplants – for example many types of lilies, daffodils, carnations or even baby's breath. Some plants including the peace lily, some types of ferns, and flowering plants such as azaleas or the begonia are toxic to your pet. Signs of ingestion and poisoning include irritation of the mouth area, convulsions, depression, and violent vomiting. You can find a comprehensive list of plants and flowers that are poisonous to not only cats, but to dogs also by [Clicking Here](#)

Pets love to chew on a plant leaf or two, but discourage this by providing plenty of other healthy toys to play with. Cats love chewing on grass, so grow them their own container of kitty grass to chomp on.



Call us anytime you need our help or advice.

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Wildlife poisoning. Rat bait from farm or garden sheds, and sodium fluoroacetate (1080) are two poisons that are lethal for our wild animals and birdlife. Pesticides and poisons are designed to be tasty and alluring to targeted species, but they also appeal to our wildlife, so what can you do? If you must use pesticides, use tamper proof bait stations out of reach of wildlife. Clean up around your home and garden to avoid attracting rats and mice. Remove rubbish and keep animal food well contained and indoors. Pick up fallen fruit around your garden. Control slugs by placing a terracotta plant pot upside down in the garden. Slugs and snails will seek dark damp areas to hide in so you can clean out this area daily. There are many more great ideas about dealing with pests while keeping wildlife safe – [click here](#) for more information. Lets protect our unique and treasured wildlife.

Interesting Facts About Animals

The worlds oldest known breed of domesticated dog dates back to 329 BC. The Saluki dogs were revered in Egypt and were kept as royal pets. They were so treasured that they were mummified after death.

Domesticated cats have been around for 9,500 years – proof of this came in 2004 when bones of a cat were discovered in a Neolithic village in Cyprus. The position of the cat next to the bones of a human strongly suggests they were buried together.

Baby Tasmanian Devils make life long friendships. They form strong bonds with others while they are young and keep those friendships for the rest of their lives. They love to share with their original friends and these friendships are an integral part of their lives.

We are here to help with any animal health & welfare concerns.

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