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May 2021 Newsletter 🐾 🐾 🐾

As we move into May, there is so much news to tell you that this newsletter is bursting at the seams. We are focusing on obesity in pets this month, which is becoming a real problem for pets and their owners. If you have an older pet who is carrying a bit of excess weight, they might be huffing and puffing a bit as you make your rounds. This is an ideal time to get them out walking to encourage a bit of weight loss. I am not talking about doing a marathon, but a gentle on the joints walk to keep them fit will surely help. Excess weight brings with it a whole host of medical conditions, so let us get proactive and slim down those pudgy pets. Senior dogs and cats also feel the cooler weather; it has a habit of getting into the joints of our furry companions, and those older bones take a little more warming up before they can get into the rhythm of the exercise. And yes, cats need exercise as well! Arthritis affects not only humans, but it affects cats and dogs as well. But with incredible innovations in pet care, there are ways to make those aches and pains go away, with effective supplements, a change in diet, and some subtle exercise. [Come in and see us](#) at HIGHlands. We can advise you how to trim that weight off your Labrador (don't they just love their food?) and get that chubby pet down to a more manageable weight that is better for their size and their age and most of all - their health.

How Excess Weight Provided an Evolutionary Advantage. 🐾 🐾 🐾

As far as history goes, those that could store body fat easily had an evolutionary advantage, and this applied to both man and beast. The harsh environment of the early hunter gatherer lifestyle allowed those with a bit of 'padding' to survive the long cold winters. Food was scarce and neither man nor animal knew when the next meal would be, so when there was food on offer, they made sure they got more than their share! It used to be that the higher up in the leadership ranks the fatter you were.

Fast forward to today, and anything goes. With food available 24/7 the nation's girth around the world is expanding. And what is good for us, must be good for our pets right? Wrong! Our animals are having an excess weight problem for the first time in history. Fat cats and corpulent dogs are becoming a plague, obese hamsters, rabbits, and even overfed birds are creating a wave of health and mental issues never seen before in pets. Fat animals that can barely stand up, puffing and panting pets that sleep most of the day away. We are witnessing unfit pets with unbelievable health issues. We are killing our pets with kindness.

Feeding our pet an incorrect diet is often to blame. They are not human. Although we think of them as our family, they have different food requirements. Dogs and cats are carnivores – they eat meat related products. Now you may not like meat and that is fine, but your pet has lived on meat alone for thousands of years. Bread and biscuits will not cut it. Let's get back to basics. Our pets need... no, they deserve... a decent diet. They need to lose weight and regain their health. They need to regain their zest for life. We can help you change your pets' diet and advise on exercise so that our nations' pet population reduces healthfully.





We have a 'surprise' prize also, this is for the most kms walked for one random week during the challenge - but what week is the surprise! We will keep you in suspense!

Running from 1st May to 12th June – this competition is open to all ages, clients and non-clients, dog owners, cat owners ... you get the picture.

Just go to our website: highlandsveterinaryhospital.com.au
Fill out the registration form and you are entered. You can log your hours walked on the website. Start walking and have a great time getting fit with your pet.

PRIZES ARE FOR THE TOTAL KILOMETERS WALKED!

Each individual who turns in their total kms walked in the competition goes into the draw to win one of 5 free consultations (worth \$85 each)

15 kms prize – Whimzees Canine Dental Treat.

30 kms – Poop bags (they will come in handy!)

50 kms – Your Drolly Duck Tenders Dog Treats

75 kms – 1 kg bag of Complete Mix (Adults /Seniors) all-natural supplements.

Overall Winner – (most kms walked)

A Free Holiday worth \$1,250.

Email your walking photo or video to:

info@highlandsveterinaryhospital.com.au

For use on our Facebook, Instagram, and website to encourage others to keep going. We also welcome 'before' and 'after' pics for people/pet's who have lost weight because of their exercise

WE HAVEN'T FORGOT YOUR CAT!! WE HAVE A SPECIAL 'CAT-EGORY' ESPECIALLY FOR THEM!

Enter the most creative way of exercising your cat to get them active such as putting their meal up high and making them climb up a series of platforms to reach their meal. Or tossing a ping pong ball down a hallway for half an hour or so will certainly burn off some kitty lard.

PRIZES INCLUDE:

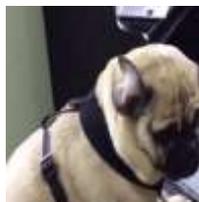
A Cat Cave plus cat toy PLUS a Cat/kitten Complete Mix natural supplement.

Just send your photo or video into

info@highlandsveterinaryhospital.com.au

Hero of the Month - Willow - A Complete Ear Ablation

Meet the gorgeous Willow – she has suffered with chronic ear infections and inflammation in both ears. The ear canal had narrowed due to the constant infection. Willow is only 4 ½ years old so once the surgery is completed, she will be able to live the rest of her life without ear pain. A Complete Ear Ablation removes the inner part of the ear but she will still have the ear flaps so she will not look any different. And she will still be able to hear; the ear drums will still be intact and can pick up the sound even though the ear canal is gone. Willow will be on effective pain medication to help her recovery and her stitches will be removed in 10-12 days. This is a fascinating surgery. Watch the video, it is quite unique and highlights the skills that HIGHLand Veterinary Hospital is blessed to have. [CLICK HERE](#) to watch. Willow was a model patient and is now recovering well under the watchful eyes of her owners and Dr Diederik.



Visit our Website by clicking [HERE](#)



Check out our Facebook page [HERE](#).

Join us on INSTAGRAM!

highlandsvethospital

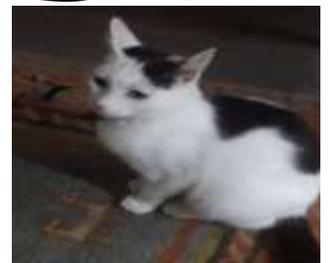
How Excess Weight Is Bad For your Pet. Many owners do not notice the gain in weight in their pets until the animal slows down significantly. To gauge a gain in weight, feel around your pet's midsection while they are standing. The ribs and spine should be easy to feel and, in most pets, there should be a slight hourglass shape to their waist. If you cannot feel your pets' ribs and spine then it is time to act. You might say, well - what is a few kilos between friends. Here is the sad reality.



HEALTH ISSUES include exercise intolerance and reduced stamina. Your pet may suffer breathing difficulties, heat intolerance, hypertension (high blood pressure), diabetes or insulin resistance, liver disease or dysfunction, osteoarthritis (which causes lameness), increased risk in surgery due to an anaesthetic risk, lowered immune system function, and finally increased risk of developing cancer and malignant tumours. Not a nice reading list which also includes heart issues and is combined with pain, suffering and expensive rehabilitation treatment.

What is the cure? Start a healthy eating plan for weight loss for your pet and encourage more movement and exercise. [We can help you](#) to compile a good, reduced calorie pet diet and exercise plan that will benefit your pet's age, weight, and breed. Do not just leap in and starve your pet, thinking tough love is best. It's not. The most loving thing you can do to avoid the rocky road ahead is to help them to lose that excess weight. It is cheaper, healthier, and more preferable to surgery, medication, and ultimately an early demise that awaits them should they keep on the same path they are on. Make it fun and think of the amazing benefits you will both get! There are lots of tips this month plus the **PAW THE PAVEMENT competition** to help you out!

Adopt a pet. This is **Miss Flora**, a beautiful cat who was born in a cemetery and abandoned by her mum when the mum had more kittens. Flora has been fed by the kind staff at the Cemetery Flower Shop which is where she got her lovely name! She is 12 weeks old, desexed, microchipped and has had her first vaccination. She is a gorgeous kitty, full of sweet affection and purrs up a storm. She will be your companion, your adviser, and your snuggle bug! She loves other cats too. If you are interested, contact Teresa on 0477 274 720



Tricks to Help Your Pet Reduce Weight.

Getting your pet to eat less is not easy. They want what you are having. Every time you snack, they want to snack. It takes nerves of steel to avoid those pleading eyes! So here are some tips to get them to lose weight without knowing it.



- Start reducing their amount of food in each meal. Do not do anything drastic to begin with, just a teaspoon or less and in another week reduce it again.
- Increase your dog or cat's exercise. Play more games with them to get them moving, and slowly increase the distance of the daily walk. Losing weight does not have to be dramatic – small changes make a big difference.
- Watch the amount of 'treats and rewards' you dish up to your pet. Ideally you should have a daily total of food, which should include treats and rewards. It should be a finite amount, not an ever-increasing amount.
- Divide up the meals and treats so you know how much they are getting per day. More treats mean less per meal. Less treats, more food per meal.
- Bulk up their meals with vegetables to save on calories. Some animals love vegetable snacks, others are not so keen. But a hungry tum may change their mindset.
- To get that sweet taste your dog or cat loves in homemade treats, try adding cooked mashed pumpkin or sweet potato and forget about the salt.
- A dog can spend ages on chewing a bone. Not only does it keep them occupied, but it will be good for their teeth. Round bones with bulges or lumps each end are best, like a good leg bone. Small brittle bones that fracture and break can cause health issues.
- Do you have a fisherman in the family? Kitty would love a sample of cooked Barramundi or perhaps a small snapper steak – the ideal healthy treat.
- On a warmer day, give your dog or cat a frozen block of salt free broth. The taste will keep them busy and its mostly water which means less calories.

The secret is to decrease the amount of food and treats, while increasing the amount of exercise they get daily.

guess the breed!

If you can guess correctly what breed - or combination of breeds - this cute little guy is, you'll win a **FREE holiday away, worth \$1,250!** (We've had him DNA tested, so we've got the official answer.)

Give your guess to reception or email it to us: info@highlandsveterinaryhospital.com.au for your chance to win!

Contest runs 30 Apr - 13 May 2021.



win a free holiday, worth \$1,250!



We have another competition!

What is small, adorable, has a floppy ear, and is full of mischief?

Test your knowledge and if you can guess this cute pup's breed correctly, you will be in to win a **FREE Holiday Away** to the value of \$1,250. Imagine how much fun you could have getting away for a few days!!

This competition starts from 30th April and finishes May 2021.

Give your guess to reception or email it into us on info@highlandsveterinaryhospital.com.au for a chance to win.

It costs you nothing except a bit of brain power! Good Luck!

Senior Pet Wellness Plans - Preventing the Preventable.

A senior pet is defined as being from 7-10 Years of age, while a veteran is defined as 10 years and over. There are many valid reasons to enrol your pet in our wellness plans. As your pet ages, they become susceptible to health issues and changes within their bodies. Diet alone requires adjustment as older pets require different nutrients. And those ailments that we thought only we humans had, well they are now being seen in our pets as they live longer. Dental disease, arthritis, bladder stones and urinary incontinence to mention but a few ailments that are plaguing our pets. But what can you expect from our [Senior Wellness Plans](#)? Annual health checks and vaccinations are vital as disease can be detected early on and is more treatable. Yearly blood tests ensure your pet stays in perfect health. Urine tests, blood pressure checks and even eye pressure checks. These are just some of the specialised preventative care that we can offer.

The secret to preventative health care is for a well-planned calendar with health checks, vaccinations, and dental care all diarised and planned ahead of time.

If healthcare is planned – it will not be forgotten. A health issue that is discovered early, can save you not only money but it can save a lot of suffering for your pet. Issues can be easier to treat in the initial stages of their development. Come and talk to our great team here at HIGHlands Veterinary Hospital. We are dedicated to animal health and welfare and we can help you choose the most suitable plan for your fur baby.



What's New in the Month of May?

We have started our **Facebook Live Events** where we sit down and talk about things that concern you about your pet. April the topic was senior pets. During May, we have another live event, called **From Fat to Fit – Solutions to Pet Obesity**. You do not want to miss it!

Veterinarian Dr. Diederik Gelderman will be there to answer all your questions.

Put **MAY 5th, 2021 at 7pm** in your Diary.

It is only for 30 minutes but you will learn a lot!



Wildlife Food Issues.

Our wildlife is not as safe from eating disorders as we thought, as they have been offered bread so often, they now expect it. Bread has brought its own problems to our unique wildlife. Some male Kangaroos can get aggressive over the bread and can be very intimidating. They will approach and demand your bread and can even attack if they do not get what they want.

And while birds like ducks love the taste, it does not love them. Bread may offer calories, but it doesn't offer the nutrients nature provides. A high calorie diet can lead to malnutrition. The bread that sinks and is not eaten spoils the waterways and causes mould which is another health issue. Too much bread causes birds and animals to become reliant on food handouts, rather than the bird or animal learning to support themselves through nature. If you must feed the animals, give them something like rice, corn, lettuce leaves torn into pieces, and seeds.

A promotional poster for a Facebook Live event. The title is 'From Fat to Fit!' in a cursive font, with the subtitle 'solutions to pet obesity'. Below the title, it asks 'Are you concerned about your pet's weight?' and states that Veterinarian Dr. Diederik Gelderman will answer questions about pet obesity. The event is scheduled for '05 · MAY · 2021 · 7:00PM' and is hosted on Facebook at 'facebook.com/highlandsveterinaryhospital'. The poster features a photo of Dr. Gelderman and the Highlands Veterinary Hospital logo.

NEW! Facebook Live

Having an expert to ask your questions to is an awesome way to find a solution your problem.

[CLICK HERE](#)

It's on May 5th at 7pm so mark in in your diary.

Window shopping when you're on a diet...



LAUGH OF THE DAY.

As I was walking down the street the other day, I saw my neighbour pulling a leash with a piece of cabbage on the end. I asked him "Why are you pulling along a lead with a cabbage on the end.

He replied – "Oh no, it's not a cabbage, the man who sold it to me said it was a Collie"

Just goes to show – do not believe everything you've been told!

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

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