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Our next FB
Live talk topic:
arthritis in pets
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Helpful
information on
cat health.
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The Better Pet Gazette



The Better Pet Gazette is a monthly newsletter full of informative articles and tips on pet health as well as updates on what's happening at the practice. We hope you enjoy the read!

August: Focusing on Pet Health

This month we're focusing on the health of your pet!

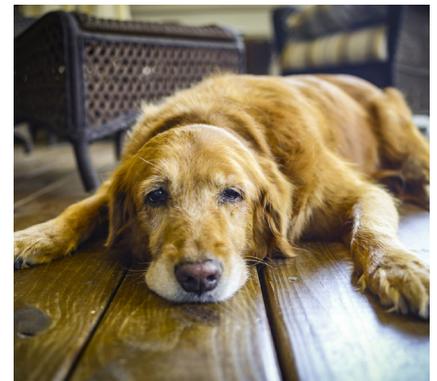
Special days to note this month include:

- *International Assistance Dog Week: 1-7 August*
- *International Cat Day: 14 Aug - we salute our beautiful cats!*
- *World Lizard Day: 14 August*

August is also *Itchy Pet Awareness Month* which helps bring awareness to millions of pets who suffer from some kind of skin disease. The fact that we now have these special days/weeks that help us to focus on pet health in our communities is a credit to the modern-day population who care about their pets and the quality of life that they have.

If you feel your dog or cat might be suffering from arthritis, get an arthritis check. During August, mention the new HVH Arthritis video, and get a **FREE** arthritis check for your pet (see our promo to the right). You may also want to join us for an informative talk on this topic - on the 14 Aug, Dr Gelderman will present "**Creaky Bones - Treatment and Care of Arthritis**" on Facebook LIVE @ 7:00pm. See page 2 for more information.

So, happy August and we hope you enjoy the read...



FREE Arthritis Check!

This is the time of year that arthritis in pets acts up. So, for all of August HIGHlands Veterinary Hospital is offering a **FREE** arthritis check for existing or new clients, when you mention HVH's new Arthritis video. This informative video can be viewed **here**. Don't miss it!

Please note that you MUST refer to our new Arthritis video when booking your appointment with us to get the free checkup.



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HERO OF THE MONTH

AUGUST 2021



Health issues can begin to plague an animal as they reach their mature years, often bringing heartbreaking change to a pet's life. This is exactly what happened to Marley.

Marley was originally surrendered due to his very overweight condition, which was causing health issues.

Dr Diederik took Marley in and treated him before adopting him out to a new owner who was prepared to help the dog regain his former health.

Did you know that excess weight (even as little as 20%) can lead to many health issues, such as: diabetes mellitus, arthritis, urinary stones and heart disease.

Marley was put on a strict, but healthy diet and introduced to a gradual exercise plan. He is like a brand new dog! Shedding the excess weight has given him more energy and he is now light on his feet (not easy for a big boy who's a Newfie/Labrador cross). Marley is enjoying his senior years with a new owner who dotes on him.

Marley is a prime example of what can be done to extend longevity... and gain a new lease of life!



A Relevant Topic for a Cold Time of Year: "Creaky Bones - Treatment and Care of Arthritis"

Creaky bones (or arthritis) is a condition that cannot be cured but can be effectively managed. But what is arthritis?

It is a degenerative condition that causes inflammation of the joints. The cartilage lining can wear down because of disease, excess weight, injury or an unusual gait. It's similar to bone rubbing on the bone with no cushioning. OUCH!

Getting your pet to maintain an ideal body weight will take the pressure off the joints. Gentle exercise such as walking and swimming will help, but don't overdo it.

Dr Gelderman will have a lot of information on this condition and suggestions about supplements and medications that can help your pet. *Tune in here to Facebook LIVE on Wed 4 August at 7:00pm for "Creaky Bones - Treatment and Care of Arthritis."*

Our July FB Live Talk Covered Pet Emergencies ...

If you listened to this talk you will have gained a lot of valuable knowledge about managing your pet in an emergency.

Dr Gelderman provided a detailed explanation on managing an injury, what to do, how long you have to get to a vet if your dog or cat is bitten by a snake, and so on.

For me, I loved the valuable tip about ringing the vet while you are travelling to them with your sick pet. This allows the clinic time to get ready so when you arrive they can swing into immediate action.

A very valuable talk to listen to by every pet owner! **Click here to listen.**



*Join us for our Facebook LIVE talks the first Wed of every month @ 7:00pm:
[facebook.com/highlandsveterinaryhospital](https://www.facebook.com/highlandsveterinaryhospital)*

Get all of your questions answered about some of the most common pet topics. We'll also be featuring some guests to the show as well!



Puppy Preschool

Big congrats to our latest graduates!

Puppy preschool provides an essential service for young puppies to gain socialisation and get the foundations right, which is so important for your puppy's future life. It is here where puppies learn to become polite, well-mannered and well-socialised members of our families and community.

The latest graduates were another bright and boisterous bunch who graduated displaying their newfound manners - and in the process stole everyone's heart!

Congratulations go to Tex and Truffle and their guardians, as well as to Jett, Choc, and their guardians who were unable to attend on the night.

Another group of awesome pups who graduated in our last session were Storm, Chewie, Maple and Marley and their wonderful guardians.

Have a look at our HIGHlands Veterinary Hospital Facebook page for lots engaging photos of the graduates:

[facebook.com/highlandsveterinaryhospital](https://www.facebook.com/highlandsveterinaryhospital)



6 ways to keep your puppy healthy

Cover these six basics in taking care of your puppy, and you can help him stay happy, healthy, and strong:

1. PROPER NUTRITION

Your puppy needs a diet that is right for his age level. Premium brands often have higher-quality ingredients, so it might be worth springing for one. We can help you choose the right food.

2. EXERCISE

Physical activity is vital for your puppy's health. Different breeds require different levels of activity, but all breeds require movement!

3. GROOMING

Brushing or combing your puppy helps keep his coat free from snarls and debris. It also encourages clean, healthy skin.

4. VETERINARY CARE

We can help protect your puppy against diseases and parasites, so it's important to schedule regular appointments. And if you notice something potentially wrong, don't hesitate to call us!

5. TRAINING

It's important for your puppy to learn basic manners and commands - it can help you control him, and maybe even save his life. Be sure to make training as fun as possible.

6. FUN TIME

Your puppy also needs plenty of play. Not only will he get exercise, it will also give you two more bonding time.



feline HISTORY

For a long time, it was believed that cats originated in Egypt some 4,000 years ago. But recent DNA evidence shows that cats have been living alongside humans for over 12,000 years!

The rural to urban lifestyles movement saw large numbers of the human population moving from the country to the cities, where cats proved to be ideal companions in return for being pampered and provided for. Even in our largest cities, these elegant creatures have adapted to apartment and high-rise living.

Of course, several inventions that improved our modern lifestyle have made the indoor cat a possibility - such as the prevalence of spaying and neutering, refrigeration and kitty litter. It didn't take the business-minded entrepreneur long to promptly cater for these precious four-legged companions, with a plethora of pet food manufacturers appearing on the scene. Canned, dried and fresh foods soon were abundant for the cat who filed down their sharp claws and hung up their hunting skills to enjoy a pampered life.

So why do we love our cats so much? They are cute and soft, they are ideal companions, they are small, clean, and they appeal to our nurturing soul. A cat can sense when we feel bad and console us with snuggles - and that irresistible purr would lift anyone's spirits!



The rumour that cats have nine lives is just that, it's a tale. Your cat relies on you to keep them healthy. This includes scheduling regular check-ups and having vaccinations to protect them against illness and fleas.

Lower Urinary Tract Disease

or FLUTD affects your cat's bladder and urethra. Symptoms include: not using the litter box, straining without producing urine, blood in the urine and excessive licking of the area. This condition needs immediate veterinary help as it could be a sign of a blockage that can be fatal. The cause could be bladder stones, infection or even cancer.

Kidney Disease

This condition reduces your cat's ability to excrete waste into their urine, which leads to a dangerous build-up of toxins in the bloodstream. Kidney disease can be caused by several factors, including high blood pressure, infection, kidney stones and cancer. Age is another factor - it is fairly common

in older cats. Symptoms to look for include decreased appetite, vomiting, diarrhoea and lethargy.

Fleas

These parasites feed on your cat's blood. They cause your pet severe irritation and scratching, leaving bald patches that can become infected. When using a product to kill fleas, make sure you use only flea products designed for cats. Never use a dog preparation, as your cat is very sensitive to insecticides and using the wrong



product on your cat could be fatal. We can assist you with any health issue your cat may be facing, or call in to talk to **one of our experienced staff** to find out more about keeping your kitty healthy.



AUGUST SPECIAL!

Save On Your Pet's Annual Vaccinations

If you come in for any other procedure during the 3rd week of August (16 - 20), you can get a discount on your dog or cat's annual vaccination at the same time. This will only cost \$45 or 10 PAWs points - normal value is \$90!

Please note that you MUST refer to our August Vaccination Special when you book your appointment to get this special discount. Talk to our team about what suits your pet to ensure their health is at its optimum best.



Our Super Healthy Turkey Mince is Back!

Available now - we have 500g human-grade turkey mince back in stock for your pets. Only \$5.50

Turkey is a very rich source of protein, niacin, vitamin B6 and the amino acid tryptophan. It also contains zinc, vitamin B12 and has anti-cancer properties.

Pop in to see us or give us a call and we can put one aside for you



OMG I CAN'T BELIEVE MY PET JUST DID THAT!

One 10 second clip after another that show just how much we love our goofy animals ...

We want your pets to be the stars of HIGHland Veterinary Hospital's first-ever movie montage production!

Have you ever taken a short video of your pets and then sent it to your friends?

If the answer is yes, then we want you to share your videos with us, too!

We want puppy zoomies, talking birds, frisbee-catching dogs and sneaky cheeky cats!

We want to see all the wonderful, funny things your pets get up to at home or when they are out and about.

There are a few small conditions: all videos need to have been shot with your phone in the horizontal position and each clip must be between 3-15 seconds long. Please include your full name, phone number and your pet's name so we can add them to the credit roll!

Once we have called "that's a wrap" on HIGHland Veterinary Hospital's first feature film, it will be premiering in our clinic reception area as well as displayed on our website and social media pages for all to see.

Send your videos to: info@highlandsveterinaryhospital.com.au

We can't wait to see all the awesome antics they get up to ...

Happy filming!



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