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All about what makes your pet itch and scratch.
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Our adorable puppy preschool graduates!
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The Better Pet Gazette

Happy Spring!

September is National Disaster Preparedness Month - do you have a pet emergency plan in case of floods, fires and the like? If the answer is no, then perhaps now is a good time to make one.

Your kit should contain things like food, water and medications. You will also need spare collars and leads, bedding/blankets, toys, pet ID and a printout of your pet medical history and proof of vaccinations. Add in a photo of your pet (in case you become separated) as well as a pet first-aid kit. All this should be packed in an easy grab-and-go box or crate. In an emergency, the quicker you react the better.

We are also focusing this month on pets who suffer from allergies. Spring is usually the start of allergic reactions. If you notice your dog or cat continually scratching, pawing at their ear or eyes, sneezing or has weepy eyes, your pet may have an allergic reaction to some seasonal or environmental allergy. Red areas or patches of fur loss may show.

Bring them into us so we can find out what is causing the problem. The right medications, an action plan for your pet (diet and/or supplements), and some helpful suggestions will bring your pet immediate relief.

Please see inside for more details ...



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!



September SPECIAL!

Receive \$50 or 16 Paw points off desexing for the whole month of Sept (for new or existing clients)!

Desexing has positive benefits for you and your pet. Not only are desexed pets significantly better behaved, they are less aggressive, more manageable and less likely to roam. Plus, it avoids unnecessary breeding which only adds to the ever-increasing number of strays and unwanted pets crowding our animal shelters.

Please note that you MUST refer to our September Special when booking your appointment to get the discount.



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what's new?



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We are always thinking up new ways that we can make our website more informative, helpful and user-friendly.

In case you haven't noticed, we've added more new pages. Take a minute to check them out when you get a chance:



FACEBOOK LIVE TALK TRANSCRIPTS

If you missed one of our popular Facebook Live talks, don't panic! Transcripts of Dr Gelderman's talks are now being published on our website, so you don't miss out on all of his great information and tips. Under the Resources tab on our website, just click on **the title of the talk** and you will be able to see previous talks and topics.



DOWNLOADS

This new page offers helpful information for your furry family members. View and download brochures that address everything from behavioural issues, training tips, nutrition, and pet health. The **Downloads** page is also under the Resources tab.



ONLINE FORMS

This new page will offer a variety of online forms and questionnaires for you to fill out prior to your appointment with us. Not only will this save you time, it provides us with valuable information about your pet so we can be prepared before you come to see us. The **Online Forms** page is also under the Resources tab.



HVH APP

This new page gives you all the information you need about our free app, such as: reward points, requests for refills/appointments, services, and instructions for downloading. Just click on **Get Our Free App** under the Resources tab.



PET HEALTH LIBRARY

To help answer questions regarding your pets' health, check out our extensive library of articles. You can browse by species, breed or topic and get just about any question answered at your fingertips! Check out our Pet Health Library **here**.



FREE DOGWASH TOKEN!

with purchase of **Blackmores Itchy Skin Duo Pack**

Persistent scratching can consume a dog's life and can drive an owner insane! This condition is one of the most common pet owner complaints we get at the clinic. (See our article on pet allergies on page 4.)



To help you out, we are giving away a **FREE dog wash token** with every shampoo purchase of *Blackmores Nutriderm Itchy Skin Replenishing Shampoo and Conditioner*. This Duo Pack is ideal for Itchy skin. These gentle hypoallergenic products are designed to soothe your dog's itches, calm the skin and allow you both to regain your sanity!

So, grab your anti-itch solution and a **FREE dog wash token** this September, and let dog itching be a thing of the past!



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!



introducing our **NEW TEAM MEMBER!**

Shanna joined the HIGHlands Veterinary Hospital team a few months ago.

She has extensive experience working with the public and animals. Shanna has provided force-free dog training and behavioral consultation for over 25 years. She also competed in agility, dog obedience, herding and studding at all levels with her Border Collies and Belgian Shepherds

Previously, Shanna was a dog handler for the NSW Police Dog Squad, working with bomb, drug and cadaver detection dogs as well as the general policing and tactical canines.

Shanna has also trained and competed in equine sports such as dressage and show jumping. She is retired from all canine/equine competition now and enjoys living life to the fullest with her adorable Border Terrier, Muppet, as well as running her own graphic design business.

Shanna is an all-rounder at the clinic and provides assistance in marketing, HR, reception, OH&S and vet nurse duties. She loves all animals and feels privileged to be working toward improving the health and well-being of our pets.



ACTION PLAN

for an allergy free home

Use a dehumidifier - it gets rid of dampness and prevents mould.

Get rid of mould around windows, in basins and in bathrooms.

Vacuum often - dust mites and other allergens build up in the home, so vacuum regularly to reduce these. Using a vacuum with a high-efficiency filter is recommended.

Use an air purifier with filters - they remove aggravating air particles in a room.

Dust with a damp microfibre cloth to prevent dust from rising into the air and remove it from your home.

Close windows during the pollen season (spring and autumn).

Have your air ducts cleaned professionally - this will reduce the allergens in your home.

Wash your dog's and your cat's bed often and dry thoroughly.



Did you know that dogs and cats can be allergic to dust, plants, pollens and moulds, just like we humans are? Symptoms include itchy eyes, full-body itchiness, ear scratching, rashes, chewing or licking their feet, and/or scratching and sneezing.

Allergies: the first step

Don't ignore an animal that is scratching itself continually, whining, or licking themselves silly. Allergies can happen to any cat or dog at any time in their life. While a total cure is not always possible, their conditions can be managed to give your pet some relief through the allergy season.

Our first advice is to bring your pet in for a checkup. The itching symptoms could be from a variety of conditions, so isolating the cause and confirming an allergy is the very first step.

Management tips

Monthly parasite prevention treatments are vital for managing any allergen. Bites from fleas, mites and ticks can worsen any allergy condition, so keep up the monthly preventative treatments.

Omega 3 and 6 fatty acids added to the pet's diet are known for their anti-inflammatory effects to calm irritated skin or body parts. Fish oil is a great source of these fatty acids - we can advise on the dose based on the size and weight of your pet.

What about bathing?

Frequent bathing for your dog can help wash away allergens and can calm itchy skin. Using a specialty shampoo and conditioner product designed for dogs who suffer allergens is

advised. **See our special offer for Blackmores Nutriderm Replenishing Shampoo and Conditioner Duo Pack for Itchy skin on page 2.**

These gentle

hypoallergenic products are designed to soothe your dog's itches, calm the skin, and allow you both to regain your sanity. You can help your cat by gently wiping their skin with a tissue and a squirt of these products.

Medications for allergies

There are many medications on the market for pet allergies, but we recommend caution. You are welcome to come in and discuss your pet's condition with us. We can devise a program tailored to your dog or cat and then monitor the medication to ensure it's working. We will have your pet (and you) breathing a sigh of relief in no time!





It was graduation night recently for our last couple of groups of puppies - and their fabulous guardians - from our *For Paws Sake* Baby Puppy Preschool program.



Congratulations to: Elliot the Pug, Leo the Border Collie, Ohana the Groodle, Cherry the Border Collie, Huxley the French Bulldog, Odin the Beagle, Lulu the Australian Bulldog and Boston the Jack Russell Terrier.

All of these puppies were amazing and are having a super start to life, experiencing positive socialisation skills and learning new things together with their guardians. Research shows that puppy classes are an effective and essential component of socialisation. Make sure that your new puppy has as many positive experiences as possible to build his confidence and develop his character.

Regular Puppy Preschool sessions are held at the clinic. If you are interested in having your pup join in, please give us a call at 4872 1144.

Have a look at our HIGHlands Veterinary Hospital Facebook page for more engaging photos of the graduates: [facebook.com/highlandsveterinaryhospital](https://www.facebook.com/highlandsveterinaryhospital)



why vets are so expensive

and what you can do about it

f LIVE Highlands Veterinary Hospital

01 · SEPT · 2021 · 7:00PM



Veterinarian Dr Diederik Gelderman will share why veterinary costs can seem high and how to make the best use of your dollars when it comes to care for your pet.



Our September Facebook Live Talk is this evening, and it's going to be a doozie! You are going to love this one ... it is all about "Why are Vets So Expensive ... and What YOU Can Do About It!"

You won't want to miss this as Dr Diederik Gelderman openly explains why veterinary work is expensive. He also describes how you can cut your pet care costs and gives you effective strategies that work.

So, join us tonight for how you can save some serious money on veterinary expenses for your pet(s).

Tune in **here** to Facebook LIVE on Wed, 1 September at 7:00pm for "Why are Vets So Expensive ... and What YOU Can Do About It!"

AUGUST FB TALK RECAP

"Creaky Bones: Treatment and Care of Arthritis"



Arthritis was the topic covered by Dr Gelderman for our Facebook LIVE talk last month. It's a condition that's very hard to diagnose with animals, as they will generally hide their pain. This behaviour comes from ancient times, when any weakness display by an animal in the wild

usually meant that they became the target of a predator - or even from of their own pack. So, unless you are watching your pet closely, you may take a long time to realise that your pet is in pain.

Arthritis is caused by three things - it is either genetic, nutritional or caused by trauma. Working dogs who are jumping in and out of a ute all day may suffer from arthritis as they age, due to the impact on the joints caused by their job.

As we have said, diagnosis is the trick. Pets will hide their pain as much as they can, and cats especially so. One good thing about arthritis is there are a variety of treatments available to help your pet. Their pain and joints can be managed so they can continue to have a good quality of life. If you missed this very valuable talk, you can **click here to view**.

Adopt A Pet



Meet the beautiful Unicorn, who has been here with us for a few weeks from **Little Beans Cat & Kitten Rescue**. She is



sadly still looking for a family that will love and care for her. She is a beautiful cat that has had a hard life and is very timid - but coming out of her shell more and more each day. She just needs a stable home with lots of TLC.

If you are looking to adopt a cat or kitten, please consider Little Beans Cat & Kitten Rescue. This is what one happy customer had to say about the organisation recently:

"They do an amazing job, the kittens are so socialised with people and dogs, which makes bringing them home easier. Highly recommend to anyone thinking of getting a cat."



HERO
OF THE MONTH
SEPTEMBER 2021



Hartley is a cherished member of the family, but he has been slowly succumbing to a spinal problem known as Degenerative Myopathy. It is nerve conduction failing that has left the hind legs of Hartley severely impaired.

Hartley has problems getting around and it is a condition that will only get progressively worse. His owner, Gabby, has worked wonders on Hartley's legs by utilising the local hydrobath pool to help exercise the hind legs while keeping him bouyant, which has helped him to maintain some movement.

It has been an emotional battle for the family, but they have recently fitted Hartley with a doggy wheelchair! This allows their furry friend a certain amount of freedom of movement for the rest of his years.

Despite his hind leg problem, Hartley enjoys a good life. He is a character who is larger than life, and his family just loves him to pieces. For a dog, what could be better than that?



COMING SOON

santa claws & paws pics

At HIGHlands Veterinary Hospital we are always open to new ideas, and one of our team came up with the idea of having a 'Christmas themed' photo shoot for pets with Santa Claus.

We all know how busy Santa gets around Christmas time and we don't want our pets to miss out, so what could be more fun than getting an early photo of your pet with Santa? You could use these as your family Christmas cards to send out to your friends. No date is set for this yet, but expressions of interest would be great.

Part of any profit made will also help a worthy cause, our newly formed Grey Whiskers Pet Rescue Group!



a unique gift ... featuring your furry best friend!

For a unique gift for a loved one or just to please yourself, a pet portrait by accomplished local artist, Lesley Boon (who is a client of HIGHlands Veterinary Hospital) will add a treasured piece of artwork to your home.

Lesley uses oil paints to capture the essence of your pet, and it is a work of art that can take up to three weeks to complete. Nothing can compare to a portrait of your pet, painted in their glory, gazing down at you from your wall at home.

It will also be a comfort for those whose pet is no longer with them. Lesley is a regular exhibitor at the BDAS Gallery in Bowral and is known for producing amazing lifelike pet portraits.

For those wanting a painting as a special gift, you are advised to book ahead to avoid disappointment. Contact Lesley for more information at :

lesleyboon200549@gmail.com