



Tips to lessen
your pet's holiday
stress levels.
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The Better Pet Gazette

Christmas is a lovely time of year. However, every year it is the same - cats and dogs are attracted to bright shiny objects like moths to a flame!

And the greatest challenge of all, the Christmas tree, will tempt your cat (regardless of age) to climb and conquer it. They will, of course, be egged on by the family dog, who will relish getting the cat into trouble.

Pets love Christmas and will attack the decorations and eat what they shouldn't. Your beloved pets will also lend a hand by taste-testing Santa's treats on the big night to ensure quality standards are high. Perhaps consider making the room with the tree and decorations a no-go zone for pets? Who knows, it might just save your sanity!

See inside for more information on reducing your and your pets' stress during this year's silly season. Also read up on these other great topics:

- **Boredom in pets:** keep them active and happy.
- **Tis the season to be jolly:** but holiday stress is a reality.
- **Pets are not a present:** they take serious commitment.
- **Our recent Puppy School graduates:** well done, puppies!
- **Facebook LIVE talks:** great topics for pet owners.
- **The December Hero of the Month:** meet Cleo, the gentle giant.
- **Great specials on:** Nexguard and our Hydrobath!
- **December's Adopt-A-Pet orphans:** cuties Petey and Stripey.



The friendly road to pet Wellness

HIGHLands
VETERINARY HOSPITAL

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!

NexGard
SPECTRA
**EXPLOSIVE
DEAL!**

See page 7 for details.



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Christmas dog treats

Make these peanut butter goodies yourself!

2/3 cup pumpkin puree

1/4 cup peanut butter, all natural

2 large eggs, free-range

2 1/2-3 cups whole wheat flour

Preheat oven to 170°C.

Line a baking sheet with grease paper or silicone baking mat.

In the bowl of an electric mixer, (maybe with a paddle if you have one) beat pumpkin puree, peanut butter and eggs on Medium-High until well combined, about 1-2 minutes total.

Gradually add 2 1/2 cups flour at low speed, beating just until combined. Add an additional 1/4 cup flour at a time, just until the dough is no longer sticky.

Working on a lightly floured surface, knead the dough 3-4 times until it comes together.

Using a rolling pin, roll the dough to half a cm in thickness. Use any shape cookie cutter - bone shapes are great for Christmas!

Place onto prepared baking tray.

Place into oven and bake until the edges are golden brown - about 25-30 minutes.

Let cool completely. Delicious!

Prep time - 25 mins

Cook Time - 25 mins

Total time - 50 mins



'tis the season for holiday stress

Christmas and New Year are great yearly celebrations that allow us to let our hair down, kick back and relax. But as wonderful as they are, the festive holidays can create anxiety in your pets.

The reason for the anxiety stems from the major changes to their routine, as well as additional commotion and people visiting that your fur baby isn't prepared for. While some pets adapt quickly to the chaos, others don't. So here are some pet-friendly tips to help your pet cope with the silly season:

- Exercise your pet before everyone arrives, so they can wear some of their energy off.
- Create a safe place if you are hosting everyone at your place. Make it fun and cosy, with all your pet's favorite toys, treats and bed. Be sure it's secure.
- Cats will be happier up above the noise, so a crate on top of a sturdy bookcase will help.



- Check-in with your pet during the event to ensure they are alright.
- Use calming sprays such as Pheromone sprays to ease their anxiety during this time.
 - Make sure children are not teasing your pet - the last thing you want is your dog to bite an overly enthusiastic child. Make the pet room out of bounds.
 - Have soft music playing to relax them or turn on the television if they are in your bedroom.

Make sure your pet is secure, as many will be frightened and may take off to parts unknown.

Keep your furry friends safe and don't hesitate to set some rules for the guests, too!



* REMINDER *

Don't forget our Grow Cart is set up in front of the hospital, so you can use it with ease. If you have spare fruit or vegetables from your garden, flowers, jam, wrapping paper, shredded paper for pets, etc feel free to drop them in our Grow Cart. If there is anything there that you want, please help yourself. You don't have to come in and ask us, just feel free to take what you want. Let's help each other out and support our community. Thanks!

older pets and senility

your questions
answered

f LIVE Highlands
Veterinary
Hospital

01 · DEC · 2021 · 7:00PM

Our pets are much like us, their body and mind change as they mature. As they head into their senior years, their actions may slow down, their joints aren't as flexible and they can get confused and feel disoriented.

Changes within your pet's memory function can lead to senility and dementia. Not all animals are the same, some become just a tad forgetful - like a favourite aunt or uncle. Others can forget where their water bowl is, get lost going to the front door, or wake up in the middle of the night and get lost in the hallway.

If your beloved pet is showing signs of senility or dementia, Dr. Diederik can conduct a thorough examination. While there is no cure for dementia in pets, there are many things that can be done to make you and your pet a bit more comfortable.

Listen in **here** at 7.00pm, when Dr. Diederik covers all aspects of this very important topic for all senior pet owners.

NOVEMBER FB TALK RECAP

“You Are What You Eat - The Same Goes for Pets”

Nutrition is a careful balance of good quality food that provides all the essential food elements required by your cat or dog for the stage of life that they are at.

In this talk, Dr. Diederik stated that obesity is the one thing that has the greatest effect on the quality and length of life your pet enjoys. And as far as pet food goes, you get what you pay for. A cheaper tin or bag of pet food cannot afford much in the way of real chicken or meat, as it is mostly vegetable filler foods with a small touch of lower-grade proteins.

With the higher quality food mixes, you get the real thing - such as meat and chicken that is of high quality and provides nourishment. Quality nutrition may cost more, but is designed for the age of your pet and helps to prevent disease. Home cooking is another area where it is a nice thought, but is often not a balanced diet.

Watch the video on Facebook **here** or read the transcript **here** and learn all about the importance of the quality of food. It will change the way you feed your pets and provide a valuable guideline for pet owners.



HERO OF THE MONTH

DECEMBER 2021



Cleo is a 6-year-old female dog who is diabetic and has become blind. Her owners found this gorgeous girl through the Golden Oldies Rescue Group.

Even at 6 months of age, Cleo was a large pup. These days, her besotted owners say that Cleo is a gentle giant and has a lovely disposition. At 2 years of age, she was diagnosed with diabetes. Diabetes is the primary cause of cataracts in dogs. Did you know that 75% of diabetic dogs will develop blindness from cataracts within a year of diagnosis?

It happens so quickly, and before you know it, your lovely dog has white clouded eyes - indicating blindness. Surgery can be the answer for some dogs, However, if surgery isn't an option, most dogs adjust to their vision loss and live a happy life.

Cleo has taken blindness in her stride and has learned to find her way around her home. Her adoring owners often clap to guide Cleo to them and keep the passageways clear of toys or belongings to help her navigate her way around.

Cleo is such a sweetie and we love having her visit for her monthly checkups at HIGHlands Veterinary Hospital. She brightens everyone's day and is a true hero in every sense of the word!

Adopt A Pet



Stripey is the biggest and boldest of the brothers. This little man is ALWAYS up for human company with his brother, Petey, close in tow. Stripey will own his household wherever he goes - he's like a mini lion and has giant paws to match!



Petey is brother to Stripey and he is a real companion kitty. He was a little shy at first, but now he is a devoted shadow. He is mischievous and a real character - often referred to as the Purr-Meister as his purr is so loud! He will smother you in kisses and will expect your devoted attention!

Contact *Little Beans Cat and Kitten Rescue* to enquire about either of these gorgeous kittens, by clicking on their website [here](#) or their Facebook profile [here](#). Or email: littlebeansrescue@gmail.com



a new pet is not a **present!**

You couldn't get anything cuter than a puppy or kitten in a gift box! But pets are not presents - they are a commitment.

Pets are living, breathing creatures who need your attention, care and love to adjust to a new home without their mum.

Before you go down the track of getting a cute kitten or puppy for Christmas, think it through carefully:

- Are you going away over the Xmas/New Year? If so, what will happen to your pet?
- Are you having a hoard of people over for the festivities? The chaos will be quite scary for a new pet. They need time to get to know you.
- Do you have other pets? It takes time to safely integrate a new pet into a home with established, older pets. Do you have that time?
- A young pet will get into everything: angel hair, artificial snow, streamers, glitter, glass ornaments, chocolate left within reach, popcorn, and of course, the Christmas tree. All the above are hazardous and/or poisonous for pets.

- Do you have a ton of social engagements that mean you will be rarely home? That is not good for a new pet.

- People running around can step on a tiny kitten or puppy, causing unintentional harm. You don't want to spend Christmas Day at the emergency vets!

If one of your children desperately wants a pet, why not give them a voucher on the day? It could have a note saying a dog/cat is yours AFTER the Christmas break, when things quiet down and your trips away are done. They can then enjoy Christmas and look forward to getting a pet a little later.

A new pet needs your time and attention. It is kinder to get a new pet after the festive season, when life returns to normal.

Please think about getting a pet over Christmas very carefully - pets are not returnable nor refundable.

Welcome

Our new vet, Helen Mclean BVSc!

You may have noticed a new face at the practice... we have recently brought onboard the lovely Helen McLean BVSc to the HVH team!

Helen is a veterinarian and hails from South Africa. She graduated from Onderstepoort, University of Tshwane in 2007.

Helen has worked for numerous veterinary practices and welfare organisations and has a keen interest in medicine, diagnostics and animal welfare. In 2017, Helen started a community veterinary clinic offering free veterinary services to underprivileged communities. During



the pandemic, the clinic installed self-feeders in these less fortunate communities. This effort, along with ongoing food donations, kept our pet neighbours fed and full.

Earlier this year, Helen emigrated with her husband, Robin (an equine veterinarian), and their young son, Michael, to Oz.

First things first, they acquired a crazy Siamese kitten called Pano, who is undoubtedly the boss of the household!

They are loving Australia and the

friendly welcome they have received from the residents of New South Wales and the Southern Highlands.



summer soak

SPECIAL

With warm weather arriving and summer well on its way, now is the perfect time to take advantage of our doggy spa ... get a **FREE** dog wash token with the purchase of 5 tokens.*

PLUS, receive a voucher for a **FREE** nail clip for your pet!

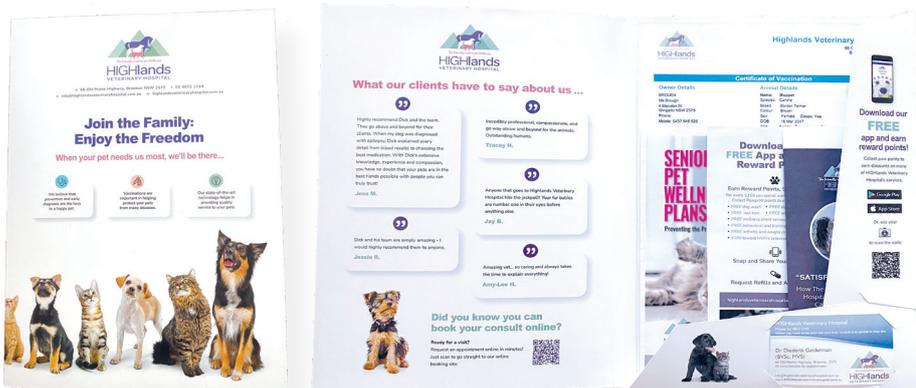
PLUS, receive a complimentary microfibre towel if you are one of the first 10 people that claim this offer!

No more hassles trying to bathe your dog at home. No more stinky dog. It's a win-win situation!

Our hydrobath is available for use 24 hours a day, 7 days per week, with lights and security cameras after hours.

* Please note dog wash tokens must be purchased in the same transaction.

get your free folder!



Please ask at reception for your complimentary folder and never worry about having to hunt around for your pets' paperwork again! Feel free to bring it along to your appointments at HIGHlands Veterinary Hospital.



COME. PLAY. SIT. STAY.

november puppy preschool graduates

We had a lovely bunch of very sweet puppies this time around, and there certainly was an assortment of breeds. What a great effort - well done, everyone! Our congratulations go out to the following puppies and their fabulous, committed guardians: Zena the Rottweiler, Frankie the mini Groodle, Alfie the mini Poodle, Lola the English/British Bulldog, Daisy the Beagle, Koda the Border Collie/Australian Kelpie and Dougal the Jack Russell Terrier. Sadly, Marli the Australian Cattle Dog and her guardian Anne-Maree were unable to attend the graduation night and were sadly missed. Check out the many gorgeous photos on our Facebook page: facebook.com/highlandsveterinaryhospital





NexGard
SPECTRA
EXPLOSIVE
DEAL!

From 1
November
through
the end of
December
2021, we
will match



anyone's price for Nexgard
Spectra products, **including**
all online stores!

This includes singles, 3 packs
and 6 packs of Nexgard
Spectra protection.

Want more? You got it!

BUY A 3 PACK:
GET 1 BONUS DOSE!
BUY A 6 PACK:
GET 2X BONUS DOSES!

It's a win-win deal!

This product delivers a fatal
blow to parasites. A perfect
time to get stocked up on your
pet's parasite protection.



Share your favourite pet pics with us!

Seeing our adorable patients is the highlight of our day.

We'd love to feature your awesome pets on our website and social media. To show off your pet, just go to our **Pet Gallery** page (under the About tab), fill in the short form, tick that you aren't a robot and hit the Submit button.

highlandsveterinaryhospital.com.au/highlands-veterinary-hospital-gallery

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

*Have your pets star in HIGHland Veterinary
Hospital's first-ever movie montage production!*

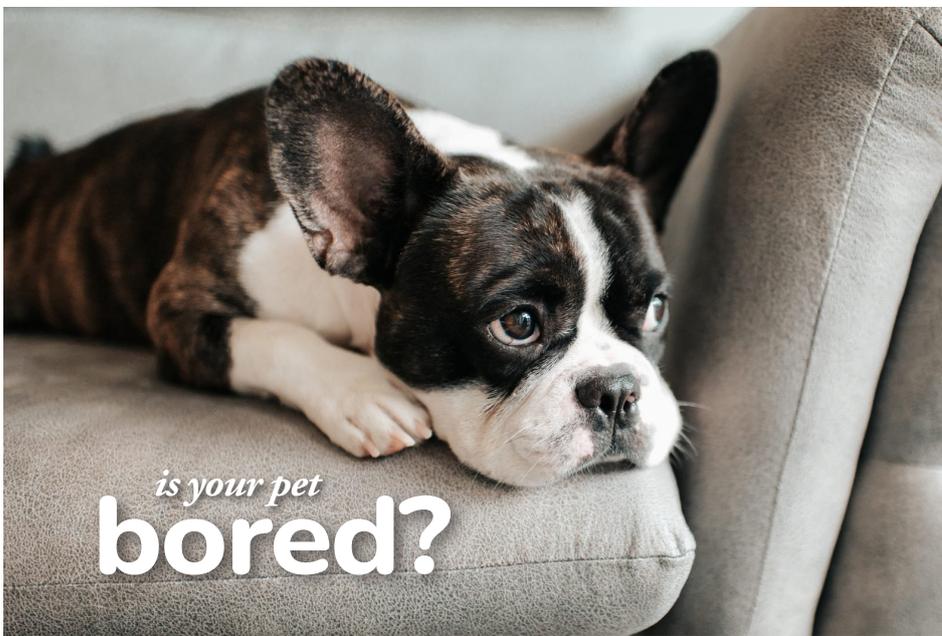
We want puppy zoomies, talking birds, frisbee-
catching dogs and sneaky cheeky cats - all the
wonderful, funny things your pets get up to at
home or when they are out and about.

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

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





Imagine that your day was the same day after day... you would end up barking mad, wouldn't you?

Well, that's how your pets feel if every day is like Groundhog Day. Try switching things around for a change. Here are some great ideas:

- Move their beds to a cooler location and put some ice cubes in their water bowl on a hot day.
- For a dog that has access to the yard, leave a child's paddling pool out for them to splash around in. You could throw some floating toys in for them to play with.
- An old sock filled with crunched-up cellophane and tied firmly is a great toy for your cat to attack or drag around. Add a cardboard box or two with a few holes cut into them as a makeshift hiding place.
- Put a climbing frame near a window to give your cat a great view. They can sit and watch the birds fussing around. Just make sure the windows are secure or your cat may go AWOL. Tie a few feathered poles to the legs of the stand for them to attack and vent their frustrations. Just make sure



the spot doesn't get too hot.

- A Bob-a-lot toy (see pic) is a favourite with dogs. It's a treat dispenser that wobbles insanely and has two dispensing ports. Dogs learn how to make the toy release the treats, so it is a great problem-solving exercise that prevents boredom. It's perfect for providing mental stimulation, physical exercise and great entertainment. We've still got a few left, so be quick to grab one for your furbaby!
- Give your rabbits or guinea pigs a change of area.

Move their hutches to a nice, fresh grassy patch. Add some straw or hay to burrow into. Give them a menu change by adding a few of their favorite vegetables.

Always ensure any toys that you leave for your pets are safe for them. Make sure they have access to a cool, shaded area of the home or property. And make sure water is plentiful for them to drink, especially in the warmer months.



Highly recommend Dick and the team. They go above and beyond for their clients. When my dog was diagnosed with epilepsy, Dick explained every detail from blood results to choosing the best medication. With Dick's extensive knowledge, experience and compassion, you have no doubt that your pets are in the best hands possible with people you can truly trust!

Jess M.

Anyone that goes to Highlands Veterinary Hospital hits the jackpot!!! Your fur babies are number one in their eyes before anything else.

Jay B.

Incredibly professional, compassionate, and go way above and beyond for the animals. Outstanding humans.

Tracey H.