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Refer us and  
earn rewards,  
even a holiday!  
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# The Better Pet Gazette



Happy  
New  
Year



*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!*

**As we head into the new year, we would like to wish one and all a great 2022, filled with happy healthy pets and loads of laughter to ease the soul. May everyone enjoy life like a labrador in a mud puddle!**

A new year is symbolic, it offers the chance to reset your life goals, to take a new path if you wish, or perhaps to get serious about the path you are on. Did you know that you can plan your pet's health checks, dentistry, vaccinations, and so on at the beginning of the year and then forget about it until we send you a reminder? Doing this means you never miss an important health appointment and your pet will remain covered for the parasites, pests, and health issues that can make life a challenge.

One of the best things you can do is to book your pet in for desexing. This produces healthier pets, prevents roaming, unwanted pet pregnancies, and enables your pet to live a longer life. Give us a call, we love preventative treatments that make for happy, healthier pets!

## contents

See inside for more information on desexing your pet, plus read up on these other great topics:

- **2022 referral challenge:** win a holiday for the most referrals!
- **Desexing your pet:** it's the right thing to do.
- **Facts about desexing:** you may not know.
- **Australia Day:** pet-friendly local walks and picnic areas.
- **Awesome specials:** on Nexguard and our hydrobath!
- **Facebook Live talks:** timely tips for all pet owners.
- **January's Adopt-A-Pet Orphan:** Introducing Lucy!



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**Echo is a turbo-energised little male kitten who was brought in by the great team at Little Beans Cat and Kitten Rescue.**

Echo (whom the HIGHland nurses affectionately call 'Popeye') was brought in by the rescue team with a really bad ulcer in his eye which was caused by cat flu. For healthy adult cats, a dose of cat flu is not serious unless they have underlying illnesses. However, for a kitten it can be serious and even fatal. Eye ulcers are often found particularly in kittens and can progress - as it did in Echo's case - to cause serious damage, even leading to the loss of an eye.

In Echo's case, the ulcer ruptured and left his eye dead, which then required removal of the eye. Since his operation, Echo has blossomed and is a full-on kitty who likes to roughhouse with his siblings. Animals have an amazing ability to accept things and just get on with living.

Echo is a true hero, who even with one eye doesn't miss out on life's opportunities and turns everything to his advantage. He had the vet nurses and the rescue team eating out of his paw!



# *refer us and earn* **rewards!**

Be one of 2 people this year to earn **a free holiday away, worth \$1,250!**

Just for referring us to your friends, colleagues, workmates and family members.

When you recommend or suggest to a friend, colleague, workmate, family member or acquaintance of yours to go to a particular business, it shows how much you trust and can rely on that business. That's why we are so grateful, honoured and proud when one of your friends, colleagues or family members comes to see us by your referral.

That's also why we make sure that we live up to the trust that you've placed in us by doing absolutely everything possible to ensure that your 'friend' and their furry family receive the very best care and attention when they come to see us at HIGHlands Veterinary Hospital. We never take them, nor you, for granted. You know the saying "Birds of a feather flock together." We know friends, family, colleagues and people you send our way are going to be GREAT pet lovers and advocates - just like you. That's why we prefer to gain new clients by referral from existing clients, rather than those coming to us via Facebook, Google and the like.

As you may or may not know, we so appreciate your trust in us that when you send someone our way, you receive a \$200 voucher from us to spend in whatever way you would like to!

**We're going to start 2022 off with a real bang by keeping track of the number of people you send our way. So, as well as gifting you that**

**\$200 we're also going to give the two people who send us the most number of new clients this year a holiday voucher valued at \$1,250!**

The more people you send our way, the more likely YOU are to win one of these vouchers.

However, we need your help... to make sure that you receive all the kudos for the people you send our way, be sure to remind them to tell us IT WAS YOU - so that we can properly thank you.

Lastly, towards the end of the year we're going to host an intimate gathering with some nibbles and drinks so we can properly thank you and like-minded friends for everything you've done for us during the year.

I look forward to seeing you there!

All the best,

Diederik Gelderman  
and the HVH team



## 5 facts about desexing you need to know

1

*Prevents unwanted pregnancies in dogs and cats and also stops reproductive behaviors, such as calling and yowling in cats.*

2

*It can reduce aggressive behaviour in male dogs and cats. It can also stop the need to wander in your pets, particularly males.*

3

*It reduces the risk in females for mammary tumours, pyometra (infected uterus) and eliminates some of the risks for cancer of the ovaries and uterus.*

4

*Male dogs have a reduced risk of prostatic disease and perianal tumors, while it eliminates testicular cancer.*

5

*It reduces the burden on pounds and shelters and reduces euthanasia rates. It can also help to address concerns about straying cats and their effect on wildlife.*



**desexing  
your pet**  
*it's the right thing to do*

**Nothing is sadder to us than strays on the streets and overflowing pet shelters. An abundance of unwanted puppies or kittens brings misery to the animals and breaks our hearts. Unwanted pregnancies are so easy to prevent.**

The benefits of getting your pet desexed are many. This relatively simple procedure results in generally healthier and better behaved pets. Desexed male animals tend to be less aggressive and less likely to roam the neighbourhood.

Desexing can also prevent spraying of strong-smelling urine and cats are less likely to yowl at night. All pets that are to be companion pets (and not breeding stock) should be desexed to reduce the plethora of unwanted pets that become a problem due to no fault of their own.

Desexing involves the removal of the testicles in male dogs (called castration) while in females it involves removing the uterus and the ovaries (spaying or ovariectomy).

Depending on the breed of the animal, we suggest getting this done between 6 -12 months of age. The youngest your cat can get pregnant is at about 4 months of age. The youngest a dog can get pregnant is 5 months old. But in both cases, the animals are very young and it is far from ideal for them to get pregnant at that early of an age, as they are still developing themselves.

Your pets will be booked in for a day at the veterinary hospital. Your pet will have a few stitches for about 12 to 14 days and require a bit of rest. Any shaved areas for the operation will soon grow back and your dog or cat can get on with enjoying a happy and healthier life.

Kittens and puppies are adorable, but they should be planned, not a shock!



**Our boy had cancer and I went to Highlands Veterinary Hospital after a recommendation from a friend. I was there for a second opinion and was absolutely blown away with the kind, caring team there. It felt like I had been going there for years. When it was time to say goodbye to our beloved baby, Dick came to our home.**

**Donna D.**



# desexing your pets

why it's important

**f LIVE** Highlands  
Veterinary  
Hospital  
05 · JAN · 2022 · 7:00PM

*This is a question we get asked a lot here at HIGHlands Veterinary Hospital. If your pets are going to be companion pets (and not breeding stock), then our answer is unequivocally 'yes.'*

In this Facebook Live talk, Dr. Diederik will cover how desexing is an effective strategy to prevent unwanted pregnancies and the heartbreak that we as vets see every week when it comes to euthanising unwanted stray pets.

He will also cover all the benefits of getting your pet desexed. Pets live longer and are a lot healthier after this operation. As an example, desexed female pets are less likely to get mammary cancer or uterine infections. Male cats and dogs are less aggressive, more tolerant and better behaved animals afterward. Your pets won't be tempted to stray, yodel at night or spray around the house..

Want to know more about desexing your pet? Join us on Wed, 5 Jan at 7:00pm on Facebook Live [here](#).



## Sheree Ungaro: Vet Nurse Extraordinaire!

There's another new face at HIGHlands Veterinary Hospital! Sheree joins the HVH team with 12 years of experience behind her. She started in the Northern Territory for her Cert 2 training, then moved to the Sydney area to continue her calling.

For Sheree, dog training is very important, as is getting the message out that a pet can live for up to 12-14 years depending on the breed - so pet ownership becomes a serious commitment. Another topic that she is passionate about is that animals deserve an enriched life - they have specific requirements to live a healthy, happy life and when you own an animal, you need to ensure that those requirements are met.

Sheree has a lot of pets as she is lucky to live on a lifestyle farm. Numerous dogs, sheep and other farm animals dot the landscape, but it is the alpacas that catch your attention. While they look cute and cuddly, Sheree says they make the best guards of the property. They are the first line of defense, even waking the dogs up and warning them when anything untoward happens.

She is enjoying working with the vibrant HIGHlands team and loves all the promotion for pet health and welfare that they practice. Give a big welcome and hello to Sheree when you visit us next!



# Adopt A Pet



**Lucy** is a beautiful momma cat who has been with us and raised her four beautiful kittens. But now is the time for Lucy to find her forever home. Because she loves people, that shouldn't be too hard.

At just 2 years of age, this beauty loves cuddles and snoozing in your lap. She is very healthy, has been microchipped and is raring to go.

At the rescue there are a lot of other cats, so it has taken a while for Lucy to adjust to the additional furry family members. But she is a patient cat with a lovely nature, so she will adapt quickly to a new home even if it has another cat in residence.

Lucy is the ideal companion cat for someone living alone or working from home. She will be your confidant, companion and advisor.

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](mailto:littlebeansrescue@gmail.com)

*keeping your pet*

# COOL

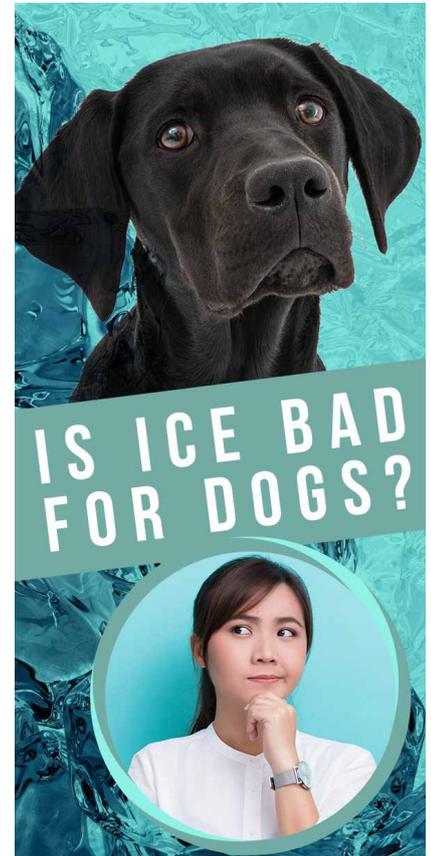
*with an ice block treat!*

3 cups of water  
1 cup of beef broth (low or no salt)  
½ cup doggy treats or so  
¼ cup peanut butter

1. Mix water and broth to make a light broth your dog will love.
2. Pour into one large container for a big treat for a big dog, or divide up to fit four smaller containers. Only pour one layer at a time. Sprinkle some treats to the bottom.
3. Freeze for 30 minutes (it doesn't have to be completely frozen yet), then add a thin layer of peanut butter to the top of the ice and return to the freezer for another 30 minutes.
4. You can keep adding layers of treats and broth until you use up all the liquid.
5. Freeze until solid.

Before serving, leave the container out for a few minutes, or run the hot tap over the container to remove the ice block (as long as it's not a glass bowl, which will shatter). Serve in a large, high-rimmed bowl so your dog can reach it, but it won't melt all over your floor.

Cats can be cooled down by putting water ice cubes in their water bowl. They tend not to lick ice the way dogs do, but cooling their water with ice cubes or providing a pet water fountain for them to enjoy will cool them down nicely, thank you!



*Giving your dog ice cubes, either crushed up or in his drinking water, is an excellent and safe way to keep your beloved pooch hydrated on a hot summer's day. It is also a healthy and natural way to keep his teeth clean!*

## summer soak

**SPECIAL**

Now that the warm weather is here, 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!

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

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.



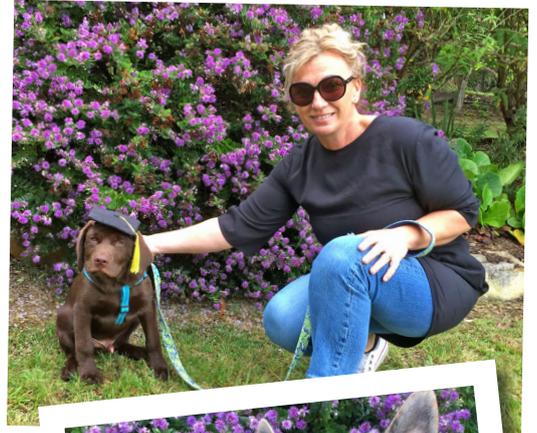
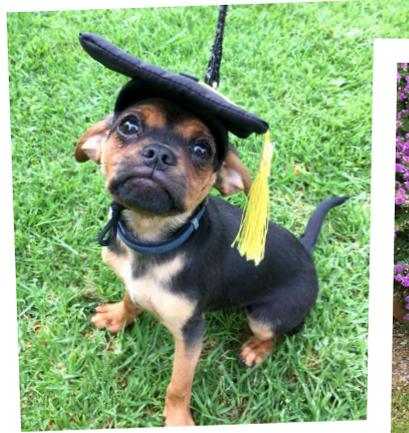
# COME. PLAY. SIT. STAY.

## december puppy preschool graduates

We pay homage to some high achievers who graduated in style from the For Paws Sake December challenge: Bodhi the beautiful Australian Kelpie cross Border Collie, Wags the wonderful Labrador Retriever, Freya the fabulous German Shepherd, and Kingston the perfect Puglier, along with their awesome guardians.

All pups gave their best and we congratulate the graduates on achieving a wonderful goal. The graduation lesson ended with some fun off-the-lead play in an enclosed and safe area - and didn't these pups enjoy that!

Check out the many gorgeous photos on our Facebook page: [facebook.com/highlandsveterinaryhospital](https://www.facebook.com/highlandsveterinaryhospital)



extended thru  
**JAN '22!**



## NexGard SPECTRA EXPLOSIVE DEAL!

We have extended this popular deal through to the end of January!

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.



celebrate  
**australia  
day**  
with your dog!

**Australia Day is the perfect time to take your dog out to enjoy all the dog-friendly places to walk and picnic in the Southern Highlands area ...**

Hiking and walking trails are fun for dogs, what with the fresh air, new places to explore, and time spent with you - their beloved owner. Ensure that you keep your dog on a lead when the area is not designated as an off-leash exercise area. Here are some of our suggestions for a day out:

### **The Box Vale Walking Track**

This follows the formation of an old historic railway line. It's a great area to explore as you encounter cuttings, embankments and an 84-meter tunnel. It's mostly easy walking grades. Access is via 31 Boxvale Rd, Woodlands.

### **The Berrima Riverside Walk**

Discover what the German merchant seamen built along the Wingecarriebbe River while interned in Berrima for four during WWI. This 1-2 hour walk will refresh both you and your dog's spirits. Access is via 65 Sutton St, Berrima.

### **Mt Gibraltar Reserve**

This area is a collapsed volcanic

core composed of very hard rock that is called Mount Gibraltar. Enjoy the scenic trails, lookouts and blissful picnic areas as you wander along. Access begins in Oxley Drive Mittagong, NSW.

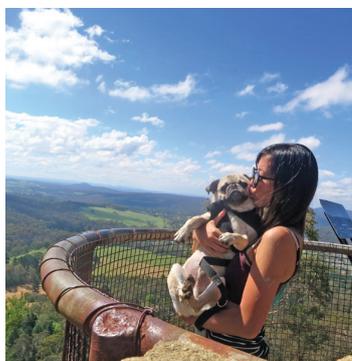
### **Cherry Tree Walk**

This walkway is the home to the Vietnam War Memorial and is a 5km trail with many areas to picnic or just stroll along. A great track that features a river and is good for all skill levels. Access is via 17 Oxley Dr, Bowral.

### **Bong Bong Track**

A great dog-friendly track that is approx 26km on and off the road. The trail covers stunning river bends as well as quiet residential parts of town. Access is via Bong Bong Street, Bowral.

Check out our **website page** as a resource for more information. It also has a list of dog off-leash areas as well as dog-friendly cafes, restaurants, accommodation and caravan parks.



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