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We've added
alternative
therapies!
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Be eggs-tra
careful around
Easter time.
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The Better Pet Gazette

HAPPY
Easter

There's a lot to love
about Easter - time
with family, egg hunts,
candy aplenty - but
this fun-filled holiday
can be hazardous
to pets.



Round the Easter holiday, it is important to be eggs-tra careful that your pets are not sticking their noses where they don't belong! Like most holidays, there are several dangers that accumulate around Easter time. It's an occasion when you may bring different items into your home, like chocolate candies in foil wrappers, poisonous plants, and plastic objects, like eggs, toys, and synthetic grass, which can be dangerous if ingested by your pet. Following the correct safety procedures will ensure that everyone in your family has a comfortable Easter Sunday.

Learn all about Easter pet hazards and so much more in this issue...



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!

contents

Here's what we're covering
in this month's issue:

- **New alternative pet therapies:** now available at HIGHlands!
- **Winner announced:** guess who won our 'Guess the Number of Puppies on the Xray' competition!
- **Easter goodies:** Why chocolate is bad for pets.
- **Earn a reward:** just for giving us your valuable feedback!
- **Lumps and bumps on my pet:** What do they mean? Plus, be quick to get a discount on a consult and surgery!
- **Chickee:** The story of the little chicken who could.
- **Facebook Live talks:** timely tips about pet healthcare.



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Dante came into HVH suffering from pain caused by a hip joint. He was having trouble moving around and had problems if he had to jump up or down when out and about.

His condition is known as Legg Perthes Disease, which can often happen in small dogs such as Bichon Frises, Poodles, Pomeranians, etc.

What happens is the head of the femur in the ball and socket joint spontaneously starts to degenerate. This restricts the dog's movement due to the pain. Over time, the degeneration will cause collapse of the hip area and arthritis will set in.

The exact cause of the disease is unknown, but some studies suggest that a disrupted blood flow to the hip may be involved. In Dante's case, surgery was the best option. We will be releasing a video about this condition on Facebook this coming week.

Dr. Diederik had to undertake very intricate surgery, but Dante is now recovering. He is on medication for pain, but needs plenty of rest and recovery time before he is allowed to move around again. He was such a little trooper! He won the hearts of our team who, like his worried owners, adored him. I am sure Dante will make the most of all the attention he is getting...



traditional chinese medicine · acupuncture · laser · massage · diet

We are pleased to announce that HIGHlands Veterinary Hospital is now offering a variety of alternative therapies for your pets!

Traditional Chinese Medicine

Traditional Chinese Medicine (TCM) is an approach to medical therapy that can date back over 10,000 years in China. TCM is comprised of four different sections: acupuncture, herbal medicine, massage and food therapy. The practitioner routinely uses most, if not all, techniques in the treatment of disease.

Animals are generally accepting of the treatments without sedation and often come to enjoy them. These are just some of the conditions that TCM has shown to be particularly effective in treating:

- Arthritis & chronic pain
- Degenerative joint disease
- Ligament & muscle damage
- Spinal paralysis & disc disease
- Degenerative myelopathy
- Pre-surgery preparation
- Post-surgery recovery plan
- Allergies & skin conditions
- Anxiety & behavioural problems
- Cancer therapy
- Constipation & obesity
- Diabetes, liver & kidney disease
- Neurologic disorders & epilepsy
- Respiratory problems

Acupuncture

Acupuncture treatment is based on the concept that energy (Qi) travels through the body along meridians

similar to blood and lymphatic vessels. By inserting fine, specialised needles at these points, certain effects can be decreased or increased according to the disease being treated. It is a safe and drug-free therapy, beneficial for many patients including those with:

- Arthritis
- Chronic pain
- Spinal or neurological conditions
- Back & neck pain
- Poor mobility

Laser

This treatment is particularly good for hot spots, chronic ear infections, arthritis and post surgery rehabilitation.

Food Therapy

Diet management plans for obesity, cancer, and skin diseases.

Massage

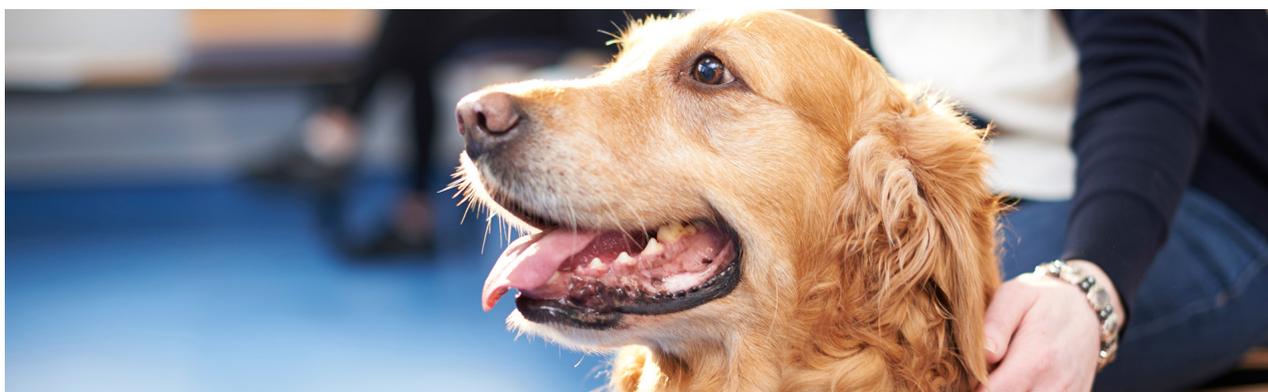
Massage can improve blood flow, alleviate stress, reduce pain, relax tight and sore muscles, and help heal sprains/strains. Many also believe it also strengthens the immune system, improves digestion, and lowers blood pressure.

Consults will be conducted by Dr Ruby Petersen DVM (USA) PhD (Sydney) CVA (IVAS). She has specialised in TCM since 2000.

Call to book a consult and have your pet feeling better in no time!

lumps *and* bumps

Does your dog have a lump or bump on or under their skin? While lumps and bumps are more common in older dogs, younger dogs can get them too. Most lumps and bumps are benign (non-cancerous), but some of them can be malignant (cancerous).



All lumps should be checked right away by a veterinarian. This will determine what sort of health risk it poses. If it is malignant in nature the earlier the diagnosis the more successful, the treatment will be!

Lumps are more common in older dogs. The higher their age the higher the chance is that the lump is malignant. Early detection and treatment of a cancerous lump can increase the chance of a cure!

Lumps or bumps range from fatty lumps under the skin to an abscess (a swollen lump) to sebaceous cysts that contain creamy matter inside.

Then there are warts, malignant lumps, melanoma (dark lumps) and mast cell tumors of the immune system. This is only a sample of types of bumps, so don't be frightened. It is better to get the lump checked out to be sure.

Lumps and bumps happen and many of them are harmless. But it pays to get them checked because

if they are malignant you want to get these in the very early stages so that removal is easy and treating the area is more effective. Testing is done in several different ways:

- 1. Fine needle aspiration (FNA).** A small needle is inserted into the bump and it sucks out cells which are deposited on a slide for analysis.
- 2. Impression smear.** If the lump is full of fluid, we can rub some of it onto a slide then stain it for analysis.
- 3. Biopsy.** A small amount of the lump is removed while your dog is sedated and is sent to the lab for analysis.
- 4. A lab test.** This can be done if the lump contains fluid. A sample of the fluid can be sent to the lab to culture to check for infectious agents such as fungi or bacteria.

If you see a lump or a bump - get your vet onto them pronto - they are the qualified lump busters!



April lumps and bumps special

HIGHlands is offering a **FREE** lumps and bumps consult (\$85 value) for the month of April. Not only that, if surgery is required we'll give you **\$100 off** the cost of the procedure. *Please note this will only be on offer for the first 25 people and there will be a limit of 2 lumps per pet.*

upcoming

f LIVE TALK



lumps & bumps
should I be worried?

Join us on your lunch break:
06.04.22 @ 12:30pm

LIVE Highlands Veterinary Hospital
06 · APR · 2022 · 12:30PM

This talk is all about those mysterious lumps and bumps that appear on our pets. What are they, how do they affect your pet, and what should we do about them!

There are many types of lumps, some harmless, but some are not. In this talk, Dr. Diederik will tell you what to look for and which bumps need attention immediately. A small lump is easier to remove than a well-established lump that has staked its place on your pet. If the lump is the start of the disease, catching it early gives you a distinct advantage.

Please listen in on Wednesday 6th April at 12.30pm on our Facebook page [here](#). If you can't make it, we will be recording it so you can listen to it later.

FEBRUARY FB TALK RECAP

“Getting the Jab: a Must in Parvo Season”

During this talk, Dr. Diederik took us through the reasoning and science behind getting your pet vaccinated. He covered why it is needed to ensure dogs are safe, especially during the parvo season.

He then went on to explain why there are five main dog vaccinations, which are: Distemper, Parvovirus and Hepatitis - which are all strong and effective viruses. Added to that is the Kennel Cough and Coronavirus vaccinations to make up the C5 for dogs.

Cats require the F3 vaccination, which is the core vaccination for them as well as the Aids Virus vaccination. The main point I took from this talk was that even if a vaccinated pet did catch the disease, the path of the disease was lighter and shorter for the animal.

This talk is only about 15 minutes long, but is interesting and very informative. To listen to the recorded talk, click [here](#).



earn a reward

for giving us your feedback!

Here at Highlands Veterinary Hospital we are always wanting to improve, so we are very interested in hearing from you about how we can make our monthly newsletter even better!

For your valuable feedback, you will receive a FREE paw point on the HVH app to earn reward points for some of our services!

Currently, we send you an email each month that you can click through to access our newsletter on the HVH website. From there, you can read on-screen or download. What we would like to know from you is:

- What kind of topics would you like to see in the newsletter?
- Also, how would you prefer we get the newsletter to you:
 - Send it to you in the mail?
 - Email it to you as an e-newsletter?
 - Any other ideas?

Please give your feedback to reception, or email us here:
info@highlandsveterinaryhospital.com.au

Thank you, we really appreciate your input!

the story of...

the little chicken who could

We get all types of animals and birds that come through the hospital doors, and Chickee was one of the smallest and sassiest by far.

Her owners brought this young chick in the other day, as she had broken her leg by falling from a height. It was probably the smallest leg splint ever, but Dr. Diederik finally had it all taped up so the chick's leg could heal.

After a couple of courtesy pecks and squeaks, the worst was over and Chickee went home to recuperate. Her clever owners discovered that a hospital-style Covid mask was

perfect for supporting the leg and allowed the muscles to develop and heal as normally as possible.

Each day, there was a bit of physio for Chickee, using the mask as support.

But this determined little Chickee found she could hobble around on her good leg and still get into mischief.

Her owners say she is like an energizer battery - she just never stops. The exception is

when she halts for a few cuddles with Lil and her family of chickens.

This tiny chick is well on her way to recovery, thanks to Dr. Diederik, HVH staff, and her guardians, Phil and Lil!!



It wasn't easy to guess how many pups were showing on the xray in our recent 'Guess the Number of Puppies on the Xray' contest - as they seemed all smushed together. However, well done to the winner!



In March we ran another "Guess the Number of Puppies on the Xray" contest, and asked people to correctly guess the number of pups seen on the xray above. Those winners then had to be the first person to guess the breed of the dog in the xray to be the official winner!

Our eagle-eyed winner this time was Sandy Peterson Thorburn, with the correct guess of 7 pups in total. She also got the breed of dog correct, in that it was none other than gorgeous Cavoodles.

Sandy has won an awesome travel voucher worth \$1,250! Thanks to everyone for entering - it was a lot of fun.

Adopt A Pet



Sky is a delightful young kitten around 5 months of age. She has a lovely caring nature mixed in with a little bit of mischief! Sky is an elegant feline, almost completely white except for a small grey patch on top of her head. Raised with a bunch of kittens and comfortable with dogs, this kitten would benefit from a family environment. She just LOVES attention and will be first in for any shenanigans.

Sky will entertain you for hours with her antics before snuggling up on your lap for a cuddle. Loving, affectionate, and with classic good looks, she stole our hearts in a blink - as she will yours. If you want a companion, confidant, and all-around sweet smoocher, Sky is your girl!

If Sky sounds like the 'purrfect' match for you, then please contact the caring people at *Little Beans Cat and Kitten Rescue* by clicking on their website [here](#) or their Facebook profile [here](#). Or email: littlebeansrescue@gmail.com



*be eggs-tra careful,
especially around*
**easter
time!**

Easter is a lovely time for families and friends to get together, but it can bring certain hazards with it for your pet.

Chocolate is the main culprit for a mad Easter emergency trip to the vet! But why is it deemed to be so bad for our pets?

The main reason is that our pet's body systems were not designed to process that dark, rich chocolate the way we humans can. Don't get me wrong - dogs and cats love chocolate too. However, sadly it doesn't love them. Chocolate contains caffeine and a substance called theobromine - both stimulants that affect your pet's central nervous system and the heart muscle. They increase the pet's heart rate, create vomiting, diarrhea, irritability, and cause tremors and seizures. Keep chocolate well out of reach from your dog. Explain to children that chocolate is bad for



your dog or cat and makes them sick. Also, be aware that Easter hot-cross buns can contain raisins, grapes and currents - all of which are toxic to dogs. They can cause kidney failure, which is difficult and expensive to treat.

That's the bad news. The good news is that there are plenty of other foods you can give your pets for a treat, whether it is animal food, a dollop of cooked chicken, pieces of carrot or perhaps some cat or dog home-baked cookies or treats.

Have a lovely relaxing Easter, make the most of the weather before winter sets in, and keep a watchful eye on your pets - they have been known to steal food when you are not looking!

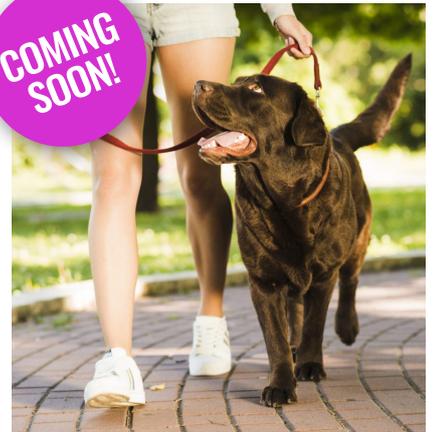
attention! FREE arthritis check in May...

Just letting you know that during the month of May, dogs over 7 years of age are eligible to have a FREE Arthritis check-up! Winter is on its way and older dogs feel the winter bite more than a younger dog will.

So, pencil this in for an appointment next month and bring your senior pet in for some TLC. We also have some great tips about keeping them warm and flexible throughout the colder months.



**COMING
SOON!**



You all had so much fun last year with this competition that we're going to run it again!

There are lots of prizes up for grabs, so we thought we would give you all a fair warning if you want to get in some pre-competition practice! Getting out there and pounding the pavement with your dog is a great way to get fit and relieve stress for both of you. Plus, you could win some amazing prizes. More details on this soon... so grab the leash, clip on your dog, get ready!



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