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Keep those
pearly whites
clean!
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Our Hero of
the Month:
Clover the kitten!
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The Better Pet Gazette



PAWS THE PAVEMENT

MAY/JUNE 2022

Join our challenge for a fun, simple and easy way to improve both you and your pets' physical and mental health.

Plus, win prizes along the way for your efforts!

WE'LL DONATE
\$1 PER KM
WALKED
to Dimmocks
Retreat Wildlife



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!

Let us help you keep your pet comfortable...

Treating arthritis in pets is not a ONE SIZE FITS ALL type of situation! Management is complex. Every animal is unique and every situation different.

To best treat your pet, we need to listen to you and understand your needs as vitally as we need to examine your pet.

Book your pet in for a **FREE** arthritis check during the month of May!

Give us a call or simply fill in our online **Osteoarthritis form**, click Submit, and we will phone you to book a free arthritis check. Let's walk through this together one pain-free step at a time.

See page 4 or more information on arthritis in pets.



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highlandsveterinaryhospital.com.au/paws-the-pavement

WALK YOUR WAY TO GOOD HEALTH!

To tackle the issue of pet obesity, we are kicking off our second annual "Paws The Pavement" Challenge, running from the 1 May - 12 June 2022!

SEE MORE INSIDE ON PG 2 ...



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GRAB THE LEASH AND GET OUT THERE!

Walking your dog provides an excellent foundation for good physical and mental health, both for you and your furry friend.

WALK YOUR WAY TO GOOD HEALTH!

To tackle the issue of pet obesity, we are kicking off our second annual “Paws The Pavement” Challenge, running from the 1 May - 12 June 2022. Get your pet fit (and maybe yourself, too) while winning some fantastic prizes!

WHY DO IT?

Walking your dog provides an excellent foundation for good physical and mental health, both for you and your furry friend. It helps burn calories, improve cardiovascular fitness, strengthen bones and joints, decrease stress and improve the bond with your pet.

People who have a training partner are more likely to stay motivated and fit - this is especially true if your training partner is a dog!

And to give you more motivation... this year we will donate \$1 per km you walk to the local charity **Dimmocks Retreat Wildlife, Bundanoon.**

WHO CAN DO IT?

- All ages
- Clients, non-clients
- Dog owners, non-dog owners (i.e borrow a dog).

TRACKING YOUR DISTANCE

- Walkers can use any route, any time of day, as long as they are also walking with a dog.
- Walk your dog, a friend’s dog or even with your family group walking a dog.
- Participate on our **Facebook event page**. Share your tips and photos for great local routes.

PRIZES FOR PHOTOS/VIDEOS

- We would love for you to share a photo or video of you walking your dog to our *Paws The Pavement* event page on Facebook: www.facebook.com/events/2190549047763382 to help encourage others to keep going! We also welcome “before” and “after” pics for people/pets who have lost weight as a result of their exercise efforts. **The best photo/video will earn a special prize!**



- This year, we will be doing fortnightly “challenges” on social media. Just post a photo of you and your dog doing that challenge (don’t forget to add **#pawsthepavementchallenge**) to our *Paws The Pavement* **event page on Facebook** and you’ll win a free prize from one of our local sponsoring businesses!

FANTASTIC PRIZES

The following prizes are offered for total kms walked in the competition running period (1 May – 12 June):

- Each individual who turns in their total kms walked will be entered into a drawing for one of **3 FREE consultations at our clinic (worth \$85 each).**
- **Best photo/video** - Starmark Bob-A-Lot Dog Treat Dispensing Toy
- **15 kms** - *Whimzees* Canine Dental Treat
- **30 kms** - Poop Bags
- **50 kms** - *Snuggle Safe* Microwaveable heat pad
- **75 kms** - 1kg Bag of Complete Mix (Adult/Senior)
- **Overall winner** - 1 year supply of Nexgard Spectra parasite control for your dog!

HOW TO ENTER

To enter the “Paws The Pavement” Challenge, just go to our website: highlandsveterinaryhospital.com.au/paws-the-pavement and fill out the registration form. You can log your distance walked on the website.

OUR SPONSORS

We would like to thank our lovely local sponsors for generously donating prizes to our “Paws The Pavement” Challenge this year:

- OMG Decadent Donuts
- Wingello Village Store
- Siva Hair & Beauty

upcoming

f LIVE TALK



your pet's pearly whites

Why neglecting your pet's dental health can have a huge cost

Join us on your lunch break:
04.05.22
@ 12:30pm

f LIVE Highlands Veterinary Hospital
04 · MAY · 2022 · 12:30PM

Veterinarian Dr Diederik Gelderman explains the importance of maintaining your pet's dental health to avoid serious health problems.



Most of us brush our teeth twice a day, we floss, we rinse, gargle, the works. We still need to visit our dentist for regular scales and polishes to clean those hard-to-reach places. Even with this regimen, we can still develop cavities, tooth abscesses and other dental disease. Our pets are no different!

They don't exactly follow the same daily dental homecare we do, and dental checkups and routine scaling and polishing are so important for our pets dental health. Poor dental hygiene will eventually lead to periodontitis, 'cavities', and tooth root abscesses. Not only are these conditions painful, but they can lead to severe disease elsewhere in the body.

Apart from dental disease caused by poor dental hygiene, some of our pets, especially cats, can suffer from genetic diseases causing severe gum and tooth pathology from a young age. These conditions are extremely painful and early detection is imperative.

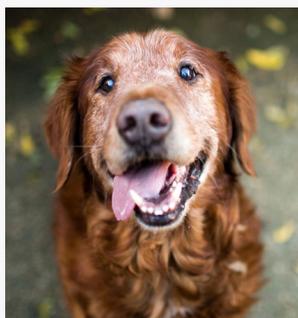
Please listen in on Wednesday 4th May at 12.30pm on our Facebook page [here](#). If you can't make it, we will be recording it so you can listen to it later.

APRIL FB TALK RECAP

“Lumps & Bumps: Should I Be Worried?”

Thanks Dr Diederik for covering all about lumps and bumps when it comes to our pets and encouraging people to look for lumps regularly. This certainly paid off for one little patient - see our story of Gizmo in the sidebar!

We learned from Dr Diederik that here are many types of lumps, some harmless, some not. In this talk, he gave us an overview of what to look for and which bumps need attention immediately as well as how to do a lumps check on your pet. If you missed out, you can listen to the recorded talk [here](#).




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SAVE ON NEXGUARD SPECTRA!

Right now, get a 6-pack of Nexgard Spectra from us at the same price that is offered online from Pet Circle! PLUS:

BUY A 6 PACK: AND GET A BONUS DOSE!

It's a win-win deal!

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



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Clover was found hiding in a cupboard on a back porch in Picton. She had been hiding in there all night and was in a terrible state. Her rescuers rushed her to the local vet, but her prognosis was poor. Her jaw was fractured, she had severe soft tissue injuries under her chin, and her tongue was almost completely severed. Treatment would be expensive and prognosis poor.

That's when *Little Beans Cat & Kitten Rescue* stepped in and Clover was brought to *HIGHlands*.

Dr Diederik admitted Clover immediately and started treatment. Slowly but surely, her soft tissue injuries and tongue started to heal. She was adopted by her rescuer's daughter (because who can so 'no' to that face!). Her new mum couldn't be happier: "She has really formed and attachment with my youngest son and loves to boss the dogs and other big cat around. She is the perfect mix of playful and affectionate. You wouldn't even know what she has been through."

arthritis

in our pets explained



Joints are the vital structures that day in day out hold our pets weight and get them moving. How do we keep them healthy?

Inside the joint, bony ends are covered with thick, smooth cartilage. These cartilage cushions need to effortlessly glide over each other thousands of times a day.

There are many causes of arthritis (joint inflammation) - infection, trauma, autoimmune disease - but the most common is a gradual joint cartilage wear and tear called DJD: Degenerative Joint Disease.

In DJD, what happens inside the joint area?

The cartilage becomes thinner, more brittle, and can crack! The joint becomes inflamed and bony spurs grow around the joint to stabilize it.

Why does DJD happen?

It's easy to understand that cartilage can degenerate with age and years of use, but why do we see DJD so commonly in youngsters? This happens when joints develop abnormally as seen in hip and elbow dysplasia. As the animal grows, the joints do not align perfectly, and the cartilage cushions don't slide over each other the way they should. Imagine turning an ill-fitting key in the lock over and over again. At some point, it's going to crack!

What are the signs of DJD?

The affected joint is painful and can be swollen and thickened. Animals often struggle to rise or jump and they may obviously limp. Some may become less active, appear stiff and tire easily on walks. Some have difficulty sitting down or squatting to defaecate. Any of these symptoms suggest pain and discomfort

What can we do?

- 1. Be Proactive!** Early management can slow the progression of this debilitating disease and responsible pain control can change your pets life! Make use of our free arthritis check to find out more.
- 2. Keep your animal slim!** The more weight these cartilage cushions carry, the quicker they degenerate.
- 3. Healthy exercise.** Overexercising - especially repetitive concussive movements - can hasten the disease. Swimming and walking are great exercises to develop muscle and fitness whilst taking concussive forces off the joint.
- 4. Good nutrition.** Especially in your pets growing stages.