

FEB 2024



The Better Pet Gazette

highlandsveterinaryhospital.com.au

beware

*valentine's day
chocolate alert!*



Every year when Valentine's Day is approaching, we target pet owners about the harm of giving your pets chocolate.

We know how hard it is to resist those begging eyes. However, chocolate contains theobromine and, to a lesser extent, caffeine - both of which are toxic compounds for your pet. These chemicals can lead to an increased heart rate, muscle tremours, dehydration, restlessness, and even cause seizures. It can also lead to heart failure in some cases. Symptoms can take up to several hours to appear and last several days.

Dogs in particular are naturally attracted to the sweetness in chocolate, and besides - you are eating it, so they want a bit! If you 'hide' the chocolate, it must be behind secure high cupboard doors. It is amazing what your furry friend will do to get chocolate. And if they can reach it ... will they only eat one piece? Of course not! As their body goes into shock from the chocolate, veterinary help is a must. All the fun of Valentine's Day disappears as your pet is induced to vomit, having to ingest copious amounts of intravenous fluids, be injected with medication to control seizures, and so on... If you find your dog has helped themselves to chocolate, seek veterinary care immediately.

Remember to warn friends and guests not to feed the dog or cat chocolate. You can still give them a treat but make it a pet-friendly treat.

Sadly many 'human' foods are detrimental to pets. If in doubt - check out the RSPCA Pet Poison List by [clicking here](#).



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!

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need an appointment?
BOOK ONLINE



Now that the warm weather is here, take advantage of our doggy spa! Our hydrobath is available for use 24 hours a day, 7 days per week, with lights and security cameras after hours. Just purchase a token at reception and be on your way to a fresh-smelling pooch!

ALLERGY *alert!*



Allergic reactions can happen to our pets too! Meet our adorable patient who experienced a swollen face due to an allergic response today. He was given the appropriate injections and was able to go home. The swelling will start to go down in a few days and all will be back to normal.

Some pooches can have spontaneous allergic reactions to something in their environment, while others can have ongoing allergies to specific foods, plants, grasses, chemicals, etc. Allergens can be found everywhere, so it's best to know the common types so as you can lower your pooch's risk of unexpectedly suffering from an allergic reaction.



and other outdoor activities with your dog in the southern highlands

Hiking is a beautiful way to embrace the great outdoors, connect with nature, and reap the benefits of physical exercise. Summer and autumn 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 ...

Many dog owners wonder if they can include their furry friends in this adventure. The answer is yes! Hiking with your dog can be an enjoyable and rewarding experience. 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 in Bowral.

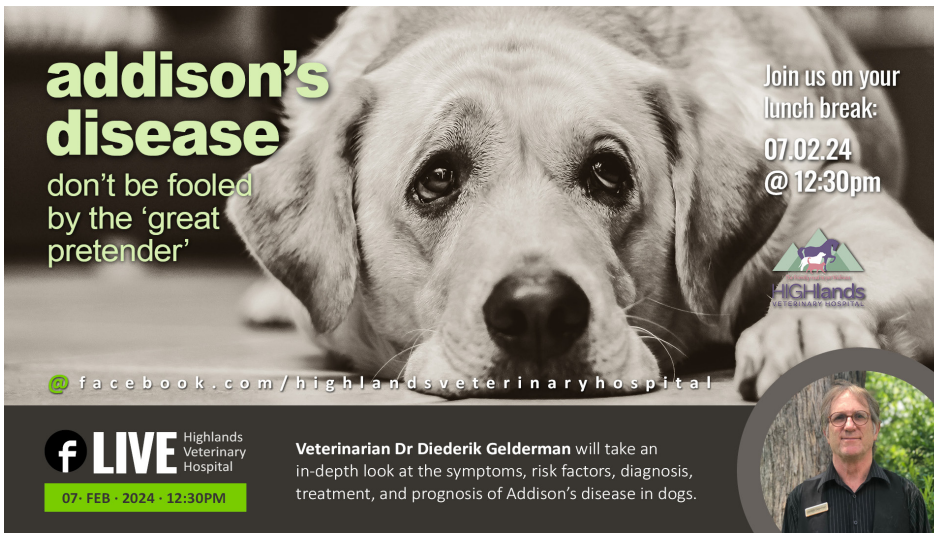


Check out our **website page** as a resource for more information. It also has a list of dog off-leash areas as well as dog-friendly cafes, restaurants, accommodation and caravan parks.

Also, our blog "**Can I Take My Dog Hiking**" explores how you can make the most of this activity while ensuring the safety and happiness of your canine companion.

upcoming

f LIVE TALK




addison's disease
don't be fooled by the 'great pretender'

Join us on your lunch break:
07.02.24
@ 12:30pm

facebook.com/highlandsveterinaryhospital

f LIVE Highlands Veterinary Hospital
07 FEB · 2024 · 12:30PM

Veterinarian Dr Diederik Gelderman will take an in-depth look at the symptoms, risk factors, diagnosis, treatment, and prognosis of Addison's disease in dogs.



The reason Addison's disease is called 'the Great Pretender' is because the clinical signs of this disease can mimic those of many other conditions. The clinical signs can come and go, but if a cat or dog's hormone levels dip too low, it can become life-threatening. There is no cure for Addison's disease, and your cat or dog's quality of life depends on lifelong treatment. With appropriate treatment and monitoring, many animals will have an excellent prognosis and continue to live normal lives. Clinical signs include lethargy, loss of appetite, vomiting, trembling, weakness, dehydration, weight loss, and weakness. Listen in on Facebook Live. Dr Diederik will discuss this unusual disease.

Please listen in on Wednesday, 7 Feb at 12.30pm on our Facebook page [here](#). All of our previous talks can be found in the Live section under the More menu.

JANUARY FACEBOOK LIVE TALK RECAP

"Sound Advice: Tackling Ear Problems in Our Furry Friends"

The high humidity has caused a huge outbreak of itching and scratching in our pet's ears. Cats with this problem are fewer than dogs, and they are often caused by mites from another cat or a pet rabbit. Dogs have three major types



of ear irritation: they can have an allergy, an infection, or a Hematoma (a blood clot). Each requires a different response to the problem.

Dr Diederik defines each type of ear infection, with suggestions on how to treat your pet. He covers the type of treatment and product that is the most effective for your pet. Your pet's ears are very delicate and can be easily damaged. Listen [here](#) as Dr Diederik explains ear problems and getting the right relief for your pet!

remember your pet



On behalf of the staff at **HIGHlands Veterinary Hospital**, we are honoured to pay respect to our beloved animal friends who have passed. We welcome you to create a lasting tribute to celebrate the life of your beloved pet or animal friend on our [Pet Memorial page](#).

Create a celebration of life for your special pet and share their story. It's a beautiful way to remember how your furry friend made an unforgettable impact on your life.



Our February Hero of the Month is gentle giant Cleo, a gorgeous Mastiff cross.

She was diagnosed with Osteosarcoma (Bone Cancer) early this year. While the exact cause of this cancer is unknown, it is suggested that an abnormal production of cells that create or break down bone is responsible.

Whatever the cause, pain is the result. Swelling or lameness can also be a physical sign as well as no response to anti-inflammatory medications.

This type of cancer often affects large or giant dogs. Removing the affected limb was the only solution. Most dogs adjust to just three legs with the right care and support. Cleo can still participate in activities they enjoy and live happy and active lives. This loveable girl is a true hero in our book!

from rambunctious to remarkable!



One proud owner with his pooch, Ralph.

Proud puppy school graduate, Archie.

Is your pup getting out of hand? Do they ignore your demands? Do they overwhelm visitors to your home, terrorise your toddler, or destroy things at will? If so, you may want to consider joining our Puppy School, run Bails Paw Pet Services. Taught by qualified dog trainer, Tanya, who will build your pooch's confidence and obedience in a few short lessons.

Any pup who is between 8 to 18 weeks can take these classes. The course is for 5 weeks and is usually on a Monday evening at Highlands Veterinary Hospital. Whether your puppy is shy or is an extrovert – consider enrolling for the New Year classes and watch your pup morph into a calm, well-behaved pet you can be proud of. Contact Tanya at Bails Paw on 0404 623 200 or check out her website [here](#).

helping paws heals hearts
supporting families and their pets in need

Many people are feeling the pinch after the festive season. Put bluntly, our dollars are not going as far in buying power as they used to.

Highlands Veterinary Hospital has started a new initiative called Helping Paws. Funds are raised via raffle ticket sales (or donations if you prefer) to assist pet owners who are finding it almost impossible to stretch their income to deal with sudden emergency pet bills.

You can help by purchasing (or donating) a raffle ticket(s) that are on sale in our reception. Tickets are \$2 each or you can get 3 tickets for \$5. The raffle is drawn at the end of every quarter, and there are some great prizes kindly donated by local businesses.

As a community, let's lend a helping hand. Please support the Helping Paws Initiative!

