



# The Better Pet Gazette

h i g h l a n d s v e t e r i n a r y h o s p i t a l . c o m . a u



## new year's resolutions *for your pets*

As the New Year rolls around, many of us dive into creating resolutions to better ourselves and our lives. But this year, why not extend those positive changes to your furry friends? Including your pets in your New Year's resolutions is a great way to ensure their health and happiness remain a top priority. Need some inspiration? Here's a handy list to get you started:

- ✓ **Prioritise Dental Health:** Schedule regular dental check-ups and make teeth cleaning a part of your pet care routine.
- ✓ **Consider Desexing:** If your pet isn't already desexed, make this an important resolution for their health and wellbeing.
- ✓ **Get Active Together:** Create an exercise plan and discover new walking trails, parks, or fun activities to enjoy with your dog.
- ✓ **Groom Regularly:** Commit to brushing your pet's coat and trimming their nails on a consistent schedule.
- ✓ **Stay on Top of Vaccinations:** Keep your pet protected by staying up-to-date with their vaccination schedule.
- ✓ **Tidy Pets, Happy Pets:** Plan regular baths for your dog and brushing sessions for your cat—though with cats, proceed with caution if they're not a fan of water (unless you're feeling brave!).
- ✓ **Focus on Nutrition:** If your pet is carrying extra weight, work with your vet to create a healthy diet plan tailored to their needs.

Making vet appointments has never been easier! At Highlands, you can **book online** from the comfort of your home, ensuring your pet's health stays on track without any hassle. This year, let's resolve to give our pets the care, attention, and love they deserve—it's a resolution worth keeping.



*Meet the adorable Schooner, who came in for his 3rd vaccination recently - I mean, seriously - look at that face! Golden Retrievers are known for their kind, gentle nature and sociability. They are very intelligent, obedient, and eager to please, making them easy to train.*



*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!*

Disclaimer: The content contained in this publication is for information purposes only, and may not apply to your situation. Neither the Publisher nor Authors provide any warranty about the content or accuracy of content enclosed. Information provided is subjective.

need an appointment?  
**BOOK ONLINE**



## Year long flea & paralysis tick prevention with just one dose...

The warm moist spring and summer has brought a record-breaking tick season, making it more crucial than ever to keep your furry friends protected from these dangerous parasites. They can cause serious health problems for dogs - and can even be fatal. But there's good news: with advancements in pet care, it's easier than ever to provide long-lasting protection.

There are three main types of ticks – paralysis ticks, brown dog ticks, and the bush tick. If your dog goes exploring the garden or bush, check them over immediately. Dog owners must be vigilant – check your dog daily, and if you don't know how to remove the tick, bring your dog in and we will show you how to do it and can advise on the right preventative for your dog.

One of the most effective solutions is a year-long flea and paralysis tick prevention treatment that requires just a single dose. This convenient option eliminates the hassle of monthly applications while ensuring your dog stays safe throughout the year. Stay safe this tick season!

# upcoming f LIVE TALK

**bug off!**  
protecting pets from parasites

Join us on your lunch break:  
**08.01.24**  
**@ 12:30pm**

@ facebook.com / highlandsveterinaryhospital

**f LIVE** Highlands Veterinary Hospital  
08 · JAN · 2025 · 12:30PM

Veterinarian Dr Diederik Gelderman will cover the secrets to a parasite-free summer for your pets: prevention, treatment, and key symptoms to keep your furry friends healthy this season!

Spring and summer are lovely months, but the fight against fleas and ticks is never ending. Dogs are especially prone to get annoyed by every flying, crawling or hopping bug. Never fear, as this month Dr Diederik has a lot of effective ways to give the cold shoulder to these pests. His suggestions are gold, some are simple and can be done easily, others may require preventative medications or vaccinations. But rest assured, the good doctor has a ton of tricks up his sleeve to disarm the bugs and restore health and peace of mind to your pet and yourself.

Please listen in on Wednesday, 8 Jan at 12.30pm on our Facebook page [here](#). All of our previous talks can be found in the Live section under the More menu.

### DECEMBER FACEBOOK LIVE TALK RECAP

## Soothing The Stressed: Easing Your Pet's Anxiety Over The Holidays

Dr Diederik advocates planning for these types of events: storms, travelling, fireworks, and people visiting your home. His advice covered how to reassure your cats or dogs, from the use of pet pheromones to calm and relax a pet, to planning several hideaways for them.



Hideaways might be high places for cats or a crate in the owner's room, so it's away from noisy people and their dogs or kids. Dr Diederik also provided suggestions about creating a safe place for your pet or medicating if their stress level is off the charts.

Tune in for great tips regarding stress relief ideas for Christmas and New Year – click the link [here](#) to view the video.



**This month's hero is Benny, a little dog who has overcome big challenges with the help of his family and our team.**

*When Benny visited us in March, his owners were struggling with his worsening anxiety and aggression. He had started biting, leaving them concerned for their children and considering rehoming him as a last resort.*

*Dr. Diederik prescribed medication to manage Benny's anxiety and provided advice to guide his recovery. His owners followed through with remarkable dedication, putting in consistent effort to support Benny.*

*Now, just months later, Benny has made an incredible transformation. With the combination of medication and his family's hard work, he is no longer aggressive and has become the calm and loving companion they always hoped for.*

*Congratulations to Benny and his wonderful family for their hard work and success - you've truly earned the title of Hero of the Month!*



# COOL

*canine  
treats!*

Keep your pups cool with DIY doggie ice blocks!

With the arrival of summer, the temperatures are rising, and the heat is definitely on. Our furry friends feel the heat just as much as we do, if not more. They rely on us to help them stay comfortable and refreshed during these sweltering months. One way to show them love and keep them cool is by offering delicious frozen treats! Try these simple and dog-friendly ice block recipes—they're not only a great way to keep your pups happy and entertained, but also help them stay hydrated and chilled all summer long:

## Frozen Peanut Butter & Banana Dog Treats

Looking for a quick and healthy way to delight your dog? Try these frozen peanut butter and banana snacks! Packed with protein and healthy fats from peanut butter and loaded with potassium and fiber from bananas, this icy treat is as nutritious as it is tasty. Here's how to make them:

1. Blend a peeled banana with a tablespoon of natural peanut butter (make sure it's xylitol-free, as xylitol is harmful to dogs).
2. Pour the mixture into a container, fill with water, and freeze.

For smaller dogs or bite-sized servings, use an ice cube tray instead, pairing a banana slice with a teaspoon of peanut butter. Want to mix it up? Swap out bananas for blueberries for a fresh twist your pup will love!

## A Berry-licious Dog Snack

Treat your pup to a refreshing and healthy snack with a mixed berry frozen block! This simple and delightful combo is loaded with antioxidants and fiber, making it a great choice for both fun and nutrition. To make it:

1. Grab a handful of fresh or frozen mixed berries.
2. Place them in a container and top with water.
3. Freeze until solid.

Not only will your dog enjoy the tasty chill, but the antioxidants can also help keep their skin and coat looking fabulous! Perfect for hot days or as a fun enrichment activity.

*Remember, avoid using ice blocks if you suspect that your dog is suffering from heat stress. In that case, the worst thing you can do is try to cool them down really quickly yourself – bring them in to see us immediately.*





# lepto vaccine

*how important is  
it for your dog?*

**Leptospirosis** is a serious disease for dogs. It is transmitted through contaminated water (even from a puddle), vegetation or soil. If your dog swims or drinks in contaminated water, or even if they contact infected animals or their waste, they can become infected. The result of contracting this disease can result in serious symptoms such as fever, vomiting, and excessive thirst. It can also result in lung problems and neurological abnormalities.

Lepto is preventable with a vaccine and is a requirement for your dog if you are hoping to travel with your canine friend internationally. It is also protection for dogs who live in rural areas. If this disease is not addressed early, it can be devastating because it spreads rapidly through the body to the kidneys and other organs. It's easy to protect against it, just get your dog vaccinated!

# walkies!

## January Is 'Walk Your Pet Month'

A dog will enjoy an outing, perhaps to the beach, or a new dog park etc. Walking stimulates mood-boosting endorphins, boosts your dog's confidence and reduces anxiety. It is a great way to exercise, it keeps their weight down and reduces boredom. Summer is hot and pets feel it too - here are a few pointers when out walking:

- Take a drink bottle with fresh water.
- Hot concrete and hot sand can burn delicate paws, so time your walk for the cooler morning or evening or put doggie mittens on your pooch.
- Keep pets leashed to avoid them disappearing.
- Teach your pet the basics in behaviour – commands such as stay, and sit, need to be second nature.
- If it's too hot to walk, plug in the garden sprinkler in the shade, and let your dog and kids go nuts outside getting soaked.



## Helping Paws

HIGHLANDS VETERINARY HOSPITAL

**\$400 worth of prizes  
to be won in our raffle!**

*The Winner of the Christmas raffle will be announced in January 2025, so get your tickets now!*

*A big thank you goes out to Prime 100 for their generous donation of boxed treats/food for cat and dogs, which will go towards our January Helping Paws raffle.*

*Tickets can be purchased at reception or over the phone (4872 1144).*

*1 x ticket is \$3 or 4 x \$10. There are over \$400 worth of prizes to be won for your fur baby. Check out the prize list on our Facebook page – it is impressive!*

*Helping Paws is a Highlands Veterinary Hospital initiative, designed to provide financial assistance to pet owners going through financial difficulties to raise money for lifesaving treatment or medication that their pets urgently require. With the soaring costs of living crippling many people, you can help by purchasing a raffle ticket, or any donations are greatly accepted!*