



YOUR VET

FREE!!
TAKE ME HOME

ARANA HILLS VETERINARY CLINIC FERNLANDS VETERINARY PRACTICE EVERTON HILLS VETERINARY SURGERY

ARANA HILLS VETERINARY CLINIC

18 Nepean Avenue
Arana Hills, QLD 4054
P: (07) 3851 1366
E: arana vet@vetkind.com.au
W: vetkind.com.au

CONSULTATION TIMES

Consultation by appointment preferred.

Mon & Thurs 8:00am – 7:00pm
Tues, Wed & Fri 8:00am – 6:00pm
Sat 8:00am – 3:00pm

FERNLANDS VETERINARY PRACTICE

5/10 Woodhill Rd, Fernlands Shopping Village, Ferny Hills, QLD 4055
P: (07) 3351 0500
E: fernlandsvet@vetkind.com.au
W: vetkind.com.au

CONSULTATION TIMES

Consultation by appointment preferred.

Mon to Fri 9.00am – 5.00pm
Sat Closed

EVERTON HILLS VETERINARY SURGERY

Everton Hills Shopping Village
Camelia Avenue, Everton Hills, QLD 4053
P: (07) 3355 6724
E: evertonhillsvet@vetkind.com.au
W: vetkind.com.au

CONSULTATION TIMES

Consultation by appointment preferred.

Mon to Fri 8.00am – 6.00pm
Sat 9:00am – 12:00noon

OUR VETS

- Dr Helen Byrnes** BVSc MANZCVS
- Dr Michelle Barton** BVSc
- Dr Anita Berger** BVSc
- Dr Lauren McConnell** BVSc
- Dr Katrina Price** BVSc

OUR NURSES

Miv, Jennifer, Leesa, Eboni,
Kelly, Ash, Carmen and Danielle.

AFTER HOURS

Urgent medical problems contact
Pet ER, 263 Appleby Rd, Stafford Heights
Call (07) 3359 5333



SPRING 2019

Fit for a fish

You might think a goldfish's diet is all flakes and no fun, but you can spice up your fish food in more ways than you think.

Goldfish are a favourite household pet in Australia, requiring minimal care when you compare them to a domestic dog or cat. However, many people are getting it wrong when it comes to feeding time; a scattering of flakes once a day isn't the best feeding approach.

It's important to give your goldfish a varied diet to ensure they always receive the right nutrients to be healthy. To keep things interesting for them, include all three food types: dry food, live or freeze-dried food, and a selection of vegetables.

Feed your fish specialised flakes and granules as the basis of their diet; then mix it up a bit with shrimp, vegetable mixes from your local pet store, and daphnia (aquatic crustaceans). Duckweed, algae, lettuce, and cooked or softened peas are also a nutritious and welcome addition.

Goldfish can suffer from digestive problems, so ensure you soak freeze-dried food first, keep vegetables natural and soft by boiling, and thaw frozen goldfish food.

Over feeding is a common problem, if you think you might be feeding them too much, there are ways to tell. Look out for excess waste, uneaten food, dirty water, and fish that don't look healthy.

Feeding a small amount two to three times a day is better than one large serving. Feed your fish only as much as they can eat in two minutes or less, or about the size of their eye.

When temperatures fall below eight degrees, limit feeding. They are less able to digest food when the water is colder.

If you have any questions or concerns regarding fish care and feeding, talk to your local aquarium specialist or vet.

Spot the difference – domestic, stray or feral?

If you saw a cat walking down your street, or in your garden, would you be able to identify it as a domestic, stray, or feral cat?

Many people can often recognise a domestic cat by its collar, friendly personality, or its well-fed body. However, when it comes to a stray or a feral, the differences can be harder to spot. Here's how you can tell which is which.

Stray

A stray cat is one that has become lost, abandoned, or separated from its family. In essence, it once had an owner, and regular meals, but now lives amongst a cat population. It relies on rubbish bins and the generosity of strangers to survive, and will usually look a little thin and dirty.

Some stray cats can be anxious and stand-offish, but it's not uncommon for them to warm up quite quickly to people once they receive a regular source of food from them. If you come across a stray, try to catch it and

take it to your local animal shelter for care, treatment, and possible adoption.

Feral

A feral cat, by definition, is a cat that has avoided human contact and is not friendly. They are born to wild parents, and rely on their own hunting and scavenging skills to survive. They are tough, lightning quick, often disease-ridden, and can elude capture well.

According to the Australian Veterinary Society feral cats are responsible for the extinction of seven types of mainland mammals.

While owners can keep tabs on domestic cats, and limit their destruction on native wildlife and habitat, it's not as easy with stray and feral cats. If you find yourself in a position to help trap or catch these cats, then get in touch with your local animal shelter to see what help they require.

Take me home to complete our PUZZLE – check inside!

WORD SEARCH

- GOLDFISH
- AQUARIUM
- ALGAE
- DAPHNIA
- DUCKWEED
- FERAL
- DOMESTIC
- WILDLIFE
- SCAVENGE
- POULTRY
- EGGSHELL
- ROOSTERS
- EARTHWORMS
- CHICKENS
- MOULDY
- SUPPLEMENTS
- TOXIC
- PHILODENDRON
- POISONING
- HOUSEPLANTS
- ALLERGENS
- POLLEN
- ASTHMA
- FELINE
- OBESE
- LETHARGY
- ABDOMEN
- OSTEOARTHRITIS
- DIABETES

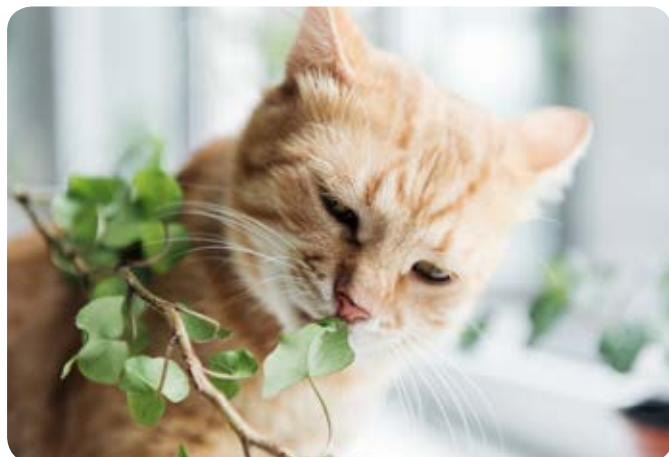
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Poisonous plants and your pets

Everyone knows that chocolate is toxic for dogs, but what about your household plants?

Most people clue themselves up on what they can and can't feed their pets. They know that raisins, chocolate, citrus, and avocado are best left for the human family members, and that treats are a "sometimes" food. What you may not have considered, however, is that your pets may think your plants are food too.

There are several hundred species of houseplants that contain toxins that can harm your pets. Symptoms and toxicity strength can differ from one plant and pet to the next, with effects ranging from mild illness through to fatality.



There are no really safe houseplants for your pets to be around, as most are capable of causing upset in one form or another. You might not be able to stop your pets from having a curious nibble, but you can remain informed to reduce the risk of poisoning. The key is to identify what the worst ones are, so you can remove them and create a safe environment for your pets.

One of the most dangerous plants for your pets to consume – but one of the most common – is the lily. Lilies of all varieties can be fatally toxic to cats, and harmful to dogs. They can cause stomach pain, depression, multiple organ failure, and death.

Plants such as sago palms, ivy, rubber trees, aloe vera, and philodendron are also common household plants – but are very toxic to cats and dogs. Symptoms can range from general loss of appetite and stomach upset, to tremors, drooling, swelling, skin irritation, organ failure or damage, and sometimes death.

The symptoms of toxicity can differ for each plant, which can make it tricky to know what your pet has eaten, and how severe their illness is. Often, the most classic or initial symptoms include vomiting, diarrhoea, and a lack of appetite. At this point, it's crucial to speak to a vet and arrange for immediate veterinary care.

To make your home as safe as possible, limit how many houseplants you have. Where you can, restrict your pets' access. If your cat or dog is showing any signs of poisoning, such as those mentioned above, seek veterinary care immediately.



Does your pooch have a potbelly?

As much as 41 percent of dogs in Australia are overweight or obese. Are you aware that your beloved pooches could be carrying a little more weight than they should be?

Recent research from the University of Liverpool has shown that overweight dogs can have a shorter lifespan by around two and a half years, compared to a dog of an ideal weight. The study looked at 12 breeds and 50,000 dogs from around the world.

While the study didn't consider the causes of an overweight dog, it's easy to deduce it could be for the same reasons that many humans are obese – too much food, and not enough exercise.

“Overweight dogs not only die earlier than dogs of ideal weights, but their quality of life can suffer too”

Some studies show that as many as half of pet owners will give their pets food if they beg, or look pleadingly at them. While morsels from the table are many pet owners' way of showing how much they love their pets, they could be killing them with kindness. Not only are some human foods not suitable for dogs, but they can be over and above their daily food intake needs.

Overweight dogs not only die earlier than dogs of ideal weights, but their quality of life can suffer too. They can be more at risk of osteoarthritis, cancer, heart disease and diabetes. Surgical risks and infection risks are all increased too. Many of these conditions could be preventable with ongoing weight management and regular exercise.

How to check your dog's weight

Many owners are not aware that their dog is overweight, so it's important to understand the signs.

You can refer to the body condition score chart from the World Small Animal Veterinary Association, or take a look for yourself.

Dogs should have a noticeable waist between where their rib cage ends and their hindquarters start. With light pressure, you should be able to feel the individual ribs and spine.

Dogs in the ideal weight range will also have their abdomen tucked up when you view them from the side.

How to practice weight management in dogs

If you know your dog is a little on the chubby side, it's time to get on top of the problem. The first step should be to talk to your vet. They can inform you of your dog's ideal body weight and what to feed them, or even prescribe a special diet.

You can also make sure they get enough exercise for their age and breed, and stop giving them table scraps.

It can be hard to resist those puppy eyes staring up at you from the dining table, but you must if you want to have your dog with you as long as possible. Place importance on feeding them a healthy and balanced diet, combined with exercise. Make an appointment with your vet to establish a feeding plan for your pet.

Asthma and your cat

Spring has finally arrived, which not only means more sunlight, but more allergens as well. However, you're not the only one that's suffering – your cat may be too.

When the warmer weather hits, there tends to be more allergens in the air, such as pollen from plants. However, dust, fumes, smoke, mould and mildew, deodorisers and chemicals can also cause an allergic reaction in your cat.

This is known as allergic bronchitis, and occurs when your cat's airways become inflamed due to an inhaled allergen that stimulates the immune system. Asthma is believed to develop as a result of this. The severity of the attack can depend on the type of allergen that sets it off, and whether your cat is obese, stressed, has parasites, or a pre-existing condition.

How common is feline asthma?

At least one percent of adult cats are believed to have feline asthma. It tends to be more common in females, and more prominent in Himalayan and Siamese breeds. Many cats develop asthma between two and eight years of age.

How to tell if your cat has asthma

Many general symptoms may be present in a cat with asthma. Your cat may have laboured breath, wheezing, coughing, or breathe with an open mouth. They may be hunched and squatting with their neck out as they struggle to breathe. Foamy mucus, blue lips and gums can be present, along with weakness and lethargy. If your cat shows any of these symptoms, take them to a veterinary clinic immediately.

How to treat feline asthma

If your vet has diagnosed feline asthma, you'll be pleased to know it's an entirely manageable condition. While there is no cure, there are many medications which can help to open up your cat's breathing passage, reduce inflammation, and alter their immune response to allergens that cause asthma attacks.

You can also help by reducing your cat's stress, keeping them active, not exposing them to smoke or dust, and not using perfumes, sprays, or aerosol cleaners around them. Routinely checking for parasites may be of benefit too.

If you think your cat may have feline asthma, or you would like to get your furry friend checked out for a clean bill of health, make an appointment with your vet today.



Chicken chow – what to feed your chickens

If you enjoy having poached eggs for breakfast every morning, then make sure you're laying the foundations for the best eggs possible. It starts with your chickens.

Chickens are lovely, social creatures that lay between 250 and 300 eggs yearly. However, your feathered friends need the best possible food if they are going to help you create an award-winning omelette.

The most important part of their diet is poultry pellets. Ensure you provide them with the best poultry mash or pellet variety available, as it will be their mainstay. Add corn and wheat to bulk up the main meal and provide texture and variety. Hens and roosters also require access to fresh, clean water at all times.

What you put on the family's dinner table may also prove beneficial for chickens. Hens and roosters eat almost anything you put in front of them, making them the most unfussy family members to have.

They'll eat a variety of fresh vegetables and fruit such as spinach, cabbage, vegetable peels and bananas. Grains, too, will be a favourite; treat them to bread, rice, rolled oats, cooked legumes and pasta.

Mouldy food can make your hens very ill, so make sure grains remain dry, and steer clear of anything that rots quickly, such as lawn clippings. Some foods are toxic to chickens; these include dried beans, rhubarb, onions, garlic, citrus fruit, chocolate, and avocado.

A supplement of dried ground eggshell will supply calcium to help grow strong eggshells. Keep plenty of eggshell grit scattered around their run area as well. The grit, along with plenty of earthworms and weeds to snack on, will make them the happiest chickens around.

However, when it comes to animal products, exercise caution. Many states ban swill feeding. Swill feeding is anything containing mammal or bird materials such as carcasses, eggs, meat, blood, and faeces.

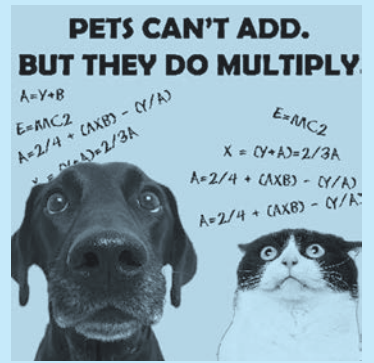
You may feed them milk products, but nothing that doesn't abide by Australian standards for hygienic rendering of animal products.

Providing a balanced and varied diet will make your hens healthy and happy. If you're not sure what's right for them, consult a vet or livestock professional, and refer to the rules and regulations in your area for keeping chickens in the backyard.

Did you know?

- Chickens aren't totally flightless – they can get airborne enough to make it over a fence or into a tree.
- Chickens can remember over 100 different faces of people or animals.
- Chickens are the closest living relative of the Tyrannosaurus Rex.
- When chickens feel stressed, they start to lose their feathers.
- A mother hen turns her eggs about 50 times per day.

Disclaimer: All text and images published in this newsletter are for general information and educational purposes only. It is not a substitute for professional advice. Always consult a suitably qualified professional regarding any concerns you may have in relation to pet health and/or treatment options.



WHY DESEX YOUR PET?

It's springtime, and a great time to desex your furry friend. Last year the RSPCA received over 90,000 unwanted dogs & cats.

WHAT ARE THE BENEFITS?

Desexing reduces the number of unwanted puppies and kittens and reduces sexual/territorial behaviour including roaming, mounting, urine spraying, and fighting. It's great for our household pets for population and behaviour management. It also has some real health benefits. It removes the risk of uterine infection (pyometra) that commonly occurs in female dogs after heat when no pregnancy results, and the risk of cancers associated with the sex hormones. Desexed dogs and cats have a longer, happier life.

WHAT AGE SHOULD MY DOG/CAT BE DESEXED?

For optimum growth and strong healthy joints, we advise male dogs to be desexed at 10 – 14 months or earlier if they start showing sexual behaviour. Female dogs are still generally desexed at 6 – 7 months, before their first heat as there's no benefit to a female dog having a heat before desexing and being on heat is a messy process. Male and female cats are usually desexed between 5-6 months age.

I've heard otherwise...

Some pet owners believe that an inside dog or cat doesn't require desexing, but we commonly encounter unexpected litters from unplanned matings. Some owners are worried that desexing will change their pet's personality. It won't. The pet will be the same animal, just a bit calmer. Some pet owners are concerned that their pet will gain weight after desexing. Animals that are desexed may have slightly lower calorie requirements than undesexed animals but weight can be managed by controlling the quantity and quality of food offered, and ensuring adequate exercise.

WHAT ABOUT OLDER DOGS, IS IT TOO LATE? Older dogs and cats can be surgically desexed. Anaesthetics are safe for most older animals.

WHAT ABOUT MEDICAL DESEXING?

A non-surgical implant is available that temporarily and reversibly prevents reproduction for male dogs. It gives them the health and behaviour benefits of desexing for up to 18 months, without having to 'have the snip'. It's a good option for some old male dogs and for younger ones when you only want a temporary stop on fertility.

To contact your vet, keep me in a handy place at home.