

**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

VETS:

Dr Lauren McConnell BVSc
Dr Michelle Barton BVSc
Dr Katrina Price BVSC
Dr Ema Bowman BVSC(dist) MANZCVS

NURSES:

Catherine, Ash, Kelly, Tara, Cassie & Steph

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

VETS:

Dr Helen Byrnes BVSc MANZCVS

NURSES:

Leesa & Carmen

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

VETS:

Dr Anita Berger BVSc
Dr Michelle Barton BVSc

NURSES:

Dannielle & Carmen

AFTER HOURS

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

YOUR VET

In this edition we talk about...



HOW COOL IS YOUR PET?



PROTECTION FROM THE SUN



MEAL TIME FOR FUSSY FELINES



THE BEARDED DRAGON

with compliments

Caring for cats in their senior years

The life span of a cat is defined by stages depending on its age. Cats are commonly referred to as 'senior' once they reach ten years of age. When your cat nears the senior stage of their life, it's time to start paying attention to their behaviour and be on the lookout for signs you may need to adapt the care they receive to better suit their changing needs.

Eating & drinking

As cats age they don't absorb food as well, so making sure your cat is eating and drinking enough is a big part of caring for a senior cat. Smaller, more frequent meals may be necessary, and easy access to clean, fresh drinking water. You may need to change their diet to help with their nutritional needs. We can provide advice on the types of food that would be best for your cat.

Play

Play has many benefits for older cats and is just as important in their senior years as it was when they were younger. Older cats may move around more slowly, but play can help improve muscle tone and blood circulation. Experiment with different toys to find one that your cat can engage with in a way that's compatible with their physical ability.

Sleeping

Aging cats will tend to sleep more, which is funny because we all know that cats like to sleep anyway! Take note of any changes in their sleeping patterns, make sure they can reach their bed easily and that it's in a warm,

draught-free place.

Physical challenges

Jumping and climbing may start to become more difficult should your cat start to suffer from achy joints or stiffness. If your cat likes to sit on your lap or curl up on the sofa, you can make it easier for them to climb up to their happy place by building steps from cardboard boxes, books, timber, or other sturdy items around the house.

Health

Additional health problems can start to develop as cats age. Giving them a regular health check every six months means we can detect problems earlier and start any necessary care or treatment sooner.

Dental disease is a painful degenerative condition. While we recommend dental care starts early in life, it's vital as they age. If your cat has not had a dental check-up in over a year, please schedule an appointment.

It's not always obvious that your cat is slowing down with age; so watch for any signs of change to the way they normally do things: jumping, eating, general behaviour and sleep/wake patterns. Mention these changes to us at your next visit. It helps us to assess what should be done so your cat can continue living a quality life.

You may notice "cat naps" start to become more frequent than usual



Our newsletter is free! You can take a copy with you.

Is Baxter ready for boating?

Rather than leave your dog at home while you head off on a summer boating trip, you might be tempted to bring them along with you. But are they boat-ready?

Not all dogs are born with their sea legs, so spending some time preparing them for an exciting boat trip may be one of the best things you can do. Here's some helpful tips to make the experience more enjoyable.

Purchase a flotation device or life jacket

One of the most important purchases you can make for your next boat trip is a dog life jacket or flotation device. While they might be a competent swimmer, it's another layer of safety when out in the water.

Spend some time at home putting on their life jacket for short periods of time. By the time you hit the water, they may be more comfortable wearing it.

Bring fresh water

A non-spill water bowl and plenty of fresh, cold water can be crucial for those hot days out on the boat. Keep it topped up and free of contaminants at all times.

Give them space to relax and cool down

As much as your dog may love swimming and spending time with you, they also need shelter, shade, and somewhere to rest. Consider investing in a dog cooling coat to prevent overheating, and set up a small, sheltered area of the boat just for them.

Think about their toileting needs

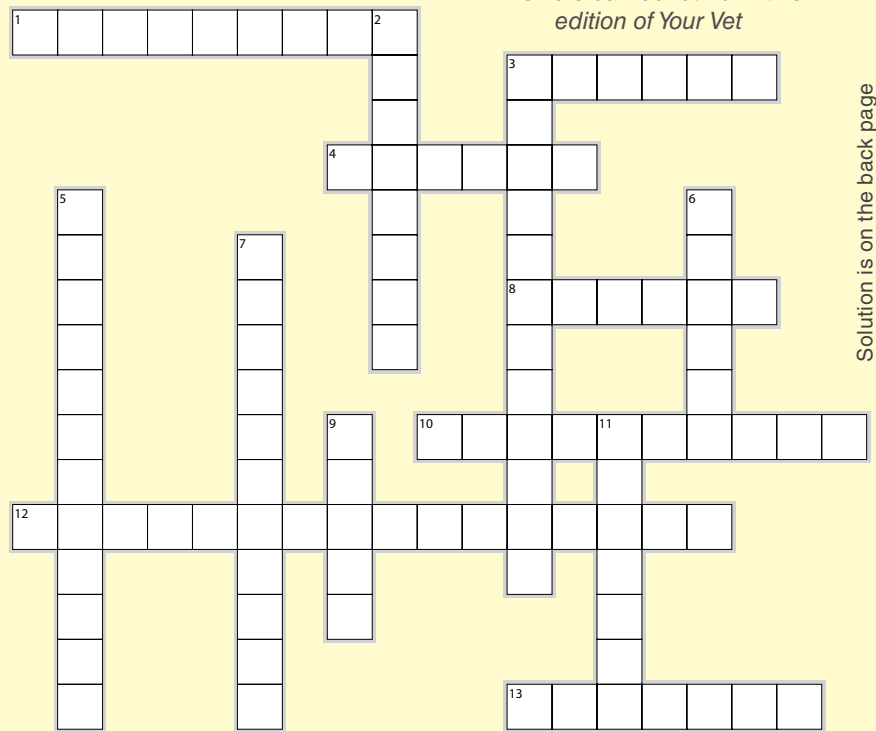
Depending on how long you'll be away from the shore, a new type of potty training may be crucial. Your dog may need to get used to doing their business on disposable doggy mats, newspaper, or fake grass. For short trips, make sure they do their business before jumping aboard.

Start slowly

Not all dogs will adjust quickly to boat life. If you're unsure how your dog will react, start slow. Begin welcoming them onto the boat when it's not in the water, and make it a fun place to be. Your first outing in the water should be short to ensure they are entirely comfortable with the experience.

Boating can be a fun pastime for the whole family – pets included. However, some planning may be necessary. If you're unsure how to acclimatise your dog to family boat trips, ask us for tips and advice.

CROSSWORD



Answers can be found in this edition of Your Vet

Solution is on the back page

ACROSS

1. A diseased condition due to poisoning
3. Relating to dogs
4. Relating to cats
8. Part of an animal's face, made up of its nose and jaws
10. A serious condition caused by prolonged exposure to high temperatures
12. Relating to the stomach and intestines
13. One of the ways dogs keep themselves cool

DOWN

2. Some cats become by a change in environment or routine
3. Substances that pollute something
5. When something gets progressively worse
6. What can a bearded dragon change in a few minutes?
7. Relating to the gums and teeth
9. A poisonous fluid produced by an animal
11. White animals can be susceptible to this

How to keep your pet safe from sun damage

As you slap on your sunscreen and venture out into the summer sun, don't forget about your pets. They need protection from the rays too.

Your pets' skin can be susceptible to UV damage, sunburn, and skin cancer. However, before you reach for the same sunscreen you use on your body, it's essential to understand that your pets' needs are different.

Do pets need sunscreen?

While most dogs and cats have plenty of hair to protect them from harmful UV rays, exposed skin and light hair may require extra protection. Any areas with inadequate hair cover – such as muzzles, limbs, stomachs, and ears – can be sensitive to sun in the same way our skin can be when it's not adequately covered.

Can you put human sunscreen on pets?

The most common ingredients in sunscreen for humans can be harmful to animals. As a result, pet owners should always shop for animal-specific sunscreen and sun protection products.

Zinc oxide, which is present in most of our sunscreens, can cause zinc toxicosis in pets. This condition is generally associated with the swallowing of metallic zinc objects, but



can also be caused by prolonged ingestion of zinc oxide creams, such as nappy rash cream, shampoo, and sunscreen lotion.

What alternatives are there?

There's an abundance of pet-friendly options on the market. Sunblock sticks, lotions, sprays, wipes, and even sunglasses and pet rashies may all be suitable protection options. However, these can be tricky to apply and could cause your pet distress or discomfort. Ask your local veterinarian about the best options for your pet.

When you're getting ready for the sun during your next summer adventure, don't forget to plan for your pet's protection too, and ensure they have access to shelter and water at all times.

How cool is your pet?

Dogs and cats don't have enough sweat glands to help them keep cool. They need your help to minimise the discomfort and effects of high temperatures during those hot summer days and nights.

As the mercury rises over the coming weeks, it's important to be aware that your pets are also feeling the effects. Here's a few ways you can help your pet cope with the heat and reduce the chance of heatstroke.

Fresh, cool water

Water is an everyday essential, but even more crucial in summer. Place bowls around your property so water is easily available. Add the occasional ice cube to keep the water cool. You could even provide a pet water fountain for a constant supply of fresh, flowing water.

Dogs may enjoy a splash or soak in a paddling or wading pool. Make sure all water sources are kept free of contaminants, and supervise your dogs when playing in or near water.

Shady spaces

Both inside and outside pets need plenty of places to nap, eat and play that are not in direct sunshine. Dogs and cats usually love sunbathing, but they also like to move into the shade once they've had enough.

Fed up with a fussy feline?

There may be times when your cat turns their nose up at food they've previously loved. With so many possible reasons, it may take some time to get to the bottom of the cause.

One of the most important things to do first is to check out your cat's health with your vet. Various health-related conditions can cause a decreased appetite; such as gum disease, a gastrointestinal disorder, or an obstruction.

Once health problems can be ruled out, you can start investigating other possible causes; trying out a few different approaches can help you find the solution.

Cats don't like change

Some cats become stressed by a change; more people living in your home, a new pet or child, a different home routine, or moving house. While cats respond to these stressors in a variety of ways, one of the more common reactions is a loss of appetite.

On particularly hot days, access to tiled areas like bathrooms can offer a cool space. Where possible, turn on air conditioning or fans so you and your furry friends can experience some relief from the heat.



Travel and exercise

If you normally take your pets on quick shopping trips, leave them at home – animals should never be left in a vehicle.

Even on mild days the temperature in a car can reach more than double the outside temperature.

Avoid walking on surfaces that retain heat – walking on hot sand or asphalt can burn their paw pads. Go for walks in the cool of the morning and evening.

Grooming

Trimming long hair can make it more manageable and feel a bit more comfortable. As both cats and dogs shed their coats naturally, regular brushing will help remove any excess fur from their body, and also helps air to circulate.

Dogs and cats also have their own solutions for cooling down. Dogs pant, so make sure they're in well ventilated areas. Cats use grooming, as the saliva on their fur evaporates and cools them down.

Heatstroke is serious, and extreme heat can take its toll on pets. Signs to watch for include excessive and continuous panting, drooling, agitation, breathing distress, vomiting, diarrhoea, lethargy, weakness and muscle tremors.

If you think your pet is in distress from the heat, see our details on the front page of this newsletter and contact us without delay.

Over time, their appetite may improve as they adjust, but consider changing their food type and seeing if that makes a difference.

Improving their food routine

If changing their food doesn't work, creating a better eating environment might just help you combat the problem.

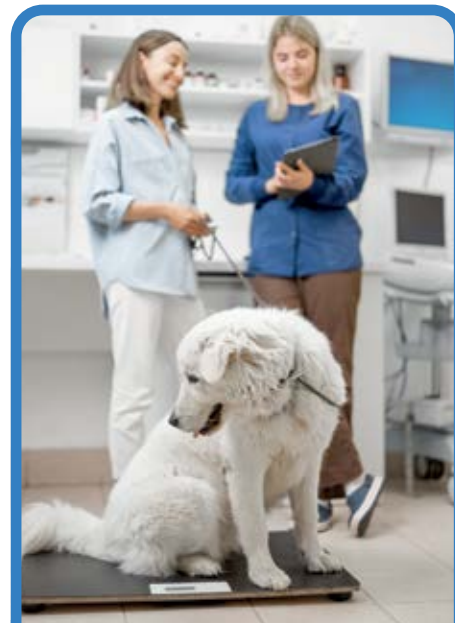
Feed your cat smaller and more frequent meals. Most cats don't like eating around other animals or loud noises; so moving their food to a quiet area of your home, or at a higher elevation, might encourage better eating habits.

Satisfy their natural instincts

Sometimes, satisfying their natural hunting and feeding behaviour by providing opportunities for physical and mental exertion can make a difference.

Try changing their feeding places daily. New, exciting parts of your home might be more appealing, and it helps them to explore. Food puzzles can keep them engaged and encourage them to use their hunting skills.

Before you introduce new foods and eating environments, get some expert advice by having a chat with our staff. While there could be a simple explanation, it's important to rule out any health issues that may require attention.



PROTECTION FROM TICKS, FLEAS & WORMS

Protecting your pet from parasites such as ticks, fleas, heartworm, lungworm or intestinal worms might require more than one product.

It is important to discuss your options with a veterinarian to ensure the products can be safely used together.

We can also provide personal advice specifically for your pet and the local environment.



Our amazing native animal – the bearded dragon

Several bearded dragon species live throughout Australia. If you're fortunate enough, you may just spot them around your home.

Bearded dragons are identifiable by their broad heads, flat bodies, stout legs, and sharp spikes on their bodies and throats. The 'beard' is the flap of skin below their jaws. They're found across Australia, usually in low rainfall, arid environments.

Most people know what a bearded dragon looks like, but did you know any of these interesting facts below?

They change colour

Bearded dragons can change colour to regulate their temperature, and also when they're threatened or aggressive. According to the Australian Museum, a colour change can happen in just a few minutes.

You know when they aren't happy

An alarmed bearded dragon will face their intruder with their mouth open, and suck in air to puff their beard and body out. Their goal is to appear larger than they are.

They have venom glands

Australia has many venomous species, but you may not have realised bearded dragons were one of them. Research suggests that they have primitive venom glands; and although a bite can be painful, their venom is unlikely to cause ill effects.

Males like to strut their stuff

Once they're out of their winter cooling period, males like to show female bearded dragons what they're made of. They bite each other's tails, flare their beards, and bob their heads.

They're protected

You cannot collect them from the wild as all bearded dragon species are protected in Australia.

We are truly lucky here in Australia to have a variety of beautiful wildlife to share the country with. The next time you see a bearded dragon in the wild, keep your distance, don't disturb them, and observe with interest.



PRACTICE UPDATE

Recently our Everton Hills surgery underwent major renovations. The new surgery is now complete and our staff and patients have been loving it. Here are some pictures of the new clinic.



Is snoring normal? And is it normal to have to avoid all exercise on hot days?

No. No. No.



Snoring is NOT normal for dogs, whatever their breed; and normal, healthy dogs can exercise moderately, no matter what the temperature. While very common, especially in flat faced dogs, these things are not

normal - they indicate significant restrictions to breathing capacity.

These dogs get through life significantly better than just 'OK' if their restrictions are identified and corrected before irreversible and non-treatable changes occur. Without intervention, some dogs really struggle through life, getting worse as the years go by and potentially developing life threatening concerns.

Dr Ema Bowman, who joined us from Sydney this year, is one of very few surgeons proficient in Brachycephalic Airway Improvement Surgery (BOAS) that enables affected dogs e.g. pugs, French bulldogs, Boston terriers and bulldogs to breathe!



This special surgery is recommended for every flat faced dog if they are to have the best chance at a long and happy life. Airway improvement surgery widens and deepens the nostrils, shortens AND thins the soft palate, removes everted laryngeal sacculles (grade 1 laryngeal collapse), as well as removing abnormally enlarged tonsils. This all adds up to providing more oxygen to the heart and lungs.

We encourage any owner of a brachycephalic dog or any dog with snoring / exercise intolerance to look into this procedure. Dr Ema consults at Arana Hills Veterinary Clinic on Tuesday and Wednesday each week.

APPOINTMENT REMINDER

Ask our receptionist to record details of your next visit. Take this newsletter home and keep it somewhere handy as a reminder. Help us to help you keep your pets happy and healthy.

PET NAME	DATE	TIME

- | | |
|--|--------------------------------------|
| <input type="checkbox"/> Annual check up | <input type="checkbox"/> Vaccination |
| <input type="checkbox"/> Follow up examination | <input type="checkbox"/> Worming |
| <input type="checkbox"/> Flea/tick treatment | <input type="checkbox"/> Other |

CROSSWORD SOLUTION

DOWN: 2. STRESSED 3. CONTAMINANTS 5. DEGENERATIVE
6. COLOUR 7. PERIDONTAL 9. VENOM 11. SUNBURN
ACROSS: 1. TOXICOSIS 3. CANINE 4. FELINE 8. MUZZLE
10. HEATSTROKE 12. GASTROINTESTINAL 13. PANTING

Disclaimer: The information in this newsletter is not intended to be a substitute for professional advice, diagnosis or treatment. Decisions relating to your pet's health should always be made in consultation with your veterinarian.

Our newsletter is free! Take a copy with you.