

Companion Animal Newsletter - January 2018

Getting Your Pet Back Into Shape and Losing Weight

Studies have shown that overweight pets do not live as long, and are more prone to illnesses which affect their quality of life, such as arthritis, breathing difficulties, heart problems and diabetes.

Is My Pet Overweight?

If you are unsure if your pet is overweight, the best plan would be to make an appointment with one of our nurses for a FREE weight check. The nurse will assess your pet's body condition and advise you on the best nutrition and dietary needs to attain or maintain a healthy weight. If you are unable to bring your pet to the surgery however, there are several signs which you can look out for yourself as a rough guide.

No matter what species, breed or size you should be able to feel all of your pet's ribs without a thick layer of fat over them. A noticeable waist as well as a tuck up from the chest to stomach should be seen. An overweight pet will generally have no waist or definition between the chest and stomach. An overweight dog will pant when walking, walk slower than before or sleep more than usual. A cat will become less active and may struggle with grooming.



Making A Change!

Portion Control: There are several changes which can be made to help your pet lose weight, the first of which is feeding the correct portion of food at a scheduled time of day. If your pet is overweight, the chances are that they are eating more than is needed. It is important to follow recommended feeding rates and most pet foods have a recommended feeding guide on the packaging. Be sure to follow this accurately, don't guess the amount, and ensure that you know your pet's accurate weight in order to follow the guidelines correctly. If you are at all unsure of the correct amount to feed your pet, please discuss this with a member of our companion animal clinical team.

Household Involvement: It is important to ensure that the **entire household** is on board when it comes to your pet losing weight or maintaining a healthy, balanced diet, if someone is sneaking treats, the weight loss programme will not be successful! Remember that giving a dog 28g (3 small cubes) of cheese is the equivalent to a human eating a hamburger, or that giving a cat 3 grocery branded cat treats is the equivalent to a human eating a choc chip cookie!

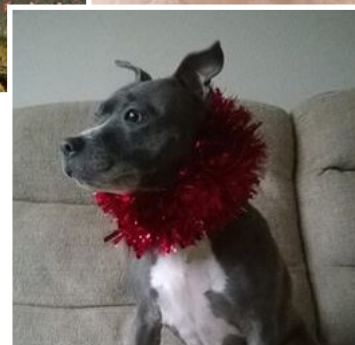
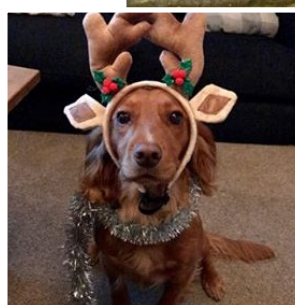
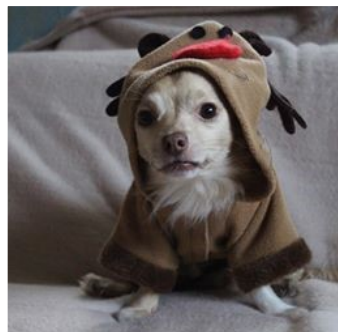
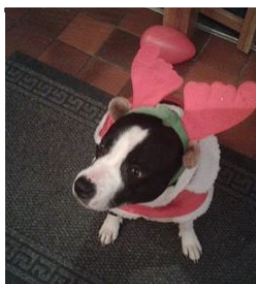
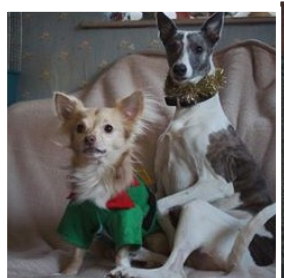
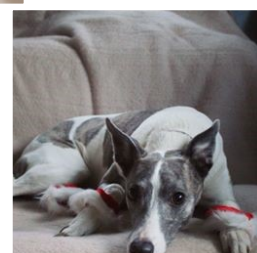
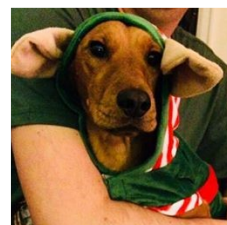
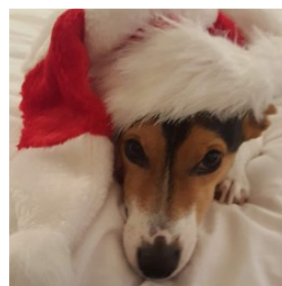
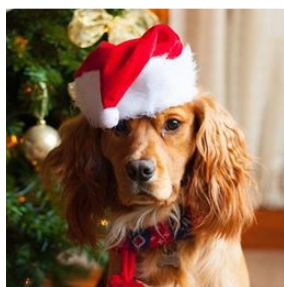
Exercise: It is important for **all** animals to get exercise: Not only does it help them physically, increasing the metabolism, keeping muscles and joints free, but it also helps their mental state, releasing endorphins which make them feel good, increasing sociability and providing stimulation. Remember that your dog and cat's natural habitat is not a front room, nor is your rabbit's natural environment a hutch! Getting your pet moving will help them to lose weight or maintain their weight. Dogs enjoy walks as well as off the lead play time, cats and rabbits can be tempted to exercise through lengthy play time.

Check In: Visiting the surgery on a regular basis to get an accurate weight reading on our surgery scales, and attending our free nurse weight clinics can help monitor your pet's weight loss progress. The nurse will also answer any questions you may have regarding general wellbeing, weight loss and nutrition.

Stay Strong! Guilt on the owner's part is the largest emotion felt when tackling a pet's weight. Your pet will not love you any less for not giving them treats and tit bits! Instead of using food to reward your pet, use verbal praise, patting and stroking, and also reward with play and exercise.

12 Days Of Christmas Competition Result

A HUGE thank you to all of you who took the time to enter our 12 Days of Christmas Facebook competition. We had so many fabulous entries that we wanted to share them again in the gallery below!



And the Winner is...
DOLLY

Well done to Dolly who was our winner, revealed on Christmas Day, as the individual who received the most Facebook likes.

Thank you to Sami her owner for entering Dolly and for letting us know how pleased she was with her prize of a mystery hamper full of gifts!



KEEPING YOUR RABBIT WARM IN WINTER

Keeping rabbits warm is important, in the wild they live in underground burrows where the temperature only changes slightly between summer and winter. Keeping rabbits above ground exposes them to extreme temperature changes. Damp and draughts can be fatal at this time of the year for rabbits.

Garden sheds offer a great alternative to a traditional rabbit hutch as they can be well insulated, keep the rabbits nice and dry as well as allow room to exercise. External runs can still be attached to a shed and covered by a tarpaulin. Many owners bring their rabbits inside during the colder months either in a shed, garage or into the house. If you decide to bring your rabbits inside it is important to keep them inside until spring or until the weather has warmed up. Rabbits will lose their winter coats and placing them back into the cold can be fatal. If you are unable to bring your rabbit into an indoor space, insulating hutches, supplying a large amount of clean, dry bedding, using heated pads as well as proofing the hutch from drafts will enable your rabbit to keep warm. Your rabbit will develop a winter coat which will also help keep them cosy.

Prevent Water Bottles Freezing

- Wrap bottles with bubble wrap, a thermal sock or glove
- Place water bottles in the hutch using a cable tie
- Check morning and evening and supply fresh water

Keep Hutches and Runs Warm

- Use a secured tarpaulin over the hutch and run
- Put old blankets or duvets over the hutch and run but underneath the tarpaulin to keep dry
- Buy reusable heat pads
- Install silver back beach mats to insulate the hutch
- Erect wind breaks around the hutch and run

This advice is for rabbits in good health and body condition. Rabbits which are old or thin may need even more care and we advise the owners of such bunnies to bring them in for the winter. For more advice please speak with a member of our companion animal clinical team.



WORM WISE

If you have visited the surgery lately you may have seen a large 'Be Worm Wise' poster displayed in our waiting room.

Elanco Animal Health who are the manufacturers of Milbemax wormers are running a competition in which all entrants have the chance of winning a 'Go Pro' camera and pet harness camera mount!

In order to enter, simply take a photo of your pet in front of the poster with their name entered in the space provided, then upload onto Twitter, Facebook or Instagram with the hashtag #Wormwise and @elancoanimalhealth.

If you would like a chance to win this fantastic prize please pop in to the Settle Surgery and snap away! We live in an amazing part of the country and the views are fantastic... wouldn't it be interesting to see it all from our pets point of view with a 'Go Pro' just for them?



Pet Plan Veterinary Awards 2018

Time is running out for the Pet Plan Veterinary Awards nominations for 2018, closing date 12th January.

We are thrilled to have been nominated for Practice of the Year, and Emma is touched to have received nomination for Practice Manager of the Year.

The categories are :

- Practice of the Year
- Vet of the Year
- Vet Nurse of the Year
- Practice Manager of the Year
- Practice Support Staff of the Year



Dalehead Veterinary Group Limited

Nominee
Practice of the Year

Every pet deserves



Emma Spence

Nominee
Practice Manager of the Year

Every pet deserves

If you would still like to nominate just visit the
website: petplan.co.uk and thank you.

We are once again very proud to have received confirmation from the Royal College of Veterinary Surgeons that we have achieved a General Practice level (the highest available to practices which are not veterinary hospitals) in our Practice Standard Scheme Accreditation and Core Standards.



This is to certify that

Dalehead Services LLP

Oak Cottages Main Street High Bentham LANCASTER
Lancashire LA2 7LE

has been accredited at

Core Standards

under the
Royal College of Veterinary Surgeons
Practice Standards Scheme


PRESIDENT


REGISTRAR

Next assessment due: 1 August 2021



This is to certify that

Dalehead Services LLP

22 Station Road SETTLE North
Yorkshire BD24 9AA

has been accredited at

Small Animal General Practice and
Farm Animal General Practice

under the
Royal College of Veterinary Surgeons
Practice Standards Scheme


PRESIDENT


REGISTRAR

Next assessment due: 1 August 2021



This professional accreditation is testament to the hard work, high standards of care and facilities, and the professionalism of the whole team here at Dalehead Veterinary Group. We are proud to serve our local community as your vets.



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Check out our website www.daleheadvetgroup.co.uk for more information about caring for your pet, special offers, vet and staff profiles and much more!

