



# Bowral Veterinary Hospital Winter Newsletter 2016

### Bowral Veterinary Hospital

78 Station Street Bowral NSW 2576

Phone: 4861 1444

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#### Opening Hours:

- Monday–Friday 8:30am-5:30pm
- Saturday: 9am-1pm
- Sunday: 10am-11am

#### After hours service:

Veterinary assistance is available 24/7 at Bowral Vets. To contact the on call veterinarians simply phone the clinic and a message will provide you with the on call veterinarians mobile number.

#### Our Vets:

- Dr Grant Poolman BVSc, MVSc
- Dr Kay Weller BVSc (Hons) MANCVS
- Dr Angus Hayes BVSc, MVS
- Dr Kate Eppleston BVSc (Hons 1)
- Dr Stephanie Fenn BVBIol, BVSc

#### Our Support staff:

- Practice manager—Angela McGill
- Reception—Emma D'Arcy
- Head Nurse—Nikki Porter
- Nurses—Renee Masters, Shanay Toth, Madison Porter

## Dr. Kay heads to Pilbara, Western Australia

Dr. Kay Weller has volunteered to spend a week in Pilbara in Western Australia with the AMRRIC organization (Animal Management in Rural and Remote Indigenous Communities).

AMRRIC is a not-for-profit charity that uses a One Health approach to coordinate veterinary and education programs in Indigenous communities.

They work in partnership with regional councils, shires, Aboriginal corpo-

rations, universities, state and federal governments and AMRRIC member veterinarians and volunteers to enhance outcomes in dog management, health and control in remote Indigenous communities.

Kay is looking forward to this adventure and we look forward to hearing about her trip upon her return (hopefully along with a lot of photos)!



## Be Aware of those winter soups ...

In winter it is often tempting to feed our pets left overs from those hearty soups and stews. But be aware that all members of the onion family, including garlic, shallots and spring onions are toxic to cats and dogs by causing destruction of their red blood cells.



## The Progesterone Machine Has Arrived!!



The highly anticipated new progesterone machine has made it to BVH. The immulite machine was specially imported by BVH from the USA. This is exciting news for our patients requiring on the spot progesterone levels.

## Does my dog have ARTHRITIS?

It has been estimated that 20% of our furry canine companions suffer from arthritis, which often becomes much more noticeable as the weather cools down.

As dogs are unable to vocalise how they are feeling, it is up to us to be alert to signs of arthritis which can often be gradual and subtle changes in behaviour or movements of our pet and often coinciding with increasing age.

Common signs of arthritis include lameness and limping. Cartrophen (www.cartrophen.com.au), a drug we commonly use to treat arthritis here at BVH, have put together a questionnaire to assess the likelihood of arthritis occurring in your dog ...

Answer	Often	Some-times	Never
Score	2	1	0
I feel stiff in the morning. It is hard to get up & move around.			
At times I can seem depressed, irritable or out of sorts.			
I chew or lick particular joints.			
I have difficulty going up or down stairs.			
I eat slowly as it is difficult to reach down to my food bowl.			
I don't rush to greet you when you arrive home.			
It is hard to reach some areas so I can look unkempt.			
On walks I am slow and lag behind.			
I find it difficult to jump into the car or on to the sofa.			
I now growl or act defensively, especially when touched.			

If your pet scored **greater than 3**, it is likely they are suffering from arthritis. Please have a chat with any of the team from BVH about ways of managing arthritis in your pet including special diets, weight control and medical interventions.



## Storm PHOBI-

The southern highlands is renowned for its impressive storms, which can be a spectacle for us to watch but unfortunately our four-legged friends can find thunder and lightning somewhat frightening.

It is important to prepare for storms before they arrive. Here are some simple suggestions:

- Ensure that the property or your pet's enclosure is secure to prevent escapes and make sure their microchip/identification details are up to date in case they do get a fright and venture off.
- If possible, bring your pet inside before a storm
- If at home, try to remain calm and behave in a quiet manner avoiding over comforting your pet.
- Provide white noise or loud background noise to block the sound of thunder.
- Block windows so that lightning is not visible
- Distract your pets by playing a game with them or giving them their favourite toys.
- Use a thunder shirt—they apply constant pressure, similar to swaddling an infant to relieve anxiety.
- Storm desensitisation techniques using pre-recorded sounds.

If you are concerned by your pets anxiety during storms, have a chat with us to discuss further management techniques.

## Toxic Plants: *Part Two*



Above: Aloe vera

*“Knowing which plants are toxic will help keep your pet safe in the garden”*

When owning a pet it is important to know which plants are safe to have in your garden and which can potentially cause a toxicity in your furry loved ones. Following on from last months newsletter, the following list covers some more potentially toxic plants likely to be found in your garden.

### **Aloe Vera**

Scientific Name: Aloe Vera

Contains a glycoside which are purgatives that can cause increased bowel movement (mucous and water) when ingested.

Clinical Signs: Vomiting, diarrhoea, depression, anorexia, changes in urine colour.

### **Daffodils**

Scientific Name: Narcissus

Daffodils contain an alkaloid with strong vomiting properties. Crystals are found in the outer layer of the bulbs, which cause severe tissue irritation and secondary drooling. Ingestion of the bulb, plant or flower can cause severe vomiting, diarrhoea, abdominal pain, and even possible cardiac arrhythmias or respiratory depression.

### **Hydrangea**

Scientific Name: Hydrangea macrophylla

This shrub contains cyanogenic glycosides, with higher concentrations found in the leaves and flowers. When ingested by pets, it can cause vomiting, diarrhoea and lethargy.

### **Daphne**

Scientific Name: Daphne

The bark, leaves and fruit can all be toxic to cats and dogs. Luckily the fruits have a very bitter taste which can deter pets from eating them. If ingested, the toxins can cause ulceration or blistering of the mouth, oesophagus and stomach as well as drooling, bloody diarrhoea, vomiting and even death.



Above: Daffodils

Below: Hydrangeas & Daphne



## Is your dog itchy?

### Re-Introducing Apoquel

At BVH, we are regularly presented with itchy dogs. There are a multitude of reasons why a dog may itch including flea, food or environmental allergens such as pollens, moulds or house-dust mites. We commonly categorise these into four groups:

1. Flea allergy dermatitis/parasites
2. Food hypersensitivity
3. Contact allergy
4. Atopic dermatitis

Some of you may remember the name APOQUEL from a previous newsletter last year—after a delay in its release, we are now pleased to announce that it has been officially launched in Australia. APOQUEL is an oral medication specifically designed to treat itching associated with allergic skin disease in dogs over 12 months of age.

APOQUEL works by lessening your dogs' itch and the desire to scratch, and also decreasing the associated inflammation, redness or swelling of the skin.

Corticosteroids have previously been the mainstay drug prescribed for acute and chronic itching in dogs. Although being an excellent drug, corticosteroids not only act on the “itch” (allergy) but also have non-targeted undesired effects on multiple organ systems including the liver, adrenal glands and kidneys.

As APOQUEL targets the specific immune cells responsible for allergic skin scratching, it has much fewer side-effects when it is used as long term treatment in your pet.

Have a chat to one of us if you would like any more information about allergic skin disease in your dog.



## Some Animal Jokes ...

Q: What happens to a frog's car when it breaks down?



A: It gets toad away.

Q: What did the duck say when he bought lipstick?



A: "Put it on my bill".

Q. What type of dog doesn't bark?



A: A hush puppy.

For more of a laugh, visit [www.youtube.com](http://www.youtube.com) and search for:  
"Funny talking animals—Walk on the wild Side BBC"

## DOG BREEDS

I	M	B	O	R	Z	O	I	T	I	N	M	R	Y	L	R	A	X	I	E	T	G
I	N	O	I	T	A	M	L	A	D	W	K	O	L	H	E	E	R	T	W	J	E
L	B	T	Z	A	X	B	E	A	G	L	E	D	X	V	L	T	S	E	Z	E	R
E	B	K	N	A	M	R	E	B	O	D	P	A	E	J	I	U	Y	I	T	G	E
O	K	A	Q	E	S	E	T	L	A	M	X	R	S	P	E	M	P	U	B	O	X
N	A	X	C	P	G	Z	I	I	M	M	P	B	J	Q	W	A	D	D	T	D	F
B	M	D	N	B	I	C	H	O	N	Z	Z	A	O	G	T	L	U	V	F	L	N
E	H	V	F	Y	K	S	U	H	R	N	I	L	T	Y	T	A	C	S	N	L	E
R	I	W	P	U	B	F	W	K	R	B	V	J	K	P	O	M	E	Z	S	U	E
G	J	V	P	O	M	E	R	A	N	I	A	N	Y	L	R	R	E	X	O	B	S
E	N	N	M	Y	J	Z	G	A	K	I	T	A	N	A	R	E	M	I	E	W	E
R	E	Y	G	V	S	T	A	F	F	Y	M	D	E	Y	O	M	A	S	M	N	G
N	S	C	H	I	H	U	A	H	U	A	V	A	F	O	U	G	N	P	G	C	N
S	A	B	U	N	D	A	C	H	S	H	U	N	D	M	Y	B	N	F	R	I	I
Z	B	E	A	E	I	P	L	E	K	S	P	F	N	T	N	C	N	C	O	P	K
D	N	A	L	D	N	U	O	F	W	E	N	E	I	L	O	O	C	S	R	U	E
F	A	M	E	I	L	L	O	C	U	R	E	V	E	I	R	T	E	R	F	G	P
S	W	O	L	F	H	O	U	N	D	J	K	Y	A	Q	Q	A	L	S	Z	I	V
P	Q	U	Z	J	S	C	H	N	A	U	Z	E	R	A	F	G	H	A	N	N	J
I	P	X	C	F	M	K	W	R	T	O	H	M	H	F	T	E	L	D	O	O	P
T	T	T	Y	O	G	W	V	H	B	L	O	O	D	H	O	U	N	D	J	W	P
Z	N	E	B	Y	F	N	F	P	Y	E	L	O	O	P	O	B	Y	W	G	L	Y

AFGHAN  
AKITA  
BASENJI  
BEAGLE  
BICHON  
BLOODHOUND  
BORZOI  
BOXER  
BULLDOG  
CHIHUAHUA  
COLLIE  
COOLIE

DACHSHUND  
DALMATIAN  
DOBERMAN  
HUSKY  
KELPIE  
LABRADOR  
LEONBERGER  
MALAMUTE  
MALTESE  
NEWFOUNDLAND  
PEKINGESE  
POMERANIAN

POODLE  
POOLEY  
PUG  
RETRIEVER  
ROTTWEILER  
SAMOYED  
SCHNAUZER  
SPITZ  
STAFFY  
VIZSLA  
WEIMERANA  
WOLFHOUND

We're on the web!!  
[www.bowralvethospital.com.au](http://www.bowralvethospital.com.au)

