



Auckland Veterinary Services Ltd

Winter is well and truly upon us, we hope you and your furry friends are keeping healthy and warm.

Last issue we focused on our feline companions. This newsletter we focus on the canine family members. We will look at canine arthritis, urinary incontinence, we get to meet another staff member Georgina and we also have some tips on keeping your pet active in winter. Check out the pictures below of our team building event the "Rat Race"!

Don't forget to visit our website at www.aucklandvetservices.co.nz for even more information about your pets.

We hope you enjoy this issue of our newsletter. Remember if you would like to see a topic covered in the newsletter - just let us know! Look out for the Christmas issue in December. Yikes! that sounds too close.

The Team at Auckland Veterinary Services



**ROYAL CANIN**

Royal Canin is the number one premium food in Europe and is considered to be a worldwide leader in the nutritional developments of premium pet food.

Royal Canin has remained loyal to its original principles for over 40 years, and still today we focus totally on the animal, with the aim of improving daily life and ensuring better health for dogs and cats. Putting dogs and cats first our products are specifically tailored to take into account age, size, lifestyle and breed.

*As well as providing them with the best nutrition, Royal Canin can also help keep your dog or cat warm during these cold months with a **FREE dog or cat blanket** with purchases of Royal Canin (while stocks last)*

Thank You Elmie

We would like to thank Elmie Nel for the great work she did filling in for Mark and Bob while they had their well earned breaks.

It was a pleasure working with Elmie for those few weeks in June and July. We will miss having her around but will no doubt call on her expertise when we need a locum vet again. Toby especially will miss having Elmie at the clinic, as he became very fond of her cuddles and knew exactly how to get her to turn the tap on for him.

For those of you who did not get to meet Elmie keep an eye out, you may get to see her from time to time in the future. She also works at the Western After Hours Clinic should you need veterinary assistance out of clinic hours. It's good to know an experienced vet is on hand when we are closed.

Thanks again Elmie.



FREE
cat or dog
blanket



With any 10kg bag or larger of Royal Canin dog food or with any 1.5kg or larger Royal Canin cat food. Available while stocks last.

ROYAL CANIN

Urinary Incontinence

Urinary incontinence can be a frustrating occurrence but it is usually controllable. Urinary incontinence is the result of reduced bladder control allowing urine to leak out at inappropriate times. It can occur in any breed at any age however older desexed bitches are more likely to get incontinence.

How do I know if my dog has incontinence ?

Normally you will find a wet patch where your dog has been sitting or lying. The longer they stay in that position the bigger the wet patch will be. You may also notice your dog's coat (around the hind quarters) is smelly, or see occasional drips of urine coming from the vulva or penis. Leaking may not happen all the time, it depends on how full the bladder is. The fuller the bladder the more likely it is your dog will leak.

Diagnosis of the cause of the incontinence is important as the treatment will vary depending on the cause. There may be a medical cause such as a urinary tract infection. This infection will need to be treated first before any other medication is given. In some cases treating the infection is all that is required to stop the incontinence. However, if the incontinence is due to a "mechanical" problem then a cure is less likely to occur with antibiotic treatment alone. In these cases it is a matter of controlling the incontinence to a level where your dog can remain happily inside without causing too much mess for you.

There are two main drugs used for the treatment of mechanical urinary incontinence. Both drugs help the muscles at the opening of the bladder to contract more strongly. Some dogs only need to stay on treatment for a short period or intermittently others may need long term treatment. In other cases a combination of both medications are required. There are also non medical ways to combat urinary incontinence like the nappies you see in this picture.



10 Rules for Dogs to Live By

One - Food left unsupervised on a table has been abandoned. Abandoned food can be claimed by whoever finds it first. However, there is a time limit, so either eat the food immediately, or stash it somewhere safe (see commandment number 2).

Two - The best place to hide food for later on is in plain sight. Try behind the sofa cushion or tucked down the side of the sofa - humans rarely pull apart the sofa to vacuum, so your food should be safe for a couple of weeks. Just plonking it on top of the bed is usually a bad idea - the humans spot that pretty quickly.

Three - Anyone on a skateboard or a bicycle is a monster in disguise. Bark loudly and often until they go. This is very effective - it works every time!

Four - Perfect the art of looking thin at human mealtimes. It is possible to make your face look really thin, no matter what size you are, so humans feel sorry for you and give you food from the table. If you are carrying a little extra around the middle, make sure you sit so that the pudgy bits are less visible and they just see your starving face.

Five - Don't give the ball back. They'll just throw it again. Make them work for it by chasing you or trying to wrestle it out of your mouth. They need exercise too you know.

Six - The best way to get attention is to bark. Humans immediately want to know what you have seen that they haven't. If you want to play and they don't, just look out the window, bark once or twice (seriously), and they'll come straight over to see what the problem is. Now shove your toy at them and smile. If all else fails - shiver uncontrollably. All humans respond to this, usually with cuddles.

Seven - Do what you can to feel the wind through your fur. Run really fast. Hang your head out of the car window. Hitch a ride on a motor bike. Pretend you're a sled dog in the Antarctic.

Eight - Don't let them put clothes on you. We're dogs - we already have fur coats (unless you are one of those little Mexican hairless things). It's demeaning and silly and we don't care if it is Christmas!

Nine - If you are left alone in the house, it's OK to trash the place. But only do this once, or you might find you are not allowed in the house. Every dog is allowed one rock star moment to totally trash the place when left alone for a few hours. Just make sure you are standing in the middle of the mess with a silly grin on your face when they get home, so that they know it's a joke.

Ten - Reward humans when they are good. Everyone needs positive reinforcement when they do something good, so let your owners know when they have done well with a lick, a cuddle, or by laying your head on their lap. You can reward them for giving you treats, scratching your head in just the right place, taking care of you during thunderstorms, taking you for a ride in the car or taking you to the dog park.

Canine Arthritis



Many people with older pets believe their pets are getting around more slowly because of old age, but many are in fact suffering from arthritis. Arthritis and stiff joints are painful and there is treatment available to lessen or eliminate this pain.

Arthritis develops because of damage to the joint through trauma, injury, dietary imbalance or deformity. In a healthy joint cartilage forms at the end of the

bones to act as a "cushion" for the joint allowing free movement. When the cartilage is damaged due to injury or normal aging that cushioning effect is taken away and the bone ends become exposed causing them to rub together. The joint then becomes inflamed and the ease of movement is compromised causing pain and difficulty in movement.

What signs to look out for?

- Difficulty getting up after rest (particularly in colder weather)
- Stiffness after exercise
- Lameness
- Difficulty getting in and out of the car
- Difficulty getting up and down stairs or on and off furniture
- Personality changes (becoming grumpy/snappy/irritable)
- Biting and or licking at joints

A lot of owners' just accept these changes as part of the aging process but they can be a sign of pain and it can be controlled.

What can be done about it?

Weight management—being overweight causes more stress on the joints exacerbating arthritis so the best thing you can do for your pet is to get them onto a weight loss program.

Exercise—regular gentle exercise i.e. walking or swimming helps with mobility. Joints easily become stiff and seize up if they are not being used regularly. However take care not to over exercise to make sure that your pet is stiff and sore the next day. Massage and gentle flexion/extension of the joint may also help with mobility.

Warm Soft Bedding—a comfortable supportive bed away from drafts will be much appreciated by any dog suffering from arthritis. You may even like to invest in a warm coat for the winter or colder nights.

Nutritional Supplements—Dietary supplements like Bomazeal Senior or Sasha's Blend (to name a couple) have been shown to help stimulate the repair of the damaged cartilage. These types of supplements contain green lipped muscle, glucosamine and chondroitin which are all used in the human world to help with joint support. These products need to be given daily and it can take up to eight weeks before any improvement may be seen. However they are very safe products that can be added to any diet to aid the treatment of arthritis, we commonly recommend using a supplement along with other forms of arthritis treatments.

Prescription Medication—There are many types of medications available for the treatment of arthritis. Because of the varying degrees of arthritis and the fact different animals respond differently to different medications it is important that the vet fully examine any pets before starting a treatment plan for the management of arthritis. Once a treatment plan has started regular check ups will be required to make sure the medications are still being effective and to adjust the plan as necessary. There are two main types of drugs we use:

Pentosan Polysulphate: Pentarthron is an injectable drug that is given weekly for four weeks and then one injection as required approx every 3-9 months. Pentosan works by stimulating the repair of damaged cartilage and promoting an increase in joint fluid to help with movement and improving joint function.

Non Steroidal Anti-Inflammatory Drugs: NSAID's provide immediate relief from pain and inflammation. These types of drugs are usually given once or twice daily and are tolerated well by most animals. There can be some side effects in a small number of cases such as loss of appetite, lethargy, vomiting/diarrhoea. Commonly used NSAID's are Rimadyl, Metacam and Ketofen.

Diet—There are also some premium diets on the market that cater for mobility problems and joint disease, they are Hills J/D and Waltham Mobility. Diets such as these help aching joints and can

prevent the degradation of healthy joints. They are fully nutritionally balanced diets so can be the only food that your dog receives. The differences between these diets and other adult maintenance diets are a higher ratio of Omega 3 fatty acids to help with inflammation in the joint, additional EPA, another fatty acid that aids in blocking the effects of cartilage destroying enzymes and controlled calorie content to help prevent weight gain.

If you suspect your dog is having problems with arthritis don't wait, get them seen by one of our vets and we can help you manage their pain.

Get to know the AVS team.

We have a great team of staff who are dedicated to providing exceptional client services and patient care. Most of the team have been with AVS for many years so we thought you may enjoy getting to know more about them.

This issue we get to know **Georgina** a little better. Georgina arrived at AVS in 2005. She lives in Blockhouse Bay with her husband John and three children,

What is your favourite food? - Whittakers Macadamia Milk Chocolate Block

Other than New Zealand - Where would you like to live? - Hawaii looks nice...

What pets do you have at home? - Storm the Siamese & Rascal the Griffon Bruxellois

What do you do in your spare time? - Breeding Siamese/Oriental, reading as many

humanly possible and playing games on Facebook.

What do you enjoy most about your job? - Working with a great bunch of people

Who is your favourite celebrity? - Madonna, she's a legend!



Happy Birthday to Caroline and Andrea who have birthdays in August and Nicole and Bob who have theirs in September.



Keeping Active In Winter

Don't worry that it is winter. Put on your coat and woolly hat and get out there anyway, your dog will love you more for it.

All [Council Reserves](#) can be used to exercise your dog, however dogs are **not** allowed:

- Within 10 metres of playground or fitness apparatus
- Within 10 metres of marked sports fields
- Within 10 metres of people on the park, beach or reserve or on a jetty or ramp

Outside these areas, all dogs must be under control but depending on the place, not necessarily on a lead, e.g. the owner being near the dog and using voice or body language to control the dog. How about having a play date with a doggy friend?



If you really feel the cold and would prefer an indoor activity why not try a hydrotherapy pool, great exercise for your dog and something a bit different. It's especially good for older and arthritic dogs as it is much easier on their joints and it is still important for the elderly to keep active. Or try these other indoor activities:

Practice Basic Commands

Anytime is a good time to run through training sessions, but if you are stuck indoors it's the perfect opportunity to work on basic commands or even more advanced ones that don't take up a lot of space. Even if your dog knows the commands already, a training session is still exciting and fun. You can also look up fun tricks to teach your dog, like balancing a treat on the nose, learning the names of toys and sending him to get them or play hide and seek for a treat.

Interactive Games and Toys

Interactive toys are a great way to sharpen your pets mind and reward them at the same time. These toys usually involve hidden treats in an object. It requires some skill to get to the food, so your dog needs to figure out how the toy works to get to the goodies. Products like Kong and treat balls can be stuffed with treats or soft food. With both of these, your dog will need to lick, chew and even throw the toy to get the food out. Interactive toys can provide hours of entertainment for both you and your dog.

Do Some Basic Grooming

Grooming is one of your dog's basic needs and is an important part of dog ownership. In order to make grooming a positive experience, ease your dog into it and offer plenty of rewards. Some dogs really enjoy certain aspects of grooming - specifically being brushed. If your dog is a shedder, then some basic grooming with a tool like a shedding comb can really help cut down on the excess hair in your home. When done in a gentle manner, grooming can be a soothing and enjoyable bonding experience for both of you. You could also learn some simple massage techniques to pamper your pooch with.



Most of all just make it fun.

Animal Crackers

PETMINDING SERVICE

Kind, caring & Reliable At-Your-own-Home Petcare

AVS has experienced this great service first hand and would like to share that with you

So if you would like to go in the draw to win two free 1/2 hour walks for your dog please email us at auckvet@auckvet.co.nz with your name and contact details and put Animal Crackers in the subject line.

Take a look at their website.
www.animalcrackers.co.nz

Entries Close 30th September
Prize Drawn 1 October 2010

feeding
patting
cuddles
brushing
walking
daily visits



Don't you just love the enthusiasm!

Flea Product Winners...

Each month we give away a packet of Advantage to one of our clients who returns the AVS client questionnaire. We send client questionnaires to randomly selected existing clients and all new clients. The questionnaires are also available on our website for anyone to complete. Every client who returns a completed survey goes into a draw to win a pack of Advantage for their pet.

The winners for the last few months were:

March 2010: Kelsey Waters
April 2010: Michael Kiddie
May 2010: Glenn Bartrum.
June 2010: Marilyn Millington

CONGRATULATIONS!

We hope you have enjoyed this issue of our newsletter. The next issue is available in December 2010. Look out for it then!

Our newsletter is always available on our website first!

Visit our website soon:

www.aucklandvetservices.co.nz

Caroline, Bob, Georgina, Debbie, Nicole, Mark, Andrea, Danielle, Rosie and Toby.