



## Weight Watch

**overweight** adj., beyond an allowed or suitable weight. - n. excessive or extra weight

**Tubby, porky, chubby, cuddly**, just a few 'cute' nicknames you may call your pets, when their waistlines are looking rather rotund! However, obesity should never be mistaken for being cute, as for pets to be overweight is a serious problem, and it should not be ignored. With our busy lifestyles, it may go unnoticed that the family pet has piled on the pounds. Overfeeding, incorrect diet, treats, titbits from the children and lack of daily exercise, all contribute to pets being overweight.

### Obesity in dogs and cats

can cause heart disease, diabetes, arthritis and breathing difficulties. A good well-balanced healthy diet, with plenty of exercise will help pets keep fit, maintain an ideal weight and enjoy a better quality of life.

**So now is the time for the whole family to become involved with your pet's 'weight watch'.**

- W**atch how much and exactly what you are feeding them
- E**xercise regularly; so grab that lead and head for the fields
- I**nclude the whole family in their pet's weight watch
- G**ood quality foods contain a correct balance of nutrients for a healthy diet
- H**elp is available at our surgery for pets to shed those extra pounds
- T**reats - keep to a minimum and no sneaking extra snacks!

- W**eigh your pet at any time, just pop into our surgery
- A**ctivity is good; play games, walks - remember dogs love the park!
- T**arget weights can be achieved, and it's all for the health of your pet
- C**ouch potato - don't let your cat or dog become one!
- H**appy, slimmer pets enjoy healthier and better quality lives



### Surgery Hours

*Our friendly support staff are available all day for pet healthcare and advice*

Monday, Wednesday & Friday  
**8.30am - 6.30pm**

Tuesday & Thursday  
**9.30am - 7.30pm**

Saturday **9am - 12 noon**

*Consultations with the vets & nurses are by appointment only*

**24hr Emergency Service** here at the surgery and with your usual vets

**Call day or night**

**01606 880 890**

At our **FREE Nurse Clinics**, we can discuss a diet and exercise plan to suit your pet. So, if their weight is heavy on your mind, contact us today and we will help you all the way!

## I Got Lost Last Week ....and what a nightmare!

These things do happen...the side gate had blown open, and those smells from the other side were so tempting, and off I went! Such great fun it was but after a while I got peckish so time for home...uh where am I? My heart thumped with fear as this human appeared "So little one you lost? Oh dear, no collar - no id tag... better take you to the police station". Here another human came and ran this thing across my body. "Mmm no microchip". Uh what? Micro... what chip...ah good something to eat, but no. I was put in a strange cage in a van, taken to this place and put into a kennel. Scary...but they were most kind to me, gave me food, but my appetite had gone! Was this to be my new home, would I ever see my mum again, or sleep on my special bed? What was to become of me?



**Special Microchips reduced £20 just £15 until 31st March**

The next morning brought a voice I knew. Oh joy...it was my Mum! She'd found me...but what a job...been pounding the streets for hours, calling my name, made numerous telephone calls and not a wink of sleep, she told the other humans! They said how very lucky she was to have found me, and it would have been easier if I'd been microchipped, as it's a **quick, reliable and permanent** way to identify, and happily reunite lost dogs and cats with their owners.

So now back in my familiar car with my lovely mum, I'm straight off to the vets to be microchipped. I'll then have my own ID number logged on a central computer database, which is accessible 24 hours a day. If I get lost again, a special scanner, held by various rescue centres, dog wardens, and veterinary practices reads this ID number, and after a quick call... hey presto, I'm back home again! No more getting lost for me, and no more worry for my Mum!

### Hollybank Calendar of Events

So with the freezing temperatures, snow and icy roads behind us, our thoughts now turn to warmer days in the great outdoors. Here at Hollybank we are all looking forward to a great summer, and taking an active part in the local community events. We so enjoyed meeting you and your pets last year, that we're going to do it all again! So sharpen up those pencils and jot down these important dates in your diary.

**Sat 11th June - Cuddington and Sandiway Gala Day**

**Sat 24th & Sun 25th July - Blakemere Country Show**

**Sun 4th September - Hollybank Vets Charity Open Day**

# Worm Encounters!

A close up with worms is not on any pet owners wish list, but all dogs and cats are at risk from catching worms at some point. If left untreated, it can cause serious illness in our pets. Roundworm and tapeworm are the two most common types found in the intestines.

## Spreading the Worm

Infected animals pass these worm eggs in their faeces, which dogs and cats can pick up while sniffing around - and the worm cycle begins again!

Fleas eat worm eggs. Pets with fleas can ingest these parasites while grooming.

Mice, rats and birds also carry worms. Cats that hunt may just catch a little more than bargained for!

Puppies and kittens are infected before birth and also after, while feeding from Mum.

**Latest additions** More recently we have seen the increasing appearance of **lungworm**, which is found in the lungs and hearts of dogs and foxes. They have been infected by eating snails or slugs carrying the lungworm larvae. As some dogs snack on these slimy creatures or swallow larvae off grass, pets are at risk. Sadly in some cases it can prove fatal.

**Ringworm** Another worm? Actually this is a fungus that affects the skin of our pets, and is transmitted from direct contact with an infected animal. Fungi spores also survive in the environment for long periods of time, so can be caught from anywhere that an infected animal may have been.

## Safety

Some worms can pose a threat to humans. Please keep this in mind when you, or especially children, are in close contact with your dog or cat. Always remember to clean up and correctly dispose of your pets' poo from the garden, streets and on walks.

## Treatment is simple, quick & vital

Effective treatments are available to tackle these various worm problems, so please contact our surgery to discuss one suitable for your dog or cat. Regular worming prevents invasion of these nasty parasites, and plays a vital role in the preventative healthcare of your pet.



# Hop to Health!

**Vaccinations** Cats and dogs have vaccinations every year - and bunnies should too! We vaccinate rabbits against **Myxomatosis** and **Viral Haemorrhagic Disease (VHD)**. Myxomatosis is particularly common in the spring and summer, so we recommend **boosters every six months**; ideally in February/March - August/September. Even indoor rabbits should be vaccinated, as the disease can be spread by insects and on clothing. Vaccinations against VHD should take place yearly.



**Flystrike** This condition is sadly and commonly seen in rabbits in warmer months, when flies lay eggs in soiled fur and hatching maggots burrow deep into the flesh. Flystrike can affect all rabbits, but specifically in overweight rabbits that cannot groom, or those with diarrhoea caused by incorrect diet. **It is really important to check your rabbit's bottom twice daily in the summer months, as flystrike happens very quickly and can be fatal.** Preventative measures include using a fly repellent 'Rearguard'.



**E.Cuniculi** This parasite can cause many signs including a head tilt, hind limb paralysis, urination problems, lethargy and gut stasis. Around half of pet rabbits are exposed to the disease, but many do not show any clinical signs. Treatment is available, but recurrence is common when in times of stress.

**'Snuffles'** This infection is caused by the bacteria **Pasteurella**, which is normally found in healthy rabbits in their nose and throat. Actual disease is only seen in a few rabbits, and signs are a milky white discharge from the eyes and nose, sneezing, laboured breathing and abscesses. Sometimes tricky to treat, so prevention is much better than cure; keep the hutch and run clean, feed a correct diet and make sure your rabbit has plenty of exercise.

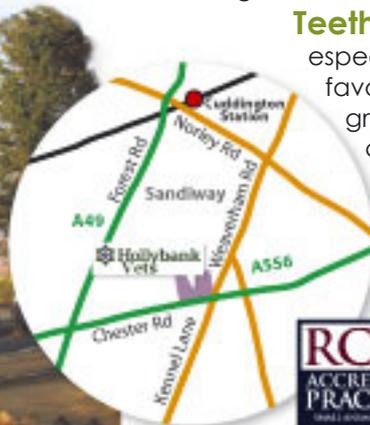
**Diet** Rabbits' teeth grow continuously, so they need to eat plenty of fibrous food to ensure they are worn down. Grass and hay are a great source of fibre and should make up 75% of your rabbit's normal diet, with a further 20% of fresh vegetables and just a very small amount of pelleted food.

**Teeth** Growing teeth, need regular dental checks especially if your bunny shows a reluctance to eat, favours one type of food over another, dribbles or grinds their teeth. Front incisors can be burred conscious, but the back 'cheek' teeth or molars are best examined under anaesthesia, and if required can be burred then. Feeding a correct diet can help avoid dental problems.

**For more advice or if you have any concerns regarding your rabbit, please contact us on 01606 880890.**

 **Hollybank**  
VETERINARY CENTRE

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**01606 880 890**

[www.hollybankvets.co.uk](http://www.hollybankvets.co.uk)