

# The Heat On!



# Hollybank

VETERINARY CENTRE

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The one thing predictable about the English weather, particularly in the summer, is that it is unpredictable! Most of us would like a long hot summer, however where our dogs, cats and other pets are concerned, it does not have to be a real scorcher for them to be affected by **heatstroke** (hyperthermia) - a rise in body temperature. Just a warm cloudy humid day can cause the heat to rise in your home, conservatory and garden where your pets could be relaxing or exercising. These places become even hotter when the sun is shining, and as an animal's cooling system is not as efficient as a human's, your pet can very quickly overheat and dehydrate. If their temperature reaches too high a level, serious damage may occur to their organs and cell system. Sadly in severe cases this can be fatal.

**Some pets are more at risk than others** and extra care should be taken with those who are overweight, elderly, have a heart condition, breathing problems or long and thick coats.

### Aim to Prevent

**Never** leave your pet in the car, not even with the windows open. They will cook in minutes! Exercise pets in the **cooler morning or evening air**.

Don't **over exert** them.

Always ensure they have **access to shady cooler areas** in and outdoors.

Regulate their time spent **lying in the sun and heat** in the garden or indoors.

Place rabbit and guinea pigs' housing, outside run and drinking water **in the shade**, also ensure the hutch has good ventilation.

### Recognise the Signs

Increase in panting • Excessive/thick saliva  
Anxiousness/pacing/distress • Dark gums  
Lethargy • Unwilling or unable to rise  
Vomiting • Dizziness/disorientation  
Collapse/loss of consciousness

Pets can recover from heatstroke but the key is **early recognition and prompt action, better still - prevent it!** If you suspect that your pet is suffering from the effects of heatstroke move them to a cool area and contact your veterinary surgery immediately.



Provide plenty of **fresh, cool, clean drinking water.**

## Pets Get High Blood Pressure too!

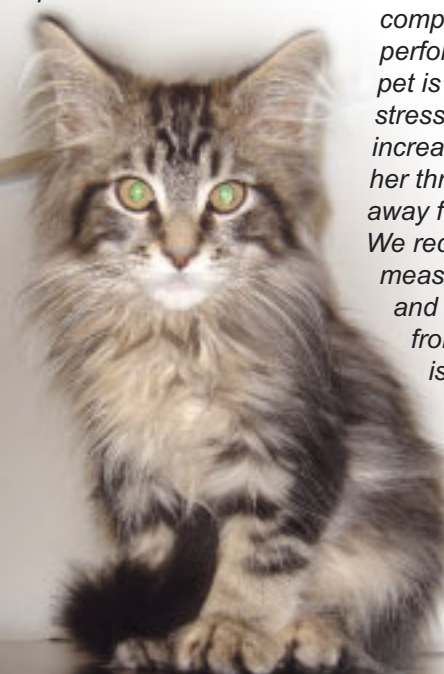
*Hypertension, or high blood pressure, is a condition that is common in older pets, especially cats. It is normally linked to an underlying problem such as kidney or heart disease or an overactive thyroid gland. In addition, it can be seen in diabetic animals and those who are very anaemic. One of the most common signs of hypertension in cats and dogs, is sudden blindness. This is because the retina (back of the eye) can become damaged due to the high pressure in the blood vessels there.*

**Other signs to look out for are those associated with the underlying disease.**

- ❖ Drinking and urinating more frequently could mean kidney troubles.
- ❖ Weight loss despite eating more can indicate diabetes or a thyroid problem.

*Blood pressure can be monitored in our pets in a very similar way to humans. A cuff is placed around the leg or tail and several blood pressure measurements are recorded. Measuring blood pressure is completely painless, quick and easy to perform - indeed we need to ensure your pet is calm and relaxed at the time, as stress can cause blood pressure to increase. We often suggest taking him or her through to a quiet area in the practice, away from the excitement of other pets. We recommend routine blood pressure measurements in all older cats and dogs, and any we suspect may be suffering from hypertension. If blood pressure is consistently high, then we would recommend further tests to identify any underlying condition before starting treatment.*

*At Hollybank Vets, we are very excited to have the very latest and most accurate blood pressure monitor - specifically designed for dogs and cats. Please ask us for further information.*



## Hospital Open Day Sunday 5 September

Hollybank Veterinary Centre will once again be opening its doors to members of the public. Guided tours of the Practice will be provided by members of the Hollybank team allowing a 'behind the scenes' glimpse of the work of our vets and nurses. Due to the success of last years event, we will once again be raising money for local charity 'The Joshua Tree', helping them towards their goal of developing a holiday home and support centre in Cheshire, where children with a life threatening illness can stay with their families. Many attractions are planned for the day including the return of the very popular 'Granny's Bakery' cake stall, face painting and bouncy castle plus the chance to meet some of our patients. Raffle tickets will be on sale at Hollybank from 1st August. Tours will be available from 10am until 3pm.



- Other events featuring Hollybank Vet Centre**
- 5 June Sandiway Village Gala
  - 24/25 July Blakemere Country Fair\*
  - 4 September Norley Village Show\*
- \* where we will be judging at the Fun Dog Shows



**New Reception Staff** We are very pleased to introduce two new members of our team. Penny Crawford and Helen Stubbs, have joined us as Veterinary Receptionists, and will be the friendly faces on hand to greet you at the front desk or over the phone.

**Helen Stubbs** is our third 'Helen' at the practice and so will probably be known as 'Helen Receptionist'! She joins us having spent an exciting three months travelling through Asia after graduation from Liverpool John Moores University. Helen is a regular volunteer at her local cat rescue centre, and hopes eventually to pursue a career in Veterinary Nursing. "I really enjoy feeling part of a caring team dedicated to helping animals - it's good to know you have made a difference".

**Penny Crawford** has always enjoyed working with people and animals. Her career started as a volunteer at a wildlife sanctuary and progressed to working as a veterinary receptionist - although she still helps foster abandoned puppies and kittens for a local charity. Penny comes to us with over four years experience as a veterinary receptionist. She says "I love getting to know clients and their pets, and being able to help them through both good times and sad times".



## Good News & Bad News for Bunnies

**How good is your rabbit's food?** Feeding your pet a dried mix helps to provide a balanced diet, but it also allows your bunny to pick and choose. This usually results in them eating only the tasty bits, leaving the other essential bits behind! However, it's these 'essentials' that help a rabbit's digestive system stay in good working order, and their continuously growing teeth stay in shape.

**So good foods** for your rabbits are:

**An all in one pellet mix** provides no option to 'pick & choose' as they eat everything! **Plenty of hay** as they require a high source of fibre and its great for teeth too. A selection of **fresh fruit and vegetables**. Like to know more? Then give us a call.

**Bad for Bunny** Overgrown teeth can cause eating problems, facial abscesses and cuts. This may also prevent your rabbit from grooming themselves and keeping clean, which can lead to the very serious condition called '**flystrike**' especially in the summer months. If its hindquarters become moist and dirty, nasty buzzing flies can be attracted to this area where they lay eggs. As the eggs hatch into maggots, they feed on the rabbit's skin and underlying tissue. This is an extremely horrible and life-threatening condition for your rabbit. It is a real emergency, which requires immediate veterinary treatment, as sadly, flystrike can often be fatal.

## So take steps to protect your pet rabbit

Fully inspect your rabbit's bottom daily to ensure they are clean, dry, egg and maggot free. If this area has regular soiling, pop them in for a check-up as their teeth may require trimming. Remove dirty bedding and waste material daily. Clean hutches frequently.

Ask your vet about protective sprays.

**If you think your rabbit has FLYSTRIKE contact your vet without delay.**



**Hollybank**  
VETERINARY CENTRE

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Sandiway  
Cheshire  
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## 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. Please call to arrange a suitable time.

To ensure continuity of first class veterinary care for your pets we are proud to offer **24hr Emergency Service** here at the surgery and with your usual vets.

**Call day or night 01606 880 890**

**01606 880 890**  
**www.hollybankvets.co.uk**