



The Vet Centre

WAIPU | RUAWAI | MANGAWHAI | MAUNGATUROTO | RUAKĀKĀ



June/July
2024

WINTER UPDATE

Hello everyone,

Winter is here

We hope you are keeping rugged up and your pets are adjusting to the cooler temperatures. The cold weather and wind can be hard on your furry friends, so it's important to take extra care of them during the winter to keep them healthy and happy. Have you considered a coat? These are advisable when exercising older dogs, especially if they are short-haired or thin-skinned. Does your outside dog have a warm and weatherproof kennel? Cats are pretty good at finding sheltered places to sleep, so make sure they can always access a comfortable indoor area and that their cat flaps are working properly.

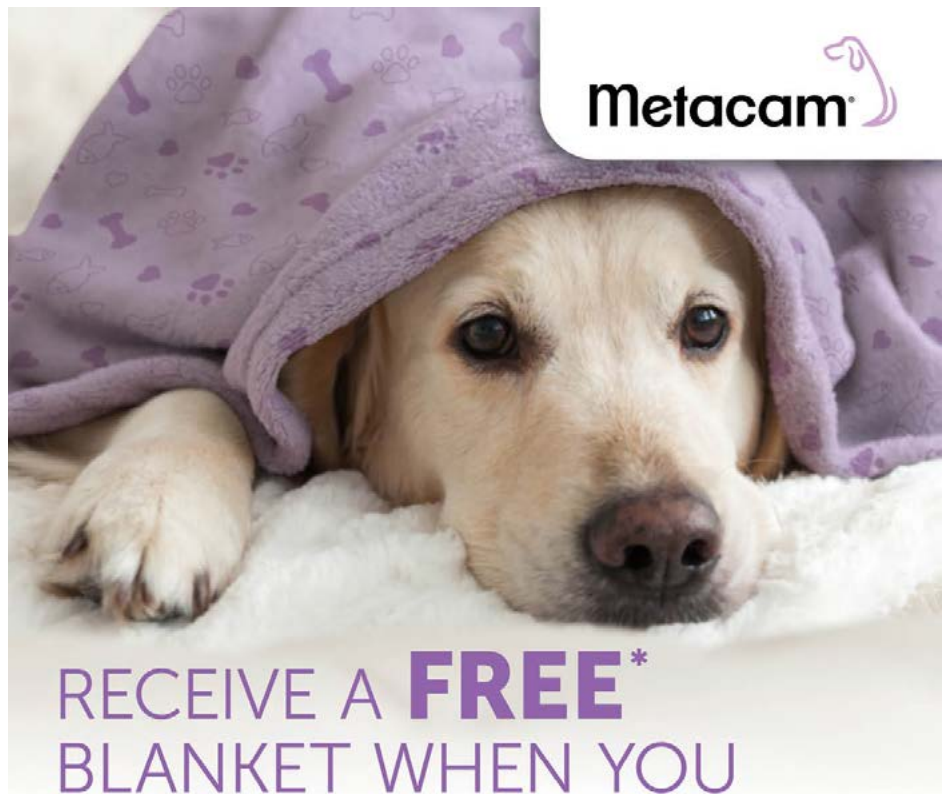
Senior Pets

In this edition, we talk a lot about our senior pets. There is a surprising number of things we can do to help our mature pets navigate their golden years more comfortably. If you have noticed your pet isn't jumping or moving like it used to, have a read of the articles and watch the video for more information.

Enjoy the read and take care out there.

Regards,

The team at The Vet Centre



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BLANKET WHEN YOU
PURCHASE METACAM®

*T&Cs apply. See product label for full claim details and directions for use. ACVM No's: A007550, A009631, A009630. RVM. Available only under a veterinary authorization. NZ-CAN-0026-2024. *While stocks last. Offer only applies to Metacam Oral Dog purchases.



Bertie's weight loss journey

Bertie first saw Andy and Sue in August 2023 for re-occurring lameness that would worsen after exercise. He was initially treated with non-steroidal anti-inflammatory drugs, and we were suspicious that chronic cruciate ligament disease was beginning to represent itself.

Andy immediately recommended a weight loss trial and if no improvement further radiographs and possible surgery would have been the likely outcome.

While it was very difficult for Bertie to give up his occasional Salmon skin, his owner Trudie truly dedicated herself to ensuring a positive outcome and persevering with the recommendations provided.

A diet of Royal Canin Satiety biscuits was customised for him, and he successfully reached his goal weight of 22.6kg from an initial 28kg in just 6 months, likely having saved his owner thousands in further veterinary bills.

He now maintains his joint pain with only a monthly injection. However, we will continue to monitor this for improvement as he can now transition from the weight loss diet to a joint health diet which may result in fewer monthly injections needed.

Congratulations Bertie!



Loren Hampshire
Veterinary Nurse



FREE DOG BIN

With your 5th bag of Royal Canin*



*Offer applies when you buy your 5th bag (or more) of Royal Canin dry dog food on the loyalty card. While stocks last.



Things to think about as your pet is getting older...

Much like humans, some individuals seem to age better than others. As with us, many conditions and disorders become more common with age – such as osteoarthritis, decreased renal function, changes in vision and liver function, and hyperthyroidism in cats. Often, we as owners think ‘Oh they are just slowing down as they get older’ but there can be something going on that is affecting their quality of life, like arthritic pain, which can be treated. After all, they can’t tell us in words!

As a generalisation, there is a tendency to consider any pets over the age of 7 as being “seniors”. However, there are quite marked differences in age expectancies with different breeds of dogs especially – a 9-year-old Yorkshire Terrier might have another 6 years of active life ahead, whereas a Great Dane of the same age would be on borrowed time. For cats and small dogs, 11.5 years of age may be considered geriatric, while for medium and large dogs it would be 9 and 10 years respectively, and with the giant breeds about 6 or 7 years old. Cats also do vary a bit with the breed as well as between individuals, with Maine Coons and the other large breeds having a shorter life expectancy than say a Burmese or Domestic Short Haired cat.

The good news is that there are many options to manage aging in our beloved friends – like treatments for arthritic pain, medications for cardiac conditions, hyperthyroidism, or diabetes. Senior and prescription diets and breed-related foods have been developed to help manage common issues like arthritis or reduced kidney function. Simple things like putting nightlights on stairs or near exits can help older animals with reduced vision get

around at night. There are even foods designed with additional B vitamins and antioxidants to help with canine dementia!

One of the common-sense things to do is get your senior pets checked by a vet. We often find things at their annual vaccination examination and can talk about it then – like dental disease or heart murmurs but sometimes the pet has been affected for quite a long time before their annual check-up was due. For us, a year doesn’t seem very long but as they don’t live as long as we do, a few months is like a year or more to them physically. If you are concerned about any issues, it is a good idea to get them in to be checked out with a physical exam or even just book for a senior wellness exam with no particular concerns



Dr Sue Crow
Pet Vet
Ruakākā

in mind instead of waiting for their annual vaccine check-up. In fact, veterinary geriatricians usually recommend 6 monthly check-ups.

Blood tests are often recommended at the check-up as a way to investigate concerns or check for conditions that might not yet be obvious on physical exam. It may be that the tests are all normal (which is great!) and help with peace of mind. If we do find anomalies, this can make all the difference – we may be able to help longevity and quality of life with early intervention and management.

**you know
your pet
best**

Check them
for signs of
arthritis **pain**

ACVM No. A11845, A11917, A11918, A11919, A11920. RVM;
Available only under Veterinary Authorisation. MM-33862.

Beranso
Bedinvetmab



How to care for Senior pets

Signs of Ageing

As our furry companions age, they may exhibit various signs that indicate changes in their health and well-being. These signs can include slowing down during walks, finding stairs challenging, sleeping more frequently, experiencing weight fluctuations, and showing irregular toileting behaviours. Additionally, senior pets may develop symptoms of arthritis, such as joint stiffness, struggling to move, slipping, or limping. By recognizing these signs early on and adjusting their care routine, exercise regimen, and environment, we can help our senior pets maintain a higher quality of life and ensure they are comfortable and content in their golden years. It's heartwarming to see your dedication to understanding and improving the welfare of our aging furry friends.

Changes we can make

Diet Changes

As our fur babies grow older, their dietary needs may change to support their ageing bodies. Senior pets often require a diet tailored to their specific needs, such as reduced calories to prevent weight gain and joint supplements to support mobility. It's essential to consult with a veterinarian to determine the best diet for your senior pet based on factors like



Zoe, a special senior patient

their age, weight, and any health conditions they may have. By providing them with a balanced and appropriate diet, we can help our senior pets stay healthy and happy as they age gracefully.

Environmental Changes

Simple adjustments like providing soft bedding to support achy joints, placing food and water dishes at a convenient height to reduce strain, and adding ramps to help them navigate stairs more easily can make a significant difference in their daily lives. Creating a warm and cozy space with easy access to their essentials can help senior pets feel safe and secure in their surroundings. By considering these environmental modifications, we can ensure our furry companions enjoy their golden years to the fullest.



Christy Dudley
Veterinary Nurse



Scout, a special senior patient

How to care for them

Dental Care

It's crucial to pay attention to dental care for our senior pets. Just like humans, older pets can experience dental issues like gum disease, tooth decay, and tooth loss. Regular dental check-ups and cleanings are essential to maintain their oral health. Providing dental treats, toys, or even brushing their teeth can help prevent dental problems and keep their teeth and gums healthy. Ensuring good dental care for our senior pets can contribute to their overall well-being and quality of life. ➔

FOOD WE STOCK FOR OUR SENIOR PATIENTS:





Grooming

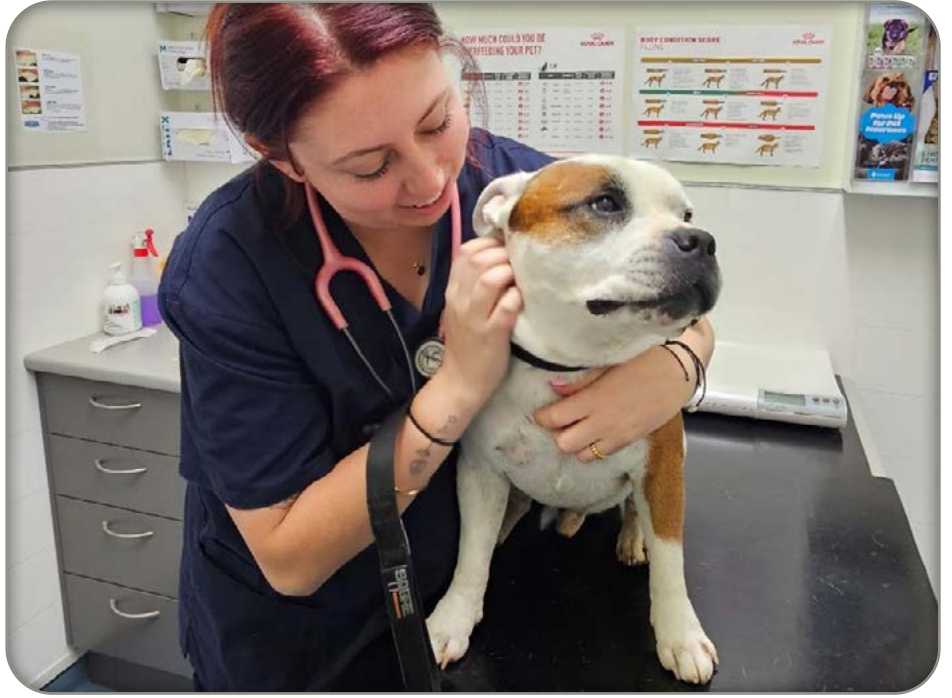
Grooming is essential for senior pets to help them stay comfortable and healthy. As pets age, they may have difficulty grooming themselves, leading to matting, skin issues, and discomfort. Regular grooming sessions can include brushing to remove loose fur, trimming nails to prevent overgrowth and discomfort, and checking for any lumps, bumps, or skin irritations. Gentle grooming not only keeps our senior pets looking their best but also allows us to monitor their skin and coat for any changes that may require veterinary attention. By incorporating grooming into their routine, we can help our senior pets feel fresh, clean, and cared for in their later years.

Health Checks

Regular health checks are crucial for senior pets to ensure they are in good health and catch any potential issues early. These check-ups typically involve a thorough examination by a veterinarian, including assessing weight, joints, heart, teeth, and overall condition. Blood tests and other diagnostic screenings may also be recommended to detect any underlying health concerns. By scheduling routine health checks for our senior pets, we can proactively address any health issues and provide them with the best possible care to maintain their well-being in their golden years.

Arthritis

Arthritis is a common issue that senior pets may face as they age. It can cause pain, stiffness, and reduced mobility in our furry companions. To help manage arthritis in senior pets, it's essential to work closely with a veterinarian to develop a treatment plan tailored to their



Oby, a very well-known special senior at the Mangawhai Vet Centre and lead nurse Christy.

specific needs. This plan may include medications, supplements, weight management, and gentle exercise to keep their joints mobile.

By addressing arthritis proactively, we can help our senior pets stay comfortable and active for as long as possible.

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for a chance to **WIN***
a New Zealand made
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**EASY, LONG LASTING FLEA & TICK
PROTECTION IN ONE DOSE**



Each sheepskin is unique so shape and size will vary.

*Competition ends 31st July 2024

*This is a promotion run by the business displaying this promotion. Refer to staff for full terms and conditions, including promotion period.
ACVM No's: A011019, A011261, A011446 & A011993. BRAVECTO QUANTUM requires vet authorisation.

PUPPY PRESCHOOL

For puppies under 14 weeks of age

(Minimum 1st vaccination required)



Give your puppy a great start in life and help them grow and develop into healthy and happy canine companions

WHAT WE COVER

- Socialisation with other dogs
- Owner education on health and nutrition
- Positive rewards based training

WHERE

- 53 The Centre, Waipu
- 36 Moir Street, Mangawhai

WHEN

- Tuesday 5:30pm-6:30pm. Start date TBC subject to numbers

WHAT IT COSTS

- \$95 for four one hour sessions

Please contact your local clinic to book. Spaces are limited so don't delay.



The Vet Centre

WWW.THEVETCENTRE.CO.NZ



Rat Bait Toxicity as we head into winter

With the cooler damper weather, we are seeing the rat numbers coming indoors increase, which means an increase in the use of rat bait.



The most common rat baits used in New Zealand are anti-coagulants with Brodifacoum being the key ingredient in many of them (Talon, Pest Off). Anti-coagulants work by interfering with vitamin K1 which is essential for creating blood clotting factors. When a dog eats rat bait, slowly over a few days its clotting factors run out and it can't make any new ones, so it starts to bleed. If left untreated they will eventually bleed out and die.

What are the signs of poisoning?

Rat bait poisoning can present in a few different ways, depending on where the animal bleeds. The main signs we see are:

- Lethargy
- Pale gums
- Coughing (from bleeding into the lungs)
- Lameness (from bleeding into the joints)
- Bruising on the skin

Less commonly we see bleeding from other areas such as gums or bladders with bloody urine. The bait is purposely dyed blue so that it can be seen in the bowel motions and occasionally we see dogs present with this.

What to do if I know that my dog has eaten rat bait?

If you think your animal has eaten rat bait, please contact the clinic immediately. If it has been consumed in the previous 2-4 hours then inducing vomiting can hopefully remove the bait from the stomach so it doesn't get absorbed, though this is not always 100% effective.

STAFF NEWS

WELCOME TO THE TEAM

Dee Pollock: Customer Service

Dee, originally from Auckland, has lived in Mangawhai for the past 4 years. She has two rescue dogs, Tari and Penny. Her hobbies include being a St John First Responder, golf, long walks and any outdoor experiences. Fun fact about Dee: she is an avid op shopper.



Christy Dudley: Veterinary Nurse

Originally from Auckland, Christy is hoping to settle down in a small town. Her hobbies include baking, keeping up her social life, adventures and spending time with her dog Cooper and cat Chance. Christy also does cat feeding, dog walking and house sitting.



Michelle Irwin: Veterinary Nurse

Originally from West Auckland, Michelle has recently moved to Mangawhai with her daughter. In Michelle's spare time, she enjoys raising monarch butterflies and starting a vegetable and strawberry garden to see if she can grow green things. Michelle used to travel around Auckland with her dog Chase teaching school kids how to stay safe around dogs for the Charitable Trust Kids Safe with Dogs.



CONGRATULATIONS!

A huge congratulations to **Jessie** and her partner **Jim** on their beautiful baby boy **Kailen** born on the 15th of April at Whangarei Hospital. Weighing 3.1kg at birth, he is growing well and is a healthy little dude.



Waipu Clinic

53 The Centre
Waipu
P 09 432 0693

Opening Hours

Mon-Fri: 8.00am-5.00pm
Saturdays:
9.00am-12.30pm

Ruawai Clinic

23 Jellicoe Road
Ruawai
P 09 439 2506

Opening Hours

Mon-Fri: 8.30am-12.30pm
1:00pm-4:30pm
Saturdays: CLOSED

Mangawhai Clinic

36 Moir St
Mangawhai
P 09 431 4535

Opening Hours

Mon-Fri: 8.00am - 5.00pm
Saturdays:
9.00am - 12:30pm

Maungaturoto Clinic

184 Hurndall St
Maungaturoto
P 09 431 8318

Opening Hours

Mon-Fri: 8.00am - 5.00pm
Saturdays: CLOSED

Ruakākā Clinic

385 Marsden Point Road
Ruakākā
P 09 433 4916

Opening Hours

Mon-Thurs: 8.00am - 5.00pm
Saturdays: CLOSED

The Vet Centre People and Pets Parade

Put on your best tartan, then tartan up your pet and gather at the Pizza Barn on Saturday 13th July 2024 at 9:45am for a 10am start

The parade will walk through the town centre, ending at The Vet Centre where Wandering Angels Animal Sanctuary will be hosting a sausage sizzle.

Prizes for best dressed:

- Small Dog
- Medium Dog
- Large Dog
- Horse
- Most Original Outfit
- Overall Owner and Pet



For any enquiries, please contact the Waipu clinic
waipu@thevetcentre.net.nz

The Vet Centre

Maungaturoto | Waipu | Mangawhai | Ruawai | Ruakākā

Promote Waipu
"We're loving it!"

www.thevetcentrenorthland.co.nz