



The Vet Centre



WAIPU | RUAWAI | MANGAWHAI | MAUNGATUROTO | RUAKĀKĀ

DECEMBER 2024/
JANUARY 2025

Season's greetings

Hello everyone & welcome to our December/January newsletter. With Christmas only a few more sleeps away, are your pets prepared?

Vaccinations

If your pets are going into kennels or a cattery over the festive period, check their vaccinations are up to date. If they are due, make an appointment online or with your local clinic now.

Repeat prescriptions

We require at least 24 hours' notice for repeat prescriptions. It is required by law that any animal on prescription medication must have a consultation and check-up with the prescribing veterinarian every 6 months. If it is 6 months or more since your pet's last check-up, you will be asked to make an appointment before any medication is prescribed.

Dietary requirements

Some foods may need to be ordered. Please make sure we have plenty of time to get it organised.

We value your patience with our new software, and your loyalty to our team.

We look forward to working with you to ensure your pets are happy and healthy in the years ahead.

Best wishes for the Christmas and holiday period.

Take care out there.

Regards,
The team at The Vet Centre Northland.



In this update:

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- Pet-proof your summer
- Itchy, scratchy & smelly pets
 - Summer treats
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Christmas Opening Hours

• Christmas Eve 24th December	8am – 4pm
• Christmas Day 25th December	Closed
• Boxing Day 26th December	Closed
• New Year's Eve 31st December	8am – 5pm
• New Year's Day 1st January	Closed
• Day after New Year's 2nd January	Closed



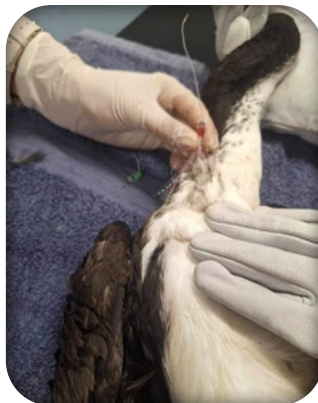


Fishing for trouble

Now that the weather is warming up, just a friendly reminder to keep fishing hooks with bait away from dogs and birds!

This cormorant was treated in our Mangawhai clinic after getting tangled in a fishing line. The team used sedation to remove the fishing line and two hooks (one in the left hind foot and the other in the right-hand side of the neck) without distressing the bird. One coil of line was wound very tightly around the left wing, and you can see the extensive bruising in the area as a result. The bird then went to the Whangarei Bird Rescue for rehab.

Fishing hooks with bait can also be particularly enticing to dogs, leading to uncomfortable situations. Ace, a 2-year-old retriever, recently experienced this firsthand. After being tempted by meat left on a hook after the kids went eeling, Ace ended up with the hook embedded in his cheek. Due to the barb, it couldn't be pulled out easily. Under sedation and local anaesthetic, the hook was carefully

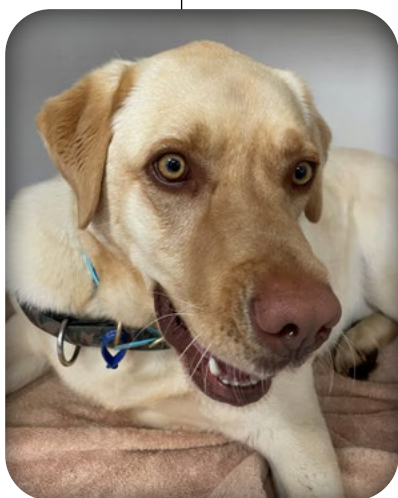
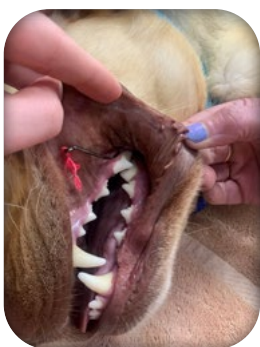


pushed through the cheek and cut behind the barb to remove it.

To prevent such incidents, always keep fishing gear safely stowed away when not in use. If you're fishing with your dog nearby, ensure they are supervised and kept at a safe distance from your equipment. Additionally, educate your family about the dangers of

leaving fishing gear unattended or discarding it in the ocean or at the beach.

In case of an accident, come and see us at *The Vet Centre* as soon as possible. Do not attempt to remove the hook yourself, as this can cause further injury. Wishing you tight lines and an enjoyable summer.



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Summer Safety

Summer is here, and it is already shaping up to be warm one. As the temperature rises and we are all out there enjoying the great outdoors with our furry companions, we need to be aware of the potential summer hazards and the effects that the hot weather can have on our pets.

Our pets are very susceptible to heatstroke as their bodies are covered with insulating fur and they are not able to sweat to dissipate heat as we do. Heatstroke occurs when your pet's core body temperature rises more quickly than it can cool itself. This increase in core body temperature is serious and can lead to fatal complications, including seizures, damage to internal organs and blood clotting disorders, which can in severe cases lead to death. Some breeds, especially brachiocephalic (short-nosed cats and dogs), are more at risk of heatstroke due to their anatomy.

Here are some of our top tips to help your pet stay cool and prevent heatstroke:

1. Hydration: Provide plenty of cool, fresh water in multiple plastic or terracotta bowls or buckets, add ice blocks and take cold water and a bowl with you on outings.

Indoor time: Keep pets indoors in a cool area during the hottest part of the day. Do not leave pets inside hot, closed houses - ensure good airflow in indoor spaces with fans or air conditioning.

2. Avoid exercise when it's hot outside: Early morning and evenings are the best time for walks. Not only does this prevent heatstroke but also avoids paw injuries due to hot asphalt/concrete as these can reach very high temperatures causing burns and damage to your pet's paws. A simple rule to remember is if it's too hot for you to walk barefoot on then it's too hot for your pet's paws.

Shade: Prevent your pet from overheating by encouraging them to stay in shaded areas. Remove them from any environment where they appear to be hot.

3. NEVER leave your pet in a car: On a hot day, even with the windows cracked open, temperatures inside a car can become deadly within only a few minutes.

4. Grooming: Mats and tangles can trap heat in your pet's coat. Regular grooming can help remove excess fur and keep pets cooler. Clipping also allows them to dry quicker after swimming and can help to prevent hotspots from developing. Depending on the thickness of the coat, your pet may benefit from a clip.

5. Frozen treats: Offer your pet some frozen treats like ice cubes with a dash of chicken broth or yoghurt for a refreshing snack.

6. Avoid tethering: Don't tether your pet or leave them outside on hot days.

7. Cooling products: Use pet cooling mats, cooling vests, or cooling bandanas to help regulate your pet's body temperature.

8. Paddling pools: Provide a shallow pool or container of water for pets to cool off in.

Warning signs

Recognise the signs of heat stress and act fast - quick action could save your pet's life!

Early signs of heatstroke in pets can include:

- Panting and heavy breathing
- Pacing, restlessness, or agitation, seeking shade or water
- Excessive drooling
- 'Brick' red gums or tongue
- Increased heart rate
- Vomiting or diarrhoea

Advanced stages of heatstroke can include:

- Confusion
- Lethargy
- Weakness or collapse
- Seizures.

Note: Cats show very similar signs, although it can be harder to identify heat stress in felines.

How you can help

If your pet shows signs of overheating, take immediate action by following these steps:

1. Cool location: Move your pet to a cool, well-ventilated place or use a fan.

2. Hydration: Offer them small sips of water; avoid forcing them to drink.

3. Cool water bath: If your dog is young and healthy, start bathing or sponging them with cool water.

4. Evaporation technique: If your pet is older or has health issues, try the evaporation method.

Pour water (cooler than your pet's body temperature) and use a breeze, fan, or air conditioning for evaporative cooling.

5. Avoid ice-cold water:

Do not plunge your dog into cold water or an ice bath, as this prevents their core (central) temperature from decreasing.

6. Contact your vet: Call your veterinarian for guidance once you've started these steps.

Even if your pet appears fine, have them checked, as severe heatstroke signs may not show immediately.

Heatstroke is a medical emergency and can be life-threatening if left untreated. Any animal suspected of having heatstroke should receive an immediate veterinary assessment.





Itchy, scratchy & smelly pets

As spring rolls around into summer, we often see allergic skin diseases pop up in our furry friends! Itchy skin, sore ears, fur loss, and inflamed smelly skin are just some of the warning signs that potential allergic dermatitis is trying to rear its head or something else is causing an imbalance. We often see this during the warmer periods when more pollens are floating around and animals are spending more time outdoors.

Allergic responses can be triggered by several things such as environment, nutrition, parasites and even hormones. Commonly, they are seasonal and lifelong allergies but can be managed with the help of your veterinarian to keep our pets comfortable throughout their lives.

For many animals, itching reaches what we call 'the threshold'. Multiple allergens can cause the itch sensation and when these all pile on top of each other they eventually reach the threshold. Once here, all it takes is one more allergen to be introduced and then we break through the threshold and our poor pets are itching like mad, shaking their heads, or losing fur. Because of this, management often has to come from many angles to help get us back down below the 'threshold' and stay there.

Common triggers for allergic skin disease can include but are not limited to:

Environmental allergies – Similar to people, animals can be allergic to tree/grass pollens, dust mites etc. This can be all year round or seasonal and often will manifest as itchy skin or ears.

Nutritional allergies – Food allergies are more common than you may think, and clinical signs can include both skin and gastrointestinal issues. Typically, it

is dogs we see which are allergic to the proteins in pet foods and treats such as beef, chicken, and lamb.

Parasitic allergies – Flea allergies are common in both dogs and cats. Even animals which don't appear to have fleas can be bitten whilst outside and set off a skin reaction. Fleas can be particularly challenging as they like to live in the environment, blankets and carpets, so treating the pet and its environment are equally important.

Contact allergies – Physically coming into contact with various plants such as Kikuyu or Wandering Jew, and even contact with some plastic bowls or wool carpets can cause some animals to have an allergic reaction resulting in itchy or red and inflamed skin. This is often localised to the area which physically touched the allergen.

Occasionally, as the skin gets damaged it can also let in all sorts of environmental bacteria especially if pets are licking it! This can lead to skin infections developing where the skin is red, raw, moist and may appear bumpy with pustules. If the skin is looking abnormal or reddened it is best to see your vet so they can evaluate further.



Dr Tara Brophy
BVSc
Vet



Management options:

With so many causes of skin reactions and allergies there are multiple different management strategies you can discuss with your vet, depending on your pet's needs.

Management options:

- Specific shampoo treatments
- Consistent flea control
- Medicating daily with Apoquel or monthly with Cytopoint
- Food and diet adjustments, and even supplementing the diet.

Supporting the skin barrier goes a long way to keep allergens out and our pets happy.

If you think it sounds like your pet may be displaying any signs of itching or inflamed skin, please come in and discuss this with your vet. We can investigate what's right for you and what will bring your pet the most comfort!

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Summer Treats

Here are some pet safe treats for your furry companion to enjoy over the festive holidays

Feline Snack 'Triangles'

Ingredients:

- 156g can of cat food

Directions:

- Preheat oven to 180°C.
- Spread ½ of a 156g can of cat food onto a sheet of waxed paper.
- Cut the flattened cat food into triangles, each 1 cm thick.
- Place the triangles on an ungreased cookie sheet and bake in the oven for 15 minutes.
- Flip the triangles and bake for another 15 minutes.
- Let cat treats cool completely before serving to your cat.



Canine Apple Carrot Treats:

Ingredients:

- 1 cup of whole wheat flour, brown rice flour, or gluten-free flour
- 1 cup of grated carrots
- 1 egg
- ½ cup unsweetened apple sauce

Directions:

- Preheat oven to 180°C
- Mix ingredients until dough forms
- Roll dough into small balls and place on a lined baking tray.
- Press down slightly so the biscuits are about ¼" thick.
- Bake until golden brown and let cool on a wire rack.

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Seasonal Foods

What not to feed your dog at Christmas

Yep! It is tough when those big brown eyes are staring forlornly at you but as tempting as it is to share your food with your dog during the festive season, our treats can be extremely dangerous to your canine companion. Here is a list of some of the worst offenders and why they make the naughty list.

Grapes and raisins - No one knows exactly why and how these are poisonous to dogs, and the exact volume needed to cause symptoms is difficult to predict.

Christmas pudding and mince pies - These are full of currants, raisins and sultanas, which are toxic to dogs. Fat and suet can also cause severe stomach troubles, and they are usually laced with alcohol which is also poisonous to dogs.

Chocolate - In large enough amounts, chocolate and cocoa products can lead to gastrointestinal upsets, and seizures or even kill your dog. Make sure chocolate coins, decorations and presents are kept out of reach.

Bones - Cooked bones are brittle and splinter easily, which can lead to larger fragments getting 'stuck' causing obstructions and smaller causing gut irritation and perforation.

Don't leave bones anywhere they can be found! Poultry is hollow-boned and the bones splinter whether raw or cooked so must never be given to your dog under any circumstances. *Stuffing and gravy can also cause upset tummies.*



Onions, Garlic, Chives - These can cause stomach upsets and could lead to red blood cell damage. It takes a few days for signs of poisoning to appear.

Macadamia nuts - Within 12 hours of ingestion these can cause dogs to experience weakness (especially in the hind limbs) and depression, tremors, vomiting and increased temperature lasting for 12 to 48 hours.

Fat - Ham rind or the drippings from the BBQ tray can lead to upset stomachs or pancreatitis.

If you suspect your dog has consumed any of these foods, contact us immediately. The quicker treatment is sought, the easier and more successful it will be.



Safety Reminder: Secure your bins. Many pets are notorious bin divers, who given the opportunity, will quickly consume even the nastiest of food and non-food specimens. Ensure your bins have secure lids and you dispose of all your waste safely.

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Christmas Wordsearch



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 L I G H T S C A D E
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WORD LIST

CANDY CANE
 COOKIE
 ELF
 HOLLY
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MISTLETOE
 PRESENT
 REINDEER
 SANTA
 TREE



Homemade GIFTS MADE EASY

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