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LATROBE VETERINARY GROUP

# Pet Press Summer Edition

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## What's New At Latrobe Vet Group?!

Welcome to our (late) summer edition of Pet Press. Since our last newsletter there have been a few changes at the Latrobe Vet Group. As many of you may have already heard through the grapevine we are regrettably stopping our large animal veterinary service as of the end of February. Dr Kate Haines will of course still be continuing to provide chiropractic services for horses. We thank all of our clients who have used us for this work and if anyone has questions regarding this change, please contact the clinic can for further information.

### *In staff news...*

- Congratulations to our nurse **Desley Tulloch** on the birth of a beautiful baby boy Patrick, also to **Louise Campbell** our Dog trainer on the birth of her baby girl Freya.
- We have said goodbye to one of our vets **Dr Jenny Dwyer** who is now working in different clinics around Victoria before travelling overseas. We have also said farewell to one of our long time nurses **Victoria Haw** who has now taken on the role of veterinary nurse with a specialist surgeon in Melbourne. We wish them both all the best!
- **Dr Kay Mitchell** has rejoined us in a full time veterinary role. We also welcome **Amy Halliday** to our staff.
- There is a lot of further education gong on this year. **Kirsty Evans** and **Celena Robe-Curry** are both working to complete their Veterinary nursing certificates, **Dr Helen Barker** is undertaking a distance education course in small animal emergency medicine and **Dr Kate Haines** is completing a course in practice management. **Dr Amanda Rhodes-Andrew** is taking time away from study in order to put into practice all of her surgical skills!

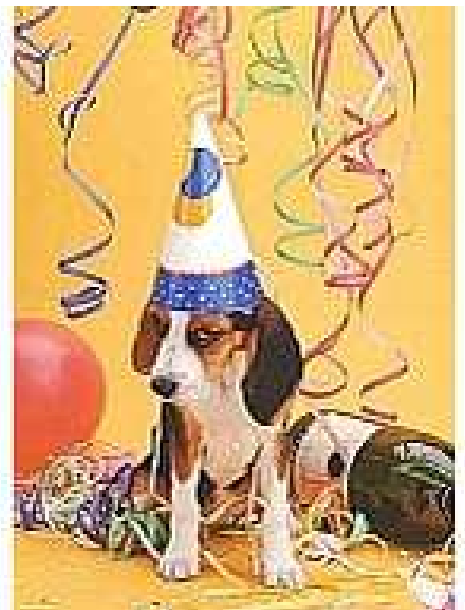
## New Years Resolutions for your pet.

Below are the most popular new years resolutions from animals this year.

**To eat less and lose weight with my owners help.** *"My weight is starting to slow me down and I can't get around like I used to. I attempted to get a try out for the biggest loser on television but they weren't taking dogs-I heard Latrobe vet group was having their own competition though...."* Rover 7 year old Labrador

**To exercise more.** *"I love running around, but its just not as fun when my owner's not around. I heard my owner saying this year that they were going to get fit--maybe we could get fit together..."* "Sasha" 5 year old Boxer

**To keep out of trouble in the back yard.** *"I like spending time in the back yard, its fun to run around, bark, pull the washing off the line and dig but I don't think my owners like this much. They always seem to tell me off when they get home-but there isn't anything else to do and I get bored if I have to lie around all day. If only I had some new toys to play with to keep me more entertained-like Kong's or Aussie dog toys . Then I might be able to control my urges to do the other things that annoy my owners!..."* "Killer" 2 year old Staffordshire Bull Terrier





# OVERWEIGHT ANIMALS

One of the biggest issues we see at our Veterinary clinic is overweight animals. Probably 80% of animals that walk through our doors are overweight. This is a problem as overweight animals have an increased risk for a range of problems including arthritis/joint problems, prolapsed (slipped) discs, Anaesthetic and surgical risks, Heat and exercise intolerance, (particularly heat stroke on hot days) Heart disease, cancer, ruptured ligaments and diabetes.

Some signs that your animal is overweight is that you cannot feel their ribs, they lack a curve between their ribs and their hips, their collar may need loosening often, they find it very hard to keep cool on hot days and pant excessively, they find walking more difficult or they are more bad tempered than they used to be.

So if your animal is overweight what can you do to help? The best way to go about things is to determine what your animal's ideal weight should be and then work out a feeding plan and exercise regime to help achieve this.

Taking a photo at the start of a weight loss program can be good incentive.

Below are a few set rules to help you achieve this goal

- No table scraps or fatty treats. Where possible avoid giving your pet snacks as most human nibbles given to pets are quite fatty. For example giving 1 small biscuit to a 10kg dog is like us eating a chocolate bar or a hamburger. Giving 1 cup of milk to a 4.5kg cat is like 5 chocolate bars, or 4 hamburgers. If you cannot avoid giving your pet snacks try healthier ones. Examples are shown in the table below. Also when training with treats

remember to include these in your daily meal allowance (do not feed treats plus full normal meal amount)

Low-calorie Snacks	kcal
Canine r/d dry (no kibbles)	4
Feline r/d dry (no kibbles)	6
1/4 cup of carrot	17
1/4 cup of green beans	9
1/4 apple	12
1/4 rice cake	9
1/2 fat free wheat crackers	6

- Reward your pet by things other than treats such as praise and attention, fun and games, walks, or a gentle massage.

- Feed the right food and the right amount. Avoid foods such as rice and pasta, a good quality dry dog food is the way to go. For losing weight we recommend science diet light. In cases where weight loss is not achievable with normal food we recommend hills r/d-a prescription diet

- Split feeding between 2 feeds rather than 1 large meal. (This does NOT mean feeding more-split the daily required amount between the 2 meals.)

- Avoid feeding large amounts at night as they don't get a chance to use the energy from the food meaning it ends up as fat. If you have to only feed one meal a day make it a morning one but 2 feeds is much better.
- Exercise is also important. Take every opportunity to take your animal for a walk or play a game. It is important if your animal has not been active for a while to improve their fitness (they get unfit just like us) Good games to get cats moving are 'catch the light' getting them to chase a light reflection, letting your cat play with a box or paper bag, or other toys such as mice
- If you are having trouble with helping your pet lose weight and need help making a plan or want to find out if they are overweight we are here to help. Weigh ins cost nothing so feel free to come by with your pet and put them on the scales so we can record their weight.



## WEIGHT LOSS PROGRAM

To encourage weight loss we will be running a Latrobe vet group weight loss program. This includes a competition for **THE BIGGEST LOSER**. For more information on this program and how to enter this competition contact Celena Robe-Curry or Dr Helen Barker.





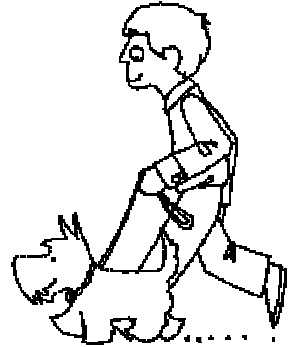
**SICK OF BEING BITTEN WHEN TRYING TO WORM YOUR CAT? A NEW WAY OF WORMING IS HERE....**

Very recently Bayer has released a new product which will make worming your cat much easier. It is a spot on treatment which is applied to the back of the neck and treat all intestinal worms. This needs to be applied monthly. So no more being bitten or scratched. Profender Spot on for cats is available from Latrobe Vet Group now. Contact us for further information.

**JUST WALKING THE DOG...**

**By Louise Campbell.  
Delta Qualified Dog Trainer for Latrobe  
Vet group.**

No matter what type of dog you own, walking together is a beneficial and integral part of dog ownership strengthening the bond between you both. It provides stimulation to your dog and exercise for both of you. When walking take the following into consideration:



**Use appropriate walking equipment:** A flat collar and lead are the best items to walk your dog with, however if your dog has a pulling problem there are other items such as head halters and harnesses. If you do require extra equipment, then make sure you get it properly fitted, every dogs head shape is different and just because the packet says it will fit doesn't necessarily mean it will.

**Walk new places:** Walking doesn't need to be a long distance marathon, often just walking your dog in an area it hasn't been to before is enough to tire it out, as there are so many new things to see and smell.

**Allow extra 'sniffing' time:** dogs love to check out everything with their noses and allowing your pooch to have a sniff around will be greatly appreciated and assist in tiring them out, so try to allow them a chance to smell things that take their fancy, remember that the walk is for them too!

**Always take some plastic bags for toileting:** When your dog defecates away from home, ensure you have something to pick up the end product, it will help maintain hygiene and also save you a fine of \$100.00 for leaving faeces in the Latrobe City Municipality. We sell a great little bag dispenser called "bags on board" for this purpose. It attaches to your lead for your convenience.

**Be alert to other dogs in the area:** Your dog may be the friendliest in the world, but that doesn't mean all dogs are. Never allow your dog to lunge or stare at other dogs, its bad manners and the first step towards a confrontation. When walking towards another dog ensure you allow enough space for both dogs to feel comfortable.



"He's overweight and hates walks, so I'm giving this a try!"

**Take the weather into consideration:** In summer, avoid walking your dog in the heat of the day overheating can occur quite quickly, so watch out for excessive panting. When going for a long walk make sure you take a bowl and some water for your dog.

**Off leash walking:** Most towns have a dedicated off leash area for dogs, if letting your dog off leash outside these you could be fined \$157.00+. When off leash, watch your dog the entire time, don't allow it to harass other dogs, and ensure that your dog will come when called. Playing with other dogs is always beneficial, but needs to be closely

monitored as it can quickly turn from a game to trouble.

**OFF LEASH AREAS:**

- Churchill - Gaskin Park
- Morwell - Waterhole Park
- Traralgon - Parklands between Dunbar Road and Hickox Street
- Moe - Burrage Park

**STAFF PROFILE**  
**Dr Helen Barker**

Graduating from the University of Melbourne in 2004 Dr Barker joined us in early 2005. Helen has a variety of differing interests in the veterinary field. She enjoys working with animals with multiple stomachs – goats and cows in particular. She is also very interested in small animal medicine, particularly when it comes to emergency medicine, behaviour and surgery. During 2007 she will be undertaking an intensive distance education course on emergency medicine in small animals. Her “never give up” attitude is a great asset when tackling those tricky calvings and challenging cases. Outside work, Helen enjoys a hit of squash, swimming, camping and hiking as well as spending quality time with Ki, the orange dog.



Dr Amanda Rhodes-Andrew with her little dog Ruby

**SPECIAL DENTAL DAYS**



Does your dog or cat have bad breath or bad teeth? If so, it is worth getting them checked by the veterinarian as bad teeth can lead to bigger problems such as heart, liver or kidney disease. To help combat this problem we have introduced ‘special dental days’ where we offer you a discount to give you an incentive to get those teeth cleaned before they get bad and require extractions. This will also help your animal stay healthy. For more information call the clinic or make an appointment for your pet to get checked