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Getting Your Pet's Spring Body Back

Spring is here – a welcome relief to our wet and cold winter we had this year! As we come out of the winter season, some of our pets may have put on a few extra kilos. Obesity in cats and dogs will predispose them to a wide array of diseases and a shorter lifespan. There are a few easy lifestyle changes you can do at home to help get your pet their 'Spring body'.

Measuring exactly how much you are feeding your pet is a great place to start. Check the recommended amount on the bag.

Keeping a diary of ALL the snacks they get every day will allow you to see how much calories they are getting – see below for examples.

Consider a diet specifically designed for weight loss such Royal Canin Satiety or Hills Metabolic.

If your pet continues to gain weight or not lose any weight despite doing the above steps, they could have medical conditions causing their weight condition. A vet check and blood test will help determine this.

If you are unsure whether your pet is overweight, feel free to bring them in for a weigh-in on our weighing scales. One of our friendly staff could have a quick look and assess their weight. If your pet is found to be overweight, you can enrol in our weight loss clinic run by our fantastic nurses. This service is provided at no charge. Initially you have a consultation with one of our nurses to design a weight loss plan. Then regular weigh-ins will also be organized which will help your pets lose those extra kilos!

So, what is a snack to your pet? It is never easy to say no to pleading brown eyes when you are enjoying your toast in the morning. Whilst it may not seem like much to you, this is what a "small snack" may mean to your pet:

28grams of cheddar cheese is equivalent to

- 3 ½ cheeseburgers or a 250gram block of chocolate for a cat
- 2 ½ cheeseburgers or a third of a block of 250gram chocolate for a 10kg dog

So next time your pet looks at you with pleading eyes, throw them a ball, rather than a treat!



Pet Reminders

Are the details on your pet's microchip registration up to date? Now that we are coming into Spring and Summer, we are typically out and about more with our pets so it is important to make sure your details are correct should the unthinkable happen and your pet escapes.

Make sure your Pet's flea control is under control for the beginning of the warm, flea season! Take 'advantage' of our ongoing offer of 20% off 12months supply of Advantage or Advocate Parasite control! Ask in clinic for details.

Clinic Charity Raising

In addition to our ongoing Charity Boxes, we have also been busy supporting four of our staff members who are taking on the Oxfam 100km walk challenge in September. Dr Pip, Cindy, Kelly and Ayala's team "Walk it like it's hot" would like to thank everyone for helping them reach their fundraising goal of \$2000, but would love further support! Donations can be made at <https://trailwalker.oxfam.org.au/my/team/28378>.



We also had a lot of fun at our Grantham Street Clinic hosting a RSPCA Cupcake Day. Our staff, and one fantastic client, made lovely cupcakes to sell in support of the RSPCA. Thanks to everyone who purchased our goodies - we managed to raise \$430 for the RSPCA.



WINNERS!



What Causes My Dog To Cough?

There are many causes of coughing. Some causes are relatively benign and self-limiting but others can be serious. It is tempting to assume that if there is a cough, there is a problem with the lungs but this may not always be the case.

By far the most common cause of coughing in dogs is Kennel Cough or Infectious Tracheobronchitis. It is caused by a concurrent infection of the virus Parainfluenza and bacterium Bordetella bronchiseptica. It can cause a frequent, loud cough often followed by a retch. The good news: dogs can be vaccinated against it. As it is highly contagious between dogs, even vaccinated dogs can catch Kennel Cough but they suffer from a much milder form of the disease and have a speedier recovery.

The second most common cause of coughing in dogs is actually heart disease. Heart disease can cause coughing in 2 ways; 1) an enlarged heart pressing on the trachea and 2) a backlog of fluid in the lungs from inefficient heart pumping. Untreated heart disease can be fatal but thankfully there are many medications which can significantly reduce coughing and improve your dog's quality of life.

Less common causes of coughing include pneumonia, cancer, foreign bodies or collapsing trachea. Pneumonia can be caused by infections (viral, bacterial, lungworm) or inhalation of food stuffs or water. Pneumonia is not frequently seen in pets, and can be a side effect of other conditions. Cancer of the lungs is most commonly a secondary cancer with the primary cancer being elsewhere in the body. Foreign bodies can cause coughing—these usually start quite suddenly and may require your pet to have anaesthetic so we can fully examine the airway. A collapsing trachea is a syndrome we see in small breed dogs. Dogs often have a characteristic 'honking' cough with this condition.

Finding the cause of coughing is important before appropriate treatment can be recommended. The first step is a thorough history and clinical assessment. Further work-up may include chest x-rays, blood testing or more involved imaging such as a CT scan.

If your pet is coughing, it is important to have a thorough veterinary assessment. It is important to differentiate between a relatively innocent case of Kennel cough, or something which may require more serious work-up and treatment.

Congratulations to our Senior Month winners of our wonderful hampers. Thanks to Royal Canin for their support to put together great prizes. We are sure April, Banjo, Dotty and Roxy and their owners will all enjoy the goodies in the hampers!



Congratulations Dr Elaine!

We are super proud of Dr Elaine who has recently been admitted as a Member of the Australian and New Zealand College of Veterinary Scientists by examination in Small Animal Medicine. To pass these exams requires extensive study in all areas of medicine. This has given Elaine an even greater depth and understanding of small animal medicine. Elaine is keen to share this further knowledge with the team and help with more complicated cases. This will allow even better care and treatment options for our special patients!



GRANTHAM STREET VETERINARY CLINIC

58 D Grantham Street
Wembley WA 6014
08 9387 2144
Mon-Fri: 7.00am—7.00pm
Saturday: 8.30am—12noon
reception.grantham@petwellness.com.au
granthamstvet.com.au

DALKEITH VETERINARY CLINIC

5/142 Stirling Hwy (Cnr Marita Rd)
Nedlands WA 6009
08 9386 6277
Mon-Fri: 7.45am - 6.00pm
Saturday: 8.00am-12noon
reception.dalkeith@petwellness.com.au
dalkeithvet.com.au

NORTH PERTH VETERINARY CLINIC

213 Walcott St,
Mount Lawley WA 6050
08 9227 7167
Mon-Fri: 7.45am - 6.00pm
Saturday: 8.00am-12noon
admin@northperthvet.com.au

Practice News

Staff News:

After a hectic mid-year with several staff changes, it is great to see all our new staff have settled in fantastically. We now have Gemma, Amelia and Sylvia as our full time nurses at Grantham Street who are ready to help with anything you need. Ayala and Viv are working part-time at Grantham Street, and Kelly and Tina are doing a great job looking after all our Dalkeith clients.

Dr Cameron is spending most of his time at Dalkeith with Dr Claire and Dr Claire –yes, there are now two Dr Claires (Le Map and Silvester) at Dalkeith. Dr Cameron does have some time available to see clients at Grantham Street, so give us a call at Grantham Street if you would like to see Dr Cameron at our Grantham Street clinic. At our Grantham Street clinic we have Dr Paul, Dr Elaine and Dr Renee all full-time, with Dr Claire (Le Map) and Dr Tessa working part-time.

Veterinary Students on Practical:

You may have been in to our clinics when we have been hosting a Veterinary Student doing their practical with us. Our clinics have a close association with Murdoch University Veterinary Hospital and offer practical placements for Veterinary Students to come and see practice. Students come in an observatory role, but also have the opportunity to discuss cases, treatments etc with our veterinarians. Final year students are required to do a consultation under supervision. We find having veterinary students in our practice a very rewarding experience. We are able to offer students an insight into a gold standard level of veterinary service which they can take with them into their careers. We appreciate very much the understanding and positive response we receive from our clients when we are involving students in our daily veterinary experience. Thank you!

Emergency Centres:

PVS Emergency Care: 9204 0400
Selby Street, Osborne Park

Murdoch University Vet Hospital: 1300 652 494
Murdoch Drive, Murdoch

Perth Vet Emergency: 1300 040 400
162 Wanneroo Rd, Yokine

Puppy Preschool Classes are run by Charlotte Smithson at our Grantham Street Clinic on Tuesday nights at 7.15pm. Call the clinic on 9387 2144 to book your pup in or for more information.

Grooming Days:

Please ensure you book with sufficient notice to have your pet looking great for Summer.



Grooming is available:

Grantham Street Clinic: Tuesday, Wednesday and Thursday.

Dalkeith Clinic: Every Wednesday and alternate Fridays.