



# Ultimate Veterinary Clinic Newsletter

ISSUE NO. 8

WINTER 2014



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Our core values:

- The well-being of you and your pets
- To provide high quality medicine and surgery
- Honest and reliable vet care
- Continually updating our knowledge and services
- Striving to build a long term partnership with you and your pets

### Our facilities and services include:

- Routine veterinary consultations, vaccinations and microchipping.
- Small Animal surgical facilities; elective & specialised.
- In-house diagnostics; pathology, ultrasonography, digital radiology.
- Quarantine
- Pet food and other pet supplies

## Welcome to Ultimate Vet Clinics WINTER edition newsletter

We are very excited to say that each season we will be able to email you all the latest clinic news, special offers, upcoming events, and any clinic promotions and discounts.

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Ultimate Vet welcomes any suggestions or ideas of things you would like to see in our newsletters. If you have anything to share, drop us a line at [info@ultimatevet.com.au](mailto:info@ultimatevet.com.au) and we'll see what we can do for you.

We appreciate your feedback

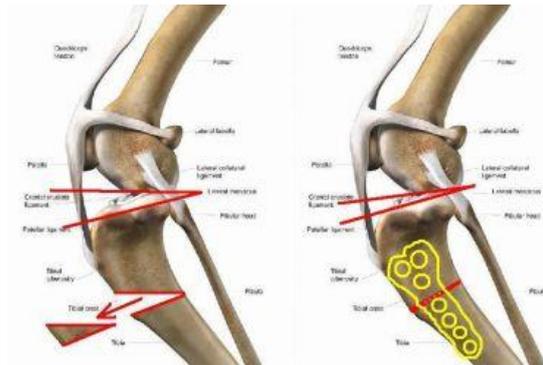


A ruptured Anterior Cruciate ligament is one of the most common orthopaedic conditions we see at Ultimate vet clinic.

### ALTERNATIVES FOR CRUCIATE SURGERIES

There are several alternatives to a cruciate surgery. Although the TPLO is a great surgery to repair a torn ACL in dogs, it is not the only option.. Therefore it is best to have a conversation with your veterinarian and discuss all of your options. There are several things that should be considered when choosing the right surgery. Here is a list of things to consider:

- Age of our dog
- Size & Weight of the dog
- Is your dog calm or active
- Financial Considerations
- After Surgery Care
- Degree of joint disease. ie. Arthritis
- Access to a board certified orthopaedic surgeon
- Access to a canine rehabilitation facility



Three of the most common alternatives to ACL surgery are:

1. Traditional Extracapsular Lateral Suture Technique
2. TPLO (Tibial Plateau Leveling Osteotomy)
3. Tightrope Technique

Dr Bob Cavey has been performing these procedures here at Ultimate Vet clinic for the past 2 1/2 years but overall repairing cruciates for 20 years.

On the 3rd April one of our patients Jordan a 6 year old Rottweiler presented at the clinic lame on his hind left leg. Jordans owner decided to go ahead with the tight rope technique

Jordan is doing really well 6 weeks post surgery.



Recovering after surgery



6 weeks after surgery happy and doing well



## Ultimate Weight Loss Challenge is now here.....

### Call us today to find out how you can help your pet!

#### Is my pet overweight?

Did you know that up to 40% of dogs and 30% of cats in Australia are overweight or obese? But many of us don't realise that our pets have a weight problem, and even when we do, we may not be aware of how much it can affect their health and well-being.

Body Condition Score (BCS) is a measure that tells you if your pet is at or above its ideal weight. One way vets test for your own pet's body condition is by checking just how easy it is to feel their ribs.

#### Identify The Signs

What are the signs of an overweight cat?

- Is it difficult to feel his / her ribs or spine?
- Is it difficult to see your cat's waist?
- Is his / her abdomen sagging?

Does his / her face look more round with larger cheeks?

Does your cat...

- Often appear tired and lazy?
- Hesitate when jumping onto furniture?
- Have difficulty grooming properly?
- Have matted hair on the back or tail area?
- Resist playing games

What are the signs of an overweight dog?

- Is it difficult to feel his / her ribs or spine?
- Is it difficult to see your dog's waist?
- Is his / her abdomen sagging?
- Does his / her face look more round with larger cheeks?

Does your dog...

- Often appear tired and lazy?
- Lag behind on walks?
- Pant constantly?
- Need help getting in the car?
- Resist playing games?
- Bark without getting up?



Excessive body fat has detrimental effects on a pet's health and longevity. Diseases associated with or exacerbated by obesity include:

- Heart disease
- Osteoarthritis
- Joint disease and problems such as cruciate ligament disease
- Diabetes mellitus
- High blood pressure
- Skin & coat problems
- Breathing problems
- Pancreatitis



Have your bones been feeling the cold weather setting in? Chances are, your pets' have as well! Osteoarthritis is a painful condition that is often worse during the colder seasons. Aching joints and stiff muscles can make winter an even gloomier experience so we've got some options to make our furry friends' lives more comfortable – especially those in their golden years! Let's first briefly go through what might cause the arthritic pain in the joints. While animals can sometimes be born with joint diseases, the vast majority of our pets develop arthritis as they age. The ends of bones are usually covered by cartilage and bathed in a slippery joint fluid which makes bodily movements smooth and painless. With ligament damage, poor bone structure, infection, auto-immune diseases, abnormal forces and old age, the cartilage and joint fluid lose their proper function – as they try to heal the joint becomes inflamed and different types of cells and chemicals damage the joint even more. So we find that arthritis becomes progressively worse with time.

When you bring your pet to see us, we will check for swelling, stiffness, muscle tone, pain, range of motion, crunching and tendon/ligament damage. We may also take an x-ray to confirm arthritis, help rule out nasty cancers and assess the type and degree of arthritis changes occurring in your pet's joints. We can then work out plan specially tailored to their needs!

There are both natural and medical remedies for arthritic pain in our elderly patients.

**We have the best success with a combination of treatments.**

### **Natural remedies**

These may only be successful in mild cases. We always prioritise quality of life, so if your pet is in pain, we have some effective medical solutions to keep them happy.

The first and foremost step in relieving arthritis is weight loss – heavy patients put more pressure on their joints causing arthritis to get worse very quickly. There are a number of ways to decrease your pet's weight – if increasing exercise or cutting down on treats and fatty meals don't work, come and have a chat with us. We've got some exciting new ideas for getting your friend back into shape.

Heat packs and massage: try warming your pets stiff joints - it relaxes the muscles and increases blood flow to the areas. If you're lying in front of the TV or fireplace, gently extend and flex your pets joints to get the joint fluid moving.

Controlled exercise: slow walks for 10-15 minutes daily would be beneficial for your pet as it helps to maintain muscle mass – this in turn helps to support the joints.

Glucosamine/Chondroitin Sulfate: Yes, this is the stuff that humans use as well! It has effects in decreasing joint damage due to inflammation and makes the joint fluid more healthy! Come speak to us about the dose for your dog or cat. Chances are it'll be similar to yours.

Essential Fatty Acids: These have beneficial effects in a number of organs. You'll find that your pet will be moving a lot easier and their coat may also develop a new-found lustre! We supply a pure and natural source of Essential Fatty Acids (Omega oils). Come and pick up a bottle anytime!

### **Medicines to help with pain and inflammation**

Cartrophen or Synovan: These are injections that have very little side effects, are gentle on the system and are convenient for you! The active ingredients have a range of anti-inflammatory effects and help make the joint fluid healthy again! We often find that these injections are the only thing your pet will need to help with the early stages of osteoarthritis. Using the finest needle and a smidge of medication, we find that we can help bring a new lease of life into your furry friend with a few simple injections. Come speak to us about starting a course of Cartrophen today.

Anti-inflammatories: Once daily drops or tasty chews will target the site of pain and directly remove the chemicals that cause joint damage and discomfort. We have many different kinds of anti-inflammatories available. We can even see if your pet may be able to go on the monthly tablets! These medications have been refined to cause minimal side effects and allow optimal pain relief. These are a prescription-only medications so come have a chat with us about putting your pet on anti-inflammatories.

Pure Pain Relief: When the usual remedies aren't quite able to keep up with the changes in your pet's joints any more, we may prescribe some pain relief tablets to directly eliminate the pain signal. We've got a number of options but these are also prescription-only medications so come and see us about starting your pets on these.

It's important to remember that the pain could be there for a number of reasons so come and visit us and we'll be more than happy to find the exact cause and work out a plan!



**Latest news:**

Jessie finally had her baby..... It's a GIRL!

Maddison has arrived safe and sound weighing 7.5lbs and 51 cm long

Congratultaions Jess and Jon she is gorgeous.....Good luck! ;-)

“Charlie” Sandra and Bobs Burmese also had babies!

**THIS MONTH:**

**June: Happy Birthday to Kelly**

**NEXT MONTH:**

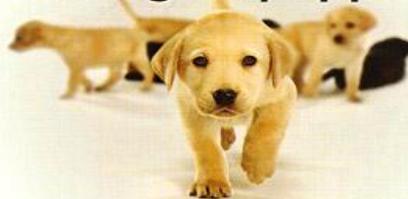
**July: Happy birthday to Nadia**

**August: A BIG Happy Birthday to Dr Bob!**

**(We hope you all have a wonderful birthday's)**



**Calling all puppies**



Please come to our Puppy Classes

(and please bring your owner with you)

**Help improve your pets behavioural problems through *puppy socialisation*.**

**Socialise your pet today and make him a great pet and lifelong companion!**

**Puppy classes focus greatly on socialisation. Having your puppy learn how to play and interact with other dogs is an essential part of your puppy's early development**

Each puppy class runs for 4 weeks, covering subjects like nutrition, vaccinations, worming, toilet training and basic obedience and behaviours.

New classes will begin on: 3rd June, 1st July, 29th July, 26th August. Each class is run on Tuesday nights from 6-7pm

Call us now and speak to Monica to secure your spot! Places are strictly limited.

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