



Winter Time

In Townsville, winter is not commonly recognised as a season since our average temperature is between 13 - 25 degrees. During the day, a shirt and shorts is still the clothing of choice, but usually a jumper and some long pants make their way out of the cupboard for the evenings. With this in mind, we have put together some information for you to consider keeping your pets happy and healthy during winter.

Feeling the Chill

Even though they may look cosy in their furry coats or feathers, we still need to keep in mind that our pets feel the cold just as much as we do.

Short haired breeds, pets that are regularly groomed and pets with a low percentage of body fat, such as Whippets or Greyhounds are more susceptible to the cold. The very young and older animals also feel the chilly air.

If your friend is predominately an outdoors, including small caged pets, they too will feel the cold much more than a pet allowed inside the house.

Beat the Chill

So how can you help keep your furry friends warm and toasty on those brisk evenings?

- ✿ Providing a comfortable, warm area is a priority. All pets, including small caged pets, need to be kept warm and away from drafts. Our smaller friends, such as birds and guinea pigs, will be cold if their cages are kept in drafty areas. You may need to bring their cages inside for the night and keep them away from doors and windows. For indoor cats and dogs, a nice



comfy, warm bed should be sufficient. For outdoor pets, providing a kennel or sleeping area that is waterproof, draft free, off the ground and insulated with blankets is a must. When choosing which pets blankets to buy, make sure you get a natural fibre blanket such as wool, as it will retain the heat more effectively than a synthetic blanket

- ✿ Your pet might also benefit from the added warmth of a jacket when they go outside. There are some great ones available but they need to be functional and waterproof not just fashionable. Be sure that jackets have a snug fit and don't restrict movement in anyway.



Be Aware!

When aiming to keep your friend warm, it's important to note a few things:

- ✿ Pets will seek out the warmest part of the house, so this means keeping a close eye on your heaters. Heaters can be easily knocked over by a boisterous dog or a curious cat. Keep in mind, that if they are sitting too close, they can be at risk of burning their coats.
- ✿ Some animals may get too hot in a heated house so it is good to have somewhere for them to retreat – like a tiled floor or outside access.
- ✿ It can be easy to forget that most home heating techniques make the air inside very dry. This reduces the much needed humidity in a bird's environment. Low humidity levels can lead to dry skin, brittle feathers, preening issues and respiratory problems.

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- ❄ Don't overdo it. Just like us, if an animal is too warm, they can suffer from heat stress. Remember dogs, cats and birds don't sweat, so if you find them panting, this indicates they may be too hot.
- ❄ Outdoor cats and wildlife seek shelter and warmth by crawling into available covered spaces. A favourite hiding spot is underneath a car or inside the engine cavity. In the morning, when you are dashing off to work, take a few moments to quickly check underneath your car and bang on the bonnet of your car before starting the engine in an attempt to scare out any stowaways.

Arthritis

'Older pets often suffer from arthritis and this is exasperated by the cold'.

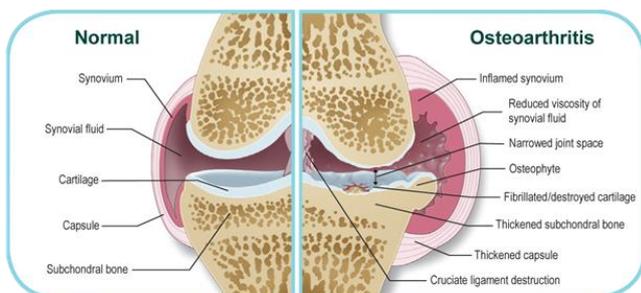
Did you know?

- ❄ Osteoarthritis is one of the most common canine diseases, affecting approximately 25% of the total population.
- ❄ Dogs older than 7 years are approximately 50% more likely to suffer arthritis.
- ❄ It is estimated that 55% of arthritis pain goes untreated.
- ❄ Arthritis may be present long before your dog shows any physical symptoms.

Things to look out for in your pet, to indicate joint related concerns:

- ❄ Stiffness
- ❄ Decreased willingness to jump or play
- ❄ Favouring a limb
- ❄ Reduced stamina with exercise
- ❄ Difficulty going up and down stairs

If you think your pet is suffering from arthritis and they struggle with mobility, especially in the cold, it might be time to get them checked out by one of our vets.



We have a number of products at the clinic to treat arthritis. These are scientifically proven treatments that are able to:

- ❄ Stop the destructive enzymes that break down cartilage. Cartilage is the body's natural shock absorber.

- ❄ Stimulate the production of cartilage.
- ❄ Stimulate the production of joint lubricant to reduce the joint friction. Clear the blockages in blood vessels to deliver nutrition to the joint and bone.
- ❄ Stimulate the production of anti-oxidants that block damaging free radicals.

In some cases, patients may also need some pain relief and anti-inflammatory medication. We also sell mobility dog food in our Royal Canin range, which contains **Green Lipped Mussel**. When added to food, the Green Lipped Mussel has shown that it is effective in treating canine osteoarthritis. The food also contains **L-Carnitine** which helps mobilize fat reserves and encourage the formation of lean muscle.

At home, you can help your friend by getting them to undertake daily gentle exercise. This not only helps to keep movement in the affected joints, but also helps the waist line. It's important that your pet is at their ideal body weight, as any extra kilos can put added pressure and strain on tiring, old joints.



'We recommend 4CYTE for Joint Health for this winter'.

4CYTE is a joint care supplement that helps to reduce and reverse cartilage degeneration.

4CYTE Canine has been developed specifically to work proactively, helping to maintain cartilage and overall joint health.

Scientific research has demonstrated the prophylactic use of 4CYTE may assist in the joints ability to function under stress, and may help symptoms associated with the aging joints.

Comes in: 50mg and 100mg

For more information regarding this product go to <http://www.4cytevet.com/>

Food and Water

Feeding your pet may change as the temperature drops a little. During winter, our food intake increases as we burn more calories to keep warm. The same thing happens to our pets, so if your pet is especially energetic or active he or she may benefit from a small increase in their daily portion of food.

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However, some pets are less active in winter, which can make them prone to weight gain. This is why it's essential to monitor their body condition and change the amount of food accordingly to keep them at their ideal body weight.

Don't forget to provide fresh water at all times. It can be easy during winter to make the mistake of thinking that pets need less to drink. Clean fresh water should be available at all times.

Exercise

Keep active! As winter sets in, it's tempting to cuddle up indoors with your pets, but in actual fact, it's better for your pet (and you) to keep moving. This is especially important for pets with arthritis as a regular program of gentle exercise during the colder months can actually help with joint health and mobility. Even playing indoors with toys will help get the heart pumping.

Fleas and Ticks

Finally, be sure to keep up your flea and tick control regime, even in winter. Dogs can pick up fleas from a walk, playing in the dog park, at a beach or even in the back yard. Fleas and ticks can still breed and be a terrible nuisance all year round in our climate, so it's important to keep up to date with your pet's treatments.

New product

NEXGARD SPECTRA® combines two active ingredients to offer broad spectrum control of the most common external and internal parasites of dogs in one convenient monthly treat.

This new soft, beef-flavoured chew represents the next generation of the popular NEXGARD® Chewables for fleas and ticks, now with the added benefit of treatment for roundworms, hookworms and whipworms and prevention of heartworm disease.

NEXGARD SPECTRA is a monthly treatment in the form of a highly palatable chew that is readily consumed by dogs when offered as a treat. Created with soy proteins and braised beef flavouring, NEXGARD SPECTRA features a beefy aroma that dogs love; and because it is vegetable-based it won't trigger beef allergies.



New QLD Law

The Queensland Government has introduced new laws to promote the responsible breeding of dogs. In Queensland if you breed a dog on or after the 26th of May 2017, you must be registered as a breeder and receive a Supply Number. This means that even if your dog has an unplanned litter or you are only planning to breed once, you must register as a breeder. People who are buying a dog are encouraged to check the breeder's Supply Number and contact the breeder if they any questions about where the puppy originated. For further information please go to

<https://qdbd.daf.qld.gov.au/information/>.

Winter Public Holiday Trading

Townsville Show holiday
Monday the 3rd July 2017 - **Closed**

If you have an emergency over the public holidays, please ring
JCU Emergency and Critical Care Centre on:
07 4781 3600

Other Information

Email: admin@hammettstreetvets.com.au

Website: <http://www.hammettstreetvets.com.au>

Or you can find us on Facebook:
<https://www.facebook.com/HammettStVeterinaryClinic>