

I'M FREE!!
PLEASE TAKE ME



YOUR
VET



SPRING 2015

CARNEGIE VETERINARY CLINIC & CARNEGIE CAT COTTAGE

66 Rosstown Road
Carnegie, Victoria 3163

P: 9563 5422

W: www.carnegievets.com.au &
www.carnegiecatcottage.com.au



OUR VETS:

Dr. Ketan Jivanjee

BSc (La Trobe), BVSc (Pretoria),
MRCVS (UK)

Special Interests: Small Animal Surgery, Small Animal Internal Medicine, Ophthalmology, Theriogenology, Pharmacology, Unusual & Exotic Pet Medicine & Surgery, Veterinary Practice Management.

Dr. Kelly Wilkinson BVSc (Hons) (Melbourne)

Special interests: Small Animal Medicine, Feline Medicine, Animal Behaviour, Unusual & Exotic Pet Medicine & Surgery.

You may have already met our nurses. They have pets of their own and are well versed on all clinic, hospital and cat boarding services. Please do not hesitate to ask them any questions. They will assist you as much as possible to ensure a well informed and worthwhile visit to the clinic. Our staff will eagerly assist you with your appointments, food supplies and any other questions you may have about the care and welfare of your pet. Passion, Pride and Perseverance in Service and Care is what we do.

Kara Billing Cert IV (Vet. Nursing) BSc (Zoology)

Areas of interest: Surgical Nursing, Practice Management, Puppy Preschool, Nutrition & Behaviour, Counselling & Client Relations.

Vicky Rae Ellmore B.I.S. (Publishing)

Studying Cert IV (Vet. Nursing)
Areas of interest: Surgical Nursing, Medical Nursing, Nutrition & Behaviour, Counselling & Client Relations.

Brittany Brousse Studying Cert IV (Vet. Nursing)

Areas of interest: Surgical Nursing, Medical Nursing, Nutrition & Behaviour, Counselling & Client Relations.

CARNEGIE VETERINARY CLINIC HOURS:

Monday to Friday: 8am – 7pm

Saturday: 9am – 1:30pm

CARNEGIE CAT COTTAGE – HOURS OF ADMISSION AND DISCHARGE:

Monday to Friday: 10am – 1pm

Saturday: 9am – 1pm

In the unfortunate event that you would require veterinary assistance after hours please contact:

PET EMERGENCY CENTRE: 1103 Dandenong Road, Malvern East, Victoria 3145
Phone: 9569 3677 Melways Reference: 68 J3

SOUTHERN ANIMAL EMERGENCY CENTRE:
248 Wickham Road, Highett, Victoria 3190
Phone: 9532 5261 Melways Reference: 77 H8

TASTY TREATS FOR OUR FEATHERED FRIENDS

Many bird diets lack certain vitamins and minerals that birds need, which can lead to a host of serious health conditions.

Try serving up one of these cheap and easy options that are packed with taste as well as beneficial nutrients.

• FRUIT & VEGETABLES

Full of taste and numerous vitamins, most fruits are a wonderful source of nutrients. Try also offering various raw, washed vegetables like broccoli, cauliflower, carrots and peas.

• BREAD & CEREAL / GRAINS

Whole grain bread tastes great, and is a wonderful source of fibre. Try small bites of bread, oats or shredded wheat as a treat for good behaviour.

• BEANS

Beans are an outstanding source of protein but never serve raw beans to your pet, as some varieties can be poisonous unless cooked. Boil a 15 bean soup mix without seasoning and offer a scoop once cooled.

• PASTA

Whether it's cooked or uncooked, birds love pasta! The good thing is it's full of energy enhancing carbohydrates. If your pet prefers it crunchy, fill a few raw macaroni noodles with a little peanut butter for a tasty snack.

• POPCORN

You can serve your bird either popped or unpopped kernels. If you choose to serve kernels, boil them for a bit in plain water to soften the tough hulls. Be sure to never give your bird microwave popcorn as these varieties tend to be extremely high in fat and salt.

• NUTS

Nuts are extremely high in fat, and should only be used sparingly as special treats. Always make sure that they are clean and unsalted. They can be used as exercise toys as well, as many birds will spend hours exercising their beak and jaw muscles on the shells.

Birds enjoy eating a wide variety of foods. Plain seeds are often boring to your little bird, and they may flick them all over your house in protest! Of course, always check with your veterinarian before modifying your feathered friend's diet.



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IS YOUR CAT SUFFERING FROM STRESS?

Cats tend to withdraw and become quiet rather than 'act out' their anxieties. It therefore becomes necessary for owners to appreciate the subtle signs of stress in their own cats in order to provide the best possible care.

To feel in control cats will carefully mark their home using facial marking via the release of pheromones. This release happens each time a cat rubs its face against furniture or nuzzles up against your legs. Owners can unintentionally disrupt these vital security markings by moving or changing furniture, renovating or even just excessive cleaning. Obviously the biggest upset for a cat can be in moving house as nearly all facial marking has been removed.

HOW CAN YOU TELL IF YOUR CAT IS STRESSED?

SPRAYING

All cats - male or female, neutered or not - will mark out their territory with urine spraying. While it is completely normal for cats to spray outdoors, when your cat sprays indoors it is a sign that they are feeling distressed. Spraying inside is also often a common issue for cats suffering from a medical issue such as cystitis so this behaviour should always be checked by your vet.

SCRATCHING

Cats will often scratch items to sharpen their claws but it is also used as a marking behaviour, by depositing a scent from the pads area. This is a normal behaviour in cats but from time to time scratching can be a sign of their anxiety particularly if scratching sites are widespread, your home is in an area with a dense cat population or the scratching occurs near windows and doors.

LOSS OF APPETITE

There could be a medical condition affecting your cat's appetite so check first with your vet that there is no underlying health reason. Remember also that cats can take a long time to adjust to new types of food. However, if the health check is ok, an environmental stressor may be the culprit. Competition for food may keep your cat away from its food bowl, or the presence of a dog can make access to the food bowl difficult and stressful for your cat.

HIDING

Hiding away from time to time is something that every cat does, mainly to avoid a perceived threat.

Cats often go to their own safe space when feeling a bit of stress and will wait to emerge until they are comfortable. Beware of what might make your cat feel threatened and hide. This could be a person, noise, or another

pet in or near the home and cats will also commonly hide from loud noises. Pain or discomfort can be the reason for your cat to hide or stay withdrawn. If your cat spends most of its time hidden, or if their behaviour changed recently, start by ruling out any medical issues with a thorough veterinary exam.

Being able to pick up on these signals is important and where possible try to identify the cause of the stress. This isn't always an easy thing to do because the stress trigger may not be obvious but if you can find it, and remove it, you will have a much happier cat.



Clever CROSSWORD

Down:

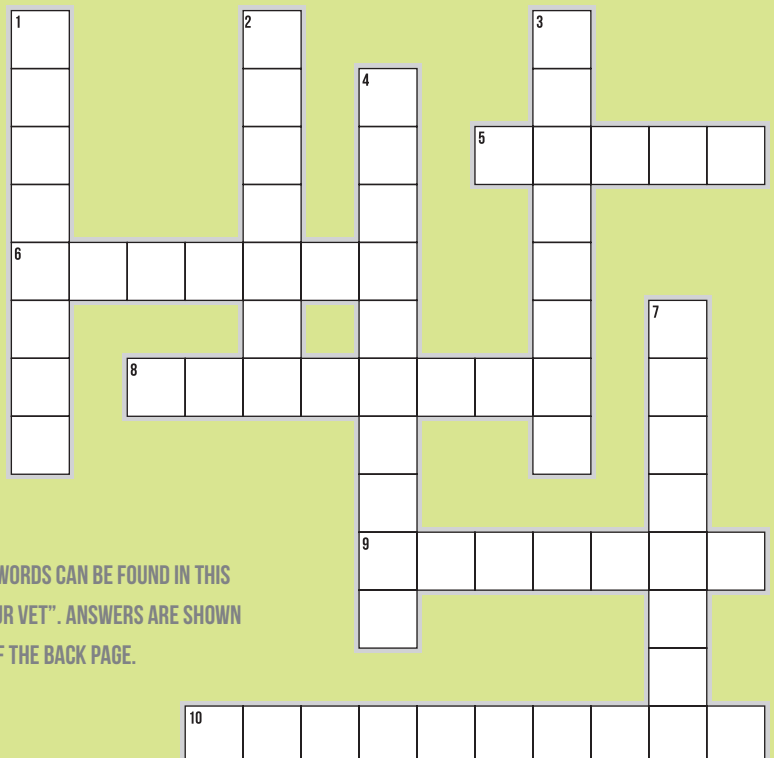
1. Lizards are kept in them _____
2. Lack of exercise can cause _____
3. _____ is a vegetable

4. Nutrients are _____ to a birds diet

7. Salt water can _____ your dogs fur and skin

Across:

5. A dog is also known as a _____
6. A lizard belongs to the _____ family
8. Some dog breeds have a _____ limitation when it comes to swimming
9. Scratching can be a sign of _____
10. _____ are released when cats mark their territory



EACH OF THE WORDS CAN BE FOUND IN THIS ISSUE OF "YOUR VET". ANSWERS ARE SHOWN ON BOTTOM OF THE BACK PAGE.



LOVELY LIZARDS

Lizards belong to the reptile family and they are generally distinguished by the fact that they have four legs, movable eyelids, and external ear holes. Lizards vary greatly in size depending on the species and they can be as small as a few centimetres long and as large as nearly three metres long!

Lizards are generally quite skittish but regular, gentle handling should see the animal become calmer and more accepting of human interaction. Smaller lizards, such as the bearded dragons, are quite easily calmed and adapt well to regular handling.

If you would like to keep a lizard as a pet, you will need to have suitable housing. Recreating the correct habitat is the key to maintaining your lizard's health. Many popular captive species are from warmer areas of Australia so artificial heaters are often required as lizards draw their heat from their surroundings. Sunlight or artificial lighting is also essential to assist in the uptake of calcium, without which the lizard will develop weak bones. As well, you will need to monitor the humidity levels carefully as many lizards need a certain amount of moistness to thrive. You must ensure that there is no way that your lizard can get out as they are great escape artists! While some owners of small lizards keep their pets in glass boxes or aquariums, a purpose-built vivarium is best.

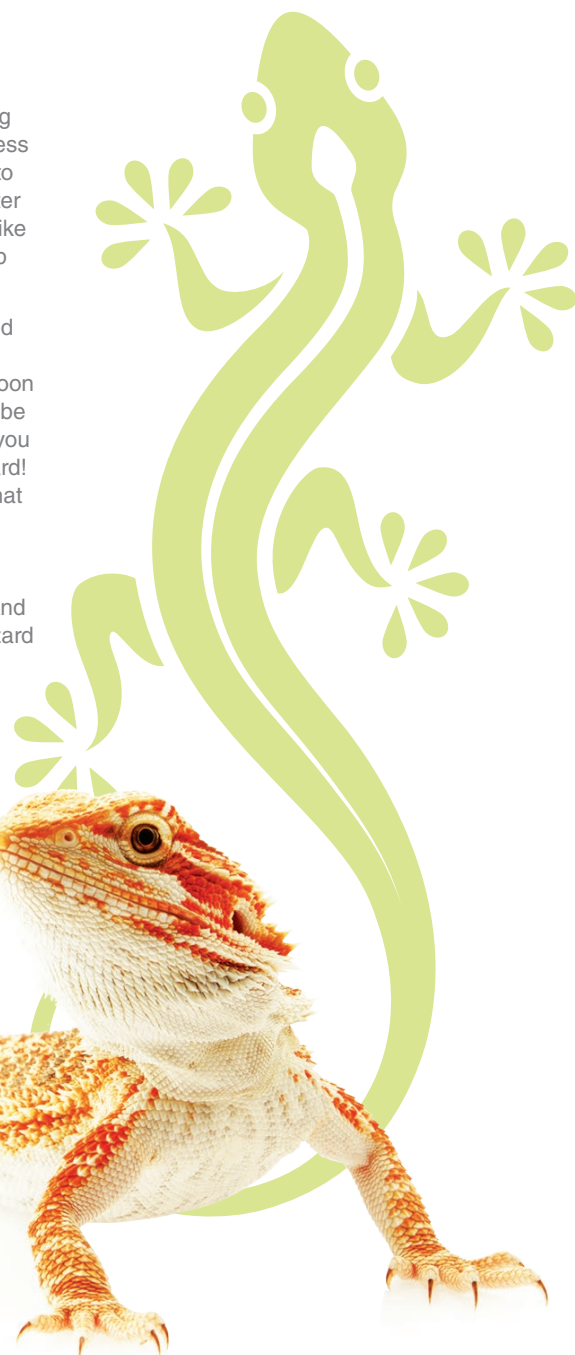
Feeding wise, many lizards sole diet is meat products such as insects and worms. Others are herbivorous so they can only eat plant matter such as fresh fruit and veggies. Yet others will eat a combination of plants and

meat. You will need to research what food your species of lizard eats before you bring it home and make sure that you have access to a ready food supply. You will also need to have a constant supply of fresh, clean water in a sturdy, shallow bowl as many lizards like to bathe in water and use the water to help them shed.

Lizards produce a fair amount of waste and so you will need to clean the cage quite frequently. Waste should be removed as soon as you notice it and a full cleaning should be done at least once a week - making sure you have somewhere else safe to put your lizard! If you wish to handle your lizard, ensure that their limbs are fully supported. Don't pick them up by the middle or the front as they may bite or lose their tail due to stress. As with all reptiles, wash your hands before and after handling them to protect both your lizard and yourself.

If you want to keep a lizard as a pet, it is important to know that it is illegal to take them from the wild.

You can only keep lizards that have been bred in captivity and you will need a permit or license to keep them. You will need to speak to your state or territory's National Parks and Wildlife Authority to find out what the regulations are in regards to this before buying your new pet.



RESEARCH SHOWS YOU'RE FUR BETTER OFF WITH A PET!

Pet owners are happier, earn more money and are fitter than people who don't own a four-legged friend, a study has shown.

The survey of 1,000 dog and cat owners, and 1,000 non pet owners, was commissioned by Blue Cross pet charity in the UK to celebrate the Blue Cross Medal, awarded to hero pets that have done something amazing to change or even save a life.

The poll found that households with a dog or cat are happier than those with no pets. Pet owners are also more likely to spend more family time together and have jobs they enjoy.

In fact, ten per cent more pet owners said they were 'definitely' truly happy in their current job roles than those without animals, suggesting that pets could have a positive impact on many areas of owners' lives.

Pet owners are also fitter, doing at least two hours more exercise a week than those who don't have any pets. Plus, they also spend more time outdoors in a typical week – usually about nine hours in total, compared to just seven for non-pet owners.

This research shows that even in regards to routine day to day life, pets can have a hugely positive impact on our lives. But you probably already knew that!

Source: <http://www.bluecross.org.uk>

WATER SAFETY FOR DOGS

You might think that dogs are natural-born swimmers, but that's not always the case. While most dogs enjoy the water, some breeds have physical limitations that prevent them from swimming. Others just don't enjoy the water.

Research how your breed does with water and before you take your pooch out for a paddle, brush up on some water safety tips:

1. Start slow - Introduce them to water in a quiet, shallow spot that's not too cold.
2. Small steps - Start at the edge of the water and stay as long as they are enjoying it. Throwing or forcing your dog in can be dangerous and traumatic. It can be a good idea to keep your dog on a leash while they're learning.
3. Escape route - Make sure there is always an easy way out of the water for your dog and that they know how to use it.

4. No drinking - Never let your dog drink from the water. The chlorine and chemicals in the pool, salt in the ocean and bacteria in lakes can make them sick. Bring fresh water with you to keep them hydrated.
5. Stay afloat - Use a dog life jacket for all activity in any open body of water for your pet, regardless of their swimming ability.
6. Never leave your dog alone in the water.
7. Lock up - Put a fence around the pool and use a sturdy cover when not in use made of a material that lets rainwater drain through. Dogs can drown in puddles on top of pool covers.
8. Rinse off - Always shower your dog after being in water. Salt, chlorine, algae, and pollution can irritate or damage their skin and fur. Also, be sure to dry their ears completely to prevent infection.

Don't forget that sprinklers and paddling pools are effective for dogs that are older or impaired, or for breeds that don't swim. Water from the hose is perfect and chlorine isn't necessary. Wading or splashing has the same cooling effect as swimming and dogs love it!



Dr. Ketan Jivanjee

Ketan graduated Bachelor of Veterinary Science from the University of Pretoria, Onderstepoort, South Africa. Prior to that, he completed Bachelor of Science with majors in Biochemistry and Microbiology from La Trobe University, Bundoora. Ketan is a Member of the Royal College of Veterinary Surgeons, United Kingdom. In 2003, a passion for surgery led him to complete a one year post graduate course in Small Animal Surgery conducted by the University of Sydney.

Ketan has focused on small animal practice since graduation. He spent three years in a busy small animal hospital in Albury/Wodonga honing his medical and surgical skills. His time there was both fruitful and rewarding allowing him to provide an in-depth medical and surgical service here at Carnegie Veterinary Clinic. He enjoys the rigours, challenges and diversity of a multi-faceted general practice. Out of the clinic, Ketan takes an avid interest in motor sports.

Dr. Kelly Wilkinson

Kelly graduated Bachelor of Veterinary Science with honours from The University of Melbourne. Kelly is passionate about feline medicine. In 2002, Kelly completed a one year post graduate course in Feline Medicine conducted by the University of Sydney. Over the years, Kelly has maintained a strong focus on continuing veterinary education. She is also a member of the European Society of Feline Medicine.

Kellie's interests away from the Clinic are her two beautiful daughters – Natalie and Stephanie.

We are passionate about continuing veterinary education and ongoing learning. All members of the Carnegie Veterinary Clinic Team partake in continuing professional development to further enhance their skills and ultimately provide better service to clients and better outcomes to patients. Striving for excellence in service and care is our priority.

To provide adequate service and facilities for your needs it is necessary to charge realistic fees for treating your pet. Prompt payment of our account will help us keep the fees down. Please note that we require complete payment at the time of each consultation visit and prior to discharge from the clinic for companions that underwent in-hospital procedures. An estimate of fees can be provided for all diagnostics and treatment. We accept cash, eftpos, mastercard and visa.

The Clinic itself does not offer an account facility.

We strongly recommend Pet Insurance. Unfortunately, a Medicare type system is not in place for our pets, so the real cost of providing treatment and care must be borne by the owner. If you would like to know more about pet insurance or Petplan specifically please feel free to pick up brochures which are readily available from reception.

Nobody likes waiting. We do our best to run on time. However, occasionally there are complex cases and emergencies, so we can run behind. We appreciate and thank you for your patience.

A WEIGHTY ISSUE

Obesity is now the most common nutritional disorder affecting pets and, just as in humans, the prevalence is on the increase.

The main cause of obesity in pets is a combination of over eating and lack of physical exercise. Obesity in pets represents a serious medical concern that can lead to a number of significant health concerns such as arthritis and heart disease.

Owners often view food as a way to reward and treat their pets, which contributes to their overeating habits. Modern day pet foods tend to be of a much higher quality and some pets are prone to gorging

themselves on them to the limit of their stomach's capacity. In addition, pets, especially dogs, are often not receiving the amount of exercise they require. Pets confined to a house or small yard, or who are not regularly walked or played with, are more prone to obesity.

Any pet weight loss plan should always be under veterinary supervision. If your pet is overweight it should first be examined for heart, thyroid or other metabolic disorders. A detailed history will also be taken with an emphasis on frequency of exercise, amount and type of food being provided and other considerations related to calorie requirements. Your veterinarian can then advise you on a suitable weight loss plan for your pet and guidance on how to get started.



Down: 1. Aquarium; 2. Obesity; 3. Broccoli; 4. Beneficial; 7. Irritate. Across: 5. Pooch; 6. Reptile; 8. Physical; 9. Anxiety; 10. Pheromones.

ANSWERS TO CROSSWORD