

 **MIMRAM**
AUTUMN/WINTER
NEWSLETTER
2017



Hello and welcome to our Autumn/Winter newsletter!

Staff Matters

The weather is noticeably cooler and we have been enjoying crisp autumnal walks, crunching through the leaves... however, the temperature has been quite different in Goa, India from where **Steph** has just returned! Supporting Mission Rabies with their vaccination drive, Steph worked very hard to vaccinate as many dogs against rabies as she could to help improve the lives of these wonderful animals. Why not take a look at the Mimram Facebook page where we have been posting regular photos of Steph's work and the beautiful animals she has met. In the run up to her trip, she had set herself a fundraising target of £500. Steph has far surpassed this and at current time of writing has raised **£841.31!** We wish to thank all our wonderful clients who donated to this fantastic cause- we know that this will make a real difference to the lives of so many, furry and human alike. Don't forget- there's still time to donate if you so wish via Steph's JustGiving page:



www.justgiving.com/fundraising/stephanie-writer-davies

In other news, we are all very excited about vet **Mia's** upcoming nuptials. She and her fiancé **George** have been busy planning their wedding and have settled on a beautiful venue in Cyprus for the event next year. We wish them all the very best and know that Mia will make a beautiful bride.

One of the many rewarding things about working at Mimram comes with the rescue and rehoming of stray animals. We often must resist the temptation to take every stray home ourselves! However, it was love at first sight for vet **John**, receptionist **Kate** and a tiny black and white kitten who was brought into the practice in late September. Having been found by one of our lovely clients curled up in the road, feeling rather poorly he was rapidly treated and happily made a

full recovery. Kate brought him home where he settled in straight away with their two other cats and Rottie.

Finally, some sad news... Receptionist **Kate** has made the difficult decision to leave us to take some much-needed time to focus on her young family. She has been at the practice for five years now and will be very sad to go but we know we'll still see lots of her!

Practice Matters

Pet Plan Awards 2018

The time has come around again to send in nominations for the prestigious Pet Plan Veterinary Awards 2018! We were chuffed last year to not only be nominated for 'Practice of the Year' but John and Steph were both nominated for 'Vet of the Year'! There are several other categories to vote in (check out www.petplan.co.uk/vetawards for more!) and should you wish to, you can register your nominations until **12 January 2018**. Finalists for all categories will be announced in **March 2018**- fingers crossed!

Christmas Charity Raffle!

Why not enter our fantastic Christmas Raffle to be in with the chance to win one of our **amazing Christmas hampers** for your canine friends! Hampers are filled with toys, food, treats and accessories from brands such as Kong, Nylabone, Fish4Dogs, Royal Canin, Pet Remedy and many more! **Tickets are £2 each or £8**

for 5 with all money raised going directly to the wonderful charity 'Dogs on the Streets' (D.O.T.S)!

Other Matters

At the practice we enjoy keeping up to date with the latest findings and recommendations in the veterinary field to help keep pets as happy and healthy as possible. As owners ourselves, we very often have the largest impact on the health and welfare of our pets and as such we would like to share two very useful and exciting websites with you; one for dog owners and one for cat owners.

Canine Arthritis Management (www.caninearthritis.co.uk)

This website has been created by a vet and offers some useful, free veterinary advice on how to spot arthritis in your pet and what we can do to manage it and make your pet as happy and comfortable as possible.

Feline Friends Academy (www.feline-friends-academy.com)

This is a free internet academy aimed at cat owners wishing to learn more about these curious creatures, their requirements and how best to ensure they lived fulfilled lives. The charity 'Feline Friends' have collaborated with 'The Webinar Vet' to give you six free webinars which you can view live or at a later date starting with the first on **24th January 2018**.



Crumb's Corner!



Hi! I'm **Crumb**, and I live very happily with nurse Sophie who kindly rescued me when I was brought into the Mimram! Many of you will have

seen my "before and after" photos in the last newsletter or may have met me in person as I'm quite a regular here at Mimram. Sophie says I'm a bit of a practice mascot and as such have been allowed my own spot on the newsletter to give you my "dog's eye view" of things! With the temperatures dropping, many of you will have noticed your canine friends stiffening up a bit and as such I've decided to see what I can dig up about arthritis.

Arthritis is the wearing-away of the cartilage which normally allow our bones to glide painlessly in our joints when we move. This wearing-down results in pain and swelling in and around the joint. This is often due to general "wear and tear" as we age but don't forget it can be seen in youngsters too (e.g. due to infection or inherited diseases).

While you often see arthritis in us dogs as we age did you know that **over 90% of cats over the age of 12 will have degenerative joint disease too?** Our

feline friends are much better at hiding pain than we are and so the signs are harder to spot! **Cats** rarely show signs of lameness and most commonly become less active which is often sadly put down to old age. Look out for: *a change in habits e.g. not jumping up on surfaces/windowsills any more, struggling to use the litter tray, under grooming (may be too painful) or overgrooming (also due to pain).* With **dogs**, look out for us being *classically stiff and a bit lame when we get up after a nice rest but seem better once we're up and going, looking uncomfortable in certain positions, spending more time resting/appearing more tired, unable or reluctant to go up/down the stairs or jump into your car.* You might also spot us *licking or biting at a particular area-* this will be due to the pain. And don't forget that chronic pain makes both dogs and cats feel pretty irritable so don't be surprised if we're a bit grumpier or we don't like you touching our painful joint(s).



If you suspect your pet might have arthritis, then please do take them to see one of Mimram's lovely vets. They can diagnose the condition based on the information you provide, a physical

examination and possibly x-rays. Sadly, it is not a curable condition but can be managed to keep us happy and comfortable. Anti-inflammatories may be recommended to reduce the inflammation and pain in our joints, we may need to go on a diet if we are a bit heavy (!) and controlled exercise on soft surfaces/swimming is very good for us too. Acupuncture has also been reported to help with pain management and Sophie tells me that that vet Sally performs acupuncture here at the practice! Don't forget you can also help us at home by giving us a nice soft bed (orthopaedic beds are great), raising our water and food bowls, grooming us in areas that we struggle with and we like the portable pet ramps that help us get into the car or help cats climb up onto their high perches.

Being a youngster myself, there are things you can do as an owner to **help prevent the onset or at least slow down progression of arthritis.**

Remember to keep us both physically fit and a healthy weight as this really takes unnecessary pressure off our joints. With much larger dogs than myself, owners need to take care with type and amount of food given to these large breeds whilst they are growing. Chat to the staff at Mimram for more info on this one. Finally, you can look at introducing veterinary nutritional supplements containing glycosaminoglycans or sodium hyaluronate

as these may help to prevent cartilage degeneration.

If you would like any more information or advice then don't hesitate to call or come in and chat to one of the friendly team (they love to give us pets lots of fuss!) and you never know, I might see you there!!

Seasonal Snippets

Pesky Parasites!



Remember to keep on top of your pet's parasite control as the flea population has been busy multiplying over the summer! Also keep a close watch for ticks at this time and for tiny orange bugs which may be found on your dog's paws, eyelids and abdomen. These are harvest mites and cause itchiness and discomfort.

Fireworks

The firework season seems to get longer each year and with the New Year (and Chinese New Year in Feb 2018) around the corner we have a lot more fireworks to come! Understandably, some pets find them incredibly stressful so here are our top tips for keeping your pets safe and calm during this period:

- ❖ Walk dogs well before it gets dark
- ❖ Lock all windows, doors and cat flaps and keep cats in overnight with extra litter trays
- ❖ Turn the tv/radio on and close curtains to muffle bangs and hide flashes
- ❖ Give pets a safe place to hide (e.g. a crate with lots of blankets) and try

to only reward calm behaviour. Act as normally as possible and don't give more or less attention than you would on any other day.



❖ Consider using pheromone sprays or diffusers and come and chat to one of our vets if your pet is getting very stressed and we can find the best option for them (and you!)

- ❖ Don't forget small furries! Bring rabbit and guinea pig hutches inside where possible, if not turn the hutch to face a wall to minimise exposure to flashes.
- ❖ Provide extra bedding for hiding in and muffle the sight and sounds of fireworks with thick blankets placed on the hutch (although make sure they still have plenty of ventilation!)

Seasonal Hazards Alert!

Although a wonderful time of year, it also brings plenty of hazards for our pets. Watch out for...

- *Antifreeze*: although it is highly toxic, animals sadly find antifreeze (a.k.a. ethylene glycol) very palatable so please keep this well away from your pets. Ingestion causes kidney failure and is very often fatal.
- *Conkers/fallen apples*: snacking on too many of these will leave your dog with an upset tummy!

Christmas Chaos!

Dogs- chocolate and raisins (think mince pies and Christmas cake) are highly toxic for dogs so please give us a ring urgently if you pet consumes any! Also, do not give your dog blue cheeses, nuts, onions and bones (choking hazard) and take care not to give your pet too much fatty foods over the festive period as this can lead to a serious condition called pancreatitis. Finally, remember to keep small toys etc away we have seen dogs who have eaten things they shouldn't over the festival period, some of which needed surgical removal.

Cats- do not let your feline friends play with gift wrap ribbon or tinsel as if ingested can cause a horrible tangle or blockage in the guts which would likely lead to the need for an operation. Also, don't forget: **do not** display lilies in your home within your cat's reach as they are extremely poisonous to cats. Finally, poinsettias, mistletoe and holly can also cause an upset tummy for your pet if eaten.

Always contact us (**01438 712300**) if you have any concerns or suspect your pet has eaten something they shouldn't!

Christmas opening hours

Check out our Facebook page or website for the most up to date information on our opening hours during the festive period.

Wishing you an amazing autumn and very merry Christmas from all the staff at Mimram Vets!

