



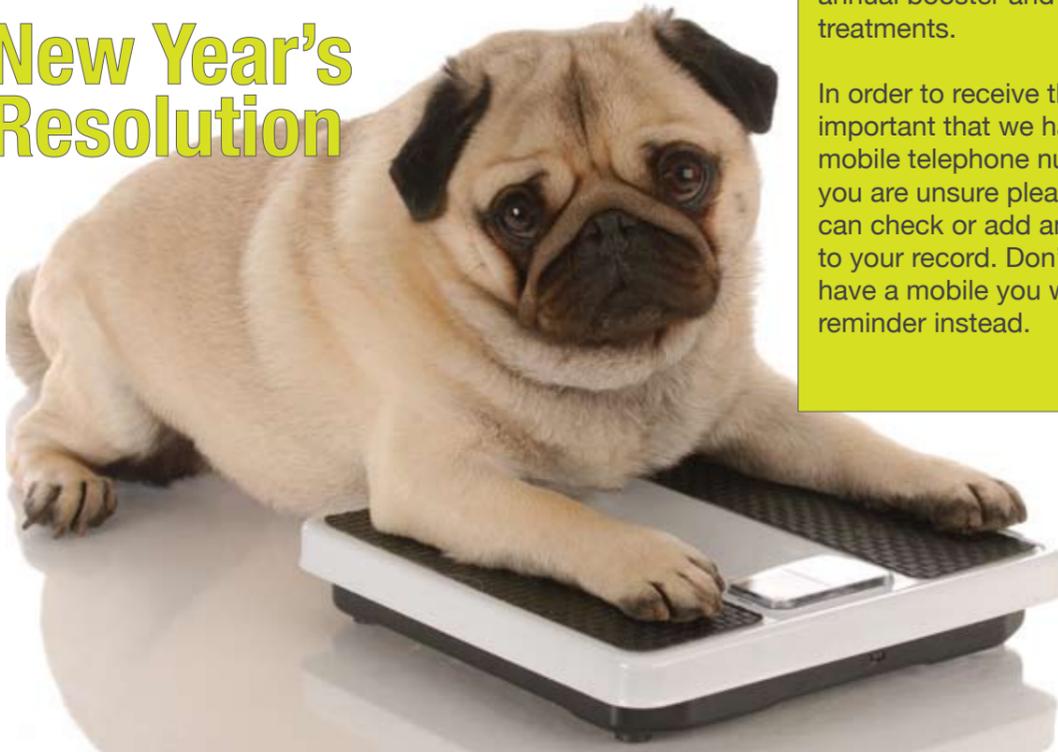
Winter/Spring 14

# Cinque Ports Vets PET NEWS

[www.cinqueportsvets.co.uk](http://www.cinqueportsvets.co.uk)



## New Year's Resolution



### Text Reminders

We now offer an SMS text service for important reminders such as your pet's annual booster and flea and worming treatments.

In order to receive these messages it is important that we have the correct mobile telephone numbers for you. If you are unsure please ring us and we can check or add any additional details to your record. Don't worry if you don't have a mobile you will receive a postal reminder instead.

## Weightwatchers for your pets!

### Do you have a portly pug or a tubby tabby?

With one in 3 dogs and one in 4 cats classified as overweight or obese January is a great time to make a new year's resolution to get your pet fit!

Cinque Ports Vets offers free weigh in clubs all year round to help keep your pet fighting fit.

There are many reasons why pets gain weight but just like us, the most common reason is eating more calories than they actually need and use!

### Being overweight can lead to:

- Joint and mobility problems
- Diabetes mellitus
- Heart disease and high blood pressure
- Respiratory difficulties
- Urinary tract disorders
- Decreased quality and length of life

### FREE visits in Wye weekdays



Does your pet get stressed going to the vets?

At our Wye branch we offer FREE home visits in Wye during the week so your pet can benefit from a consultation in the comfort of their own home. Contact us on **01233 813003** if you would like to arrange a visit.

Why not come along to one of our clubs and have your pet's weight assessed for free! Even if they are not overweight we can offer lots of hints and tips to help keep your pet healthy throughout their life.



**Ashford**  
01233 640022

**Hawkhurst**  
01580 752187

**Lydd**  
01797 321771

**Rye**  
01797 222265

**Tenterden**  
01580 763309

**Wye**  
01233 813003

## Winter Tips for your pets

### Wash their paws

As the weather turns colder, rock salt is often used to help de-ice roads and paths. Unfortunately this can be toxic to our pets. Rock salt is a mixture of salt and grit which easily attaches to pets' paws and is then licked off. It is very important to remember to wipe your pet's feet and their fur on their tummy after they have been for a walk or spent time outside. Grit can also be abrasive and damage the skin on their paws.

### Beware of antifreeze

Along with rock salt, antifreeze and de-icer is frequently used at this time year. This substance is especially sweet tasting to pets and they will happily ingest it if it is left lying around in containers or accidentally leaks from a car. Only the smallest amount is required to cause poisoning which leads to acute kidney failure and in the majority of cases, death in a very short amount of time. Contact your vet immediately.

### Don't let your pets eat snow

Snow might be a novelty but hidden objects or chemicals might be in the snow! Snow can also cause stomach upsets and even hypothermia.



### Try not to let your pets walk on ice

Dogs can easily slip and injure themselves on ice. Worse still they might fall into icy water under frozen lakes or canals.

### Keep them warm

Older pets with arthritis will feel more discomfort in the cold so make sure they are kept as warm as possible especially when going outside. The smaller the pet, the more likely they are to suffer with the cold weather due to the increased skin surface area to volume ratio. Make sure your small furries are kept warm and provide extra bedding in their hutches. In the wild, rabbits especially would protect themselves by sheltering in their burrows. Check water bottles daily to ensure they don't freeze.

## Arthritis and your pet

As we get older, we all start to become a bit stiffer especially getting up on cold and damp days! We can go to the doctor and tell them about our aches and pains but our pets can't.

Arthritis is one of the most common ailments which our older pets suffer from. It causes changes within the affected joints or spine which become painful for your pet.

Depending on the circumstances younger pets can also be prone to arthritis especially if they have had joint surgery. It is important for us as pet owners to keep an eye out for any signs of arthritis so your pet can be kept comfortable and live life to the full.

### Limping

Your pet may limp or favour one or more legs when walking. In some cases it may be more noticeable when getting up. Cats generally do not limp as they are especially good at hiding pain. With cats other more subtle signs need to be monitored for.

### Moving

Your pet may move more slowly or be less able to accomplish the usual activities like jumping in the car or going up and down stairs. Cats tend to stop jumping as much for example on the worktops or over fences and perches.

### Sleeping

Arthritic pets tend to spend more time sleeping as they tire more easily. Cats especially sleep more during the day which many owners attribute to a common sign of getting older. This is their way of decreasing their activity level because they are in pain. Dog walks become shorter as they can be painful.

### Irritability

Your pet may become grumpier particularly when being handled or stroked. Some arthritic pets may need help with grooming as a common sign in cats is an unkempt coat as they stop grooming around their back end as it becomes more painful to reach.

### Licking, chewing or biting

Arthritic pets can also lick, chew or bite the area which is causing them the most pain. They can cause it to become inflamed or infected.

### Treatment

There are many options available to help your pet cope with arthritis. Although there is no cure, medications, supplements and complementary treatments can all help. At Cinque Ports Vets as well as the regular arthritis treatment we also offer laser treatment which has been proven to help ease the discomfort of arthritic joints.

Please ask your local branch for more advice and come along to one of our mobility clubs where we can help.

## Nurse Clubs

At Cinque Ports Vets our team of veterinary nurses are able to provide a range of free services and helpful advice to assist you in caring for your pets throughout their life.

We offer:

- Weight Management Clubs
- Oral Care Clubs
- Mobility Clubs
- Junior Clubs
- Senior Clubs
- Travel Clinics
- Puppy Parties
- Small Furries Club and much more!

