

Interesting Case

Arthritis in Cats & Dogs

This issue has a focus on aches and pains in our companion animals. It is important to know that signs of arthritis and pain can be subtle, especially in cats who mask pain as a defensive tactic. Owners often notice changes in their pets such as a new limp, not wanting to jump into the car or in cats, not jumping up to old favourite spots, and they put it down to old age. In most cases these are the first signs of degenerative change and indicate PAIN.



Abby Robertson
BVSc

The management of pain in both human and veterinary medicine has changed significantly over the past 10 years. Focus has gone from using a single 'silver bullet' to multimodal therapy. What this means is that different medicines that work via different mechanisms are used together to maximise pain relief. In addition, there are natural supplements, diets and environmental modifications that can support the aging pet to try and slow or ease the effects of arthritis. Therefore, relieving pain for our older pets requires an evolving plan that will support changes in the mobility and pain as they age. The team at The Veterinary Centre are here to partner with you to achieve the most comfort for your pet as they age, so come in to see us if you have any concerns.



Abby and Dave's senior retired working dogs still waiting for work

Cotton's Corner

Did you know that us cats get arthritis too? I see plenty of dogs coming in to get their anti-inflammatory drugs to ease their pain but often we get forgotten about because we don't complain as loudly as those whining dogs! But as many as 1 in 3 cats may be affected.

Your human may notice you slowing down, not playing, climbing, jumping, grooming like you used to, perhaps not making it to the toilet in time and being more irritable than usual. The good news is that arthritis can be managed successfully with appropriate treatment and simple changes to your environment or diet. If you're feeling sore then get your human to bring you in to see one of my vets about a treatment plan today! (Check out www.catswitharthritis.com)

Oh and remember - NO chocolate this Easter! - leave it for the humans, it will only make us sick....

.....Cotton



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by the Big Blue Cross

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- Vomiting, diarrhoea
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- Dilated pupils
- Panting
- Shivering



by the Big Blue Cross

How often should I exercise my dog?

The age and health of your dog are important considerations when it comes to the correct frequency of exercise. Younger dogs and larger breeds may thrive on the stimulation of more than twice a day—whereas some older dogs or smaller breeds may be content with getting outside for a stroll in the morning and the evening.

Your daily routine will play a large part in how many times a day you're able to take your dog out for a walk. Throwing a ball around the garden as additional exercise can provide great entertainment, both for them and for you. In general, making sure that the activity you provide is regular and enjoyable is the key to keeping your pet happy and healthy.



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How to train your kitten to recognize its name

Teaching your kitten to respond when you call their name is simpler than it sounds. These simple tips should prove useful.

- Choose a short name without too many syllables. This will make it easier for your kitten to recognize
- Call your kitten by their name for feeding or play, and repeat their name during the activity. This positive reinforcement will help your cat to recognize the name
- Try not to repeat the name when punishing your kitten as this will give the name a negative connotation
- Say your kitten's name and then immediately give them a treat
- Or say their name and roll them a paper ball
- Kittens are often more responsive when they are hungry. So try these exercises before mealtime.



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