



VETS ON WHITE HART LANE

www.vetsonwhl.co.uk

WINTER 2009

NEWS

Vets on White Hart Lane
45 White Hart Lane,
Barnes, London
SW13 0PU

- Your independent, neighbourhood practice
- Modern surgical facilities
- “Gold standard” anaesthetic and monitoring systems
- In-house laboratory
- Nurses clinics with qualified nurses
- X-ray with automatic processing
- Ultrasound examination facilities
- Blood pressure measurement
- E.C.G heart assessment
- Certificate holder in veterinary cardiology
- Pet slimmer clubs

Consulting Hours

Monday to Friday

9.00-10.00am no appointments required. For other times ring for appointment.

Late night surgery up to 8.00pm on Tuesdays and Thursdays.

Saturday

By appointment 8.30am to 12.00pm.

For appointments ring
020 8878 7287
or **020 8878 0552**.

For emergencies ring
020 8878 6080

Dental care @ White Hart Lane – keeping the hollywood smile !!



Why does dental care matter?

Animals like humans get plaque build up on their teeth. Plaque is a mix of bacteria and food particles and can result in gum infections, loose teeth, abscesses and even heart, kidney or liver disease. This happens when the infection gains access into the bloodstream.

What can I do to help with my pet’s dental care?

As a practice we stock many dental products to assist you in the cleaning of your pet’s teeth. Just ask a member of staff about our range of toothbrushes, toothpastes, chews and diets available. You could even ask for a pet dental check

Ostrich twisters are now in stock! Ostrich twisters are the new chew which have a flossing effect and unlike many other chews they do not gelatinise. Chewing a twister helps scrape the plaque from the teeth. They are also low in fat and provide a good protein source.

Tips on cleaning my pets teeth

When first attempting to clean your pet’s teeth, sessions should be kept short, this is so that cleaning teeth becomes acceptable and fun to your pet. A long session will only make your pet resent brushing.

Use a soft pet toothbrush/finger brush and special pet toothpaste

Brush in a circular motion, at the gum line, do this very gently to avoid discomfort and distress

Tennis balls can lead to tooth loss!

Tennis balls and tough toys which when chewed excessively can cause damage to the enamel of the crown of a dogs tooth. This occurs often during catching and throwing games. Instead choose a malleable ball. If your thumb can indent the ball, then it is not too hard and will not wear the tooth down.

BEWARE, fruit and veg hazardous to pets



As the weather cools and the festive season draws closer, so do all the festive treats we humans enjoy. Chocolate is very toxic to dogs as most people are aware, but so are grapes, raisins and onions. Consumption of grapes and raisins and the fruit found in mince pies or Christmas puddings can cause a sudden onset of kidney failure. Onions are equally as bad. The toxic effect of onions is the same whether raw, cooked or dehydrated causing anaemia in both dogs and cats. If your pet consumes any of the above foods by accident, please contact the surgery straight away.





Don't ignore that lump!

One of the "golden rules" of veterinary practice is that early detection of problems will generally give us a much better chance of sorting things out and the regular health examinations we give your pet are a key part of this approach. In addition, frequent grooming allows *you* to keep a watchful eye out for any lumps, bumps, fleas, ticks and a host of other problems!

If your pet develops a lump there may be several possible underlying causes. These include allergic reactions (such as bee stings), abscesses, hernias and tumours. The most serious of these are tumours; these may be either *benign* – which tend to be slow growing and remain in one place, or *malignant* – which are frequently fast growing and spread to distant parts of the body.

If you do find a lump it is therefore very important we examine it as soon as possible – in order that we may establish the underlying cause and start any required treatment without delay. If you are concerned about a lump on your pet – or any other health problem, don't delay – please contact us today for an appointment!



Skin lump on the elbow of a cat



Shape up!

OBESITY is a problem that affects pets and humans alike, and just like us, carrying extra weight places extra demands on virtually all the organs of the body. Excess weight can lead to or worsen many medical conditions including:

- joint and ligament problems,
- heart disease, • increased blood pressure, • diabetes mellitus (sugar diabetes), • breathing difficulties, • decreased stamina and heat intolerance – to name just a few!

Sadly, affected pets often become old before their time, have a diminished quality of life and a reduced life expectancy.

You can tell if your pet is overweight by feeling their chest – the ribs should be felt easily – but not seen, and dogs and cats should have a 'waist' between ribs and hips. If you feel your pet is getting a little portly we are happy to weigh him or her and advise you on their ideal weight. We will also examine your pet to check for any medical conditions (such as an under-active thyroid gland in middle aged dogs) that can result in weight gain.

To achieve weight loss, pets need a combination of a specially formulated calorie controlled diet (often down to around $\frac{2}{3}$ their previous calorie intake) and more exercise. The good news is that as your pet loses weight, the benefits of increased healthiness and vitality are usually seen quite quickly. Please contact us for advice about your pet's ideal weight, diet and exercise regime – we are here to help!



Winter worries!



IT IS that wonderful time of year again with winter walks, roaring fires and celebrations. As the chilly weather and festivities begin we've got a few tips to keep your pet healthy.

Firstly – when out and about, remember that whilst many dogs love playing in the cold and snow, slim fine coated breeds will find it much harder to conserve their body heat. Also beware of hazards such as frozen ponds and lakes.

Pets that live outside (such as pet rabbits and guinea pigs) need special consideration at this time of year. It is important to ensure that their hutches are warm, clean, dry and in a sheltered position. Bedding needs to be plentiful and changed daily; give them fresh food and water every day and check the water bottle regularly to ensure it has not become frozen.

Inside the home, don't forget that Christmas decorations such as ribbons and tinsel are often attractive to kittens and puppies – and if swallowed may lead to an intestinal blockage. Similarly make sure that turkey carcasses and string (used to tie up the carcass) are safely disposed of.

Beware also of other household hazards: dogs are particularly fond of chocolate (see box right), but this can prove lethal. In addition, there are now several reports confirming that dogs eating even fairly small quantities of raisins, grapes and sultanas can develop renal failure. Many pets

love to chew on house plants, however many of these are toxic to pets. Lilies pose a particular hazard to *cats* – with all parts of the plant including the pollen being toxic.

Finally fleas don't take winter holidays – so keep up your regular flea treatments!



What's bugging you?

With the warm weather just a distant memory, it can be tempting to take a pause in the battle to keep your pets and your home flea free! However take a look at the picture on the right – these are **flea eggs** at 10x magnification!

Adult female fleas can lay in excess of 50 eggs per day – thus even a brief infestation can result in (literally!) thousands of eggs being produced. These fall off your pet and are deposited around your home in carpets and bedding where they can lie dormant for up to a year or more before developing into adult fleas.

Chocolate alert!

Most dogs love chocolate, but as well as being very fattening, it also contains a naturally occurring substance called theobromine which is poisonous to dogs (but not humans you'll be relieved to know!)

The theobromine content, and hence the toxicity of the chocolate, varies according to the type of chocolate with plain chocolate the most dangerous. So if you *must* feed your dog chocolate, specially formulated pet chocolate is the safe option!

