



Winter

EDITION

Is your best friend finding it hard to move?

You may think that your best friend is getting old, or is just stiff because of the winter chill factor. However, your best friend could actually be suffering from arthritis. Arthritis is a painful and debilitating condition that affects one in five dogs over the age of one.

Arthritis is no less painful to dogs than it is to humans and can significantly impact their mobility and willingness to play, which ultimately prevents you bonding with your dog. It can affect one or more of the major joints including the hips, knees, elbows and spine. Once present, it is relentlessly progressive and steadily becomes more severe over time.

If your best friend is suffering from any of the symptoms below, arthritis could be to blame:

- * Isn't enthusiastic to fetch or play
- * Prefers lying down to standing up
- * Has trouble standing up or jumping
- * Limpes occasionally
- * Has difficulty with toileting
- * Shows signs of aggression
- * Rests in abnormal positions
- * Shows reluctance to run
- * Takes shorter steps when walking
- * Cries when touched or avoids patting

While no cure exists for arthritis, the good news is there are pain relief options available for your dog, which can transform his or her quality of life, greatly reduce the impact of the condition, and allow both of you to regain that bond.

Concerned about your cat? Have a look at the following page for feline symptoms

***Arthritis can be managed.
If you are concerned about
your pet, talk to your Vet.***



Could your cat be in pain?

It can be easy to confuse the signs of arthritis with old age. But when your cat loses interest in playing and jumping, gives up on grooming and starts sleeping more, they're not simply aging; they're suffering.

Possible signs of arthritis:

Changes in routine:

- ✓ Unwilling to jump/climb stairs
- ✓ Hesitant to play/initiate play
- ✓ Unable to climb into basket
- ✓ Increased time sleeping
- ✓ Unwilling to go out

Changes in hygiene:

- ✓ Poor grooming/matted hair
- ✓ Inappropriate urination/not using litter tray

Changes in character:

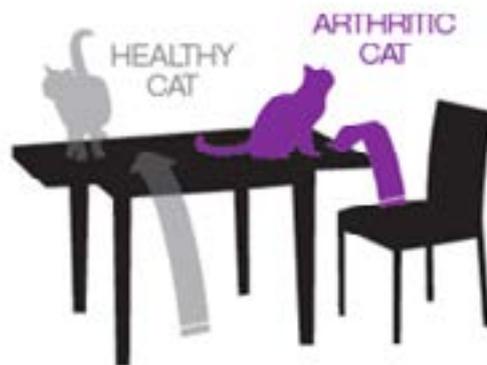
- ✓ Biting/vocalisation when stroked
- ✓ Anxiety/aggression
- ✓ Reduced interest in people and their environment
- ✓ Loss of normal interaction with other cats
- ✓ Just not themselves

It is important to note that these signs can be subtle.

The Anexa FVC team have diets and medications available especially for cats. They work to reduce the inflammation and pain associated with arthritis and you should notice the difference within days to weeks. Help reduce the pain your cat could be suffering from, so they can do the things they love again.

Arthritis is a condition that affects up to 1 in 3 cats. It can affect not only a cat's mobility, but their quality of life. Fortunately arthritis can be managed.

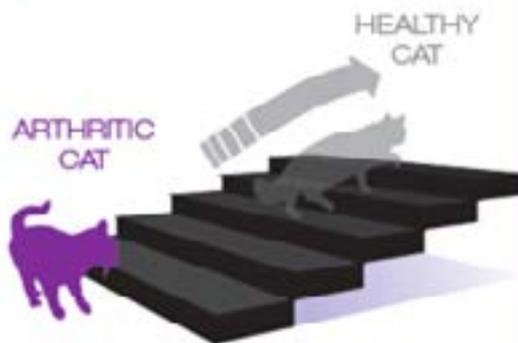
Give your local clinic a call if you are concerned about your cat.



Arthritic cats might use a chair to help them jump onto a table.



Arthritic cats play less frequently and spend more time sleeping.



Arthritic cats may be hesitant to climb stairs.



Arthritic cats may be hesitant to jump off a table.

Cat's love to be cosy. Treat your kitty this Winter. Call in and check out our range of cat beds. If you can't find anything you like on display, we can order in the perfect bed for your moggy.



Do you love your dog or cat too much?

We all love food, and so do our pets. So what better way to show our pets that we love them than to give them yummy food? Unfortunately, this "love" often makes our pets overweight. Remember the difference between pets and people: one bite of steak for a 5kg cat is like a whole steak for an 80kg person!

A Labrador is hungry when it's skinny, and hungry when it's fat. So it may as well be skinny. This applies to other breeds and species, as well. Overweight pets are at a very high risk of developing the following medical problems:

1. Early onset arthritis
2. Diabetes
3. Breathing disorders
4. Pancreatitis
5. And more!!

Unfortunately, loving our pets with food may shorten their lifespan. But what can we do instead?

Use a portion of your pet's daily food as treats

Measure out the amount of bikkies that your animal gets for the day, and set a small portion of the daily food aside to use as treats and feed the rest as a meal.

Feed low-calorie treats

Vegetables are good treats! Avoid meat, fat, dairy, bread and other carbohydrates. Of course not all animals like veggies, but you can also often purchase low-calorie treats at your vet clinic.

Challenge your pet

If your pet loves food, consider popping into one of our clinics and picking up a maze bowl or Kong - the food is put inside the bowl/toy and your pet needs to work to get it out - it is a great way to keep your pet entertained and make meal times last longer.



In the end, show your pet you love it by keeping it fit and healthy. If you would like more information on weight loss and weight targets, contact your local Anexa FVC clinic or book a consult with your local Vet nurse.

YES! Fleas can still be a problem in winter

Even as the days get shorter and cooler it is still important to treat your animals for fleas and worms. Cats and dogs should be treated year round for fleas with a monthly treatment of a veterinary recommended product. The myth that animals do not get fleas in winter is just that, a myth. The flea lifecycle will continue even in the cooler months.

Buy Advantage or Advocate flea treatment and receive a Free Wild Bean Coffee voucher*

Conditions may apply
While stocks last



When is the last time you looked in your pet's mouth?

I mean, really looked. The vast majority of animals don't brush their teeth every night, and therefore usually develop similar problems as people who don't brush their teeth!

Take a minute to look in your dog or cat's mouth. Do you notice any of the following?

- ✓ Bad breath
- ✓ Yellow teeth
- ✓ Missing teeth
- ✓ Extra teeth
- ✓ Tartar

If you notice any of the above signs, or simply want to see inside your pets mouth but can't seem to convince them to open up, contact your Anexa FVC vet clinic, we're here to help.



Concerned about your Pets' weight?

Ask about our Vet Nurse Weight Monitoring Service





Cold weather will worsen arthritis

If your dog is more than 10 years old (small breed) or 8 years old (large breed), consider making life more comfortable. Arthritis is worse in the cold months. Consider thicker bedding, warmer housing, and perhaps a visit to the vet for some arthritis medication.



Tailor your dog's exercise to the weather.

If you find yourself going on fewer or shorter walks due to bad weather, consider inside games that you can play with your dog. Also, this is a great time of year to consider doggy daycare.

5 WINTER WELLNESS TIPS



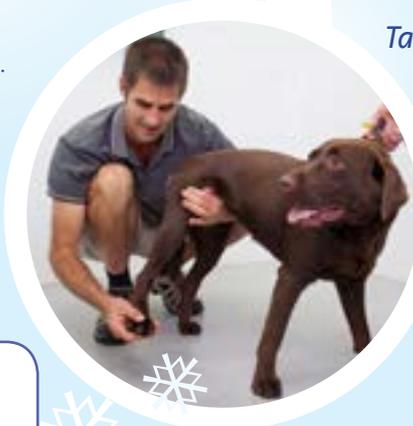
Know your dog's cold tolerance

Not all dogs are created equal when it comes to cold tolerance. Old, young, small or short-haired dogs are at a greater risk of hypothermia. Consider a coat or jersey.



Time to renovate the dog box

Take a moment to ensure that your dog's lodgings are completely waterproof and sheltered from the wind. Don't forget to add a bit more extra bedding!!



Talk to your vet about winter protection

Have your faithful companion checked over by a Veterinarian to ensure small problems don't worsen because of changing weather.




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New Puppy? Join us for Puppy Preschool, visit anexafvc.co.nz/events for a Puppy Preschool in your area.



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