



# Elands Veterinary Clinic Newsletter - Spring 2019



Welcome to the Spring edition of our newsletter. We are here to give advice and update you on what's new at Elands!

## New Year Weight Management Clubs

*Have your pet's extra Christmas treats hit their waist line?  
Concerned your pet is overweight or underweight but not sure?*

It is surprising how many of the UK's pets are overweight! Research has revealed that [overweight pets could die two and a half years earlier due to the associated health problems linked to obesity](#). We understand weight gain and loss can be a real struggle with our pets so we are here to help. We measure the condition of our animals using their body condition score (BCS) on a scale of 1 to 9, where 1 is extremely thin and 9 is extremely obese. A body condition score of 4-5 is ideal and where we would love all pets to be! Please don't be offended if a member of staff has advised you that your pet is under or overweight, we are all here to support you in achieving your pet's healthy weight.



Book in for your **complimentary** weight consultation with our lovely nurse, Laura Compton RVN. Laura has a keen interest in animal nutrition and has completed courses in animal nutrition and weight loss for our pets.

*"Obesity is the most common health condition seen, with a staggering 50% of pets being above their ideal weight. Obesity can lead to severe life altering conditions such as diabetes, arthritis and heart disease. I run regular weight clinics at both branches to help support you in achieving your pet's weight goals. Sometimes little changes make all the difference. So please contact us to book in your complimentary weight clinic and let's make 2019 happy and healthy for our beloved pets!"*



Peggy before and after weight clinics. Body condition score 8/9 before and 5/9 after. Peggy did this in a controlled manner over the last year, losing all this weight she is a superstar!



## **\*\*Congratulations\*\***

From April 2018, Philip Lhermette FRCVS, one of the most innovative leaders in the veterinary profession, has become the new President of the British Small Animal Veterinary Association.

This is a very prestigious position and we are very proud of this achievement.



Well Done Philip!  
Due to this new role Philip will not be around as much so please book well in advance if you wish to see him.

## **NEW TO ELANDS! \*15 minute consults\***

All of our consults are now 15 minutes long giving you and your pet more time to relax and discuss their health. If you feel you need longer than this please let us know when booking in.

## **EASTER OPENING HOURS**

### **Dunton Green**

Open as normal on Saturday 20th April

Closed: 19th April 2019

Monday 22nd April 2019

### **Kemsing**

Closed: Friday 19th April 2019

Monday 22nd April 2019

**\*Please order prescriptions to cover this period by Monday 15<sup>th</sup> April 2019**

**\*Closed Saturday 6th April 2019 for BSAVA congress\***

## **Cat Friendly Clinics**

New to Elands - our new cat ward!

The cat ward is situated well away from any noisy dogs, helping reduce stress while staying in hospital. The kennels are extra spacious, lifted off the floor with plenty of hidey places to ensure all our visiting cats feel safe and secure.



The new cat ward ensures all our visiting cats, whether it be just for a blood sample, claw clip or a hospital stay, feel as comfortable as they can away from the smell and noise of our canine companions.



We still have our cat-only consultation times (exceptions are made for dogs requiring emergency appointments) to help reduce anxiety in the waiting room, and we now have 15 minute consults allowing longer time for our feline companions to adjust to their environment.



## EASTER FUN

Easter is just around the corner and this means **CHOCOLATE!** Be particularly careful as chocolate is extremely toxic to our pets, and remember the darker the chocolate the more toxic it is. Chocolate contains theobromine which can cause muscle tremors, seizures, irregular heartbeats and heart attacks in our animals. The onset of poisoning starts with **extreme hyperactivity**. If you are suspicious your pet has ingested some chocolate please call the practice on 01732 452333 **ASAP** and if possible bring the packaging to the practice with you.



### Dates for your Diary!

#### **Elands Fun Dog Show**

Monday 27th May 2019 at Otford Village Fete

Join us for a day of doggy fun, with classes such as prettiest bitch, most handsome dog and best rescue - Entry fees help towards our Stray and Wildlife Fund.

### Meet the Team - Reception Team



*Karen Leahy* - Karen is a real asset and our longest serving receptionist, joining in 2005. She has a rabbit called Blossom and a lovely dog called Henley.



*Lesley Porter* - Lesley has been with us since 2008. She is an invaluable member of the team and looks after everyone, keeping the practice running smoothly.



*Angela Golding* - Angela joined in 2017 and quickly adopted Lucky the cat, who came to us as a stray. She can often be found giving cuddles to our patients!



*Tracy Snelling* - Tracy is our newest member, joining us in 2018 with lots of veterinary experience. She has fitted in perfectly, and has a selection of her own animals to keep her busy.

## Pesky Parasites

*As the weather starts to warm up and Spring arrives, so do the little critters.. fleas, ticks and worms. Although animals can get parasites all year round it is more prevalent during the warmer months.*

**Fleas:** Fleas are pesky critters that live on the fur/skin of our pets. They bite and suck blood from their host causing skin irritation. Easily picked up from the environment, once contracted they can be hard to get rid of. We recommend treating all animals in the household as fleas are interchangeable between species. Cats are especially prone due to their outdoor adventures. *Don't forget you won't visualise fleas until you have an infestation on your hands.* Fleas have a three month life cycle and can hang around in the environment for long periods of time. We recommend regular flea treatment to keep on top of these pesky critters.



**Ticks:** Tick season is fast approaching. Ticks are blood sucking insects that attach to our animal's skin. In doing so they can transfer diseases to our pets such as Lyme's disease. They can be found anywhere and are becoming increasingly common. The bite can result in inflammatory reactions and sometimes small abscesses. We recommend treating for ticks routinely.

**Worms:** There are three main types of worm that affect our pets; roundworm, tapeworm and lungworm. Lungworm is the most dangerous and potentially fatal in dogs, and early infection doesn't always cause symptoms for us to pick up on. Dogs can pick up worms from the environment, slugs and snails. *The south east is a high risk area for lungworm.* We recommend monthly lungworm and regular worming treatments.



There are many different flea and worming protocols available from us, including spot-ons, tablets and collars. Our **Pet Care Plan** includes all effective parasite treatments for the entire year. It is a monthly subscription for 12 months that covers all of your pet's preventative treatment plus much more. You can make big savings whilst ensuring your pet is getting the most up to date and effective treatment.

*Don't forget all these pesky parasites that our pets carry can be transmitted to us humans. Children are especially susceptible!*

## New Year, New Start - The Importance Of Vaccinations

At Elands we strongly recommend vaccinating your pets to help ensure a happy and healthy life. We vaccinate regularly against infectious diseases which can be fatal to our pets. Elands' **Pet Care Plan** provides cover for all these diseases and much more. If you would like to restart your pet's vaccinations then please do not hesitate to contact us.

**Dogs:** We recommend vaccinating against Distemper, Hepatitis and Parvovirus every three years, and Leptospirosis and Kennel Cough yearly. We vaccinate using the Lepto 4 vaccine; this is the gold standard vaccine that covers against four strains.

**Cats:** We recommend yearly Flu, Enteritis and Feline Leukaemia Virus vaccinations. Cats are very prone to picking up diseases due to their roaming nature. We strongly recommend any cat that goes outdoors to be vaccinated to help stop the spread of these diseases. Some cats act as carriers of diseases and not until they are immunosuppressed do they show clinical signs.

**Rabbits:** We recommend yearly Myxomatosis and twice yearly Viral Haemorrhagic Disease vaccinations as both diseases are fatal to rabbits.

\* When booking your pet into a cattery, kennels or other boarding facility please discuss their vaccination status as they may not be accepted without the correct up to date vaccinations. \*

