

Welcome to our 2021 Winter Newsletter

We hope everyone is staying warm during these frosty nights we have been having. The perfect weather to snuggle up with your dog or cat under the doona, with a nice warm cup of tea. And if you are lucky, toast marshmallows in the open fire- yum... but while we can rug up and enjoy the cold, our furry friends may not quite enjoy it as much, especially those with arthritis. This makes winter a great time to come in and have their joints checked, especially if they are overweight with more pressure on those joints! In the meantime, its best to ensure they are also rugged up warm and toasty from the cold when at home, their in-built fur coats don't always cut it!

K L G L S Z P A D G Z C M U Q Y W A V P
B Q V D D E D R T D A H M W A R M T H K
L E V P T O D H F O M R T Z D Y E K K A
J S S J L S T E I G E W T T A L I M J T
V T P E S M Z V A I O M Q H P J A U K V
S N U G G L E D K M O U V R R K A A G J
M S H N P U N S T S U L D S P I Y A M C
B A G I V E T E R I N A R I A N T C O N
E W R G Z Z C A T S P Y Z E E D E I P S
X H T S N X S D L R P Z A X D R H H S T
E J U W H G G H C R P C L L J O W I N I
R F D D S M P X S B R H S F F A B Y S F
C A I F G V A C H V P E H N Y Y N C E F
I P U R R D S L N W H C B F O Y A A N N
S R T D E M Z W L O D K Z C R W Q M I E
E A E S Z I N R J O U U Z M S P F W O S
Z I Q N L L T W F O W P I Z Y N Q Z R S
S N O V E R W E I G H T C H E A L T H F
L P N Q C B O W H D W I N T E R C R N E
A B I G L I M P I N G E Z N O V Z O F D

WINTER WORD SEARCH COMPETITION

Complete the word search and if you can find the **Secret Extra Word** related to this newsletter, let us know and you **go in the draw to win a goody hamper for your dog or cat!**

Words can be horizontal, vertical or diagonal, but **none are backwards.**

Veterinarian	Snuggle	Fire
Stiffness	Warmth	Purr
Exercise	Cat	Overweight
Snow	Dog	Checkup
Rain	Limping	Winter
Marshmallow	Health	Senior

PLEASE *welcome* OUR NEW STAFF AT HALLAM VET CLINIC

A lot has happened in the past year, but even with multiple lockdowns, our wonderful staff have been here throughout it all to look after your precious animals. We have also had a few additions to the HVC team in the last 18 months, here's a moment to get to know the team a little better!

Dr. Suruchi Perera

Suruchi graduated from Melbourne University in 2015, worked in general practice with emergency for the first 2-3 years before discovering a keen interest in shelter medicine/surgery and dentistry. Suruchi started working with us in January 2020 and is currently pursuing both interests across HVC and a shelter.

Suruchi has a 10 year old kelpie and a 5 year old torti cat that love to sleep in bed together. Outside of work she loves doing yoga, gardening, and spending time with family.

Suruchi works with us Thursdays and Saturdays.

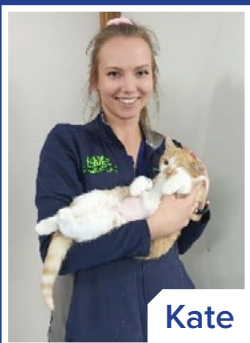


Dr. Kimberley Woods

Kimberley started working with us as a full time GP vet in March after graduating Veterinary School at James Cook University in Townsville earlier this year. Despite living in sunny Queensland for the past 5 years, she is a Melbourne local and is happy to be home!

Prior to studying Veterinary Science Kim completed multiple degrees at Melbourne and Charles Sturt Universities. Kim has special interests in animal behaviour, birds and exotic pets, but is excited to meet and treat any animal that comes through the door!

Outside of work Kim enjoys painting, photography, scuba diving, and spending time with her family. She has two gorgeous little kittens Enola and Paige, and two cockatiels Jack and Penny.



Kate started working with us in January 2020, after completing her Bachelor of Animal and Veterinary Biosciences at La Trobe University.

Kate is interested in all areas of veterinary, dentistry being one of those interests, where she assists our specialists with procedures. Kate also aspires to become a veterinarian in the future.

Outside of work Kate enjoys playing netball, shopping, and hanging out with friends. At home she has Riley the border collie, Milo the ragdoll, two rabbits Simone and Nicole, a budgie called Holly and six goldfish.

Lauren started her career in Veterinary Nursing in 2007. After returning from an amazing European holiday she worked in Emergency then spent 2 years locuming around Australia in GP and emergency clinics. Lauren worked again in Emergency and GP for a couple of years before joining us in July 2020.

Lauren has a special interest in cats, cats, more cats, and all things cat!

Outside of work Lauren enjoys gardening, reading and photography. She has four very adorable cats at home; 13 year old sisters Gaia and Gypsy, 10 year old Chilli and 4 year old Luna.



OSTEOARTHRITIS



Osteoarthritis is a progressive degenerative condition where this is a loss of cartilage in the joints, causing stiffness and pain. Whilst arthritis can affect animals of any age and breed, it is generally a disease of older animals, but some underlying joint deformities can lead to early onset arthritis. Obesity is also a significant contributing factor, as excess weight puts more pressure on the joints.

Symptoms of arthritis in your dog or cat that you can look out for at home include stiffness, limping, reluctance to walk, climb stairs, or jump, particularly in the morning or in cold weather.

Even though arthritis cannot be cured, it can be easily managed with lifestyle changes, natural supplements, and pain relief when needed. Starting your pet on natural supplements early in life can prolong the onset or progression.

We recommend 4cyte Epitalis Forte gel, a palatable natural supplement that works to stimulate healthy cartilage production, repair damaged joints, and suppress inflammatory chemicals.

Until 31st August, we are offering \$5 off the 200ml bottle!



There are also things you can do at home to make your pup more comfortable, especially in the cold weather!

- Provide your pet with soft padded bedding, lifted off of cold flooring, away from draughts, wind and rain
- Warm coats and jackets to keep the joints warm
- Regular exercise to keep the joints moving



If you are concerned your pet has arthritis, book an appointment for our vets to assess and discuss the right treatment options for them!



***Interested in Puppy Preschool?
Scan here to learn more!***



COMPLETE SENIOR HEALTH CHECKS!

As we all get older our bodies start to slow down, we get a bit achy, this is no exception for with our silver-haired pets. Regular 6-12 monthly checks are recommended for every pet, but are especially pertinent for our elderly. Regular checks, including blood and urine tests, can help us catch any health problems earlier to make them more comfortable in their retirement.

Urine analysis can indicate issues with the kidneys, urinary tract, but also indicate signs of other diseases such as diabetes.

Blood screening tests can give us an overall indication of organ function, immune system, and presence of disease.



For the month of August we are offering discounted Senior Health Checks!

WE HAVE TWO OPTIONS AVAILABLE:

OPTION 1.

Standard Senior health check - \$70 (save \$60)! - Includes a comprehensive physical examination and a urine analysis.

OPTION 2.

Comprehensive Senior Health Check for \$180 (Save \$140)! This health check includes a comprehensive physical examination, health screening blood test, and a urine analysis.



If you have a pet over the age of 7 years, please call and let us know you'd like to book for one of the Special Senior Health Checks during the month of July.

FREE DENTAL CHECK

Does your pet have smelly breath?

Do your pet's teeth look dirty?

The Hallam Veterinary Clinic is happy to be able to offer free dental checks.

****Dental checks are by appointment only****

DISCOUNT SENIOR HEALTH CHECKS

Until **August 31st** we will be offering Senior Health Checks including in-clinic bloods and urine analysis.

So if you are concerned about any problems you may have with your senior pet, call us to make an appointment with one of our vets.