



## VILLAGE VETERINARY CLINIC NEWSLETTER

February 2019

2 St Mary's Road, Kloof, 3610

Tel: 031 764 0588

Website: [www.villagevet.co.za](http://www.villagevet.co.za)

### Letter from Dr Mostert

Welcome to our February newsletter! We hope that 2019 has been kind to you so far and that it is off to a good start.

February is the month when everyone is back at work, children at school and the family settled into their daily activities. Some of you may still be committed to your New Years Resolutions and we would like to add one to your list.

Medical Aid for your pets if you haven't already joined one. Accidents happen so quickly. Someone leaves the gate open and the dog that never wanders out decides to run into the road in front of a car. Out of the blue, your extremely healthy cat or dog becomes inexplicably seriously ill. What is your plan should that happen? Medical expenses are part of life, whether you have four legs or two and budgeting for them is so important.

Another excellent idea is to join our Healthy Pet Club. This covers your regular preventative health care which includes annual vaccinations, flea/tick control and deworming. We worked out the cost of yearly routine care, discounted the price by 10% and spread it over 12 months. HPC members get another 10% discount if their pets are already on a medical aid. It makes tremendous sense to plan in advance for the veterinary care your pet will need.

That's it from me, lots of food for thought, take care until next time and please don't hesitate to ask for any information you need about our Healthy Pet Club or medical aid/insurance for your pet.

Warm regards,

Dr Craig Mostert



If you would like to receive a monthly copy of our newsletter, either by email or post, please advise our receptionists or email Mandy:

[accounts@villagevet.co.za](mailto:accounts@villagevet.co.za)

We would also love to hear about any stories you have to tell us about your pets or, if you have lost a beloved pet, email us a memorial for our "Old friends and good memories" column.

### Meet Janine our new afternoon receptionist

Janine Joubert is our new afternoon receptionist who worked for us 12 years ago. We are happy to have her back as one of our Village Vet team.

She is a vibrant and passionate animal lover, who has been in the animal care industry for 20 years.

She is a happily married with two beautiful daughters, and has various furry and feathered adoptees. This currently includes 4 cats, 7 dogs and 5 birds.

Janine kick started her career at the Technicon of Pretoria where she did Equine studies (1997/98) after that she spent some time in the field before

joining various veterinary practices. Through this she has equipped herself as a pet nutritionist and puppy trainer and therefore is able to assist pet parents to understand the needs and necessities of their four legged family.

She is currently, and has for the last 9 years, been involved at Edupup Puppy School with Denise Ledingham, training and educating puppies and parents. Through this she has been able to keep up to date with all new developments in the K9 industry through their wonderful sponsors: Hills Pet Nutrition



To book an appointment to pamper your pets and get their coats in tip-top condition phone Daphne on:

031 655 1252 or 079 626 6927

## What is CPD and what does it mean to you?

Did you know that all four veterinarians at Village Veterinary Clinic, plus our three veterinary nurses, regularly attend CPD lectures in the evenings?

As you know, advances in medicine and surgery are rapid and there is ongoing research into many illnesses and conditions. It stands to reason that if you qualified more than five years ago and that's where your studies ended, your knowledge base is behind the times. There are breakthroughs in medicine, surgery and technology all the time and in order to keep up you need to keep studying. Hence the need for Continued Professional Development (CPD).

The South African Veterinary Council (SAVC) passed a law in April 2006 that made it obligatory for registered veterinarians to record their CPD activities and also attain a minimum required amount of CPD points over a period of time.

The subject matter varies and specialists in their field share their knowledge, expertise and latest developments with veterinarians around the country to ensure that their information is current. These lectures are held in the evenings at small local conference venues and sometimes over a weekend.

In addition, the SAVA also holds a biannual veterinary congress where there are numerous lectures that run over a period of days. Both local and international speakers are invited to present lectures and research papers. This is held in a larger conference venue with an exhibition hall displaying the latest advances in medical equipment, pharmaceutical supplies and veterinary nutrition. Congress fees include daily lecture attendance and access to the exhibition hall as well as study material and lecture notes.

There are also many international congresses as well which are tremendously beneficial but obviously very expensive.

We hope this gives a little insight in to what is available out there to Veterinary Surgeons and nurses and reassures you that we are doing our best to treat your animals with the very latest medical research available to us.

## Facts about cats

Whether your kitty meows or roars, it is a descendant of the *Felis silvestris* species, which is divided into the African wildcat, European wildcat and Steppe wildcat.

The **smallest** of the descendants is the rusty-spotted cat found in Sri Lanka. It is about half the size of the domestic cat. The **largest** is the tiger. The male Siberian or Amur Tiger has a total body length in excess of 3m and weighs up to 300kg.

The **lion** is the king of the cats. It stands out from the other cats, not just in its distinctive appearance but also in being the only felis that lives in organized social groups. Adult male lions weigh up to 225kg and grow up to 3m in body length.

The **fastest** cat, the cheetah, is also the fastest land animal. It can reach 95 km/h over short distances. Unlike other big cats it does not roar – it makes high pitched yelps, barks and chirruping sounds. And like your kitty, it does purr.

Domestic cats purr at about 26 cycles per second, the same frequency as an idling diesel engine. A domestic cat hears frequencies up to about 65 kHz, humans up to 20 kHz. Its sense of smell is about 14 times stronger than that of humans.

In the rear of a cat's eye is a light-reflecting layer called the tapetum lucidum, which causes cats' eyes to glow at night. This reflecting layer absorbs light 6 times more effectively than human eyes do, allowing a cat to see better than humans at night.

## Recognising a broken heart



We are not talking about a broken heart from lost love but from heart disease.

Most of the signs of heart disease are related to a decrease in the function of the heart. The signs can be subtle and sometimes hard to detect. Being able to recognise some of the early signs of this disease can make a big difference for your pet. It means we can initiate medical treatment and in most cases, ease the work load on the heart, meaning your pet will live a longer and healthier life.

Look out for these signs:

- Coughing, especially at night
- A reluctance to exercise and tiring more easily on walks
- Laboured or fast breathing
- Weakness or fainting associated with exercise
- An enlarged abdomen
- Weight loss or poor appetite.

This is an example of why at least an annual check up with us is important. We will always listen to your pet's heart as part of any physical exam and this allows us to detect any early changes. Sometimes we will hear a murmur (abnormal blood flow) or an arrhythmia (irregular rhythm). These may be reasons for us to perform more tests such as x-rays or ultrasound.

There are some excellent medications available to help a pet suffering from heart disease and the good news is that these can help your pet live a longer and near normal life.



## Ring-neck parakeet

Indian ring-neck parakeets have been kept in captivity from as early as 200 BC. In their home country of India, they are regarded as sacred beings when religious leaders began to recognize their ability to clearly mimic human language.



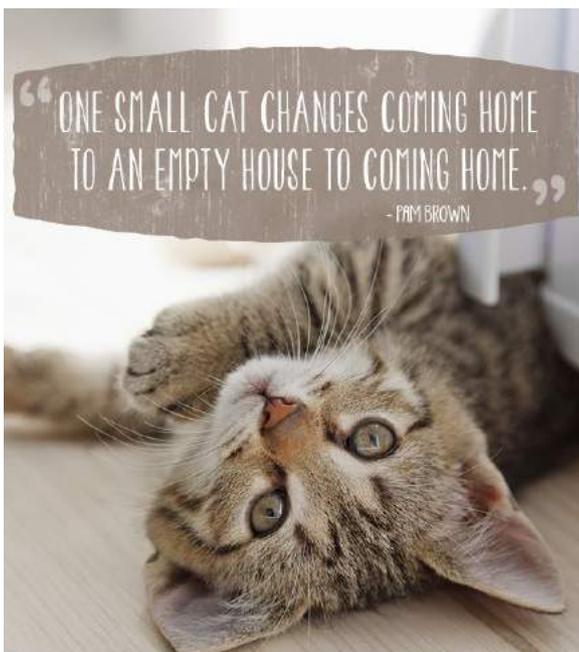
Indian ring-necks or Rose-ringed parrots are medium birds with an average lifespan between 25 – 30 years, although instances of ring-necks living past the age of fifty have been authenticated.

Although the Indian ring-neck has something of a reputation for being nippy and hard to tame, it is largely undeserved. Because they are so smart, ring-necks get bored very easily and will often resort to chewing and other destructive behaviour if left to their own devices. Ring-necks that are handled often and properly cared for, however, generally have sweet, charming personalities that make them a favourite of bird enthusiasts everywhere.

Like a few other bird species, they are known as dimorphic, meaning that a bird's sex can be determined by its colours and markings. Males sport deep red beaks, black facial markings and three bands of colour around their necks.

While Indian ring-necks usually feast on a diet of fruits, vegetables, nuts, berries and seeds. Whilst most agree that it is best for captive birds to eat nutritionally balanced pelleted diet, a ring-neck will appreciate a variety of fruit and veggies in their diet.

As with most other bird species, it is a good idea to have a safe area for the pet to play and stretch its wings. Ring-necks also have powerful jaw muscles to maintain, so it is wise to provide an array of chewable toys, perches, and cage accessories so that the bird is less likely to gnaw on something valuable or dangerous.



## Super Premium vs supermarket foods

In the current economic climate we all feel the need to tighten our belts and cut costs in our lives. But when it comes to "man's best friend" are we making the right choice when we choose a cheaper dog food? The range of food choices available is infinite and they all claim to have your pet's best health at heart. But do they?



Veterinarians recommend Super Premium foods (the ones you find at your veterinary clinic and vet shops) for several important reasons. Remember, they have seen some of the effects of commercial foods and understand how much super premium foods can make a difference. Here are some reasons why.

Veterinary foods contain a balanced amount of nutrients to meet the ideal requirements of your pets. Many commercial foods (ie supermarket foods and others sold by smaller vendors) may list the food as "complete" on the packaging but they may not necessarily be balanced. These foods may contain all the nutrients but often they are the wrong quantities. Too much of a certain nutrient can often be as harmful as too little. Long term feeding of a poor quality, unbalanced diet can lead to problems such as a dull coat, poor digestion, urinary conditions, constipation, diarrhea, weight loss or obesity as well as other health problems.



All super premium foods contain high quality ingredients which are highly digestible. The protein sources are of good quality and are high in energy density, so that less needs to be fed. This reduces the cost of feeding as well as reducing the stool volume. Commercial foods are often cheaper and seem like good value, but it is always a good idea to have a look at the feeding guidelines. Often, the amount you have to feed is much greater than that of the veterinary foods because the ingredients are not the best quality and therefore, not as well digested or absorbed.

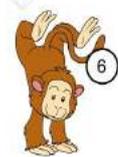
Veterinary foods have all been scientifically developed to provide the best nutrition possible. They often contain elements that are simply not available in commercial foods. If these foods were not well researched beforehand then formulas like these would not be found. Many of these foods not only help ensure your pet's future good health but they can also help to correct any current health problems.

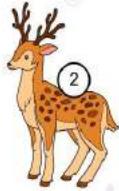
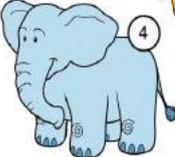
In closing, always check the ingredients listed on the bags of dog/cat food. Is the protein animal based? How far down the list do you have to go before you find an animal based protein (bearing in mind we are discussing diets for carnivores (dogs) and obligate carnivores (cats)). Ingredient statements list quantities from highest to lowest ie. The first ingredient listed is the one in the highest quantity. Protein levels and quantity should be the highest in dog and cat foods and this is often where companies take short cuts to reduce costs. Vegetable proteins are often used in place of animal proteins because they are a cheap substitute.

## AFTER HOURS EMERGENCY:

Highway After hours 031 765 3221 Westville Veterinary Hospital after hours 031 267 8000

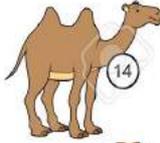
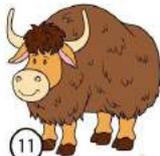
# Puzzle Page

 5  
 1  
 6  
 8

 10  
 2  
 4  
 13

**DOWN**

 18  
 7  
 20  
 19

 12  
 14  
 3  
 14  
 11

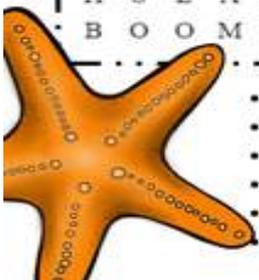
		2					4
	7	4					
		5	1				3
			6			9	2
4							5
	1	6			2		
	5				1	3	
						6	9
9						7	

	5	4	7				9	2
		7	5				1	6
		2	1	9	3			5
8		1		3	9			
7	2			1			3	9
				8	6		2	4
4			6	5	1	9		
3		5				4	6	
2	6					8	4	5



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

8	2	5	7		4	9		
	6		1			5		
				5		7	6	
	5			4	8		9	
		6				4		
	9		3	1			5	
	3	8		2				
		9			1		4	
		2	5		7	6	8	9



- crab
- shrimp
- sea lion
- ocean
- turtle
- sea horse
- seals
- dolphin
- starfish
- shark
- lobster
- clown fish
- squid
- manatee
- jellyfish
- whale
- octopus
- puffer fish

