



### Letter from Dr Mostert

Welcome to our newsletter!

We would like to begin with a few welcomes and thank yous. We see a lot of folks and their pets every day and this is our chance to connect with all of you whether you are new to Village or long time friends of our practice.

We would like to take this opportunity to welcome all our new clients who have joined Village. Some are new to the neighbourhood, some are new to the practice and some are new to being 'pet parents'. A very warm welcome to you all.

To our long time clients a very special word of thanks to you! It is so rewarding to see that some clients that walk through our doors carrying pets of their own, used to walk through these doors holding the hands of their parents. To share the journey of caring for family pets, across generations, is a privilege that we have a profound sense of gratitude for. Thank you for your trust, we value it highly.

We are passionate about who we are, what we do and the standard of medicine we practice. To have that passion for caring for our companion animals reflected by our clients is a wonderful thing to see.

Another word of thanks to those who have taken the time to recommend and review us online. Life is busy, we know, and to read the lovely reviews that people have taken the time to login and write is much appreciated. It is touching to read the heartfelt feedback in the reviews, thank you.

Our patients are cats, dogs, birds, rats, snakes, lizards, guinea pigs, and more. They are part of your family, and we are delighted that you have chosen us to help them live the longest, healthiest, happiest life possible.

Warm regards

Dr Craig Mostert



### Meet Jayde our new receptionist



I grew up in Durban and was born to a die hard horse and animal lover mom.

Naturally I spent every single second I could in a horse stable or playing with my beloved animals and at a young age decided I wanted to work with animals.

Fast forward a few years when it came time to decide my future and leave school, I went a very different route and studied corporate communication.

In my spare time you'll find me outdoors with my family or reading a good book.

After my job took a hard knock due to covid I spent a few months at home and gave birth to a beautiful baby girl amidst all the chaos and just when I thought I wouldn't be able to get back on my feet again I was given the most incredible opportunity to work at The Village Veterinary Clinic. With my mom having been a veterinary receptionist at a local vet for about 16 years I couldn't think of anything better than to follow in her footsteps.

I am honored and so incredibly grateful to be a part of such a warm and friendly team who share in my passion for animals and who dedicate their lives to the well being of our fellow furry and exotic friends. I know I am going to learn and grow in many different ways and I look forward to what the future has in store for me here.

**VILLAGE  
PET PARLOUR**

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

031 655 1252 or 079 626 6927

The block contains the "VILLAGE PET PARLOUR" logo with a cat and dog illustration, followed by contact information for booking appointments.

### AFTER HOURS EMERGENCY:

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

## Top 10 reasons it's good to be a dog

1. If it itches, you can reach it. And no matter where it itches, no one will be offended if you scratch it in public.
2. No one notices if you have hair growing in weird places as you get older.
3. Personal hygiene is a blast: No one expects you to take a bath every day, and you don't even have to comb your own hair.
4. Having a wet nose is considered a sign of good health.
5. No one thinks less of you for passing gas. Some people might actually think you're cute.
6. Who needs a big home entertainment system? A bone or an old shoe can entertain you for hours.
7. You can spend hours just smelling stuff.
8. No one ever expects you to pay for lunch or dinner. You never have to worry about table manners, and if you gain weight, it's someone else's fault.
9. It doesn't take much to make you happy. You're always excited to see the same old people. All they have to do is leave the room for five minutes and come back.
10. Every rubbish bag looks like a cold buffet to you.



## Our Stray Animal Fund

At Village Veterinary Clinic we strive to help all creatures big and small, domesticated and wild. With the help of dedicated volunteers and staff members we have taken in a number of wild birds, stray pets and injured wild animals over the years. Whether it is a little fledgling bird learning to fly for the first time or caught by a neighbouring cat, a bird of prey hit by a car or a baby dassie abandoned by its family, we thrive on being able to help the unfortunate in any way we can.



As with any treatment, there are costs incurred with the medication and surgical equipment needed and it is with the assistance of generous donations that enable us to continue this service for our beloved animals. Thank you to those who have contributed towards our Stray Animal Fund, every donation is greatly appreciated.



For those of you who are not aware of this additional service, we happily take in stray or wild animals and birds that required treatment. We will assess and treat those that we can and where possible these creatures are then transferred onto Wildlife organisations for rehabilitation and potentially release.

If you would like to find out more about how to contribute towards this fund, please speak with our receptionists at your next visit.

## Proven benefits of pet companionship

For many older adults, mobility limitations, health issues and low energy can keep them from the social engagement they once enjoyed. Especially in seniors who live alone, social isolation can lead to loneliness, depression and poor physical health. Pet therapy has been shown to benefit seniors by improving depression and anxiety symptoms, increasing self-care, and even improving heart-health. It turns out giving and receiving unconditional love is literally good for your heart.

### Proven Benefits of Pet Companionship

#### Physical Benefits

**Heart Health**—Frequent interaction with a pet can lower blood pressure and cholesterol, decreasing the risk of cardiovascular disease.

**Improved Activity**—Walking, grooming or playing with a pet increases the frequency of physical activity and exercise, which in turn has countless health benefits.

**Healthy Behavior**—Those who own a pet tend to take better care of themselves. Caring for a pet helps to develop a routine, encouraging owners to eat regularly or complete chores and other tasks.

#### Social & Emotional Benefits

**Increased Interaction**—Walking a dog gets senior owners out of the house and increases their opportunities to socialize with neighbors.

**Decreased Loneliness**—Pets provide companionship, giving isolated seniors a source for affection, conversation and activity.

**Stress Relief**—Being with a pet increases levels of serotonin, the “feel good” hormone that relieves stress. It also provides physical contact, which helps to calm anxiety.

**Better Self-Esteem**—For seniors discouraged by their age, appearance or limited abilities, pets are welcome company, reminding seniors that they are still capable of being loved and needed.



## Breed Specific - The Somali



Like his sibling the Abyssinian, the Somali lives life to the fullest. He climbs higher, jumps farther, plays harder. Nothing escapes the notice of this highly intelligent and inquisitive cat, a quality that makes life with him both endlessly entertaining and continuously challenging.

Sometimes it may seem as if the Somali never sleeps. He is ever in motion, jumping up in the window to look at the birds, leaping on top of the refrigerator to supervise meal preparation, perching on your desk to watch your fingers move over the keyboard and then swiping at them so you'll pay attention to him instead. This is a playful, persistent cat who adores being the centre of attention and will do anything to achieve and maintain that status.

The Somali loves to play, so plan on making or purchasing a variety of toys to keep him occupied. Ping-Pong balls, bottle caps, wadded-up pieces of paper, puzzle toys and teasers such as big peacock



feathers will all amuse this busy and brainy cat.

A love of heights is a signal trait of the Somali. He likes to be as high up as possible and will appreciate having

one or more ceiling-height cat trees. When those aren't available, he is perfectly capable of making his way to the uppermost point of any room. Fortunately, he is naturally graceful and rarely breaks items unless it is simply out of curiosity.

Somalis are adaptable and fit well into any home where they are loved and given plenty of attention. In a home where people are at work or school during the day, the Somali does best with a companion who can match his activity level. If left to his own devices, the Somali may well dismantle the house in his search for something interesting to do. Beware! The Somali can be addictive. Once you've had one, you may find that no other cat will do.

Bliss is the result  
of a silent  
conversation  
between me  
and my dog.

– Author Unknown



## Foreign body ingestion can threaten your pets life

Dogs are naturally curious, but sometimes their curiosity gets the best of them. This is especially true for dogs with mouths like vacuum cleaners – they tend to eat a lot of strange things. As connoisseurs of life, many dogs don't hesitate to sample all sorts of objects from toilet paper to rocks, shoes to sticks, clothing, and even garbage. While many of these things somehow pass through the intestinal tract without incident, sometimes a dog's appetite for life can cause problems.



If you know your dog has ingested something he or she shouldn't have, call your veterinarian immediately.

### Causes and Symptoms

When something is ingested by your dog, it usually takes between 10-24 hours to move through the entire digestive tract. Some objects, however, can take much longer – even months!



Sometimes, objects are too big to progress through the digestive tract, and when this is the case, they cause an obstruction. If the foreign body has made it to the colon, it's likely to pass, however, there's still the possibility that it will be painful, especially if it is sharp (like a stick).

In cases like this, you might need veterinary assistance. It is important to follow this rule: never pull a foreign object that is protruding from your pet's rectum! If still lodged inside, this can cause damage to the internal tissues.

If you happen to watch half of a football disappear down your dog's gullet, watch for these common symptoms to determine whether you need to seek veterinary attention:

- Vomiting
- Diarrhea
- Abdominal tenderness or pain
- Lack of appetite; anorexia
- Straining to defecate; constipation
- Lethargy
- Behavioural changes such as biting or growling when picked up

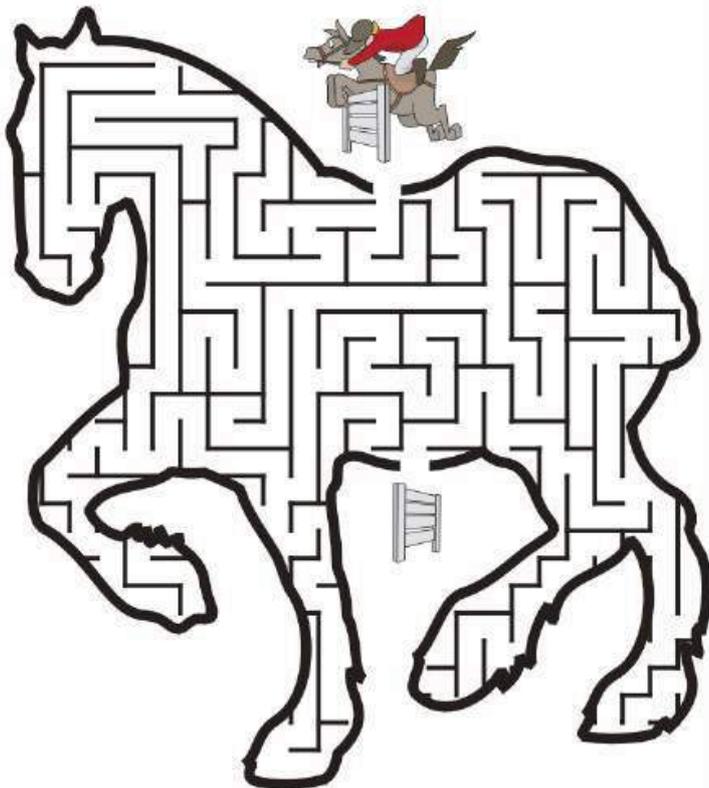
### Treatment

If your dog did eat a foreign body – stick, rock, or shoe – there are a few possible treatment options depending on the condition of your dog.

- x-rays will be used to confirm the diagnosis.
- If the foreign body is still in the stomach your vet could induce vomiting to allow the dog to rid itself of the object.
- An endoscope could be used which is inserted through the mouth and used to pull the object from the stomach.
- If the object has made it to the intestine, then surgery is imminent. Time is of the essence because blockage in the intestine or stomach can cut blood supply to the stomach and intestinal tissue. After a few hours it is possible for the tissue to become necrotic or die. This can be very dangerous to your dog's recovery.

### Wild animals

ISLCollective.com



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

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

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

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