



# Hilton Veterinary Hospital

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

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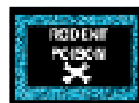
Hello again from Martin.

Preventative care medicine is not a new concept. Lack of due diligence regarding preventative care is also not new. At Hilton Vet Hospital we are taking a closer look at preventative care of your animal. Included in our preventative care assessment is vaccination status, internal and external parasite control, dental health, skin and ear health, pad and nail health, anal gland health, nutritional status (body condition and muscle condition assessment), mental health and microchip and medical aid status. Not surprisingly we find a few things with each animal we check, that could be optimised.

Such an assessment is available to your animals alongside any consultation, check up, health check or annual or three yearly vaccination. If your animal is sick or needs to be hospitalised a more comprehensive 48 parameter check is completed. We hope this makes a big difference to the health of our patients. If it is monthly reminding you need for flea and tick control or three monthly reminding for deworming please request this from Lana, Rebecca or Jackson in the front reception.

Trish returns from maternity leave in July whilst Lillian will be taking leave to have her baby. Trish comes back armed with a certificate in behaviour medicine. She will also start a behaviour health column from next month. If you have any behaviour related questions please e-mail her at [trish@hiltonvethospital.co.za](mailto:trish@hiltonvethospital.co.za)

On a very serious note accidental and malicious poisoning makes up a fair number of cases that we see. Please remember that puppies will eat anything including poisonous plants so be careful what they can reach. A study has shown that 36% of cats eat plants some of them toxic like Arum Lilies. All size dogs eat rat poison and YES it is TOXIC to them. Malicious poisonings are best avoided by keeping the dogs in at night. There is little else that one can do against such atrocities. Most poisonings do require a rapid response from you. If just ingested and provided a swallow reflex is present, animals can be made to vomit. The safest way to do that is controlled by injection with emetic agents followed by an antidote. Animals that lack a swallow reflex need to be intubated and their stomachs washed. If the toxin is already absorbed it is too late for vomiting or stomach washing. If the toxin is known, an antidote can be given. If not, an attempt can be made to make the diagnosis based on the symptoms. Treatment is often also based on symptoms. Some toxicities recover initially only to go into organ failure later. This can be prevented to a large degree by aggressive initial treatment including fluid therapy.



If your contact details have changed please remember to inform us.

Regards

Martin de Scally

Dedicated to the health of your pets.

## After Hours

### Emergencies:

Please phone  
(033) 343 4602

### Contact Details:

If your contact details have changed then please inform us.

### This month's

#### theme:

Nutrition for Cats

## The Nurse's Clinic: Taking your Pet on Holiday: Sr Debbie Kleu

If you are considering going on holiday with your pets here are a few things you may want to think about before the trip. A well prepared owner makes for a fun and rewarding trip.

### The Accommodation

If you are going to stay with friends, don't assume your pet is welcome in their home. Ask if you can take your dog along, if not, you may consider finding a kennel in the area so you can still spend some time with "Bruno" while being respectful of your friends wishes.

If you are staying in a hotel or B&B check with them if pets are allowed, more places are becoming 'pet friendly'.

### Transportation

If you are driving, you may want to do a rookie drive to make sure that everyone fits into the vehicle safely. A safety harness may be *very useful* for "Bruno". Travel crates are also used and are imperative for transporting cats. Choose your route and pit-stops wisely so that you can take them out the car to stretch their legs and have a drink. Please remember to take a bag so you can clean up after your dog.

A good pair of earplugs may also be necessary, especially with cats !!



It is always a good idea to check with your veterinarian regarding any special considerations. Depending on where you are going you may need additional vaccinations, deworming and tick control. You may also require a health certificate from the vet as well. It is always a good idea to carry your pet's vaccination/health certificate with you. Keep a contact number of a vet at your destination handy in case of an emergency.

If your pet is lucky enough to be going by air, you must check first on the airline regulations and make any arrangements well in advance. There will be crates and fees to organise, depending on the weight and size of the pet. There are a number of companies who deal with transporting pets locally and internationally so if in doubt they are the people to contact.

What to remember

- 🐾 Medications
- 🐾 Food and water
- 🐾 Bowls
- 🐾 Collar and leash
- 🐾 Toys
- 🐾 Pet bed
- 🐾 Plastic bags for waste
- 🐾 Vets contact number
- 🐾 Health certificate

Enjoy the trip and have fun....

Useful Websites of pet friendly accommodation:

- 🐾 [www.wheretostay.co.za](http://www.wheretostay.co.za)
- 🐾 [www.za.ask.com](http://www.za.ask.com)
- 🐾 [www.petfriendly.co.za](http://www.petfriendly.co.za)
- 🐾 [www.sa-venues.com](http://www.sa-venues.com)





## The Savvy Cat Owner's Guide: Nutrition on the Internet

More than 75% of all American homes have computers and this is both a blessing and a curse. For cat owners, the internet provides vast amounts of information on many subjects. The information, however, is virtually unregulated and its quality ranges from excellent to pure quackery. Deciding which websites are trustworthy can be difficult!

Feline nutrition is a popular topic. There are literally thousands of websites, promoting everything from recipes for raw food and vegetarian diets; advertisements for supplements and holistic foods; recommendations for diets that allegedly prevent or cure disease; 'get-rich quick' pyramid-selling schemes for nutritional supplements and consultation services operated by 'nutritionists.' Many home-made diets are promoted - some which are almost nutritionally balanced; some that are mildly unbalanced and some that are downright dangerous!

All in all, many nutritional myths are perpetuated, many half-truths reinforced and many incorrect facts conveyed. There is, of course, some excellent information - but not nearly as much of it!

### Surfing Tips

So how can you decide what to believe? Here are some recommendations to help you when evaluating the content of websites:

**Discuss information with your veterinarian.** What you read online should enhance what your vet tells you, not replace it. If in doubt, ask him or her to help you evaluate it.

**Research the credentials of the site's author.** Is it a pet owner; a company; a veterinarian; a PhD in animal nutrition or a board-certified veterinary nutritionist? Be careful when a person marketing his or her services claims to be a 'pet nutritionist' or a 'certified nutritionist,' as there is no standardization in training for this. The exception is a veterinary nutritionist who is board-certified by the American College of Veterinary Nutrition (ACVN) or the European College of Veterinary Comparative Nutrition (ECVCN). These are veterinarians who have undergone several years of rigorous post-graduate nutrition training in approved residency programs and who have passed the ACVN or ECVCN's certifying examination.

**Read the website address.** Sites with an address ending in .com are commercial. Those ending in .edu are educational and those ending in .org are nonprofit organizations. Large pet food companies often have high-quality websites with good general nutrition information that is separate from their product information.

**Check the source of the information.** Do the authors simply state that a product 'prevents cancer' or is there a reference to a scientifically-conducted research study? It is easy - though illegal - to make unproven claims for nutritional products but it is much harder to back them up scientifically. If there is a reference, where is it from? Is it from the author's own article or promotional literature or is it from a peer-reviewed veterinary journal? Most products on the internet do not cite studies to back up their claims. Those that do often cite studies on humans, rats, or dogs which may not be pertinent to cats.

**Check the timeliness of the information.** Things change quickly in veterinary medicine and especially in the field of nutrition. Many websites are out of date. What was recommended two years ago may not be accepted practice today. A good website will be updated frequently.

**Be wary of anecdotal information.** Descriptions of one person's experience (e.g. 'When my cat was diagnosed with kidney disease I gave her 'GETBETTER' nutritional supplement and now she's cured') can be misleading. While it can be useful to hear about other people's experiences, their positive evaluations do not mean that the actual product or treatment is really beneficial. Always discuss what you've heard with your veterinarian.

**Watch out for rating websites.** Most websites that rank cat foods do so either on opinion or on criteria that do not necessarily ensure a good quality food (e.g. price, ingredients, size of the company). It's important to use more objective criteria (science, quality control) in judging a cat food.

**Be skeptical of grand claims or easy answers to difficult problems.** Remember the old adage: if it sounds too good to be true, it probably is.

If you are a critical web surfer and work with your veterinarian to analyze the information you find, you will reap the benefits of the computer age without experiencing its problems.



Below are the web addresses of some useful, accurate sources of information on nutrition:

### Nutrition Guidelines

- World Small Animal Veterinary Association Nutritional Assessment Guidelines <http://www.wsava.org/educational/global-nutrition-committee>
- American Animal Hospital Association Nutritional Assessment Guidelines <https://www.aahanet.org/Library/NutritionalAsmt.aspx>

### Tools for the Veterinary Healthcare Team

- World Small Animal Veterinary Association Global Nutrition Committee Nutrition Toolkit <http://wsava.org/nutrition-toolkit>
- Pet Nutrition Alliance – information and tools to increase awareness of the importance of optimal pet nutrition <http://www.petnutritionalliance.org>

### Pet Nutrition – General Information for Pet Owners

- National Research Council downloadable booklet: Your Cat's Nutritional Needs <http://dels-old.nas.edu/banr/petdoor.html>

### Pet Food

- Association of American Feed Control Officials: Information on regulations, labeling and other important facts about pet food <http://petfood.aafco.org/>
- FAQs about pet foods [www.tufts.edu/vet/nutrition/faq/general\\_pet\\_nutrition.html](http://www.tufts.edu/vet/nutrition/faq/general_pet_nutrition.html)
- Federal Drug Administration (FDA) Pet Food site: Information, links, food safety issues, recalls, pet food labels, reporting portal <http://www.fda.gov/AnimalVeterinary/Products/AnimalFoodFeeds/PetFood/default.htm>
- Pet Food Institute: Information on ingredient definitions, labeling regulations <http://www.petfoodinstitute.org/Index.cfm?Page=Consumers>
- Pet Food Report: Consumer's Guide to Pet Food [www.petfoodreport.com](http://www.petfoodreport.com)

### Nutrition Consultations

- American College of Veterinary Nutrition: Listing of board-certified veterinary nutritionists who will conduct nutritional consultations for veterinarians and/or pet owners [www.acvn.org](http://www.acvn.org)
- European College of Veterinary and Comparative Nutrition: Board-certified veterinary nutritionists in Europe [www.esvcn.com](http://www.esvcn.com)

### Home-cooked Diets

- American College of Veterinary Nutrition: Listing of board-certified veterinary nutritionists who will formulate nutritionally balanced homemade diet recipes for veterinarians and/or pet owners [www.acvn.org](http://www.acvn.org)
- BalanceIT: Commercial website which offers semi-customized balanced home-cooked diet recipes for pet owners with healthy pets. Veterinarians can customize pre-formulated recipes for animals with medical conditions [www.balanceit.com](http://www.balanceit.com)
- European College of Veterinary and Comparative Nutrition: Board-certified veterinary nutritionists in Europe [www.esvcn.com](http://www.esvcn.com)

### Obesity

- Pet Obesity Prevention: Useful information on assessing pets' body weight, calorie needs, and weight loss tools [www.petobesityprevention.com](http://www.petobesityprevention.com)

### Dietary Supplements

- Consumerlab: Site (with a small subscription fee for use) that independently evaluates dietary supplements (primarily for human supplements but some pet supplements are included) [www.consumerlab.com](http://www.consumerlab.com)
- Food and Drug Administration (FDA): Regulatory and safety issues of dietary supplements, adverse event reporting <http://www.fda.gov/food/DietarySupplements/default.htm>
- Mayo Clinic drugs and supplements information: Fact sheets on human supplements and herbs <http://www.mayoclinic.com/health/drug-information/DrugHerbIndex>
- National Institutes of Health (NIH) Office of Dietary Supplements: Evaluating supplements, fact sheets, safety notices, internet health info <http://ods.od.nih.gov>
- United States Department of Agriculture (USDA) Food and Nutrition Information Center: General supplement and nutrition information, links to a variety of dietary supplement websites [http://fnic.nal.usda.gov/nal\\_display/index.php?info\\_center=4&tax\\_level=1&tax\\_subject=274](http://fnic.nal.usda.gov/nal_display/index.php?info_center=4&tax_level=1&tax_subject=274)
- United States Pharmacopeia Dietary Supplement Verification Program: Independent testing of dietary supplements (human supplements only) <http://www.usp.org/usp-verification-services/usp-verified-dietary-supplements>

### Raw meat diets

- Tufts Cummings School of Veterinary Medicine raw diet fact sheet [http://www.tufts.edu/vet/nutrition/resources/raw\\_meat\\_diets.pdf](http://www.tufts.edu/vet/nutrition/resources/raw_meat_diets.pdf)
- FDA guidance document on safe handling and raw foods <http://www.fda.gov/downloads/AnimalVeterinary/GuidanceComplianceEnforcement/GuidanceforIndustry/UCM052662.pdf>

### Other

- Ohio State Indoor Pet Initiative: Nutrition and other tips for optimizing the indoor pet's environment <http://indoorpet.osu.edu/>
- USDA Nutrient Database: Full nutrient profiles on thousands of human foods <http://www.nal.usda.gov/fnic/foodcomp/search>



## Staff Profile

### Joe

Joe starting working for Hilton Vet Hospital in 2000.

Joe is married to Gladys and they have 1 son and 3 daughters.

Joe is the quiet gentle person who tends so attentively and lovingly to our gardens. He says he really loves keeping the Golden Johannesburg trees outside the front walk way neat and trimmed.

In his spare time Joe tends to his own garden and he enjoys watching soccer on TV. His favourite team is the Moroka Swallows.

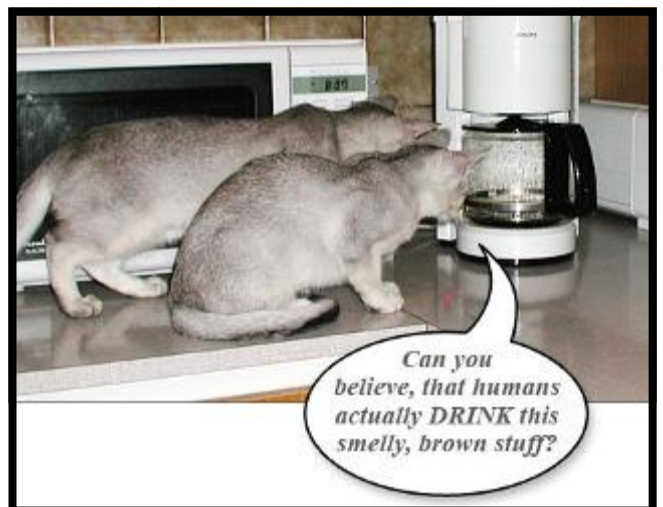


## To make you smile

### CATS' CHARTER

(by Joan Brocklehurst)

I wonder, every passing day  
If cats could speak, what would they say?  
Please do not offer food that's stale,  
And most of all, don't pull my tail!  
Do not imagine it is right  
To turn me out to spend each night,  
No, leave me to enjoy my rest  
By cosy fireside - that's the best.  
Do talk to me, and stroke my fur,  
I'll always answer with a purr.  
All cats need food, but mice and rats  
Are not enough for farmyard cats.  
Make sure, when serving meat or fish  
No bones appear upon my dish.  
An unkempt look you ought to note,  
Then comb the tangles from my coat.  
Please learn the meaning of my words -  
"I'm hungry" or "I'm watching birds".  
We cats agree, it would be nice,  
If people followed OUR advice.



If you have a story about your pet that you would like to share with us, then please e-mail it to [lauren@hiltonvethospital.co.za](mailto:lauren@hiltonvethospital.co.za)