



Hilton Veterinary Hospital

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Hi to one and all that take the time to scan through our news letter. I would like to start by sharing an experience that I had as a patient.

Having suffered for months on a sore knee, I eventually took the advice I would have always given to others and went to see a surgeon. I was very apprehensive about the whole thing, thinking of all the discomfort and rushing around to this and that diagnostic test and procedure. The surgeon happened to be my friend and he discussed doing a scope on my knee joint. He said if I wanted to, I could have a spinal and watch the op. Well the day came and I was placed in the hands of Nurse Nicky. She diligently filled out all the medical parameters such as blood pressure, heart rate, temperature etc. Then I met the anaesthetist and found out that Hilton Vet Hospital; had treated his dog for a car accident a few months earlier. My anaesthetist and surgeon explained everything to me and started doing what they do best. I had a screen placed in front of my eyes and I saw the inside of my own knee. The spinal worked very well and I could not feel anything. After a few seconds my surgeon found a piece of cartilage in my joint that had torn off from the meniscus. Using some state of the art equipment the cartilage was removed. A few hours later I walked out of hospital. It was amazing to experience first hand as a patient, a team of expert people working together to achieve results for me. Thank you to the caring team.

My eldest son Nick, as some of you will know, loves running. One the older children who used to go to his school, is Anathi Khatywa. Anathi, an excellent runner himself took the trouble to help inspire and encourage Nick. Recently I had the privilege of repaying some of Anathi's kindness by sponsoring part of the costs of a youth out reach programme that he is hoping to go on next year. Anyone reading this that feels moved, please feel free to Google the project and help if you can. The contact details are World Challenge Programme. <http://www.world-challenge.co.uk/expeditions> Alternatively, please contact me.



Eukanuba want to try help your sore stiff arthritic old dogs walk again. We have an article attached in this newsletter. A voucher is included in another attachment, to help encourage you to try out their mobility diet. If the cost of a premium diet to help with your pet's arthritis has been limiting you, this initiative by Eukanuba may help. I would like to thank all the staff and others that contributed to this newsletter and hope you find it informative and helpful.

Regards
Martin de Scally
Dedicated to the health of your pets.

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**After Hours
Emergencies:**
Please phone
(033) 343 4602

Contact Details:
If your contact details have changed then please inform us.

This month's theme:

FIV and FeLV and nurses clinic

Nurse's Clinic: by Sr Lauren Dommett



At Hilton Veterinary Hospital we offer Veterinary Nurse's Clinics for your companion animal. These clinics are designed to promote good preventative care for your pets and these check ups will help aid your pet to live a longer happier life.

The clinics we offer are:

- 🐾 General Care and Check up Clinic
- 🐾 Mouth Matters Clinic
- 🐾 "Golden Oldies" Senior/over 7s Club
- 🐾 Slimmer's Club
- 🐾 Young and restless Club
- 🐾 Small Furrries Club

Please note these clinics are designed to promote good preventative care for your pets and any abnormalities that are identified will need to be investigated by a Veterinarian. A full consultation and health check by the Veterinarian and investigation or treatment will be charged at normal rates. A fee may be included in the nurses's clinic if any consumables are used.

Each Month we will give an overview of each Clinic and the information will also be available on our website.



General Care and Check up Clinic:

In our general check up Nurses Clinic we offer services such as:

- 🐾 Pedicures
- 🐾 Suture Removals
- 🐾 Dental Check
- 🐾 Eyes, Ears, Nose and Throat evaluation
- 🐾 Parasite assessment and advice on prevention
- 🐾 Dietary advice
- 🐾 Microchipping and identification
- 🐾 Pet Insurance advice
- 🐾 Wound management, dressing and bandage changes
- 🐾 Anal Gland expressing
- 🐾 Dematting (please note: We may require patient to spend the day and be sedated). NB. We may refer you to our groomer Heather if a full grooming session is necessary.

If you wish to book a check up for your companion animal with one of our Nurses please contact us. The nurses are available from 8am through to 5pm.

Please note The Nurse's Clinic does not do behaviour consults as we have an in-house qualified behaviourist Veterinarian, Dr. Trish Mills. Any abnormalities that are identified will need to be investigated by a Veterinarian. A full consultation and health check by the Veterinarian and investigation or treatment and consumables will be charged at normal rates.

Feline Immunodeficiency Virus (FIV) and Feline Leukaemia Virus (FeLV): Dr Derek Clover

Feline Immunodeficiency Virus (FIV) and Feline Leukaemia Virus (FeLV) are two of the most common infectious diseases of domestic and feral cats. These diseases are often diagnosed when the cat is presented with long term, non-specific illnesses.

FIV is closely related to Human Immunodeficiency Virus (HIV) but is not typically fatal for cats. They can live relatively healthily as carriers and transmitters of the disease for many years.

The primary modes of FIV transmission are deep bite wounds and scratches, where the infected cat's blood-tainted saliva enters the other cat's bloodstream. Male cats, unsterilized cats and those with access to the outdoors are more at risk of contracting the disease.

FIV attacks the immune system of cats, much like HIV attacks the immune system of human beings. FIV infects many cell types in its host, including CD4+ and CD8+ T lymphocytes, B lymphocytes, and macrophages. FIV can be tolerated well by cats, but eventually leads to debilitation of the immune system allowing opportunistic infections to take hold.

A vigilant pet owner who treats secondary infections can assist an infected cat to live a reasonably long life. But the chance remains that the infected cat will pass the disease on to other cats within the household or even the neighbourhood. FIV progresses through similar stages to HIV in humans. The initial stage, or acute phase, is accompanied by mild symptoms such as lethargy, anorexia, fever, and swollen lymph nodes. This initial stage is fairly short and is followed by the asymptomatic stage. Some cats stay in this latent stage for only a few months, but for some it can last for years. Finally the cat progresses into the final stage, known as the feline acquired immune deficiency syndrome (Feline AIDS) stage where the cat is extremely susceptible to secondary diseases which inevitably are the cause of death.

Diagnosis of FIV is based on a thorough clinical exam, history and a positive blood test that looks for FIV antibodies. Early detection helps maintain the cat's health and prevents spreading infection to other cats. With proper care, infected cats can live long and healthy lives.

Feline leukaemia virus (FeLV) is a retrovirus that infects cats. FeLV can be transmitted between infected cats via saliva or nasal

secretions. Infected cats pass the virus on to other cats through saliva and close contact, by biting another cat, or through the sharing of litter boxes and food dishes with uninfected cats. Kittens can be born with it, having contracted it from their mother while in utero.

The disease has a wide range of effects. The cat can fight off the infection and become totally immune, or become a healthy carrier that never gets sick itself but can infect other cats, or a mid-level case in which the cat has a compromised immune system. Nevertheless, the development of lymphomas is considered the final and terminal stage of the disease. FeLV causes immunosuppression in cats. The signs and symptoms of infection with FeLV are quite varied and include loss of appetite, poor coat condition, infections of the skin, bladder and respiratory tract, oral disease, seizures, swollen lymph nodes, skin lesions, fatigue, fever, weight loss, gingivitis, recurring bacterial and viral illnesses, anaemia, diarrhoea, and jaundice. Asymptomatic carriers will show no signs of disease, often for many years.

Diagnosis is made on a simple in-house blood test and is often tested for in combination with FIV.

Vaccines for FeLV are available and some vets routinely add it into their vaccination schedule. If you would like to ensure that your cat is vaccinated, please discuss it with your vet.

Since the FeLV virus is very weak and dies within two hours in a dry environment, the incidence of transmission will drop considerably if the litter box is kept from remaining damp between uses. The infected cat should also not be allowed to share food or water bowls with other cats.

If your cat is diagnosed in the early stages with either of these diseases it is important that you discuss the prognosis as well as the long term management of the disease with your vet, as with proper health care many of these cats will live relatively long happy lives.



Is your dog noticeably less active or having difficulty getting up?

You can nutritionally manage joint health, age-related issues and support overall health with a single diet...

UNDERSTANDING YOUR DOG'S CONDITION

Dogs of any age and size can suffer from joint and mobility issues. When dogs have problems moving, it affects how they feel, interact and play. Signs of joint/mobility issues include:

- Reluctance to stand
- Difficulty walking and climbing stairs
- Lameness/limping
- Stiffness
- Sudden weight gain
- Moving slower/low activity level
- Cautious when walking
- Change in behaviour/hesitant to play

These signs can develop all of a sudden or occur over time. Joint problems can lead to long term mobility and general health complications if left untreated. There are many causes of joint health issues including genetics, trauma, growth abnormalities and infectious diseases. These can set the stage for conditions like hip dysplasia, injury and arthritis. Treatments vary depending upon the cause and severity of the problem. In most cases, these issues can be managed and/or repaired. Your veterinarian is the best source on how to manage your dog's condition.



DID YOU KNOW?

"Weight management is the number one goal for the treatment of osteoarthritis"

January 2013: Daryl L. Mills, MS, DVM, DACVS, CCRP, DACVSMR, College of Veterinary Medicine, University of Tennessee, Knoxville, Tennessee

JOINT MOBILITY

This diet is formulated to nutritionally address mobility as well as age related issues. Joint Mobility utilises a total body approach to help support joint health and achieve a healthy weight without compromising overall health and well-being.

Eukanuba Veterinary Diets Joint Mobility contains:

- **High quality, animal-based protein only.** Builds lean muscle to support joints.
- **L-Carnitine and reduced fat.** Extra weight can cause stress on joints and lead to mobility issues. Low fat and L-Carnitine helps your dog restore/maintain a healthy weight and body composition.
- **Glucosamine and Chondroitin Sulphate.** Help stimulate the growth of cartilage and reduce its degeneration. Healthy cartilage and joint fluid are important for functional joints.
- **Omega-6: omega-3 fatty acids.** Our fatty acid ratio reduces inflammation and helps promote healthy joints.

OTHER DIETARY BENEFITS

In addition to managing your dog's condition, these diets contribute to his overall well-being. Key health benefits and their supporting ingredients include: **Skin and Coat, Digestive, Dental and Immune health**

DOGS FED JOINT MOBILITY EXPERIENCED:

- A longer time to first use of pain medication
- Significantly fewer days on pain medication resulting in more days without pain medication

Ask your vet for Eukanuba Joint Mobility

For further information, please contact Customer Care on
Tel: 011 463 8140 or e-mail: eukanuba@cuberoute.co.za



Reward and Punishment: Getting it right: Dr Trish Mills

In order for us to get the best results when teaching our pets, we need to make sure we get a few basics correct.

Timing

Animals learn from the *immediate* consequences to their actions. If we punish *too late* our pets may not associate the punishment with the unwanted behaviour but rather with something else. An example is a dog that runs out of the gate which then gets reprimanded when it comes back to its owner. The dog may think that it is getting punished for returning. If we reward a pet *too early* it would be a bribe and a reward *too late* might confuse your pet or teach it something else.

The reward or punishment

The reward used must be sufficiently motivating. Rewards can be food treats, toys or physical interaction. And when extra motivation is needed one can use something of higher value (e.g. biltong instead of dog pellets) and use it more generously, for example during a visit to the vet!



Punishment has huge disaster potential as it is difficult to use without causing pain or fear, but it also can't be so mild that it has no effect at all! Finding the ideal intensity of punishment will depend on the individual pet.

Consistency

Rewarding each time for a desired behaviour (*continuous reinforcement*) is the best way to train a new behaviour. Once the behaviour is established we then use an intermittent schedule of reinforcement where rewards are given less often and the animal tends to work harder as it can't predict when the reward will be given. The opposite of continuous reinforcement is an *extinction schedule*. This is where we do not reward a behaviour and so it eventually stops. Unfortunately the behaviour may get worse before it gets better as the animal may try even harder to get your attention now that you are ignoring it. If you find that you are repeatedly punishing your pet for the same thing it means that the punishment is not effective!

Important to remember is that everyone interacting with the pet must use the reward or punishment consistently. Everyone must act in the *same way*, *every time* the behaviour occurs.

Context and interpretation

Our pets view any contact with people as social interaction. So punishment is perceived by our pets as an aggressive interaction. They then show submissive body language to try to avoid the conflict. We subsequently think that they are admitting guilt. Pets can often anticipate punishment by recognising signs such as the look on your face, not because they "know they did something wrong".

Progress on our patient's page

We have decided to include a page where we can include submissions from our clients as to how their precious pets have progressed after being treated at Hilton Vet Hospital. If you would like to include your story and photos, then please send it to Lauren: at lauren@hiltonvethospital.co.za We know that not all treatments have a happy ending, but if you would like to include your journey with us, we would really appreciate it.

Cocoa Joe

My dear Lauren and team. I do love your newsletter every month and I read every word with interest. My little brown poodle Coco Joe was the one Martin saved with hyperparathyroid. He is still on his medication twice a day and does really well. He still brings us such love and attention. We cannot imagine life without him. Please keep the newsletters coming. Love Deanna



Rose



Dear Martin and all the staff at Hilton Vet, Thanks again for your outstanding care and all the love "showered" on our Rosie. Do take care. With sincere appreciation Nic and Dain

Rose is still at Hilton Vet Hospital. Nic and Dain are overseas for a couple of weeks. Rose has managed to stand for a couple of seconds. Well done Rose, you have the fighting spirit and thank you to the wonderful team at Hilton Vet for sharing this journey with her.

Expect something different

88%

of pets lost weight in two months at home*

Hill's™ Prescription Diet™ Metabolic Advanced Weight Solution

- Clinically proven to safely provide 28% body fat loss in dogs and cats in two months†
- Helps pets feel full and satisfied between meals
- Clinically proven to avoid weight regain following a weight loss programme
- 80% of pet owners would recommend Metabolic Advanced Weight Solution to friends with overweight pets

Great taste your pet will love

Available in dry and cans

NEW

Breakthrough weight solution



NEW

Breakthrough weight solution



Weight loss and maintenance proven to work in real homes, with real pets, under real world conditions.

* Veterinarian-supervised feeding study with 351 client-owned pets. 314 pets completed after 67 days. Data on file. Hill's Pet Nutrition, Inc.;

† Data on file, Hill's Pet Nutrition, Inc.

Staff Profile

To make you smile

Ginger (aka Boss)

Hi, I'm Ginger, the practice cat. I'm about 8 or 9 years old (I think), and was already living here when Dr Martin and his staff moved in.

I was recently diagnosed with FIV, although I'm still a healthy, happy cat. I spend my days sleeping, either in my bed or on the computer, eating, and guarding my territory.

I have a short fluffy tail, which has been damaged by sharp fencing.

I love my food, and I make sure someone feeds me when I'm hungry. I am very good at making you feel important if you feed me. I love a cuddle when it suits me. I like to help out with the filing from time to time, even if it means just helping to keep the invoices flat before they get filed.

Just remember... I'm THE BOSS!!!



Ginger helping with the filing



FURRIES AT THE BOTTOM OF MY GARDEN

(Sarah Hartwell)

There are furries at the bottom of my garden,
Some are ginger, some are tabby, some are black,

They are trampling on the borders and the veg-
gies,

They are climbing up the fruit trees for a nap.

The furries keep on rolling in the catnip,
They have dug up all the seedlings in a day,
But how can I chastise them for their actions
When I laugh out loud to watch my furries play.

Some people have neat flower beds and borders,
Their seedlings thrive and so do all their veg,
But I can't give my furries marching orders,
Though they bring in half the garden to my bed.

There are furries at the bottom of my garden,
Where they frolic and they gambol in the sun,
Though they leave it looking like a recent war-
zone,

I love my little furries, every one.



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