



# Hilton Veterinary Hospital

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

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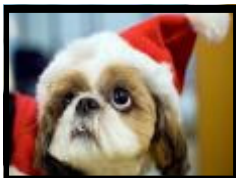
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## Inside this issue:

The Festive Season is upon us yet once again. The time just seems to fly. Please read Lara's article on pet safety during the festive season. As usual we will endeavour to help any lost pets whilst you are away. Keep in touch with the Hilton Rate Payers Association Face book page as we will post pets found there. Please also let us know how to contact you if you are going out of the country in case we need you to make decisions should your animals become ill whilst you are away.

Hilton Vet Hospital will be open every day of the year including all the public holidays. Outside of the consulting hours we will have a veterinarian on call for your pets. Do not give up on us if you do not get the veterinarian the first time you phone. They may be operating or on the phone to someone else. Please leave a clear message and contact details. We will phone you as soon as possible. Remember many human foods are toxic to animals and high fat diets are a major cause of pancreatitis. Try to avoid these. Stick to healthy treats for pets. Lana and Jackson can help you with these.



Thank you to all our clients for your continued support this year. We welcome your valuable feedback so that we can continue to improve Hilton Vet Hospital for your pets and you.

Thank you to all the staff and clients who have contributed to this newsletter.

As a gift to your pets this Christmas, all products with the word treat or treats in them are going to receive a 20% discount for the rest of this year. This while stocks last unless pre-ordered through Lana or Jackson. Please contact them on (033)3434602 during hours if you do not know how to do a pre-order.

Wishing you and all your loved ones a Blessed Christmas and a safe and prosperous New year.

Kind 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:

Christmas and holiday hazards

## Nurse's Clinic: Monthly Senior Cat Health Check Part 2: Sr Jan Gould

### **Preventive health care**

Regular health checks become more important when cats approach 10 years old. Many veterinary surgeries have clinics for older cats specifically for this purpose (often called 'geriatric' clinics), where a thorough clinical examination can be performed, checking for teeth, thyroid, heart and other problems. Some clinics also perform blood tests for kidney, liver and thyroid disease, test for infections, and check the white and red blood cell count and blood pressure.

Regular booster vaccinations are still advised in old cats. Although unproven, it is thought that the immune system deteriorates with age, increasing the cat's vulnerability to infections such as cat flu. Boosters stimulate the immune system and help the cat to fight these infections.

As they age cats may have weight problems. Some become fat in middle age but most tend to become thin in advancing years. Regular weighing is therefore important.

### **Feeding tips**

As older cats often have increased water requirements; a tinned diet with high water content is preferable. In addition the cat should have easy access to fresh drinking water. Provide multiple bowls that are easily accessible. In cats particularly fond of dry food, a few biscuits can also be offered. This may help to reduce the build up of tartar on the teeth. Offer small, more frequent meals. Warming food may encourage reluctant feeders to eat.

In some medical problems, feeding specially designed prescription diets may be of benefit. For example, kidney failure is common in elderly cats and a diet restricted in protein and phosphorus may be recommended if your cat suffers from this problem.



### How old is your cat?

Cat age	Equivalent in human years		Cat age	Equivalent in human years
1	15		11	60
2	24		12	64
3	28		13	68
4	32		14	72
5	36		15	76
6	40		16	80
7	44		17	84
8	48		18	88
9	52		19	92
10	56		20	96

## Keep your pets in mind for peace of mind this festive

season: Dr Lara Brown

The festive season is a time for family, all members, furry and not. Planning for your pet's care during the festive season well in advance can save you some serious headaches and can be the best way to keep your pet's safe and happy.

**Kennels and catteries:** If your pet is due to spend some time in a kennel or cattery, there are a few things to remember. All of these facilities require that the animal's vaccinations and de-worming are up-to-date, so remember to sort these out, to avoid last-minute panics. Give the kennel your vet's details, any medication that your pet requires and leave the details of a responsible contact person who can make decisions about your animal's veterinary care if you cannot be contacted for a period of time. Also, please inform your vet that you are going away and chat about what you would like us to do if there is an emergency with your pet.

**Travel:** Whether it is by air, land or sea, there are a few things to remember about travelling with your pet. Motion sickness can be a concern. Speak to your vet in advance if you know your pet suffers from motion sickness. More and more pets are becoming little furry jetsetters these days. Remember to check in advance with your airline about their requirements; including vaccinations and sedatives. Please remember that for your vet to dispense most sedatives, it is required that we see your pet for a check up first. Give us a call and we can advise you appropriately. For long car trips, always have a lead and a bowl available for when your pet needs to stretch his legs or have a drink of water and make sure they are not sitting in direct sunlight.

**Christmas dinner:** A lot of festive season foods can seem like the perfect treat for your pet. However, fat, bones, chocolate, onions, nuts and raisins (Christmas pudding) and many other foods can cause serious health problems in your pet, which may require emergency care. Special pet treats can be an ideal way to include your pet in the festivities without putting them at any risk. Be sure to advise your guests on what they can and cannot give your pet to eat.

**Visitors:** Having the family around is fantastic, but a furry member of the family getting hurt or going missing can be a terrible experience. Your visitors might not be as conscious of your pets as you are, so it is best to keep your pets confined when gates are open and cars are moving around.

**Fireworks:** While regulations have become stricter, fireworks displays around New Year's Eve are still a reality. Unfortunately some pets suffer serious anxiety due to fireworks and their responses can be life threatening. There are a wide range of calmatives available, some over-the-counter, and in severe enough cases, your vet can prescribe sedatives (we need to see your pet first to dispense these though). Different strategies work for different pets: darkening the room, having the TV on loud and having someone at home, can all help in keeping your pet calm. If you know that your pet becomes frantic and tries to escape or jump through windows and someone can't stay home to clam them down, make sure they are left in a secure room where they cannot harm themselves.

## To make you smile

Unconditional love



Pets at the vet

