



# Forest Lodge Veterinary Practice

**RCVS**  
**ACCREDITED**  
**PRACTICE**  
SMALL ANIMAL PRACTICE

Volume 6 Issue 2

Autumn Newsletter

## Our Surgeries

### New Milton

14 Barton Court Road

BH25 6NP

Tel: 01425 614482

### Lymington

66 Milford Road

SO41 8DU

Tel: 01590 673687

## Emergencies

Out of normal hours:

Tel: 01425 614482

## Surgery Hours

9:00-6:30pm Mon-Fri

9:00-5 pm Sat (NM)

9:00-1pm (Lym)

Visit us at:

[www.forestlodgevets.com](http://www.forestlodgevets.com)

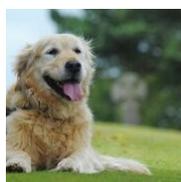
and Facebook &  
Twitter!



## Is your Pet in the Autumn of their Lives?

*As our pets get older the likelihood of problems occurring increases and the inevitable aging process takes over. However there are many things we can do to make their lives easier and to keep them comfortable.*

As your pet's age increases they are likely to show signs of slowing down, sleeping more and may



experience a change in appetite and drinking. Behaviour changes may indicate physical problems developing.

Older pets can suffer from; hypothyroidism (dogs), hyperthyroidism (cats), diabetes, arthritis, hypertension, kidney damage, cognitive decline similar to dementia in people, dental disease, cancer or inflammatory bowel disease, heart disease and dry eye in dogs as well as other illnesses.

Older pets need increased monitoring to pick up these

potential problems earlier. Renal, liver or heart problems cannot be cured but it can be managed with diet, supplements and medication to slow the damage and make the pet more comfortable. Regular check ups, urine tests and blood tests can help pick up on problems before they show signs. Some medication can cause side effects themselves such as painkillers for arthritis, so they will need a blood test to check organ function before starting and then regular 6 monthly check ups (or sooner if the vet deems necessary) to monitor their progress. Such things are not cheap

but our Platinum Pet Health Club covers all your routine preventative healthcare plus a routine blood pressure check for cats, dry eye check for dogs, an annual urine test and a blood test included in your monthly direct debit fee. You are also entitled to 20% off long-term medication on the plan which is a big saving on medication such as painkillers for arthritis amongst many others.



As they age older pets benefit from increased creature comforts. Do not allow them to get cold and wet for prolonged periods, Provide coats for dogs and comfy draught free beds for dogs and cats. Even small furries benefit from extra bedding and shelter. Older pets struggle with jumping so use ramps into cars and provide easy access litter trays and feeding station for cats to help ease pressure on their joints. Dogs may benefit from shorter but more

frequent walks to aid mobility and ease stiffness. Reducing weight and specific joint supplements may also help with longevity and mobility.

Any change in behaviour should be investigated as soon as possible, do not assume it is just age related as some things such as urine incontinence may be infections which are perfectly treatable with antibiotics.

*If you have any concerns please book your appointment straight away!*

## Rabbits RHD 2



A neighbouring practice has had some confirmed cases of the new strain of Rabbit Viral Haemorrhagic Disease 2 (RVHD2). This strain is different from the first one as rabbits may show signs such as not eating, appearing lethargic and depressed right up to collapse and even death. At the moment it appears to be spreading across the country so we strongly advise all rabbit owners to get their pets vaccinated. The vaccine is given annually but it can be given twice yearly in high risk areas for maximum cover. The vaccine is different to the combined Myxomatosis/ RVHD 1 vaccine currently available and the new one can be given in addition to this. The disease spreads easily through wildlife and insects and can be carried on shoes and clothing so good hygiene is vital.  
**For more information or to book your vaccination appointment please contact us.**

## PHOTO OF THE MONTH COMPETITION

**Don't forget to keep sending your photos to:**  
[Lymsurg@forestlodgevets.com](mailto:Lymsurg@forestlodgevets.com)  
**for a chance to appear on our website & Facebook page.**



### Firework Fever!

An estimated 60% of pets are distressed by fireworks which can cause their owners terrible problems at this time of year.

The good news is they don't need to suffer in silence. There are management techniques, natural calming remedies and stronger anti-anxiety medication that can help to reduce the distress but its important to start planning sooner rather than later as many of these needs time to build into the environment or into the pet's system.

Keep pets in during hours of darkness, move small pets cages into a garage or shed if possible, or cover and provide extra bedding if moving it isn't possible.



Avoid leaving cats and dogs alone and stay calm and act normally.

Make sure dogs are walked during daylight hours. Cats and dogs need to be wearing identification in case they bolt, and keep your dog on the lead if they need to go out to the garden when its dark in case they panic.

Provide a den or hiding places where they can hide if scared and keep doors, windows and curtains shut. Turn on the TV or radio to drown out the sounds.



There are a variety of medications that can be given to help, most are non-sedating. Some are available over the counter and can be given a few days before and on the day of an anticipated firework display. Diffusers can be placed near the den and there are

pheromone collars that dogs can wear, but these do need to be started a few weeks in advance. Some dogs require stronger medication prescribed by a vet, this will require an appointment if they have not been seen in the last 6 months so the vet can select the appropriate medication for your pet. They will usually suggest giving a test dose when fireworks are not anticipated just to check the dose is appropriate.

*If you have any questions about firework phobic pets please contact us straight away and we will do our best to help.*



### Autumn dangers



Autumn brings specific dangers to our pets. Fallen conkers and acorns are toxic if ingested by dogs and horses. Conkers can get stuck in the intestines as they pass through if swallowed whole and the toxin called aesculin causes severe gastro intestinal signs and in rare cases can be fatal if eaten in large numbers.

Acorns contain tannic acid which can cause liver and kidney damage, and produces severe gastrointestinal symptoms and lethargy.



Antifreeze contains ethylene glycol which is a sweet tasting substance which causes kidney damage if ingested, even in small quantities. Please be careful and avoid allowing cats and dogs near a spillage as it can often be fatal.

We have sometimes seen cases of CRGV (Alabama Rot) in Autumn, although not in recent years, please be vigilant and contact us if your dog develops any sores or becomes suddenly unwell.

### Kennel Cough

As is common for Autumn we have seen a few cases of Kennel Cough (KC) in our canine patients recently. This is a highly infectious canine respiratory infection which causes a cough that may sound as if there is something stuck in their throat, lethargy, sneezing, loss of appetite and fever. This can be potentially life threatening for young puppies, old dogs or those with compromised immune systems. It can be passed from dog to dog through the environment, not just in kennels so its important not to exercise a dog with KC where other dogs go. The good news is that there is a vaccine available to help prevent or lessen the symptoms of KC. It is not a core vaccine so not routinely given however it is available to anyone who wants protection but especially those whose dogs attend training classes, kennels or doggy daycare regularly. What is even better is that it is included on the Pet Health Club plan making it even more affordable. If you are concerned your dog has KC please contact us to make an appointment but please do not bring them into the waiting room and inform reception so we can prevent any potential spread.

### FOCUS ON STAFF: AMY PERGANDE MRCVS



Amy Graduated from the Royal Veterinary College in 2017 and was very excited to return to Forest Lodge Vets after spending time here as a student. She is looking forwards to working alongside the other vets and enjoys all aspects of Veterinary Medicine but finds neurological cases particularly interesting.

Despite enjoying her time at University in London, Amy is glad to be back in the New Forest having grown up in the area. Outside of work she enjoys spending time with her horse Peaches, and tries to ski and surf as often as possible.

### STAFF NEWS

Autumn has brought a variety of staff changes for the Practice, we welcome Amy Pergande as our new Veterinary Surgeon (see left). We also welcome Megan Eldridge as a new Student Veterinary Nurse.

Sadly our Practice Manager Fran Wilson will be leaving us at the end of October to visit pastures new and we all wish her well and thank her for all her hard work. We are happy to announce that Debbie Nash will be taking over the reins as Practice Manager.

Hayley Platt RVN and Zoe Ward RVN are also leaving for exciting new adventures, we wish them well and will miss you both.