



Forest Lodge Veterinary Practice

RCVS

**ACCREDITED
PRACTICE**

SMALL ANIMAL PRACTICE

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)

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www.forestlodgevets.com

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Twitter!



Volume 5 Issue 2

Winter Newsletter

MOBILITY - The Big Issue

As winter sets in and the weather gets colder some older pets noticeably slow down and become stiff, this may be a sign of Arthritis.

Also called Degenerative Joint Disease (DJD), Arthritis means "inflamed joint" and in inflamed joints the synovial fluid, which is the joint oil, becomes watery and no longer helps the joint surfaces slide easily over each other. Other changes are that the joint cartilage becomes worn and breaks up and the body lays down new bone around the damaged joint to try and stabilise it. Some animals are born with defective joints, some develop arthritis from an injury and for many it is just wear and tear over the years as they age.



You may notice your pet struggling to get up but improve as they move around, they may struggle to jump or climb stairs and some start to

limp. It is not just dogs that suffer, surveys have found that 60 – 90% of cats become affected but because cats can be stoic it is hard for owners to notice.

But don't despair, there are things you can do to help. Long term medication such as non-steroidal anti-inflammatories and painkillers can help make your pet more comfortable.

Adding a joint supplement and salmon oil to the diet can help to reduce the symptoms.

There are specific mobility diets that can help protect the joints but its also very important to keep their weight down so if your pet is carrying a bit too much weight a diet food may be more appropriate. Our nurses will be happy to help with this. Laser therapy and Acupuncture have been proved to help with pain management and is



something we can offer at the surgery. If you would like to try this please make an appointment to see a vet. Keep them warm. Provide a comfy bed free from draughts that is easy to access and if they feel the cold provide a warm coat.

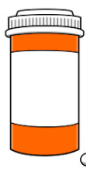


Keep them moving. Regular exercise keeps the joints supple but don't over do it. Small but regular walks are better than a long hike.

Hydrotherapy can also be useful if they find weight-baring uncomfortable as the warm water allows them to exercise more freely.

If you are concerned that your pet may be struggling with their joints please make an appointment with a vet to discuss your options so we can try and slow the progression of the Arthritis and allow your pet to live a happier life.

Repeat Prescriptions



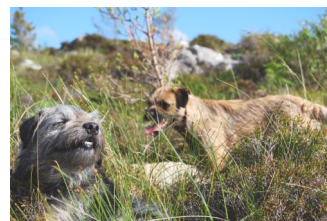
Many pets need long term medication to stay happy and healthy. We are happy to provide repeat prescriptions for your pet providing the vet is happy that the medical condition is under control so we will ask you how your pet is doing when you contact us. The vet will need to examine your pet every 6 months, sometimes more frequently to make sure the medication is appropriate.

You can order a repeat prescription in person, on the phone or via a link on our website but we ask for **48 hours notice** to dispense or write a prescription.

We can dispense 3 months worth of medication for some conditions if appropriate but controlled drugs can only be dispensed a month at a time as per the RCVS guidelines. We appreciate long term medication can be costly so why not consider our Pet Health Club direct debit scheme which will give you 20% off selected lifetime medications?

PHOTO OF THE MONTH COMPETITION

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



Winter Guide for Small Furry Pets



At this time of year its very important to make sure your outdoor pets are kept a close eye on, making sure they are clean, well-fed and not suffering in the cold.

If your Rabbits or Guinea Pigs live outside in a hutch place a plastic sheet or tarpaulin over the hutch to protect them from the wind and rain, especially at night. Always leave a little space for air and light. Line their hutch with plenty of newspaper and hay to keep them cosy and warm.

Make sure their water supply doesn't freeze, a cover over the bottle will help, even a woolly sock will do. Check bowls regularly.

Make sure they are able to still exercise regularly, if their run is separate from their



hutch provide a covered area that is warm and sheltered if they want to hide from the wind and rain.

If the weather is really bad move them into a shed or outbuilding but avoid a garage where vehicles are kept because the fumes can be fatal to small pets.

Guinea Pigs in particular suffer with the cold as they originated from South America. Fill the cage with shredded paper and hay but avoid fluffy bedding that would cause problems if eaten.

Make sure they get plenty of Vitamin C from fruits and vegetables as well as a good quality Guinea Pig food.



If your small furry shows any sign of ill health make an appointment with the vet as soon as possible and bring them indoors to keep them warm but take care when moving them back outside again as they will get used to the warmth inside so choose a mild day.

FIGHT THE FLAB THIS NEW YEAR!

Obesity in animals is sadly a growing problem but carrying excess weight can cause serious health problems in the long term. A good well balanced diet and plenty of exercise will help keep your pets fit, maintain an ideal weight and enjoy a better life.

Weighing out your pets dry food can help you regulate accurately how much they are getting on a day to day basis.

Try to weigh your pets regularly so you can act quickly on any changes that occur and change food allowances accordingly. We are happy for you to pop in and use



our scales in reception or for cats and rabbits our nurses are happy to help if you make a free weight check appointment.

Feed treats sparingly and if weight is an issue, take a small amount out of their daily allowance to use as training treats. Low calorie treats for dogs can be small amounts of vegetables or Ryvita as well as some commercial weight loss treats. If you find you are feeding a lot of treats for example during dog training classes remember you will need to reduce how much you feed of their daily diet to compensate.

Make sure your pets exercise regularly. If your dog is significantly overweight small but frequent walks may be more appropriate



than a very long hike. Swimming is a good aid to weight loss, particularly if mobility is an issue. If you are interested in trying hydrotherapy with your pet please consult your vet for a referral. Cats may benefit from activity feeders that mean they have to move around to get their food.

If cutting their usual food down still doesn't facilitate weight loss you may need to consider a lower calorie food such as a prescription diet specifically designed for this purpose. Our nurses are happy to discuss options with you at our weight watchers clinic.



FOCUS ON STAFF

MEHUL MAGUDIA BVetMed MRCVS

Mehul graduated from the Royal Veterinary College in London in 2007. His first job in Bedford was at a truly mixed practice where he wrestled all manner of beasts from domestic pets to cattle and horses not to mention the occasional exotic animal from Woburn Safari Park. In 2010, Mehul was awarded a special RSPCA commendation for his brave efforts in assisting the Fire brigade in rescuing two stranded horses stuck in the River Ivel near Sandy.

Since then, Mehul has focused his career in the diagnosis and treating of companion animals. He enjoys in particular diagnostic imaging but truly relishes all aspects of Veterinary medicine and surgery.

He joined the Forest Lodge family in August 2016 as a Clinical Director with the view to help progress the services and facilities provided by Forest Lodge Vets.

Mehul has a young family and can be seen frequenting the local beaches and rambling/cycling in the New forest at all times of the year, come rain or shine!

