



Rutland Veterinary Centre

NEWSLETTER

Winter 2023/24



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Welcome

Welcome to the first edition of the Rutland Veterinary Centre Newsletter.

The newsletter has been created as a way to interact with you, our clients, showcasing our amazing team as well as providing useful information about your pets health and the services we offer.

We hope you find the content to be informative and that you enjoy reading more about what goes on behind the scenes. The newsletter has been created for you, so if you have any feedback or if there's something you would particularly like to see included in future editions, please let the team know.



Staff spotlight

Staff spotlight is our opportunity to let you know a little bit more about some of the amazing staff we have working at Rutland Vets so you know who is taking care of your pets. In this issue we would like to introduce you to Shannon who joined Rutland Vets in 2023.

Shannon is one of our registered veterinary nurses based at Uppingham and has been qualified for one year. Whilst Shannon does not have any pets at the moment, she is a crazy cat lady at heart and would have about 47 if she could!

Shannon has a keen interest in pet weight management and is the mind behind our weight campaign. Her interest in this area stems from the fact that keeping pets at a healthy weight can really contribute to them having a better quality of life, especially for pets with arthritis. Furthermore, it is relatively inexpensive and easy to achieve.

Interesting fact: more than 90% of cats over 12 have arthritis but they hide pain very well which makes regular vet visits all the more important in older cats.



Weight Management

Around half of all pets in the UK are overweight! That is why in January and February we are focussing on pet weight management.

While it is a year round concern, wintery weather and shorter days lend themselves to quick walks around the block and more time spent indoors. This leaves both pets and owners prone to gaining weight. It may be slow and unnoticeable at first however, once the weight has been gained, it can be hard to shift and can contribute to a number of health risks in the long term.

Pets that are overweight have an increased risk of:

- Endocrine disease: Cushing's, diabetes and hypothyroidism
- Joint problems: osteoarthritis, cruciate ligament injuries, disc disease
- Respiratory diseases: tracheal collapse, laryngeal paralysis, brachycephalic obstructive airway syndrome (BOAS)
- Urinary tract disorders: crystals/stones forming in the kidneys or bladder, and blocked bladders in cats
- Heatstroke, anaesthetic problems, hypertension (high blood pressure) and cardiovascular diseases



Now is the perfect time to assess your pet's weight. We offer free of charge weight clinics to help owners manage their pet's weight and provide nutritional advice. This way we can ensure that pets are losing weight safely whilst still meeting all of their nutritional requirements.

Competition!

As part of our weight campaign, we are running a competition! You will need to book in for a free weight check in January with one of our nurses and let them know you want to take part. We will record your pet's weight and body condition score (BCS). You will then need to rebook for monthly checks in February and March. The winner will be the pet that makes the most improvement towards their ideal body condition score. The winner of the competition will receive a FREE bag of Hills food chosen for you by our nurses based on your pet's needs.



Isla's Bladder Stones

More than just a routine vaccination appointment

We recently had the lovely Isla (a Cavalier King Charles Spaniel) attend a routine consultation at our Uppingham branch for her yearly booster and health check.

During the physical examination, our vet, Hannah, felt Isla's abdomen to check that organs such as the kidneys, intestines and bladder all feel normal. It was at this point that Hannah felt that something wasn't quite right. She could feel a lot of gritty material in Isla's abdomen, possibly in the bladder or colon. This led to questions being asked about her urination habits, revealing that Isla had been struggling with her urinating, passing small amounts of urine little and often.

We advised further investigations including a urine and blood sample (both of which were ran at the practice with results available within a few hours). When analysing the urine sample under the microscope, we could see a large amount of urinary crystals, this is abnormal in a urine sample.

Isla was then admitted for imaging. She was anaesthetised via an intravenous (IV) catheter, which allowed us to administer medication including a small dose of sedation and an induction agent for her general anaesthetic, as well an opioid pain relief. Radiographs (X-rays) were taken of her abdomen (as seen below), highlighting many uroliths (bladder stones).

These stones required urgent surgery to remove as they could easily block the urethra and bladder causing a dangerous build-up of toxins and amount of urine. To remove the stones Isla had a laparotomy surgery, following which she stayed in overnight to to allow her urination and pain to be monitored by one of our night nursing team.

The bladder stones were sent to the University of Minnesota, USA, for testing, and the results came back as 90% Struvite and 10% Calcium Phosphate Carbonate. These stones and crystals can be managed with a special veterinary diet to prevent reoccurrence (we use Hill's CD food). This diet includes low phosphorus/magnesium foods which promotes acidic urine to prevent any stone formation.

Isla is currently doing very well after her surgery and really enjoys her new diet. If you have any concerns with your pet's toileting habits, please just book an appointment (a fresh urine sample is really useful too).

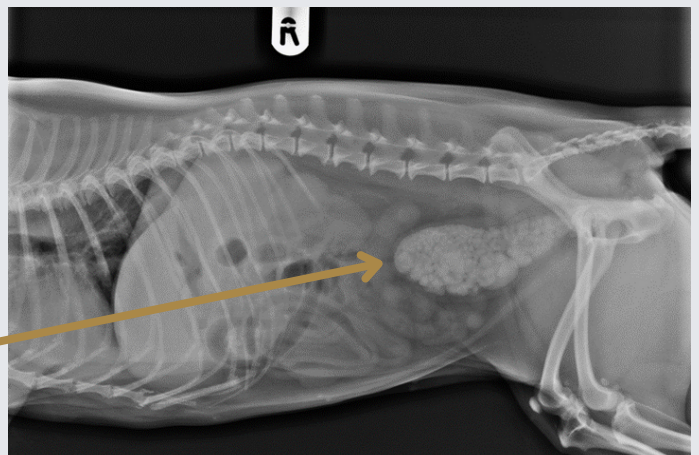


Isla



Above: crystals under the microscope

Below: the stones after removal



X-ray showing the many stones in Isla's bladder

Case study and photos used with owners consent

Veterinary myths debunked...

“Dogs only get kennel cough if they go to kennels”

This is a common misconception. ‘Kennel Cough’, officially named ‘Canine Infectious Respiratory Disease Complex’ (CIRDC), can be contracted wherever a dog comes into close contact with other dogs! Common places include doggy day care facilities, group training sessions or out on walks.

CIRDC is a respiratory infection with bacterial and viral components that causes a dry hacking cough. As well as coughing, in more severe cases it can also cause a high temperature and a reduced appetite. These dogs should be kept away from other dogs and public spaces whilst they are coughing.

The best way to prevent your dog contracting CIRDC is by getting them vaccinated every year. The Kennel Cough vaccine doesn't give 100% protection, however, it does significantly reduce the chance that your dog will catch CIRDC and reduces any symptoms if they do catch it.

There are many different conditions that can cause coughing, so if your dog has been coughing for more than a few days or is unwell, it is a good idea to have your dog checked by a vet. Please be aware that the kennel cough vaccination is a live vaccine, as such dogs that have been vaccinated should be kept away from immunocompromised people for 6 weeks post vaccination.



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- Rabbits benefit from Reargard treatment and a monthly bag of hay or pellets

*Dogs and cats only

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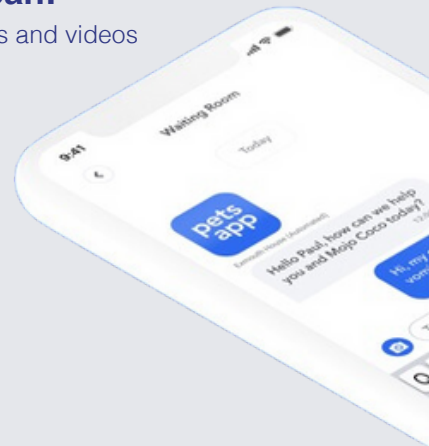
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This newsletter is provided as an informal information service to our clients who are interested in what goes on at the practice.

The information contained should not be treated as a substitute for veterinary advice.

Please contact the practice if you have an issue with your pet.

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Need us in an emergency?

Please call the practice.

We operate our own out of hours service for our registered clients at our Uppingham branch

