

MONTHLY NEWSLETTER
August 2019

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CONSULTATION TIMES

Mondays to Fridays

7.30am – 6.00pm

(Our Frontshop is open from
7.30am – 6.30pm)

Saturdays

9.00am – 13.40pm

(Our Frontshop is open from
9.00am – 2.00pm)

Sundays

CLOSED TO THE PUBLIC

Public Holidays excluding
Christmas Day, Boxing Day and
New Year's Day

(Please note that a surcharge does
apply)

9.00am – 11.40am

(Our Frontshop is open from
9.00am – 12.00pm)

**PLEASE MAKE AN
APPOINTMENT**

(011) 974 5201



Harmelia Animal Clinic



47 Shelton Avenue, Harmelia

For the Rest of your Family

A Helping Hand

My faith in humanity has somewhat been restored. Last month, everything that could have broken did! The most important piece of equipment that broke last month was our autoclave. Our autoclave sterilises our surgical kits. Obviously I panicked, even though we have extra sterilised kits just in case this happens, as I did not know how long it would take to fix our autoclave. I reached out to other Practices close by and thankfully St Francis Veterinary Hospital reached out a helping hand. THANK YOU St Francis – your help was truly appreciated. Thankfully our autoclave has been repaired and is working perfectly now!

For the past few months I have seen many pets coming in for vomiting and/or diarrhoea. This can be caused by a viral or bacterial infection or even intestinal worms. It can also be triggered by your pet eating the wrong things like fatty foods or a rotten bone. You can't really prevent your pet from picking up a viral or bacterial infection but you can prevent intestinal worms. Ideally you should deworm your pet every 3 months. If your pet is an enthusiastic hunter, or if they socialise with a lot with other animals, you may then need to do it every month. If your pet has a sensitive stomach, do not feed them table scraps and consider adding a probiotic to their diet on a daily basis – you can use Bioflora or Protexin. You can even put them onto a diet specifically formulated for sensitive stomachs like Hills i/d or Royal Canin Intestinal to help prevent bouts of vomiting and/or diarrhoea. In general, human food is not good for our pets and can definitely contribute towards them developing gastrointestinal problems and eventually weight problems.

We are focusing on Obesity this month as more than 50% of pets are overweight. It is better to feed your pets twice a day and to ensure that you follow the feeding guidelines, which are usually on the back of the bag of food. Please remember that this is just a guideline – if your pet seems to be losing weight then increase his or her portion by 5 to 10% but if your pet seems to be gaining weight, then decrease his or her portion by 5 to 10% and monitor them. After 2 weeks, your pet should start to gain or lose some weight so if you have changed the amount of food that you are feeding your pet, please bring them to the Practice and weigh them – you do not need to make an appointment in order to check your pet's weight and it is for free. If your pet needs to lose weight, make sure that you cut out all treats and try to increase their exercise level by either playing with them on a daily basis for 10 to 20 minutes or by taking them for walks – increasing their exercise level definitely helps to get their weight down.

If you have any questions or concerns, please do not hesitate to contact us on harmelia.animalclinic@gmail.com or go to our website.

PLEASE REMEMBER TO PHONE THE PRACTICE IF YOUR PET NEEDS HIS OR HER CHRONIC MEDICATION, BEFORE COLLECTING, SO THAT THE MEDICATION CAN BE COUNTED OUT BEFORE YOU ARRIVE AT THE PRACTICE.

Our Monthly Focus: OBESITY



As in people, obesity is becoming a huge problem in our pets – as mentioned on page 1, more than 50% of our pets are overweight. Animals that are overweight are more prone to developing heart disease, diabetes, arthritis and certain skin conditions. Overweight animals do not live as long as they would have if they were at their optimal weight, so you are not showing them additional love by feeding them more.

For the month of August, we are offering FREE WEIGHT ASSESSMENTS, so if you are worried about your pet's weight, please make an appointment to see a Vet so that we can help you to ensure that your pet stays as healthy as possible for as long as possible.

We are also offering 10% off all weight control prescription diets like Hills Metabolic (Normal and Mini), Hills j/d reduced calorie and Royal Canin Satiety Control.

We can also register your pet onto the Hills Pet's Slimmers programme, so that you and your pet can get professional support and advice during your pet's weight loss journey – your pet also gets prizes and discount vouchers from Hills as he or she reaches certain goals.

If you have any questions or if you would like to make an appointment, please contact us on (011) 974 5201 or email us at harmelia.animalclinic@gmail.com

