



Hilton Veterinary Hospital

Website: www.hiltonvethospital.co.za

72 Hilton Avenue Hilton 3245

Tel (033) 343-4602

Free Small Animal Veterinary Advice e-mail: martin@hiltonvethospital.co.za

We would like to congratulate Trish and Ian Bredin on the birth of Zach. We wish you lots of fun, laughter and happiness with your new bundle of joy.



Why do we own pets? The first and most obvious reason is companionship. A dog or cat can keep the children busy for hours and help them get up to good mischief, thus learning life lessons. They bear witness to their new discoveries and protect them from Puff Adders. Pets are also important for the aged. Loneliness leads to depression. Pets mould to your schedule and personality, they are always available and never off duty. Pets also promote exercise. All ages of people with pets exhibit less stress than those without pets. It maybe the sense that you've got a friend to share life's challenges. All it takes is a tail wag or a head rub or a purr to help reduce your blood pressure. An animal is also a social magnet. Even in a BBC top gear show, a puppy attracted more attention than a Ferrari. There are lots of shared activities for pet owners, ranging from communal walks to charitable events. A dog can also provide significant security in the home. In this regard, it is better to have the dogs indoors at night where they are protected from malicious poisoning. The need to be useful and of value is a strong human desire. It is very satisfying to take care of another living creature especially one that loves unconditionally, understands you perfectly, knows how to listen without interrupting and knows how to be grateful.

Having a pet means that you have made a promise to be involved in another life. This commitment is one of the most positive decisions a child, adult or aged person can make. Owning a pet is an emotional issue. Feeding and looking after them is an emotional act.

We all want to feel good about our animal's health and happiness. We want to give back to them what they give to us or our children. The best way to do this is through some careful planning.

As veterinarians we would like to become more involved in preventative medicine. In doing so, we would like to visibly improve your pet's quality of life and in so doing help you and actually save you money in the long run. So here is the deal. At no extra cost than a normal annual check-up or vaccination, book a half an hour consult with one of our vets the next time your animal is due one of those procedures and let them check them clinically from head to toe and make recommendations on where sustaining their health can be optimised. Check ups should be scheduled annually for apparently healthy animals and 6 monthly for frail or older animals (> 8 years).

Next month I will be giving you feedback from the World Small Animal's Veterinary Conference The newsletter will focus on pet nutrition and even include a website with good homemade recipes and yes, you can give them suitable treats.

If your contact details have changed please remember to inform us.

Regards

Martin de Scally

Dedicated to the health of your pets.

Inside this issue:

Opening Letter	1
Nurse's Clinic:	2
My Work Experience	
Antibiotic Resistance	3
The Cats in Istanbul	4
Staff Profile	5
Health Tip	5
To make you smile	6

After Hours

Emergencies:

Please phone
(033) 343 4602

Contact Details:

If your contact details have changed then please inform us .

This month's theme:

Antibiotic resistance and the Cats in Istanbul

The Nurse's Clinic: My Work Experience by Rebecca Upfold

I was in grade 11, 3 years ago and my grade and I were asked to start searching for places to do our work experience as part of Life Orientation. We had to work in at least one place of our choice for a minimum of three days and we were not allowed to be paid. I knew I wanted to work with animals but I wasn't sure in what way. I chose two places; Hilton Veterinary Hospital and the Bird of Prey sanctuary out by Lion's Park.

In the July holidays of that year, I worked for 5 days at Hilton Veterinary Hospital. On my first day I was shown around by Nicky, who was the nursing at that time. She introduced me to everyone and explained what happens in all the rooms. She then introduced me to all the patients in the hospital wards. I remember one dog in particular, Voodoo, who needed special medication from America.

Up until that point I wasn't sure if I was squeamish or not. The test to find out came the next day. There was a castration booked for Richard and I was invited to watch. Before going into the operating room Nicky said that I must just shout if I felt faint or sick. I sat on a chair in the corner of the room where I could see what was happening. While I watched, I remember waiting for feelings of nausea to come but they never did.

I spent most of my time that week following Nicky around, watching to see the kinds of things she did. The nursing side of Veterinary appealed to me more than being an actual vet.



Nurses spent more time with the animals, caring for them and comforting them, which is exactly the kind of thing I wanted to do. At the end of the week I was told I could come back anytime if I would like to. For the rest of that year I went almost every Friday to watch and learn more. The next year I did the same, although not as often because of matric being so busy. By the end of matric I'd decided to take a gap year to really see if nursing was what I enjoyed. I spent most of that year at Hilton Veterinary Hospital watching, observing and helping out wherever I could.

This year I've starting studying veterinary nursing through correspondence and working part time as a receptionist at Hilton Veterinary Hospital. This way I can still come to the veterinarians to watch, learn and help where I can, study something I am interested in and love, and I also get paid which helps towards my studies.

Ginger is one of my favourite friends at the practice.



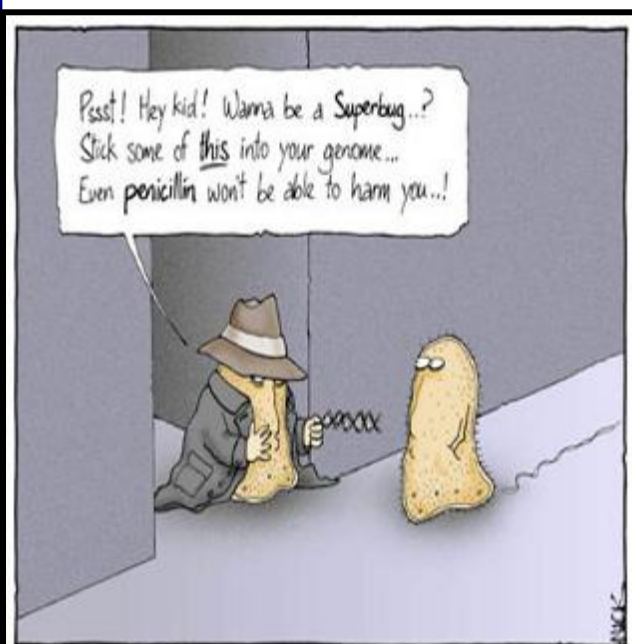
I will fit in to this basket!!!

Antibiotic Resistance: by Dr Lillian Hirzel

Antibiotics are medications used daily in your pets to treat bacterial infections. Ear, skin, bladder and wound infections are ailments typically treated with antibiotics. They work by preventing the reproduction of the bacteria and thereby leading to the demise of the bacteria and the health of your pet. When bacteria that normally would have responded to a certain antibiotic are no longer killed by it, antibiotic resistance to that particular drug has developed.

Antibiotic resistance can thus be defined as a situation in which a species of bacteria is able to survive exposure to one or more antibiotics to which it was previously susceptible.

What causes this resistance to develop? There are both natural and not-such-natural causes. As with any living organism there are stronger and weaker bacteria. When antibiotics are used, they may kill the weaker bacteria but not the stronger bugs. These may reproduce and pass the same resistance on to their progeny. Bacteria are also able to mutate and previously susceptible bacteria may change into resistant forms that are not sensitive to the kind of antibiotic being used.



It was on a short-cut through the hospital kitchens that Albert was first approached by a member of the Antibiotic Resistance.

Not using an effective antibiotic at the right dose for the prescribed time period, can lead to resistance. Hospital and agricultural use of antibiotics can further influence antibiotic resistance.

How can we avoid antibiotic resistance becoming a problem in our pets? Smart use of antibiotics is the key to limiting the spread of resistance. Follow the advice given by your vet. They will try to determine the cause of the infection and choose an antibiotic best suited to treating that specific infection. Do not stop giving your animal the antibiotic when you think that he is looking better, complete the course prescribed by his doctor. Do not use left over antibiotics lying around at home when you think your pet is ill, this antibiotic may not effectively treat the current infection and thus leave your pet ill and lead to future resistance. If your vet suggests a follow-up before the antibiotic is completed this will be to check that the infection is fully under control before the antibiotic is stopped and the remaining strong bacteria allowed to re-establish. Sometimes a bacterial antibiogram will be suggested by your vet. This will allow them to culture bacteria from the infection and find the best possible antibiotic with which to treat (this is often suggested when an infection does not respond as expected to prescribed drugs).

Some bacteria will become resistant, regardless of our best attempts to stop this. Mostly though, our use and misuse of the drugs will cause the problems. Work hand in hand with your vet to best treat your pet and decrease the occurrence of antibiotic resistance.



The Cats in Istanbul: by Dr Lillian Hirzel

Istanbul enfolds one in culture, history and religion. A visit to this ancient city transports one to 4000 years before Christ; to old battles and fascinating tales of conquest. My husband and I recently visited the city and enjoyed its whiles and ways. Before visiting I was warned about the abundance of stray cats to be found in the city and it was with a certain amount of apprehension that I anticipated this. Indeed there were many, many stray unsterilized felines roaming the cobbled streets and sea walls. Much to my relief though I found that most of these animals were in reasonable condition; fed by restaurant owners and tourists. I counted the number of cats we came across each day while exploring the city on foot. On average we encountered about 50 strays every day.

On our second day in the city I came across a very miserable looking kitten. On examining the poor little thing I found that it had a large abscess under its chin. I had taken some penicillin with me in case we needed it for ourselves and went and retrieved one of the capsules from my hotel room. I carried down a cup of water, some hand cleanser and a spot of food begged from the hotel staff. The little thing spat and hissed at me and would not touch the food. I used some of the tricks of the trade, cleaned its wound and dosed it some antibiotic. I tried to find a neighbourhood vet or welfare organization, but through broken English and confused Turkish I learnt that these to be few and far between. The little thing would have to fend for itself. By the next afternoon it was alert and feisty and eating the bits of food I offered with great glee. The wonders of Penicillin.



A few of my favourites included a very friendly round queen about to give birth to what looked like a large litter. She appeared to belong to a restaurant and was well fed. Another was a large tom who made himself at home in a church originally built in 514 AD - Aya Sophia. Curled up on the holy stairs he was left untroubled by the security guards. The oldest cats we came across were a pair at the Archeological museum and dated back to thousands of years before Christ.



"Thousands of years ago, cats were worshipped as gods. Cats have never forgotten this."

"As every cat owner knows, nobody owns a cat. - Ellen Perry Berkeley"



Staff Profile

Rebecca Upfold

Rebecca joined the practice in January 2012. She is studying to become a veterinary nurse. Rebecca is doing it through correspondence and is therefore able to do a lot of practical work in our practice. She also helps out with reception work in the afternoons.

Rebecca enjoys cuddling our patients who need a little extra TLC, and she is passionate about helping with the feeding of patients who are really battling to eat by themselves. She also likes helping out at reception so enjoys the human touch too!

In her spare time, Rebecca enjoys reading fantasy books and playing with her own animals. She is a very laid back and chilled person.



Health Tips by Dr Trish Mills

Separation Anxiety

- ✎ Complaints from neighbours that your dog howls when you are gone?
- ✎ Do you come home to find that your pet has been destructive?
- ✎ Does your dog act like a "Velcro dog" when around you and give you hysterical greetings when you have been away from home?

Your pet may be suffering from *separation anxiety*.

Please speak to us so that we can help you understand and ease their stress.



Me Too Mattresses

Me Too mattresses are used throughout Hilton Vet Hospital in the animal's domicile. So they have been tried and tested for three years with fantastic results. They are foam mattresses sealed in vinyl plastic and come with summer and winter material covers. We carry standard stock but they can be ordered to your specification. Please speak to Lana, Jackson or Rebecca for your requirements.

To make you smile

HOW TO FEED A CAT A TABLET

1. Pick cat up and cradle it in the crook of your left arm as if holding a baby. Position right forefinger and thumb on either side of cat's mouth and gently apply pressure to cheeks while holding pill in right hand. As cat opens mouth, pop pill into mouth. Allow cat to close mouth and swallow.
2. Retrieve pill from floor and cat from behind sofa. Cradle cat in left arm and repeat process.
3. Retrieve cat from bedroom, and throw soggy pill away.
4. Take new pill from foil wrap, cradle cat in left arm, holding rear-paws tightly with left hand. Force jaws open and push pill to back of mouth with right forefinger. Hold mouth shut for a count of ten.
5. Retrieve pill from goldfish bowl and cat from top of wardrobe. Call spouse from garden.
6. Kneel on floor with cat wedged firmly between knees, hold front and rear paws. Ignore low growls emitted by cat. Get spouse to hold head firmly with one hand while forcing wooden ruler into mouth. Drop pill down ruler and rub cat's throat vigorously.
7. Retrieve cat from curtain rail, get another pill from foil wrap. Make note to buy new ruler and repair curtains. Carefully sweep shattered figurines and vases from hearth and set to one side for gluing later.
8. Wrap cat in large towel and get spouse to lie on cat with head just visible from below armpit. Put pill inside end of drinking straw, force mouth open with pencil and blow down drinking straw.
9. Check label to make sure pill not harmful to humans, drink 1 beer to take taste away. Apply Band-Aid to spouse's forearm and remove blood from carpet with cold water and soap.
10. Retrieve cat from neighbour's shed. Get another pill. Open another beer. Place cat in cupboard, and close door onto neck, to leave head showing. Force mouth open with dessert spoon. Flick pill down throat with elastic band.

11. Fetch screwdriver from garage and put cupboard door back on hinges. Drink beer. Fetch bottle of scotch. Pour shot, drink. apply cold compress to cheek and check records for date of last tetanus shot. Apply whiskey compress to cheek to disinfect. Toss back another shot. Throw T-shirt away and fetch new one from bedroom.
12. Call fire brigade to retrieve the **** cat from tree across the road. Apologize to neighbour who crashed into fence while swerving to avoid cat. Take last pill from foil-wrap.
13. Tie the front paws to rear paws with garden twine and bind tightly to leg of dining table, find heavy duty pruning gloves from shed. Push pill into mouth followed by large piece of steak fillet. Be rough about it. Hold head vertically and pour 2 pints of water down throat to wash pill down.
14. Consume remainder of Scotch. Get spouse to drive you to the emergency room, sit quietly while doctor stitches fingers and forearm and remove pill remnants from right eye. Call furniture shop on way home to order new table.
15. Arrange for SPCA to collect "mutant cat "and call local pet shop to see if they have any hamsters.

HOW TO FEED A DOG A TABLET:

- 1) Wrap it in cheese.



If you have a story about your pet that you would like to share with us, then please e-mail it to lauren@hiltonvethospital.co.za