



Hilton Veterinary Hospital

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

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Inside this issue:

I had the opportunity to attend a specialist veterinary cancer meeting in Johannesburg this last week end. My long term friend Professor Rowan Milner came across from Florida (USA) to speak to us. Rowan has pioneered a variety of cancer treatments in naturally occurring canine cancers. Both dogs and children stand to benefit from his work. The main focus has been the early detection of cancer together with a focused systematic approach to effect a cure where possible. Many canine cancers behave similarly to juvenile cancers in children and even some adult cancers such as osteosarcoma. They are very close to a major break through in curing the dreaded disease in some instances. It is probably unknown to most of our patients that either through our own equipment and expertise or through a specialist networking, Hilton Vet Hospital is able to bring most of these international treatments right to Hilton's door step. Unfortunately it is obvious that without appropriate and aggressive enough early action, the opportunity for cure may be missed.

There are actually only three major types of cancer. The so called round cell tumours are often the most treatable. Next come the carcinomas. If you do not treat these carefully up front, you will regret it later. Lastly there are the sarcomas, these are always bad news and there is only a small window of opportunity for a cure. A lot of what I do is to recognise early treatable disease. Unfortunately I often am faced with a

sinister diagnosis and prognosis and find myself having to explain to dog and cat parents that the cancer is too aggressive and too far advanced to do anything. In other instances treatment is rewarding and adds up to years of life for some patients. It is important to me that animals do not suffer.

Candice will be leaving us at the end of this month so that she can spend more time with her daughter Madison in the afternoons. We would like to thank Candice for all the hours of dedication she put in while working at the practice. Enjoy reading the newsletter.

Kind regards

Martin de Scally.

Dedicated to the health of your pets.

HILTON VETERINARY PARLOUR HAS OPENED

Heather Walters has joined us and is running a parlour at our clinic. This will meet our demand for a personalised service in the area.

Your precious pets will be handled by Heather personally in a caring compassionate manner. We cater to all types and sizes, whether it is a simple wash and dip or a complicated clip.

Bookings can be made at Hilton Vet Hospital reception, or by contacting Heather on 076 2798589.



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After Hours Emergencies:
Please phone
(033) 343 4602

Contact Details:
If your contact details have changed then please inform us .

This month's theme:
Diabetes

The Nurse's Clinic: Physical Therapy

Maybe not everyone likes to move it on the dance floor, but we do certainly like being able to move in general. It's amazing how little conscious thought goes into things like walking, running, giving someone a hug or wriggling your toes. And yet our bodies know exactly what's expected and how to perform the functions required. Think how many muscles are used every day to keep us functioning normally.

Now think if one or some of those muscles are injured or weakened. The natural response is to compensate. Often without thinking, that muscle becomes protected and disused, resulting in further weakening. Rest after certain injuries or surgery is often a must, but what about after that rest period?

Any of us who have gone through procedures of our own will know the next step, going for physiotherapy. We know that this is an important step in the healing process, strengthening and rehabilitating the affected muscles.

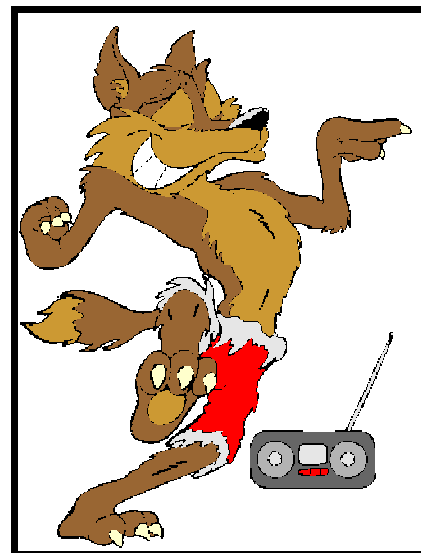
Animals have the same need for physiotherapy as humans do. Whether the need arises from orthopedic or neurological diseases, the need is there. So let us take a quick look at a few of the benefits of physiotherapy:

- Improved function and quality of movement
- Reduction of pain, swelling and complications
- Increased speed of recovery
- Increased strength, range of motion, endurance and performance
- Non invasive
- Improved and prolonged quality of life
- Prevention of further injuries
- Decreased need for anti-inflammatories
- Improvement or preservation of muscle, nerve and joint function

So we need to start looking at physiotherapy in animals as not just an added extra but as an important part of your pets' treatment protocol, a necessity rather than a luxury. Many different methods are used in physical therapy for animals and the great thing is that it also involves take home exercises. This makes it more practical, affordable and can grow the bond between you and your pet during their healing process.

Some basic physical therapy can be done by the nurses while your pet is in hospital, but for further treatment it is best to seek the advice of a qualified physiotherapist. They can then assess your pets' injuries and decide on a treatment plan best suited to them. We are very lucky in Hilton to have physiotherapists in our area who love working with animals.

Please feel free to speak to any of our vets or nurses if you would like to know more on this topic.



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 over two 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 Candace for your requirements.

Diabetes by Dr Martin de Scally

I have been asked, "do animals get that?" Well they do. Usually it starts with drinking and eating excessively whilst losing body weight. In animals including cats, we are usually dealing with insulin dependent diabetes or type I diabetes mellitus. If left untreated complications such as blindness, liver failure, kidney failure, infections and strokes can occur. Basically what we call microvascular disease or disease of the tiny blood vessels called capillaries. The correction of diabetes usually requires checking for underlying diseases such as pancreatitis, Cushing's disease, hyper or hypothyroidism, hyperprogesteronism, excess use of corticosteroid or progesterone drug treatment, acromegaly, brain tumours and glucagonomas. We also need to rule out complications such as bladder infections which can limit effective insulin function. That is done with a urine analysis.

The types of insulin used vary with species, cats requiring longer acting insulins than dogs and both requiring at least 2 x a day insulin therapy.

This is best done with a glucometer used at home to test glucose and slowly adjust the dose. Do not be concerned about day to day variation it is the trend that matters.

If too much insulin is given the animal may become hypoglycaemic. This can lead to severe depression and even fitting. That is why we try to achieve optimal dose slowly. If one over does the insulin you often get what is called an overswing.

This is where the glucose level goes too low, the body reacts with adrenalin and glucagon and causes a massive increase in glucose production from glycogen stored in the liver. An animal in overswing needs less not more insulin. It is also helpful to use a diabetic diet to lower the animal's insulin needs. This is basically a diet with low glycaemic index.

The following is a guide for dosing insulin in cats based on a glucometer reading. Hint: always recheck a reading that appears unexpected or unusual.

Mmol/l	
<2.2	Hypoglycaemia
2.2-7.5	Non-diabetic range 1 study
3.38-6.88	Non-diabetic range another study
5	Minimum safe trough level
5.5-10	Target range for a treated diabetic
7.8	Threshold above which organ and pancreatic damage begins
<13.33-15	Feline renal threshold for glucose
16.7	Highest acceptable peak value to avoid neuropathy and ketosis
>20	Inadequate control, change a lot

WRITE A STORY OR A POEM ABOUT DOGS AND/OR CATS AND ENTER THE SAVA CVC CREATIVE WRITING COMPETITION: PRIZES SPONSORED BY EXCLUSIVE BOOKS

Competition runs from 1 August to 31st October 2012

Entries can be posted to: CVC creative writing, PO Box 25033, Monumentpark, 0105

All entries must include a paw print purchased at your local veterinarian

Paw prints are R5 and the funds raised will be used to vaccinate and sterilise pets in disadvantaged communities that cannot afford, or have no access to private veterinary services. Please ensure your name, age, and contact details are included with your entry.

Judging categories are: Age group 8, 9, and 10 - a short story
 Age group 11, 12 and 13 - a short story
 Age group 14, 15, 16 and 17 - story or poem
 Age group 18 and older - story or poem



Mischka by Monica Botes

MISCHKA BOTES "SWEET GIFT OF LOVE "
17 June 2006 - 17 August 2012

A very special gift, yes one in a million, that is exactly what you were my sweet Angel. Definitely not like the usual text book breed they would make, no absolutely not. You my baby girl were created to be cherished and loved, and boy oh boy, how Mom loved you and still does, every single passing day.....

You and I were chosen for each other, by God himself above, it is still most definitely the best match made ever. We are tied together with a bond so strong. All you ever asked; was Mom don't go " Tata " alone, and how it broke my heart to do so. How strict and precise you reminded Mom, it is feeding time, always on the hour. CUTER, you cannot get, reminding us at 20h00 when you went to the back door to go out one more time, just before bedtime, and off course it is also Mom and Dad's cup of tea time. You will look patiently until the cup is put down, want to wipe your face on the towel, and then it is Mom and baby's cuddle time in our bed. And in return for so little the rewards was so great, I had a companion, a child for life with very special traits.

When I was lost and the end seemed so far away, Mischka was by my side every step of the way, when life got me down; she put a smile on my face. I shared the good with the bad, how awful and heartbreaking it was to see you sick, and my heart will skip a beat every time Mom had to leave you behind in Hospital. In my heart I knew you were so scared, and alone at that time, yet you were always so brave, my little Paris who always was well cared for in the Hilton, and what a privilege to have Uncle Martin looking after you. Mom will never forget the first day we met Uncle Martin, when his little boy walked in. When he examined that troublesome tummy and he said "She will be ok, my dad only maybe lost like one or two dogs." I laughed behind the tears and said " NO PRESSURE AT ALL JUST FIX HER". So our journey began up and down the Hill to Hilton. You were as priceless to me as a rare antique.

They say memories are golden, that is true, I did not want them and I only wanted you. As long as I live I will never forget that dreaded phone call that came so quickly on the Friday morning. I was in disbelief. It felt like forever getting up the Hill that day. Mom saw you lying there, and I knew you were so sick my ANGEL CHILD, I also knew the dreaded time came for you and me to do the most difficult journey of all.

We all cried, let me tell you. Aunty Jane picked you up gently, and put you in Mom's arms, because Mom could never let you face anything so difficult on your own. Mom whispered softly in your little ear, that I was there and Mom sure hopes you knew I was there every step of the way. I COULD NOT BEAR leaving you, it was just too much. But Mom sure knows there is no pain, no vomiting, no tablets, and no special diets. Eat everything you could not eat, all the treaties, and boniest bones you could not eat here, have them all up there.

If love alone could have saved you, BELIEVE ME, you would never be gone. I have cried and begged a million times, but nothing takes away the pain. In my heart you still hold the place that no one else can fill, but when God calls our family chain will link again. We love you forever and always our precious baby girl.



Have you hugged your dog today?

My life is likely to be 10-15 years. Any separation from you is likely to be painful.

Give me time to understand what you want from me. Place your trust in me - it is crucial for my well-being.

Don't be angry with me for long and don't lock me up as punishment. You have your work, your friends, your entertainment, but I have only you.

Talk to me, even if I don't understand your words, I do understand your voice when you are speaking to me.

Be aware that however you treat me, I will never forget it.

Before you hit me, before you strike me, remember that I could hurt you, and yet I choose not to bite you.

Before you scold me for being lazy or uncooperative, ask yourself if something might be bothering me. Perhaps I'm not getting the right food, I have been in the sun too long, or my heart might be getting old or weak.

Please take care of me when I grow old. You too, will grow old.

On the ultimate most difficult journey, go with me please. NEVER, say you can't bear to watch. Don't make me face this alone. Everything is easier for me if you are there, because I LOVE YOU SO!!!



Thank you Acana

Dear Martin

I would just like to tell you about Lisa's progress, as you recall, we have had such problems with her allergy since she was a pup. We have gone through all brands of food, and various medications, she never seemed able to stop licking, scratching, biting and driving both herself and me mad !!!!!

That is - until you starting stocking the Acana food from Canada. I bought my first bag of Acana, the Chicken and Burbank Potato flavour - which she immediately loved, so there was no problem in getting her to eat it. She continued her scratching and biting, but slowly this became less and less. I noticed that she would lie down and sleep quite peacefully for about half an hour - something she has never done in her life before. As the weeks passed, so did her peace and calmness progress.

I am absolutely amazed at the total change in her life. Now she will lie down when I am watching TV in the evening - and can sleep for over an hour, without once moving - maybe just to lift her head to see that I am still in my chair, and back to sleep once more. To say that I am thrilled at her amazing change - well, I think only you can understand my joy that she no longer is being driven mad with her allergy. I have since purchased the Orijen Fish/Dog pellets for her - she did need a bit of coaxing to eat it - so I put in some tuna fish, which she loves and now she can't wait for her food. I am positive it is the absence of grain and rice in these foods that has brought about this change in her life.

If you have any other dogs with allergies like my Lisa - please advise them to use the Canadian foods. I know they are expensive, but for myself I added up all that she was getting, including medications, and find that the 13kg bag lasted me just over a month, so all in all, works out at the same price I was spending on all the other foods/medicines. I really can recommend it wholeheartedly - and I am sure that Lisa would endorse all that I have said above too.

Thank you so much for all your care and love you give to your patients and families.

Kindest regards, Yvonne.

Staff Profile

Bongani Mzimande

Bongani joined the practice in 2002. Bongani is one of our very capable kennel hands who assists in looking after your precious animals. He always has a friendly smile and is very kind to the animals.

Bongani's family live in Sweetwaters. He has 2 children. Siyabonga who is 6 years old and Thembi who is 10 years old. They both go to school in Sweetwaters.

Bongani enjoys holding your animals while they are being scanned and is interested in being hands on while your precious pets are in surgery.

In his spare time Bongani enjoys playing soccer and rugby.



To Make you Smile

The Cat's Diary

Day 983 of My Captivity

My captors continue to taunt me with bizarre little dangling objects. They dine lavishly on fresh meat, while the other inmates and I are fed hash or some sort of dry nuggets. Although I make my contempt for the rations perfectly clear, I nevertheless must eat something in order to keep up my strength. The only thing that keeps me going is my dream of escape. In an attempt to disgust them, I once again vomit on the carpet. Today I decapitated a mouse and dropped its headless body at their feet. I had hoped this would strike fear into their hearts, since it clearly demonstrates my capabilities. However, they merely made condescending comments about what a "good little hunter" I am. There was some sort of assembly of their accomplices tonight. I was placed in solitary confinement for the duration of the event. However, I could hear the noises and smell the food. I overheard that my confinement was due to the power of "allergies." I must learn what this means, and how to use it to my advantage.

Today I was almost successful in an attempt to assassinate one of my tormentors by weaving around his feet as he was walking. I must try this again tomorrow, but at the top of the stairs. I am convinced that the other prisoners here are flunkies and snitches. The dog receives special privileges. He is regularly released, and seems to be more than willing to return. He is obviously retarded. The bird must be an informant. I observe him communicate with the guards regularly. I am certain that he reports my every move. My captors have arranged protective custody for him in an elevated cell, so he is safe. For now



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