



Spring  
2024

# The Best Things in Life are Free

## On the Move

A new home is exciting for you.....but for your cat? Cats are territorial creatures that like a daily routine, which helps provide the security and happiness they need. So it can be quite a traumatic experience for your cat when all this suddenly changes!

**Steps you can take before, during and after the move, to help your pet confidently settle into their new home.**

Love or hate it, we all need exercise to help keep us healthy, including our pets too! Exercise should suit the age, breed, lifestyle and medical condition of your pet. With us all currently watching our pennies, it's great to know that walking your dog and playing games with your cat, won't cost you a penny!

**Dogs** When the lead appears there is usually no lack of enthusiasm on their part for walks! Although at times it may be wet, windy and cold and you would rather be in the warm, as pet owners we do have a responsibility to regularly exercise our dogs. In the great outdoors your dog can enjoy investigating the exciting scents, generally have fun, meet other canine friends and play games. Please be careful throwing sticks for play. Sadly there have been some horrific injuries where sticks have become lodged in the mouth or throat, resulting in lengthy operations to remove stick and splinters!

**Cats** Infamously known for their sedate sleepy life, but it is just as important to maintain their weight and encourage exercise. Some cats enjoy an outdoor life of chasing leaves and climbing trees, but others prefer the indoors.

**Tips to encourage exercise - Cats love empty boxes!** A variety of shapes and sizes with holes cut out will create a good 'leaping and jumping through' exercise area.

Lightly screwed up tissue paper creates a lovely noise when chased round the room.

Roll a small cardboard tube across the floor for chasing.

Ribbon, string or shoelace tied to a stick and gently waved, encourages play. However, please be aware that these play items can be choking hazards. If swallowed, they could cause a blockage in the throat or intestines. Pack them away after play, and supervise your kitten or cat during exercise time.

Have fun and enjoy exercising your pet. If you have any questions please do not hesitate to call us.

### Before Moving

#### Ensure your cat is microchipped!

Existing chip? Update their records with your new details.

**Cat carrier** Encourage your cat to 'make friends' with the carrier. Place it in a quiet room with comfy bedding inside and a piece of your clothing. This provides a familiar scent. Allow your cat free access to the carrier.

**Moving day has arrived!** Know where your cat is, so keep it indoors! Place your pet and the carrier in a quiet room with a litter tray, food and drinking water. Ensure the windows and doors of the room are shut. Stick a 'do not let cat out of room' notice on the door!

**New Home** The key is to make your pet feel safe.

**Choose a quiet room** with recognizable items from your previous home, plus familiar bedding, toys, scratching post, a litter tray, food, water and some treats.

**Ensure windows are firmly shut** and if the door has a lock.... lock it! Stick that sign on the door again as a reminder to everyone!

**When all is safe and cosy**, open the carrier door. Allow your cat to come out in their own time. Provide gentle, happy attention and food for reassurance. **Later when it's calmer**, and ALL the windows and doors of the entire house are firmly shut, you can then gradually introduce your cat to their new home.

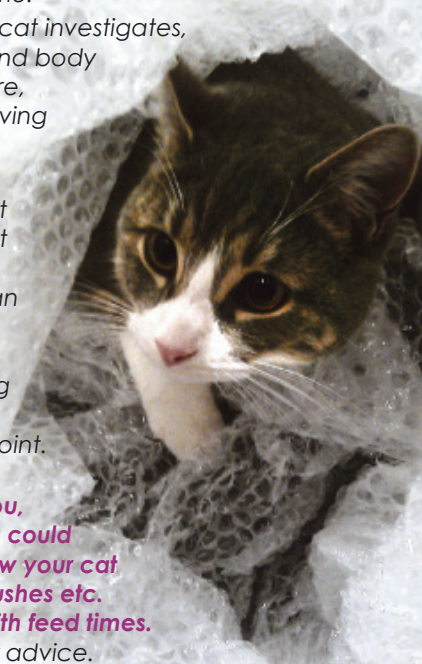
**Scent Marking** As your cat investigates, do not stop the head and body 'rubbing' against furniture, doors etc. They are leaving their scent for security.

#### The Big Outdoors

Keep indoors for at least 3-4 weeks, but each cat is different, so judging exactly the right time can sometimes be difficult. It's all about building confidence, establishing a new routine and the new house as a focal point.

**Begin with short periods of time outdoors with you, close to the house. You could use a harness lead. Allow your cat to scent mark fences, bushes etc. Coincide trips outside with feed times.**

Please call us for further advice.



### Harold Hill

01708 344455 01708 386046

Monday to Saturday  
9am - 6.30pm

### Elm Park

01708 458424 01708 438039

Monday to Friday  
9am - 6.30pm  
Sunday 10am - 6.30pm ★

Consultations by Appointment  
24 hour 7 day  
Emergency Service

www.hillparkvets.co.uk

**Cat Chipping Reminder** From 10th June 2024 cat microchipping will be mandatory. Please call now for an appointment. Full details can be found at [www.gov.uk/government/news/treasured-pets-now-safer-as-microchipping-for-cats-becomes-compulsory](http://www.gov.uk/government/news/treasured-pets-now-safer-as-microchipping-for-cats-becomes-compulsory)

# How Much Food Is Your Pet Eating?



Tubby, chubby, plump, stout...maybe even chunky, are just a few names for your pet being overweight! Dogs and cats don't have guilt feelings about what type or how much food they devour. Their owners provide it and pets eat it.... it's as simple as that, but just like us too much food can make waistlines expand!

Sadly there are pets who are overweight and this can lead to serious health problems. Overfeeding, incorrect diet, treats, table scraps and lack of daily exercise, all contribute to pets being fat. That treat of a slice of buttered toast eaten by your dog is equivalent to a human eating three doughnuts! Combine this with their normal daily intake of food, plus lack of exercise, and your pet could gain weight!

- Obesity Health Problems
- Heart disease
- Diabetes
- Arthritis
- High blood pressure
- Breathing difficulties



## ARNOLD'S AILMENTS

'Hello vet please help I'm in a spot of trouble  
I really need to see you and at the double  
My skin's been itching all through the night  
And this morning I've had an awful fright  
Looking in the mirror at my own reflection  
I fear I have some sort of nasty infection  
I scratched at the itch it was driving me mad  
And now my skin looks really quite bad'  
'I'll see you now' said the vet 'don't worry  
You'd better get here quickly so hurry  
This sounds like some sort of skin complaint  
No Arnold it's okay it won't make you faint!  
Ah you've arrived please can you stand still?  
Poor Arnold was by now feeling quite ill  
'Mmm' said the vet 'your skin's red and sore  
You really must try not to scratch anymore  
This can be due to a number of reasons  
Like an allergy to food or even the seasons  
Could be house dust pollen fleas or mites  
But tests will soon tell us which one is right'  
'What?' Arnold said 'allergic to food!  
Hey vet now I'm in a very bad mood'  
'There's really no need to think the worst  
Let's do tests and maybe medication at first  
This irritating problem won't normally cease  
Scratching and licking just makes it increase  
I am so pleased you came to see me today  
We can now treat you without further delay'

If your pet's weight is heavy on your mind, then now is the time to contact us. Our friendly team can help your pet lose those unhealthy kilos and maintain a perfect weight. Sometimes there can be an underlying condition that is causing your pet to be overweight. So before embarking on any new diet or exercise plan, it is always best to seek advice from us. **Remember we are here to help you keep your pet healthy and happy!**

## Tongue Twister

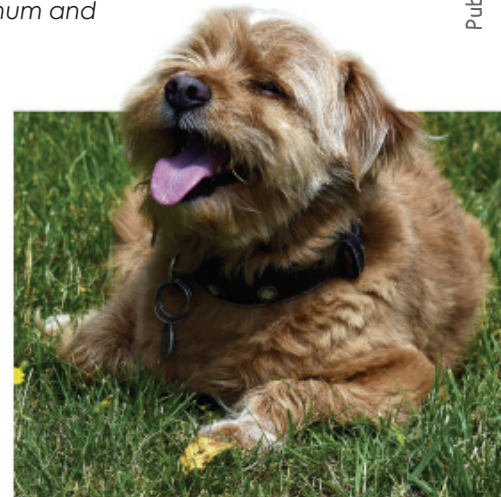
A dog's lolling pink tongue can look quite comical, but this part of the canine anatomy is actually a very powerful tool. It helps your pet to lap water, manipulate food, identify taste and texture, clean, regulate body temperature and is of course responsible for that very wet slobbery greeting across the face!

**Tongue Talk** Under the tongue is a band of tissue called the **frenulum**, which attaches it to the floor of the mouth. Humans can boast 9,000 taste buds, but dogs have only around 1,700. Their buds situated on the tongue tip, are especially designed for tasting water. The slight roughness you can feel as your dog licks your hand, are the small surface bumps called **papillae**.

**Built-In Air Conditioning!** When a dog gets too hot, it cannot sweat through the skin, but can cool down a little via sweating through paw pads. The main source of lowering their body temperature is by panting, as this pulls air across the capillaries in the tongue, so helping cooler blood to circulate through the body. A tongue is also used as a form of communication between a mum and her puppies to help create bonding.

**Check it Out** It's a good idea to regularly look at and under your pet's tongue. Watch for any cuts, lumps, bumps or swellings and be aware that broken or sharp teeth may aggravate the tongue.

Your dog's tongue is an amazing piece of equipment. A dog from Illinois set the World Record in June 2023 for the longest dog tongue at over 13cm! Get your tape measures out, maybe your dog can beat that!



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