

# The Clock Ticks By....

Practice life has certainly been very busy during 2021 and has given us many challenges! Winter is now ahead, so it's time for cosy, cuddly evenings with our pets and warm coats on walks. Your pets are our number one priority and we always work towards helping them live healthier and longer lives.

There is so much we can do to help your pets enjoy a good quality of life during each life-stage. A combination of preventative healthcare, a good diet, regular exercise, and the ever-increasing advancement of medical care now available, means that your pets are living much longer than in the past.

**One Step Ahead** Young, middle-aged or old, there will be constant yet subtle changes in your pet's physical condition. You may see a little weight gain or incontinence, but others are not visible like sore joints, failing eyesight, loss of hearing, and organs such as the heart, kidneys, liver or thyroid glands may not work as well as they used to. Don't wait for your pet to show signs of illness; be prepared by being one step ahead. Have a chat with our team, as they can best advise about tests and changes you can make to accommodate your pet's ageing process, especially as they enter the senior and geriatric stage.

**Regular health and blood checks** can help identify problems in their early stages.

**Examinations** to check out the condition of their teeth, skin, weight, eyes and ears.

**Simple blood & urine tests** help identify diabetes, hyperthyroidism, arthritis or how well their organs are functioning.



If results show your pet is developing a condition, we can discuss the many forms of treatment that modern veterinary medicine now provides. Not all conditions can be cured, but lifestyle changes or medication may help to improve your pets' quality of life.

**Eating** is probably one of your pet's favourite pastimes, but.....

- ✓ **Is it right for your pet?**
- ✓ **Will it suit their age or any medical conditions?**
- ✓ **Is your pet allergic to any ingredient?**

It is important that what your pet eats suits their needs, so book an appointment with us to discuss which food would best benefit your cat or dog to help keep them healthy and maintain a good weight.

Our pets give us so much pleasure and love throughout their lives, and ask for very little in return. Being loved, hugs, walks, food and a comfy bed, are probably all their hearts desire, but we can do so much more. Whatever age your pet is, be aware of their different needs as the clock ticks by to help them enjoy an even better life!

Winter  
2021/22



## Danger.... Chocolate!



Oh my..... with winter and the festive season, there's going to be plenty of this around! We have covered the dangers of chocolate before, but there are always new pet owners out there that are unaware of just how serious chocolate poisoning can be, should their dog eat chocolate in any form.

**Chocolate is toxic to dogs** as it contains **theobromine**, which their systems do not easily break down.

The effects of chocolate poisoning will differ depending on -  
quantity ~ when it was eaten  
type ~ size/weight of your dog.

If you see or even suspect your pet has eaten chocolate no matter how little, **please immediately contact your vet** for advice.

The quicker action is taken the better the outcome. When you call and if possible, please have the following information ready....

1. When and how much chocolate was eaten.
2. What type e.g. dark, milk, cake, hot chocolate powder, biscuits etc.
3. Packaging for content information.

**Symptoms of Chocolate Poisoning**  
**Vomiting - Diarrhoea - Drooling**  
**Increased Thirst - Seizures - Collapse**  
**Muscle Tremors or Twitching**  
**Agitation - Increased Heart Rate**



See  
overleaf  
for our  
Xmas  
Hours



**Harold Hill**

01708 344455 01708 386046

Monday to Friday 9am - 6.30pm

Saturday 9am - 12.30pm

**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](http://www.hillparkvets.co.uk)

01708 344455

- ✗ **Never feed your dog chocolate.** ✗ **Never leave chocolate lying around.**
- ✗ **Never think a little will be ok.** ✗ **Ensure all household members especially children are aware.**
- ✗ **Chocolate and any foods containing this need to be stored well out of your pet's reach.**





Most of us have experienced the feelings of stress or anxiousness and our pets are no different. There are many reasons, so you may have to do a little investigation to identify the underlying cause. For some pets it can be when left **alone at home**, during **fireworks, thunderstorms, car travel**, in **public places** or even because of a **noisy household**. None of us like to see our pets unhappy and hiding in the corner or shaking. If you have a rather anxious pet, you could consider some aids that may help to ease your pet's tense feelings. There are products from calming **pheromone plug-in diffusers** to special **thunder shirts**. Even an **animal behaviourist** could be the answer to your pet's problem.

**Pheromone diffusers** can help to build up a calming atmosphere by emitting a comforting scent similar to the soothing pheromones produced by nursing animal mums to babies.

**Sprays and collars** are also available, which can be helpful for car travel and visits to the vet.

**Thunder Shirts** are worn by your pet, and designed to put gentle pressure on the body to mimic the feeling of being hugged to help create a calming effect.

**A Safe Haven** for your pet to disappear to for 'time out' that is in a quieter part of the house, with a cosy bed and a piece of your clothing for a comforting scent.

## Christmas and New Year Opening Hours

Friday 24th December **Christmas Eve** 9am - 6.30pm

Sat 25th **Christmas Day** and Sun 26th Dec **Boxing Day**

**Emergency Phone only 07775 862702**

Monday 27th Dec **Elm Park only 9am - 7pm**

Tuesday 28th Dec **Harold Hill only 9am - 7pm**

29th, 30th & 31st **New Years Eve** usual hours

Sat 1 Jan 2022 **New Years Day** Harold Hill only 9am-7pm

Sunday 2nd January **Elm Park only 10am-6.30pm**

Monday 3rd January **Elm Park only 9am - 7pm**

Tuesday 4th January **back to usual hours**

**Emergencies** outside these hours phone **07817 895177**



**Remember to place your pets' food and medication orders before the holidays!**

It can take preparation and time for the results to show. You may even need to try a few before finding the correct one for your pet, but we have lots of help and suggestions. Our friendly team will be happy to discuss your concerns and which treatments may best suit your dog or cat to help them keep calm.

## Keep your Chips Hot!

Hot chips are just the best when you are hungry, but these are not the only 'chips' that need to be at their best to hit the spot. The microchips that identify your pets need to be hot too, and that means ensuring that all the details are up to date!

If old details are stored, then you sadly run the risk of not being reunited with your pet should he or she become lost.

Have you

- ☛ **moved recently?**
- ☛ **changed email address or phone numbers?**
- ☛ **updated these details on the national database?**

It only takes a short time to amend and keep your pet's record piping hot, so check all is correct....now! If you are not sure how to do this, just give us a call and we will do our best to help.

## Wintry Walkies!

*There's a little chill in the air now, so you may need to wrap up more for the daily dog walk, but it's certainly good to have some fresh air and get those leg muscles working.... the four and two-legged kind! Some of you may walk early morning and*

*others late afternoon, which can mean it might*

*be rather dusky as the sun rises or sets. It is important that you and your dog are visible, so to help keep you safe, consider reflective clothing for you both. Should your pet be having a run around off lead whether in the countryside or town park, there are also lighted collars and harnesses to help you and others see your dog in darker conditions. Even on an early winter afternoon visibility can be very poor, so an 'illuminated' pet is a real bonus!*

On your wintry walks remember -

- ❄ **When walking past frozen ponds or rivers to keep your dog on the lead as their weight could cause the ice to break.**
- ❄ **Salt and grit on icy pavements are an irritant to paws, so ensure you give all four paws a good wash on returning home.**
- ❄ **Antifreeze for cars tastes sweet to pets, but is potentially fatal if swallowed. Please don't let your pet drink from puddles.**

1 Lindfield Road **Harold Hill** RM3 9BJ

89 Coronation Drive **Elm Park** RM12 5BT



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