



PET SERVICES

WESTMORLAND SMALL ANIMAL NEWS

kendal

kirkby lonsdale

SUMMER

Dear Readers,
Welcome to our summer newsletter. In this edition we have a variety of staff news, including new arrivals! We hear from Katie regarding travelling with your pets and we questioned Rachel on the risks of heatstroke. Read on and enjoy...



NEW AND RETURNING NURSES

If you haven't met them already, we would like to introduce Shaney and Heather, two new nurses who are mainly based at our Kirkby Lonsdale branch. We are delighted to welcome back Naomi to the team, she couldn't stay away for long!

"I've achieved a full circle of a career in veterinary nursing and ended back at Westmorland vets, where I qualified in the later 90's. Out of practice I enjoy walking my senior lady - a very chatty cocker spaniel, Elly"

Shaney

"I qualified as a veterinary nurse in January this year. I have recently moved to this area and have been enjoying hill walks and exploring the Lakes. I enjoy keeping bees with my partner and jewellery making. I look forward to seeing you all soon in nurse clinics"

Heather

"I trained at Myerscough College and qualified in 2017. I love the variety the role has to offer, but my main interest is anaesthesia. Outside of work I enjoy running, art and walking with my labrador Devon. I will be based at both Kendal and Kirkby Lonsdale"

Naomi

TRAVELLING WITH YOUR PETS

Car journeys

- Your pet must be suitably restrained when travelling to prevent distraction, this is required by law. This could be a seat belt harness, pet carrier or boot guard.
- Make sure to keep your car cool during long journeys and have frequent stops to enable your pet to go to the toilet and stretch their legs.
- Some pets may struggle with travelling, for example from motion sickness or anxiety. If this is the case, please book an appointment with your vet to discuss the best ways to manage this.

TRAVELLING ABROAD



EU & Ireland

- Rabies vaccine given at least 22 days before travelling.
- Animal Health Certificate (AHC) - this needs to be completed and signed by an Official Veterinarian at most 10 days before travelling.
- Worming treatment before re-entry to Great Britain - a wormer containing praziquantel must be given by a vet in the EU country that you are leaving at least 24 hours and at most 120 hours (5 days) before re-entry into GB. This needs to be organised by the owner.
- For Northern Ireland, Ireland, Malta, Finland or Norway, a worming treatment must also be given by a vet 24-120 hours before entering the country.



Non-EU

- Travelling to countries outside the EU requires an Export Health Certificate. These are specific to each country and can have many different requirements.
- If you are planning to take your pet outside of the EU please let us know well in advance so that we can organise all the necessary requirements.
- If you are travelling to a country where there are sandflies and/or mosquitoes we recommend your dog wears a Scalibor collar.

If your pet is on regular medications make sure to have sufficient supply to last the duration of your holiday. We kindly request that you give us 24 hours notice when ordering medications.



Beat the heat!

We asked our vet Rachel about heatstroke and how to protect our furry friends this summer...



What is heatstroke?

Heatstroke is a severe and potentially fatal condition that occurs in animals when their internal body temperature rises to a level that they cannot cope with. This can result in seizures, organ damage and even death. Once heatstroke develops it can progress rapidly and become increasingly difficult to treat.

What are the main signs of heatstroke?

Signs of heatstroke can include vomiting, diarrhoea, lethargy, heavy panting, seizures and collapse.

Are any types of dogs at a greater risk?

Yes, although it can happen to any breed of dog, some are more prone to heatstroke than others. This means it will develop under less severe conditions. Brachycephalic (flat faced) breeds, such as pugs and bulldogs, obese dogs or dogs with underlying conditions such as heart or breathing issues will be more likely to develop heatstroke. Brachycephalic breeds are unable to lose body heat via their nose like longer snouted dogs; therefore they are at risk of heatstroke even on a cool day. British Bulldogs are 14 times and Pugs are 6 times more likely to suffer from heatstroke than a Labrador!

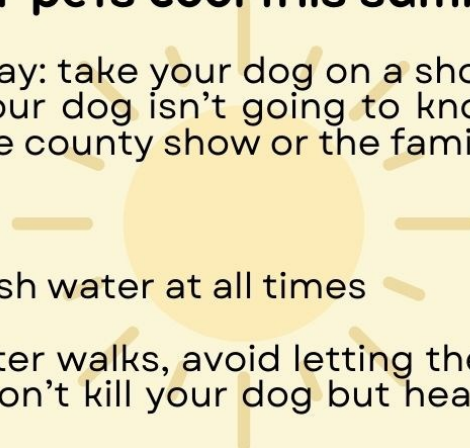
What should I do if I suspect heatstroke in my dog?

DO: move them to a cool, shaded area, use luke warm (NOT cold) water to cover the body, phone the vets immediately.

DO NOT: use cold/freezing water to cool your dog, cover them with a wet towel, squirt lemon juice in their mouth or put ice cubes in their bottom (these are myths), let them drink excessive amounts of water.

Top tips for keeping your pets cool this summer

- Avoid the hottest part of the day: take your dog on a short walk before 8am and after 8pm. Your dog isn't going to know that you didn't take him along to the county show or the family BBQ!
- Avoid hot pavements
- Ensure they have access to fresh water at all times
- Restrict exercise: choose shorter walks, avoid letting them run. Remember, lack of exercise won't kill your dog but heatstroke might!





32C + VERY HIGH RISK

28-31C Dangerous for all dogs but especially life threatening for brachycephalics

24-27C CAUTION most dogs will find this very uncomfortable, leave them at home

20-23C Potential risk, avoid prolonged exercise outdoors


16-19C Unlikely but be aware

12-15C No evidence of heatstroke risk



Back in December we welcomed Gayle's lovely daughter Primrose into the world. Even though she is on maternity she can't seem to stay away long (which we don't mind!)

We also want to congratulate vets Chris and Becca on the arrival on their second baby, Finlay. "It's even more chaotic with two, but we are loving it and Zoe is being a fab big sister!"

CATS!

2023 PDSA PAW report findings revealed that the UK cat populations is over 11 million! The survey found that 24% of adults own a cat and, of those owners, 40% own more than one cat.

TICKS

Welcome to tick season! Ensure you're regularly inspecting your dogs and cats for ticks while also implementing preventive measures. Though uncommon, ticks can transmit Lyme disease, posing a threat to your pets' well-being. If you're unsure about the best preventive treatment, feel free to ask one of our vets or nurses for help!

How much do you know about your feline friends?

Cats often prefer spending time alone, so if you have a multicat household its best to have spares (e.g. 3 litter trays for 2 cats). This can reduce chronic stress and subsequent illness.

Cats are obligate carnivores. This means that their diet is mostly meat, with little carbohydrates. This is different to our omnivorous canine pets.

Exercise is really important, especially for our indoor cats. 15 minutes of active play is great for their body and mind. Try different types of toys to find one your cat likes.

IT IS NOW A LEGAL REQUIREMENT FOR YOUR CAT TO BE MICROCHIPPED

