



Westmorland
Veterinary Group



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PETS

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PET SERVICES

WESTMORLAND SMALL ANIMAL NEWS

kendal

kirkby lonsdale

WINTER

Dear Readers,

Welcome to our Winter newsletter, and the final one for 2024! In this instalment we will be sharing some helpful insights surrounding Christmas hazards, an update on what our team have been up to and some information on diet and nutrition.

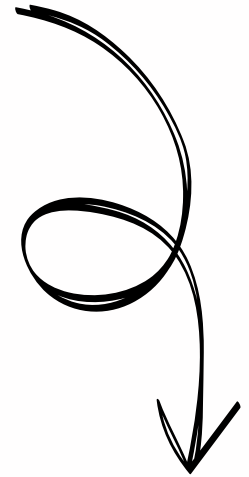
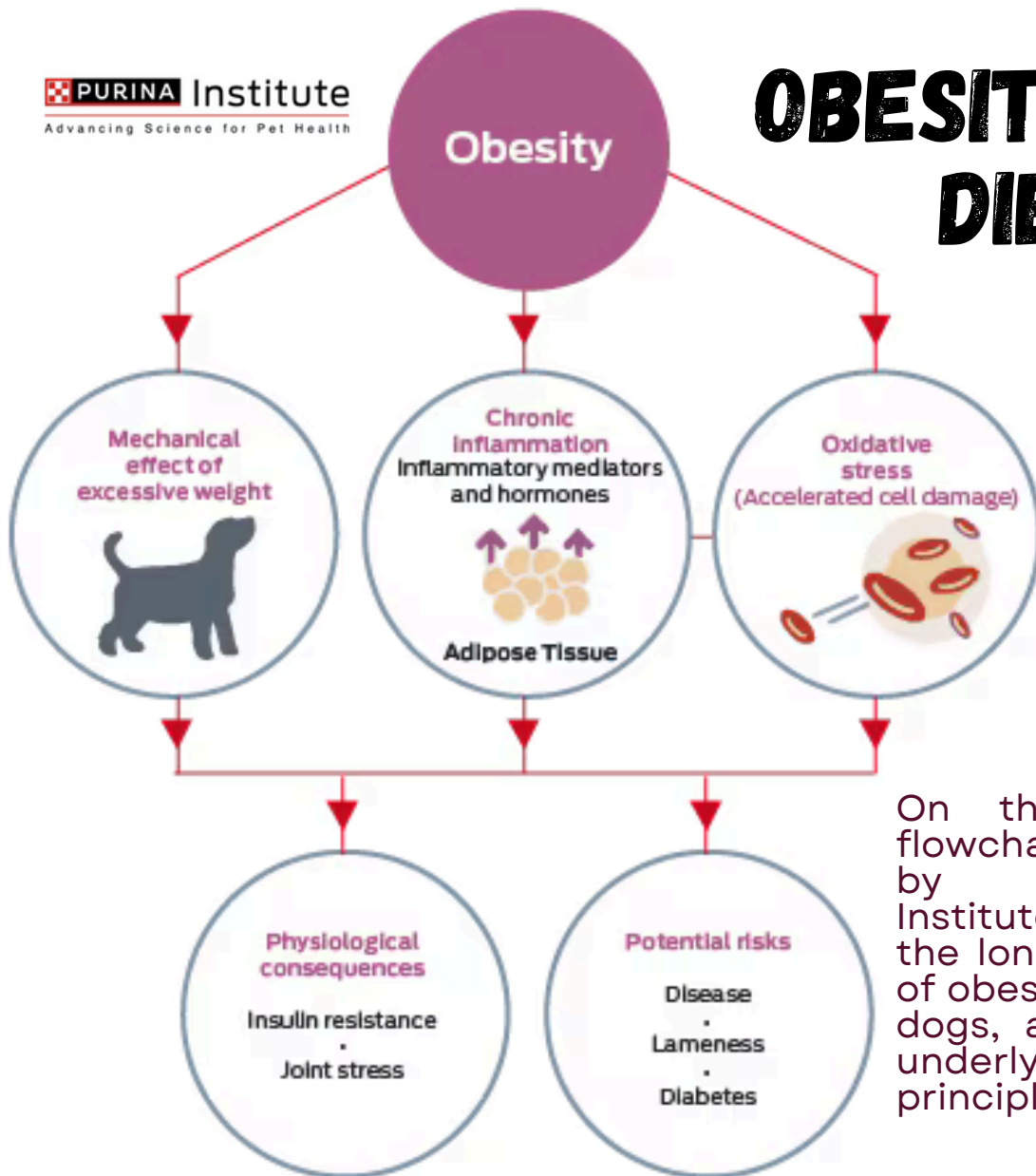
NOTICES



- Baby update! At the end of October, Rachel welcomed a baby boy named Bobby and Lydia welcomed a baby girl named Florence. They even crossed paths in the hospital! We're sending them all our love and wishing them the best as they enjoy their maternity leave (though we can't help but miss them and look forward to their return!).
- Check out our Instagram **@westmorlandvets** to take part in our Christmas photo competition. You could be in with a chance to win with a stocking full of pet goodies!
Competition ends 23rd December.
- Please note that due to the discontinuation of the Nobivac Lepto 2 vaccine, we will be switching to Lepto 4 in the New Year. More information will be provided in practice and this will be discussed at any booster appointments.



OBESITY AND DIET



On the left is a flowchart developed by the Purina Institute, illustrating the long-term effects of obesity on cats and dogs, along with the underlying scientific principles.

Clinically, pets are classified as obese when they exceed their ideal body weight by 20% or more. While an overweight pet may initially appear endearing, the chart highlights the serious health risks associated with obesity. These include a significantly reduced lifespan, with studies showing that obesity can shorten a pet's life by up to two and a half years.



Ref: <https://news.liverpool.ac.uk/2019/01/03/research-reveals-overweight-dogs-may-live-shorter-lives/>



How to body condition score your dog

Recommendations:

- Keep your dog/cat at an ideal Body Condition Score of 4 or 5
- Regularly weigh your pet at the vets
- Feed appropriately for the weight of your pet - check the packaging
- Ask about our nurse led weight clinics if you are struggling!
- Book a vet appointment to check for health conditions



How to body condition score your cat



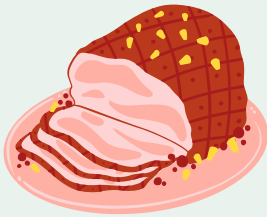
Christmas dangers



Christmas is often called the most wonderful time of the year, but it can also come with hidden hazards for our furry friends. Here are some key things to watch out for this festive season. And remember, if you're ever unsure, don't hesitate to check with a vet!

Dangerous dinners

Did you know that all of the following foods are toxic or can cause serious illness in dogs and cats?



Christmas ham is dangerous for pets due to its high salt content. Keep it out of reach!



Macadamia nuts

Cooked bones from meat or fish can splinter, causing blockages or internal injuries.



Anything in the allium family (onions, garlic etc).



Chocolate!
Dark chocolate especially.

Dried fruits like raisins, sultanas, and currants (in fruit cake, mince pies, and Christmas pudding) are highly toxic to pets—just one can cause harm.

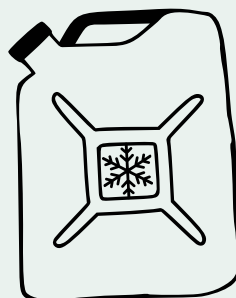


Other holiday hazards



Christmas plants including holly, mistletoe and poinsettia are all toxic.

Anti-freeze can be lethal if ingested - even just one lick!



Batteries.



Road salt is an irritant to skin and can be toxic if ingested.



Any Christmas decoration could be a hazard, it's best to keep them out of reach.

COMMUNITY VISITS

As a practice, we're passionate about connecting with our local communities. One way we do this is by visiting schools to share insights about working in a veterinary practice. Many of our team members are local and enjoy inspiring the next generation with advice on starting their veterinary journeys—and even revisiting their old schools!

Left: Holly, Cathy and Mary at QES in Kirkby Lonsdale helping with mock interviews.

Right: Holly and Cathy at KKS Careers Fair in Kendal chatting to a range of students about veterinary life!



If you, or someone you know, is interested in pursuing a career in veterinary medicine or nursing please don't hesitate to get in touch for more information at office@westmorland-vets.co.uk.



Another highlight of our year is attending the Westmorland County Show! We had a fantastic turnout this year, with perfect weather. It's an event for both our small and large animal teams, so be sure to visit us next year!



Ellie's Project

One of our student veterinary nurses, Ellie, is currently working on her dissertation project focused on brachycephalic breeds. If you own a dog like a Frenchie, Pug, English Bulldog, Boston Terrier, or similar, Ellie would really appreciate it if you could fill out her survey using the QR code to the right.

Owners knowledge surrounding brachycephalic obstructive airway syndrome

