



# GLEBE VETERINARY SURGERY SUMMER 2024

Welcome to Glebe Vets Summer Newsletter!

We hope you're all enjoying your summer!

As we embrace the sunny days and warm weather, we wanted to remind you that we will be closed for the bank holiday on Monday, August 26th. For any urgent needs during this time, our normal out-of-hours service at Beacon Vetcare will be available.

In this month's newsletter we're focusing on summer hazards that you need to be aware of to keep your pets safe and healthy. Here's what we'll be covering:

- Flystrike in Rabbits: Learn about this serious condition, how to prevent it, and what to do if you suspect your rabbit is affected.
- Heat Stroke Prevention: Essential tips to protect your pets from overheating during the hot summer months.
- Introducing Our Vet Physio, Tanya Sprunks: Meet Tanya and discover how her expertise can benefit your pet's health and recovery.

We hope you find this information helpful and that it contributes to a safe and enjoyable summer for you and your pets.

Warm regards,

The Glebe Veterinary Surgery Team





# HEAT STROKE



As temperatures rise during the summer months, it's important to be vigilant about the risk of heat stroke in our pets. Heat stroke is a serious and potentially life-threatening condition that can affect any pet, particularly those that are older, overweight, have thick fur, or brachycephalic (flat faced). Understanding the signs of heat stroke and how to prevent it can save your pet's life.

## What is Heat Stroke?

Heat stroke occurs when a pet's body temperature rises to a dangerous level and they are unable to cool down. Unlike humans, pets do not sweat efficiently; they primarily cool off by panting and through their paw pads. When these mechanisms are insufficient, their body temperature can rise rapidly, leading to heat stroke.

## Symptoms of Heat Stroke

Recognising the symptoms of heat stroke early is crucial. Watch for the following signs:

- **Excessive Panting:** Rapid and heavy breathing, even when at rest.
- **Drooling:** Excessive salivation and drooling.
- **Red or Pale Gums:** A change in gum colour can indicate overheating.
- **Weakness and Lethargy:** Unusual tiredness or inability to move.
- **Vomiting and Diarrhoea:** These can be signs of severe distress.
- **Confusion or Incoordination:** Difficulty walking or disorientation.
- **Collapse:** In severe cases, pets may collapse or have seizures.

## Immediate Actions to Take

If you suspect your pet is suffering from heat stroke, act quickly:

1. **Move to a Cooler Area:** Get your pet out of the heat and into a shaded or air-conditioned space.
2. **Cool Down:** Use cool (not cold) water to wet your pet's fur. You can also place wet towels on their body, focusing on the neck, armpits, and groin. Avoid using ice or very cold water, as this can cause shock.
3. **Hydrate:** Offer your pet small amounts of cool water to drink.
4. **Seek Veterinary Care:** Contact your vet immediately, even if your pet seems to be recovering. Heat stroke can cause internal damage that isn't immediately apparent.

## Preventing Heat Stroke

Prevention is the best approach to dealing with heat stroke. Here are some tips to keep your pets safe:

- **Provide Shade and Water:** Ensure your pets have access to plenty of fresh water and a shaded area to rest when outdoors.
- **Avoid Peak Heat:** Exercise your pets during the cooler parts of the day, such as early morning or late evening.
- **Never Leave Pets in Cars:** Even with windows slightly open, the temperature inside a parked car can rise to dangerous levels within minutes.
- **Groom Appropriately:** Regular grooming can help keep your pet's coat manageable and cool.
- **Know Your Pet's Limits:** Older pets, those with health issues, and brachycephalic breeds (like Bulldogs and Pugs) are more prone to heat stroke and need extra care in hot weather.

Being aware of the dangers of heat stroke and taking proactive steps can ensure your pets stay safe and healthy during the summer months. Always be mindful of the temperature and your pet's behaviour, and don't hesitate to seek veterinary care if you suspect heat stroke. Your vigilance can make all the difference in keeping your beloved companions cool and comfortable.

# INTRODUCING TANYA



We are thrilled to welcome Tanya Sprunks to our team! Tanya is a highly skilled veterinary physiotherapist, bringing a wealth of knowledge and expertise to help our beloved pets recover and maintain their best physical health. But what does a vet physio do, you ask?

## **What is a Veterinary Physiotherapist?**

A veterinary physiotherapist, or vet physio, is a professional trained in the physical rehabilitation of animals. Much like physiotherapists for humans, vet physios focus on improving mobility, alleviating pain, and enhancing the overall quality of life for pets through targeted physical therapy techniques.

## **The Role of a Vet Physio**

Here's a closer look at what Tanya will be doing at Glebe Veterinary Surgery:

- **Rehabilitation After Surgery:** After surgeries, such as orthopaedic procedures or spinal surgeries, physiotherapy is crucial for aiding recovery. Tanya will create tailored rehabilitation programs to help pets regain strength, mobility, and function.
- **Pain Management:** Chronic conditions like arthritis can significantly impact a pet's quality of life. Through techniques such as massage, hydrotherapy, and laser therapy, Tanya will work to reduce pain and improve comfort for these pets.
- **Improving Mobility:** Pets with mobility issues due to injury, age, or congenital conditions can benefit from physiotherapy. Tanya will use exercises and manual therapy to enhance joint flexibility, muscle strength, and coordination.
- **Sports and Working Animals:** Active pets, such as agility dogs or working animals, often require specialised care to maintain peak physical condition and recover from the demands of their activities. Tanya's expertise will help keep these pets in top form.
- **Weight Management:** For overweight pets, physiotherapy can complement weight loss programs by ensuring they lose weight safely while maintaining muscle mass and joint health.
- **Neurological Rehabilitation:** Pets recovering from neurological conditions or injuries can benefit from physiotherapy to improve their nervous system function and overall mobility.

## **What to Expect**

When you bring your pet for a physiotherapy session, Tanya will first conduct a thorough assessment to understand their specific needs and conditions. Based on this assessment, she will develop a customised treatment plan designed to achieve the best possible outcomes for your pet.

If you have any questions or think your pet could benefit from physiotherapy, please don't hesitate to contact us to schedule a consultation with Tanya.





As the summer months bring warm weather and outdoor activities, it's essential to be aware of potential hazards to ensure your pets stay safe and healthy. Here are some common summer dangers and tips on how to prevent them:

#### **BBQs**

Barbecues are a staple of summer, but they can pose risks to your pets. Skewers can cause serious injuries if ingested, and fatty foods can lead to pancreatitis. Keep pets away from the grill and avoid feeding them table scraps.

#### **Heat Stroke**

High temperatures can quickly lead to heat stroke in pets. Ensure they have access to shade, fresh water, and never leave them in a parked car. Exercise your pets during cooler parts of the day and be vigilant for signs of overheating.

#### **Sand**

If your pets enjoy the beach, be cautious of sand ingestion, which can cause impactions in their digestive tract. Rinse off any sand from their fur and discourage them from eating or playing with sand.

#### **Salty Water**

While a dip in the sea can be refreshing, drinking salty water can lead to dehydration and salt poisoning in pets. Provide plenty of fresh water and rinse off any salt from their fur after swimming.

#### **Adders**

Adders, the only venomous snake in the UK, are more active in warm weather. If you're walking your dog in areas where adders are common, keep them on a lead and avoid letting them explore dense undergrowth. Seek immediate veterinary attention if your pet is bitten.

#### **Flystrike**

Flystrike is a serious condition that affects rabbits, caused by flies laying eggs on their skin. Check your rabbits daily for signs of flystrike and keep their living area clean and dry. Consult your vet about preventive treatments.

#### **Hot Pavements**

Hot pavement can burn your pet's paws. Test the pavement with your hand; if it's too hot for your hand, it's too hot for their paws. Walk your pets during cooler times of the day and consider using protective booties.

#### **Hot Cars**

Never leave your pet in a parked car, even for a short time. Temperatures inside a car can rise rapidly, leading to fatal heat stroke. Always take your pet with you or leave them at home where it's cool and safe.

#### **Alcohol**

Alcoholic beverages can be toxic to pets. Keep drinks out of reach and be mindful of spills. Even small amounts of alcohol can cause serious health issues.

#### **Bee or Wasp Stings**

Pets can be curious about buzzing insects and may get stung. Bee or wasp stings can cause pain, swelling, and allergic reactions. If your pet is stung, remove the stinger if possible, apply a cold compress, and monitor them for signs of an allergic reaction. Contact your vet if they show severe symptoms.

By being aware of these summer hazards and taking preventative measures, you can ensure your pets enjoy a safe and healthy summer. Always supervise your pets during outdoor activities and consult your vet if you have any concerns about their well-being. Enjoy the sunny days with peace of mind knowing your furry friends are protected.

# FLYSTRIKE



In the warmer months it is extremely important to check your rabbits' back end regularly for Flystrike. Flystrike, also known as Myiasis, is when flies lay eggs on your rabbit, which hatch out into maggots which then eat into the rabbit's flesh. Flystrike is an incredibly painful and traumatising event for a rabbit to go through. If not prevented or caught in time, Flystrike can be fatal.



## How to prevent Flystrike:

- Check your rabbit's back regularly; twice a day in the summer. If you see white eggs or maggots ring your vet ASAP.
- Clean any urine or faeces off of your rabbit.
- Keep your rabbit's living condition clean so flies are not attracted.
- Apply Rearguard (following manufacturer's instructions) as a preventative treatment.
- Ensure your rabbit is not overweight, as an overweight rabbit will struggle to keep themselves clean and perform caecotrophy.
- If your rabbit has a urinary or faecal problem take them to your vet for diagnosis and treatment.
- Arthritic rabbits should be checked more frequently and their condition monitored closely to ensure it is being managed; pain and anti-inflammatory medication & home adaptations.

## If your Rabbit develops Flystrike:

If you discover that your rabbit has Flystrike act immediately and call your vet - this is an emergency. Flystrike is fatal if left untreated. Flystrike can be treated depending on the severity. Like anything, prevention is always better than cure.

