

St Bernards Buzz

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As the nights are getting cooler it's possibly harder to get up in the mornings out of our warm and comfy beds to greet the day. Ironically this comes at a time when Covid isolation restrictions are slowly being lifted and we are now able to socialize cautiously. We have had some beautiful sunny days to enjoy before the wintry weather settles in. Our clinic is also transitioning to being as we were pre-restrictions and we hope to be 'back to normal' by the second week in June - all going well. It will depend on South Australians and us as a nation doing the right thing however. This shouldn't be a problem if we continue in the same manner!

A huge THANK YOU to all our clients for your support and patience.

Arthritis

Have you noticed a change in your pet's mobility now that winter is here? Could they have arthritis and what are the signs?

You may notice:

- ◆ Pain or stiffness when getting up or down from rest
- ◆ Hesitates to climb up and down stairs
- ◆ Tires easily and lags behind on walks
- ◆ Reluctant to play or run around
- ◆ Inability to climb steps
- ◆ Shows signs of lameness or limping

Osteoarthritis, which is common in people is also very common in dogs. Ongoing wear and tear and instability in the joint contribute to arthritis, as can injury, genetic make-up, infection, immune disease and cancer. 1 in 6 dogs suffer from the disease. In dogs, arthritis commonly affects the shoulder, elbow, hips, knee and spine.

Please book a consultation for your pet if you notice any of these changes. Arthritis can't be cured, but it can be managed so pain and suffering is reduced.

Creating an Arthritis Friendly Home

To help your arthritic pet live a comfortable life we recommend a balanced and multi-targeted approach. This can help reduce the need for large amounts of medication and lessen the potential side effects of any one treatment.

A few small changes at home can help improve your pet's comfort.

- ◆ Keep your pet's weight in a healthy range to reduce load on the joint
- ◆ Provide a warm and comfortable bed, away from draughts and with plenty of padding - heated beds are a good idea for winter
- ◆ Use a portable ramp to help your dog in and out of the car
- ◆ Provide an additional piece of furniture so your cat doesn't have to jump so high to reach his favourite sunny spot
- ◆ Continue to exercise your pet in moderation; gentle daily walks for dogs help keep the joints moving and muscles toned

Ask us for more information on how to make your home arthritis friendly.



Patient of the Month - Bailey

Bailey is a very cute miniature dachshund who came in for his vaccination recently. During the examination, we found one of his carnassial teeth had been fractured - likely from chewing bones or possibly stones.

When teeth are fractured and the dentine or pulp is exposed, there is a high risk of forming a tooth root abscess. When the abscess forms, it causes pain and the patient will avoid using that side of the mouth to chew.

Over time, excessive amounts of plaque and tartar form on the damaged tooth and the teeth around it causing more damage to the underlying bone holding these teeth. Bailey was booked in the following week for his fractured tooth extraction to prevent complications down the track.

He was very brave on the day of his procedure and he recovered quickly afterwards.

