

St Bernards Buzz

fear free veterinary visits...

One of the most exciting recent innovations in our profession is the introduction of the "Fear Free" philosophy when it comes to visiting the Vet. Dr Jenni recently attended an amazing session in Sydney hosted by Dr Marty Becker during which he shared his knowledge and experiences with making veterinary visits an amazing and happy experience.

"State of the Art" vs "State of the Heart"

There is no point in having a hospital full of expensive gadgets if we don't look after the emotional needs of our patients as they walk in the front door. We have some fabulous ideas and concepts that we are excited about implementing at St Bernard's Road Veterinary Clinic.

If you have a suggestion about how we can help your pet have a "happy visit" please let us know - we would love to hear your thoughts and ideas.

is your pet a little portly?

Is your canine companion a couch potato or your feline friend a bit flabby? Your pet is not alone as **more than 50% of our pets are overweight.**

Carrying a few extra kilos puts our pets at risk of heart disease, respiratory disorders, osteoarthritis and diabetes. The scary thing is that most people aren't even aware that their pet is overweight.

Watch out for:

When you look down from above, your pet will have lost definition of his waist. Instead of an hourglass figure he might look more like an egg, or even a barrel on legs!

You can no longer 'easily' feel his ribs when you run your hands over his sides

A very obese pet may have neck fat, a pendulous tummy as well as fat over the hips

The very best way to determine whether your pet is overweight is to drop in for a weight check with us. This will allow us to score your pet's body condition and, if necessary, start a weight management plan.

Getting your pet to lose weight is easier than you think! Physical exercise will help but it is crucial you are feeding your pet the correct diet and the right amount - something we can help you out with. There are diets available that will *actually* help your pet lose weight - including one to increase your pet's metabolic rate.

Remember, when it comes to fighting the flab, we are here to help.

don't be tempted!

It might be tempting to feed your pet human scraps as a treat but you may be doing them harm and causing excessive weight gain.

Keep this calorie translator in mind when you are having trouble saying 'no' to those adorable eyes!

For a 10kg dog:

One biscuit = 1 hamburger for a human

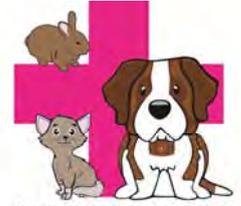
30g piece of cheese = 1.5 hamburgers for a human

One hot dog = 2.5 hamburgers for a human

For a 5kg cat:

One potato chip = ½ a hamburger for a human

30g piece cheese = 2.5 hamburgers for a human



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patients of the month

Our "patients of the month" for September are special for a different reason this month. A few weeks ago we had our clinic "photo shoot" so that we have some fabulous photos for our new website and we needed some extra animal models. Bunty and McKensie just happened to be out walking with their Mum's and decided that they would like to join in the fun. They were fabulous models for us and added to the experience.

Don't they look stunning!



We are very excited to announce that Desiree recently completed her Certificate IV in Veterinary Nursing and received a fabulous report about how well she performed and her excellent grades.

Desiree is a very committed and dedicated Veterinary Nurse - Congratulations Desiree!

