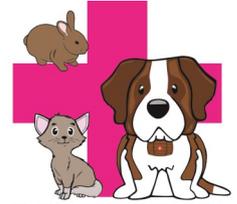


# St Bernards Buzz



ST BERNARDS ROAD  
Veterinary Clinic

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[www.stbernardsvet.com.au](http://www.stbernardsvet.com.au)

## Welcome Amy



As many of you will know, Arin and Michelle have recently left our clinic family to experience "sea changes", which means that we are now welcoming new members to our St Bernard's Road family. Amy has been an amazing addition to our team - she is the smiling face you will encounter in reception when you visit the clinic.

This month we are taking the opportunity to share Amy's story with you. Amy always knew she wanted to work with animals and started working in the veterinary industry in 1997. She completed her Certificate IV in Veterinary Nursing in 2000 and enjoyed working in a small veterinary clinic. Amy wanted to broaden her knowledge and continued to study earning her Veterinary Technician Diploma in 2005.

Amy had a break from the industry in 2007 for a number of years while she raised her two boys William and Cameron. Now her boys have settled into school, she has the opportunity to return to the industry she loves so much! Amy is excited to be a part of the team at St Bernard's Road Veterinary Clinic and loves meeting all of our wonderful clients

## Patient of the Month



**We have a winner—Felix!**

In August and September we ran our very own Biggest Loser competition for our furry friends that were carrying a little bit of extra winter weight. Some of our Biggest Loser patients were already on a weight loss plan and some of them had a weight assessment consultation at the start of the competition.

All of our patients had their starting weight recorded and their ideal body weight assessed. We then started them on a weight loss diet suited to their needs. We followed up with the patients throughout the 8 week period and they all had regular weigh in's. We had cats and dogs of all sizes participate so the final weigh in was based on total percentage weight loss rather than the total amount in kilos lost.

Congratulations to Felix— Our Canine Biggest Loser. He is a 5 year old Male Pugalier who lost 10% of his original body weight.

## Is your pet overweight?

When it comes to your pet, you might think carrying a few extra kilos isn't a big deal. Think again. Overweight pets are at an increased risk of arthritis, heart disease, respiratory disorders and diabetes. What is alarming is that that most people aren't even aware that their pet is a bit portly.

The best way to tell if you pet is overweight is to take a closer look at them! When you peer down from above, your pet will have lost definition of his waist. Instead of an hourglass figure he might look a bit round and may even resemble a barrel on legs. You might also have a bit of trouble feeling 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 deposits over the hips.

**If you are worried about your pet's weight, we recommend that you drop in for a weight check with us.**

We will assess and discuss with you your pet's body condition and, if necessary, start a weight loss plan.

The best news is that getting your pet to lose weight is easier than you think! Exercise will help but it is absolutely crucial you are feeding your pet the correct diet *and* the right amount. There are even diets available that will actually increase your pet's metabolic rate to help your pet lose weight.

## Pet Calorie Counter

It's easy to overdo the treats at home and you might not be aware just how much of an impact these treats are having on your pet's weight.

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



### For the average 5kg cat:

A 30g piece of cheese is equivalent to a human eating 2.5 hamburgers

One potato chip is equivalent to a human eating ½ a hamburger

A glass of milk is equivalent to an human eating 3 hamburgers! (plus cats can't digest the lactose in cow's milk)

### For the 10kg dog:

A 30g piece of cheese is equivalent to a human eating 1.5 hamburgers

A sweet biscuit is equivalent to a human eating 1 hamburger

One sausage is equivalent to a human eating 2.5 hamburgers!



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