

# St Bernards Buzz

## Special Offer for Seniors—\$20 Discount



During July we have a special offer for our Senior Patients. Senior Pets are all pets over 7 years old. As we learn more about the best way to look after our pets and with improved nutrition, pets are now living much longer, healthier lives. But, just as for humans, age does creep up on them too. You may begin to notice that your once-frisky pet seems to have slowed down a bit. Being aware of the natural changes that can occur as your pet reaches his or her golden years, as well as what you can do to help keep your pet as healthy, active and comfortable as possible, can ensure that you both enjoy your pet's life to the fullest.

When a vet examines an animal, they look at and feel the animal's body from the outside, but they can't see into the inside. One of the simplest ways to monitor a patient's health on the inside is with blood testing. Blood tests can show how well the organs are functioning and can pick up subtle changes that might indicate a disease is developing. This becomes especially important as an animal gets older.

You can find more information about staying "Fit 4 Life" on the St Bernards Rd Veterinary Clinic website. As a special offer we are giving a \$20 discount off the price of comprehensive blood testing for our seniors who visit for a wellness check during July.

## The Biggest Loser Competition

Is your cat or dog carrying around a bit of extra weight? Have their appetites and waistlines increased while their exercise tolerance decreases? Obesity in our furry friends is common and can cause a range of different health issues such as:

- \* Diabetes
- \* Joint disease and arthritis
- \* High blood pressure
- \* Heart disease
- \* Inability to perform natural behaviours and exercise properly

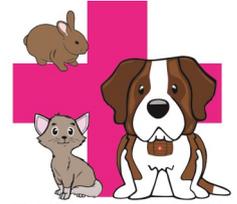
We understand that a lot of owners can struggle with their pet's weight, so during August & September, we are running a St Bernard's Road Vet Clinic's 'The Biggest Loser' competition.

Our 'Biggest Loser' competition is for cats and dogs and will be monitored by our veterinary team through weight loss consults over the 2 month period. The award for biggest loser will be presented to the cat and dog that has lost the most bodyweight at the end of the 2 month period.

Our vets and nurses can create a plan for your pet that takes into account their current and ideal weight, age, breed, dieting and medical history and exercise availability. We will monitor your pet's progress towards their weight goal and make adjustments as needed to help you keep on track. If you think your pet would benefit from being a part of this program please contact our clinic on 8364 4545 to make a time for an initial weight consult with one of our nurses.

## Sad News...

*Tamsyn and Judy have both left our team to follow new life journeys. They have both been wonderful members of our team and we will miss them both very much. We wish Tamsyn all the best as her journey takes her back to university to undertake a PhD. As our resident "crazy cat lady" we wish Judy and her feline family all the best as her veterinary journey takes her in a slightly different direction.*



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

## Patient of the Month



### Maggie May is an absolute star!

She has been a part of our weight loss program for the last 8 months and is now looking and feeling amazing. Initially she came in for a weight assessment with one of our fabulous nurses, and she was started on Hills Metabolic Diet. When she started her weight loss journey she was 39.6kg, and at her last weigh in at 33.6kg.

Her family have been really dedicated to making sure that she was only fed her Metabolic diet food, and it has really made a significant difference to not only her weight, but also her quality of life.

We are all looking forward to helping lots of other patients achieve their weight loss journeys during our Biggest Loser competition.

### Update on Herbie

Herbie (Herbert St Bernard), our cat adoption kitten who is well known to many of you, has found a new home. He was very much a part of our family, and provided us all with so much fun and love. We will miss him dreadfully, but we are all thrilled that he has found his own amazing family to love him



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