

IAH ILLUSTRATED

MAGAZINE

WINTER 2023

WINTER ACHES AND PAINS

That feeling we know so well of waking on a cold morning feeling stiff and achey... your not alone, your dog feels it too!

SAVE A LIFE

HOW YOUR DOG CAN
Save the life of a critically ill patient
through giving a blood donation.

SPORTS

AND CONDITIONING IN REHAB

Our rehab team treats more than just post operative patients they train athletes too





ILLAWARRA
ANIMAL HOSPITAL

INTRODUCING

ANTINOL FOR **DOGS** AND **CATS**

UNLOCK THEIR MOBILITY!



Discover the secret to happy, active pets with Antinol! Specially formulated for both dogs and cats, Antinol is a breakthrough joint supplement that supports mobility and improves the quality of life for your furry friends.

Trusted by veterinarians worldwide, this advanced joint supplement is formulated for dogs and cats. Convenient soft gel capsules make administration easy. Invest in your pets' well-being and enjoy shared adventures. Try Antinol today for optimal joint health. Visit our hospital or consult your IAH veterinarian for more information.

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Your pet might be eligible to save a life! We are always looking for blood donors and you might be our next one?

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He's one of a kind, with some of the coolest, and wildest experiences as a vet. We loved getting to know Dr Mike and we know you will too!

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Is your dog coming into their glory years? This article aims to educate you in some of the signs of arthritis in your senior dog and how we can help.

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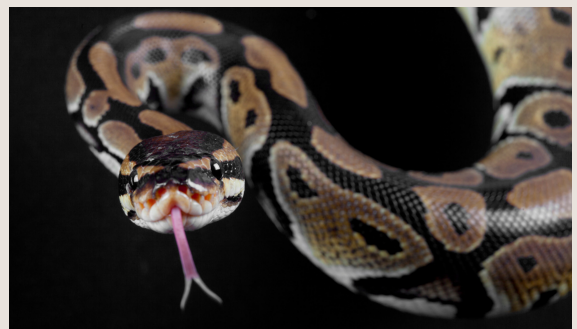
Here at Illawarra Animal Rehabilitation we see a variety of patients including those who come in for fitness and conditioning. On page 14 we go into detail about all of the benefits.

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During this winter many of us crank up the heaters, but for our scaly friends there are a few things you need to know.

B B B BIRD BIRD BIRD, BIRD IS THE WORD. 18

Everything you need to know to help your bird reach its full potential.



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Are you loving your pet a little too much?



OBESITY IN PETS

Obesity is a common problem among dogs and cats, and it can lead to various health problems such as diabetes, heart disease, and joint problems. Weight loss in pets can be a challenging process, but it's important for their overall health and well-being. In this article, we will discuss the causes and consequences of obesity in dogs and cats, and provide tips on how to help your furry friends lose weight and maintain a healthy weight.

Causes of Obesity in Dogs and Cats

Obesity in pets is usually caused by overfeeding and a lack of physical activity. Feeding your pet too much food, treats, or table scraps can lead to weight gain, especially if they're not getting enough exercise. Other factors that can contribute to obesity in pets include genetics, age, and certain medical conditions.

Consequences of Obesity in Dogs and Cats

Obesity can have serious consequences for your pet's health. It can lead to diabetes, heart disease, respiratory problems, joint problems, and a decreased lifespan. Overweight pets also have a higher risk of developing certain types of cancer.

How to Help Your Pet Lose Weight

If you suspect that your pet is overweight, it's important to consult with your veterinarian to rule out any underlying medical conditions that could be contributing to their weight gain. Once you've ruled out any medical issues, there are several things you can do to help your pet lose weight.

MONITOR THEIR DIET

One of the most important things you can do to help your pet lose weight is to monitor their diet. This means measuring out their food and limiting their treats and table scraps. It's also important to choose a high-quality pet food that's low in calories and fat.

INCREASE THEIR EXERCISE

Regular exercise is essential for weight loss in pets. Take your dog for daily walks or runs, and consider other activities such as swimming or hiking. For cats, consider playing with toys that encourage them to move around, such as feather wands or laser pointers. It's important to gradually increase their exercise level to avoid injury or exhaustion.

USE INTERACTIVE TOYS

Interactive toys can help keep your pet mentally stimulated and physically active. Toys that dispense treats or require your pet to work for their food can also help control their portion sizes.

SEEK PROFESSIONAL HELP FROM OUR VETS

If your pet is struggling to lose weight, it may be helpful to seek professional help from your IAH veterinarian. They can provide personalised recommendations for your pet's diet and exercise plan.

BE PATIENT

Weight loss in pets is a gradual process, and it's important to be patient and consistent with your efforts. Don't expect your pet to lose weight overnight, and avoid crash diets or extreme exercise programs that could be harmful to their health.

FINAL THOUGHTS

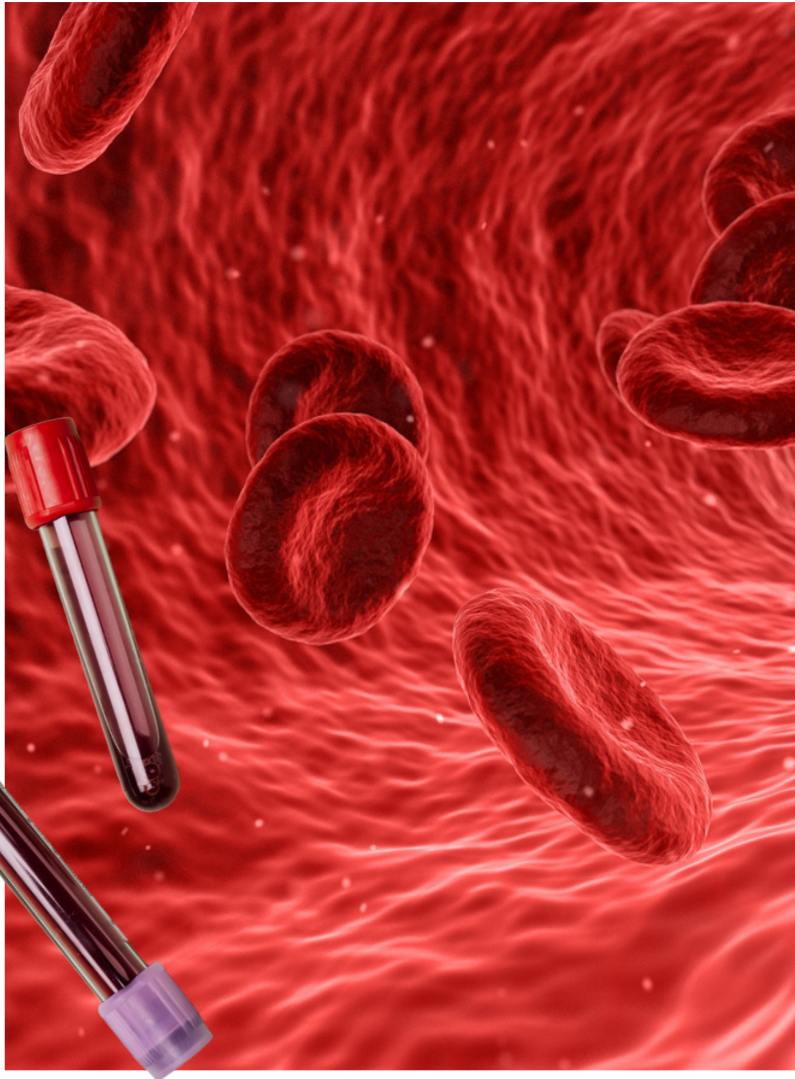
Obesity in pets is a serious health problem that can lead to various medical conditions and a decreased lifespan. It's important to monitor your pet's diet, increase their exercise, and seek professional help if necessary. With patience, consistency, and a little bit of effort, you can help your furry friends lose weight and maintain a healthy weight for years to come.



The Lifesaving Benefits of

BLOOD DONATIONS

AND HOW IT WORKS



Blood donation is not just limited to human beings. Dogs, too, can donate blood and save the lives of other dogs. Canine blood donation programs have been around for many years, but they have not gained much popularity. In this article, we will explore the benefits of canine blood donations and the process of blood donation for dogs. Just like humans, dogs also require blood transfusions to save their lives in emergency situations. Canine blood transfusions are usually required for dogs who have suffered from trauma, surgery, or certain medical conditions like anemia, clotting disorders, and cancer. Dogs who have also lost a significant amount of blood require a blood transfusion to replace the lost blood and keep their body functioning properly. However, unlike humans, dogs do not have a dedicated blood bank, and the supply of blood is limited. This is where canine blood donation comes in. Dogs who meet certain criteria can donate blood and help save the lives of other dogs. Canine blood donation programs are essential to ensuring that the supply of blood is always available for emergency situations.

BENEFITS OF CANINE BLOOD DONATION

1. Saves Lives: The primary benefit of canine blood donation is that it saves lives. Donor dogs can provide the blood required for emergency transfusions, which can save the lives of other dogs. Blood transfusions are often required in emergency situations, and without a steady supply of blood, it would be difficult to save the lives of dogs in need.

2. Health Check-Up: Donor dogs are given a thorough health check-up before they are allowed to donate blood. This health check-up includes a physical examination, a blood test, and a check of the donor dog's medical history. This ensures that the donor dog is healthy and free from any diseases that could be transmitted to the recipient dog.

3. Regular Check-Ups: Canine blood donation programs require donor dogs to undergo regular check-ups. These check-ups include a physical examination, a blood test, and a check of the donor dog's medical history. This ensures that the donor dog is healthy and free from any diseases that could be transmitted to the recipient dog.

4. Reduced Risk of Health Issues: Donor dogs who undergo regular check-ups are less likely to develop health issues. This is because the check-ups help identify any potential health issues early on, allowing for prompt treatment. Regular check-ups also help keep the donor dog healthy, ensuring that they are fit to donate blood in the future.

5. Free Blood Tests: Donor dogs undergo blood tests before they are allowed to donate blood. These blood tests can help detect any potential health issues early on. This means that donor dogs receive free blood tests, which can be expensive if done on a regular basis.

PROCESS OF CANINE BLOOD DONATION

Screening: Before a dog can donate blood, they need to undergo a screening process. This involves a physical examination, a blood test, and a check of the dog's medical history. This ensures that the dog is healthy and free from any diseases that could be transmitted to the recipient dog.

Sedation: Donor dogs are sedated before the blood donation procedure. This is to ensure that the dog remains calm and relaxed during the procedure for their own comfort.

Blood Collection: Blood is collected from the donor dog through a vein in the neck or leg. The amount of blood collected depends on the size and weight of the donor dog.

Recovery: After the blood donation procedure, the donor dog is monitored closely for a few hours. This is to ensure that the dog recovers fully from the sedation.





WINTER CARE FOR DOGS WITH

OSTEO- ARTHRITIS

Keeping Your Furry Friends Cozy
and Comfortable

As the chill of winter approaches, it's important to pay special attention to our beloved canine companions, especially those affected by osteoarthritis. The combination of cold weather and joint discomfort can make the season challenging for dogs with this condition.

In this article, we will explore how to provide optimal care for dogs with osteoarthritis during the winter months.

Osteoarthritis is a degenerative joint

disease that affects dogs of all ages and breeds. It occurs when the protective cartilage in the joints gradually wears down, leading to pain, stiffness, and reduced mobility. Winter exacerbates these symptoms due to the cold weather, which can cause joints to become more inflamed and uncomfortable.

We can help by doing a few things at home, starting with creating a warm and cozy environment

Indoor Comfort: Provide a warm and draft-free indoor environment for your arthritic dog. Ensure their bedding is soft, supportive, and located away from cold drafts or direct heat sources.

Cozy Clothing: Consider using dog sweaters or jackets to provide extra warmth during walks and outdoor activities. These protective layers can help retain body heat and keep joints and muscles warm.

Regular, gentle exercise is crucial for managing osteoarthritis in dogs, even during winter. Here's how to strike a balance between staying active and avoiding excessive strain:

Controlled Walks: Take your dog for short walks on non-slip surfaces, such as grass or carpet, to minimise the risk of slipping on icy pavement.

Indoor Activities: Engage your dog in low-impact indoor exercises like gentle fetch or interactive toys that encourage movement without putting excessive stress on their joints.

Maintaining a healthy weight is essential for dogs with osteoarthritis. Excess weight places additional strain on joints, exacerbating discomfort. Consider the following dietary adjustments:

Balanced Nutrition: Provide a well-balanced diet that supports joint health, including foods rich in omega-3 fatty acids, glucosamine, and chondroitin. Ask your IAH vet for recommendations.

Supplements: Consult your IAH veterinarian about incorporating joint supplements into your dog's diet. These supplements can help reduce inflammation and support joint function.

Regular check-ups with your IAH veterinarian are vital to monitor your dog's arthritis progression and adjust treatment plans accordingly. Schedule a visit before winter to discuss specific concerns and ensure your dog's well-being.

Medications: Your IAH vet may prescribe pain-relief medications or recommend non-steroidal anti-inflammatory drugs (NSAIDs) to manage discomfort during colder months.

Alternative Therapies: Explore complementary treatments such as acupuncture, hydrotherapy, or physical therapy. These modalities can provide additional relief and improve your dog's overall well-being.

Winter can pose unique challenges for dogs with osteoarthritis, but with the right care and attention, you can help your furry friend stay comfortable and happy. By creating a warm environment, providing gentle exercise, maintaining a proper diet, and seeking veterinary guidance, you can make the winter months more manageable for your arthritic dog.



Get to know

Dr. Mike

Your Exotic Veterinarian



Let's Start with the basics Dr Mike! Where are you from and where did you study veterinary medicine? **"I was born in Chatswood, Sydney NSW and I attended the University of Sydney - School of Veterinary Science."**



Okay and what is your favourite part about being a vet? **"The joy you get as you watch an animal heal and watch the animal go home after a difficult case"**

Aww that's such a beautiful and wholesome answer! Do you have a favourite animal? **"My favourite animal is the Peregrine Falcon (Raptor). It is the fastest falcon in the world with a hunting stoop of 300km/hr."**

Tell us a little bit about yourself? Something that we wouldn't think to ask you? **"I have been practicing in the Veterinary Industry for over 30 years, opened Cannon & Ball in the early 1990's and was one of the first Veterinarians to perform surgical sexing in Avian species. I am also a Member of the Avicultural Society of Australia and attend meets and shows when I am available. I am a Professor and I had lectured many Veterinary Students at Sydney University!"**



That's so interesting! Surely you have got some cool stories to tell us about your veterinary adventures? **"The coolest veterinary experiences I would have had would be between performing a dental procedure on an 800kg crocodile where I removed 7 teeth and repairing a fracture through orthopaedic surgery on a Polar Bear."** Wow! You have definitely done some very unique surgeries, particularly on exotics animals.

Alrighty, we now know you are a man who has done more than one "once in a lifetime" experiences in your veterinary career. What's it like being Dr Mike outside the Veterinary world? What's your favourite travel location and food? **"It would be hard to pin point my favourite location, I have travelled to USA & New Zealand multiple times. Canada, India, Cambodia and China are just a few off the top of my head! In regards to food, thats an easy one! My favourite is Chinese food"**



Last Question we promise! What are your hobbies outside of work? **"When I'm not at work I love spending time with my family and my grandkids! But I will travel between Zoo and Wildlife Parks from the South Coast up to the Central Coast examining and treating onsite"**

We are not surprised one little bit that even your spare time is full of helping animals in need up and down the South and Central Coast of NSW.

Call 4213 9333 if you would like to book in to see Dr Mike for one of your avian or exotic family members.

COULD YOUR DOG HAVE OSTEOARTHRITIS?



Slow to rise



Lagging behind on walks



Limping after exercise



Difficulty jumping



Stiff movement



Difficulty with stairs

Osteoarthritis, also known as degenerative joint disease, is a common condition in dogs, especially as they age. It is a progressive disease that causes the cartilage in joints to break down, resulting in pain, inflammation, and stiffness.

Arthritis is a potentially life-threatening disease, but the good news is that your

veterinarian can recommend treatments and a long-term plan to ensure your dog lives a more comfortable life.

BOOK IN NOW

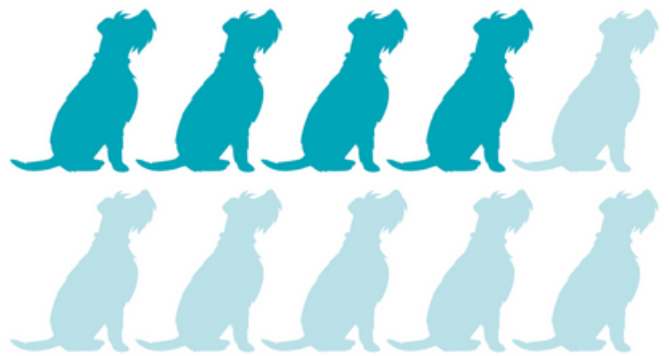
with one of our friendly IAH vets, who will fully evaluate your dog and confirm the diagnosis.

OSTEOARTHRITIS IS NOT JUST PHYSICAL.. IT CAN HAVE EMOTIONAL EFFECTS TOO

Arthritis can cause depression, anxiety, and reduced activity in dogs, leading to a decrease in their overall quality of life.

Symptoms of osteoarthritis in dogs can include limping, reluctance to move, and difficulty getting up from a lying down position. While there is no cure for osteoarthritis, there are many treatment options available, including medication, physical therapy, and weight management.

It's important to work with your IAH veterinarian to manage your dog's osteoarthritis and provide them with the best possible quality of life.



Around 4 out of every 10 dogs have signs of arthritis pain
— do you know how to recognise the symptoms?

1 (next to nothing) - 5 (Very Much so)

	1.	2.	3.	4.	5.
<i>Energetic & Enthusiastic (Vitality)</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<i>Active & Comfortable (Comfort)</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<i>Happy & Content (Emotional well-being)</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

1. Has your dog's personality and sociability changed?

Yes.	No.
<input type="checkbox"/>	<input type="checkbox"/>

2. Has your dog's urination or defaecation habits changed?

<input type="checkbox"/>	<input type="checkbox"/>
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CONDITIONING

Athletes spend a large portion of their time training for their chosen sport to ensure they are at peak performance when a competition rolls around. Why should it be any different in the dog world?

The answer is...it shouldn't! At Illawarra Animal Rehabilitation, we see sporting dogs (agility, flyball etc) and dogs who come to visit such as show dogs who are looking to improve their physique. Our canine athlete and show dogs will undertake a conditioning program. Conditioning involves helping our furry friends safely perform relevant exercises that will build muscle mass, assist in proprioception, strength and endurance. The program will also help with overall fitness that allows the dogs to perform at their peak and helps to prevent injuries and aids in fast tracking recovery.

It is incredibly important that your dog has undergone a check with the Vet to rule out

and Fitness!

any potential problems prior to commencing any conditioning work. Once that is completed, we can get started!

If you are bringing your canine athlete to IAR, there are a few modalities we use in order to get them in tip top shape. We can tailor exercise programs and a stretching regime that can be specific to the chosen sport, with some help from our friendly Vets. For example, flyball and agility would

require exercises that focus on different areas given the different nature of the sports. It is very important to have a stretching routine that is accompanied by a warmup and cool down routine. You don't see human athletes jumping on the track and running a marathon without stretching, warming up and cooling down, do you?

What we find really gets these dogs into peak condition is the underwater treadmill. An increasingly popular tool, hydrotherapy is a fantastic way for sporting and show dogs to undertake some intensive conditioning in a controlled environment. With variable speed, directions and water levels, we can work your dog HARD without the risk of injury. The heated water improves circulation, the elasticity of tendons and range of motion while the surface tension increases intensity. We can personalise the session even more by adding an incline or utilising the jets for added resistance work to really tone up and work on that hind leg conditioning. There is also the bonus of improving cardiovascular health.



Once the optimum level of tone, strength and condition is met, it is important to move into the maintenance phase in order to preserve the dog's condition. It can take some time to build up to that optimum level and our rehabilitation nurses work very closely with you as the owner, to ensure we are achieving the desired level.

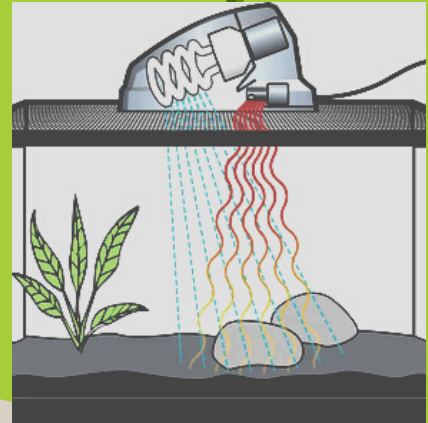
All dogs can benefit from some conditioning and strengthening work; however, it is important in canine athletes and show dogs. Improving your dog's strength and fitness can be incredibly rewarding. Whether it be a couch potato moving into the sporting world, or an already established athlete looking to hit their next PB, we are here to help enhance the sporting and show life of your companion.



NYSSA

THE SNAKE

**MEET NYSSA THE
CARPET PYTHON.
ONE OF THE
FRIENDLIEST SNAKE
BREEDS WE GET THE
PLEASURE OF
SEEING AND
TREATING.**



Nyssa's owner presented in October 2022 at Cannon & Ball with concerns about her shedding scales and noticed a burn like wound on the lower underside of her body after a full examination from Dr Mike it was confirmed Nyssa has third degree burns from a heat source within her enclosure. It was recommended to perform an anaesthesia to debride and clean the area of wounds as much as possible. Nyssa had a perfect anaesthetic and recovery!

We then had the pleasure of treating Nyssa twice a week for wound check & clean, antibiotic injections, and dressing changes over many weeks then gradually extending time between dressing changes once healing was starting to take place.

Nyssa is a curious girl and was not phased having any treatments she just loved exploring the treatment room and climbing over the nurses.

In February 2023, Nyssa's wound healed incredibly well and had the all clear to return home without dressings or regular visits. It felt quite odd not seeing her every week or every fortnight and took a little adjusting for the team.

All reptiles are ectothermic, meaning they are unable to generate metabolic heat and rely on the temperature of their environment instead. This basically means they draw their heat from the environment and not from their food.

BEFORE



HEALING

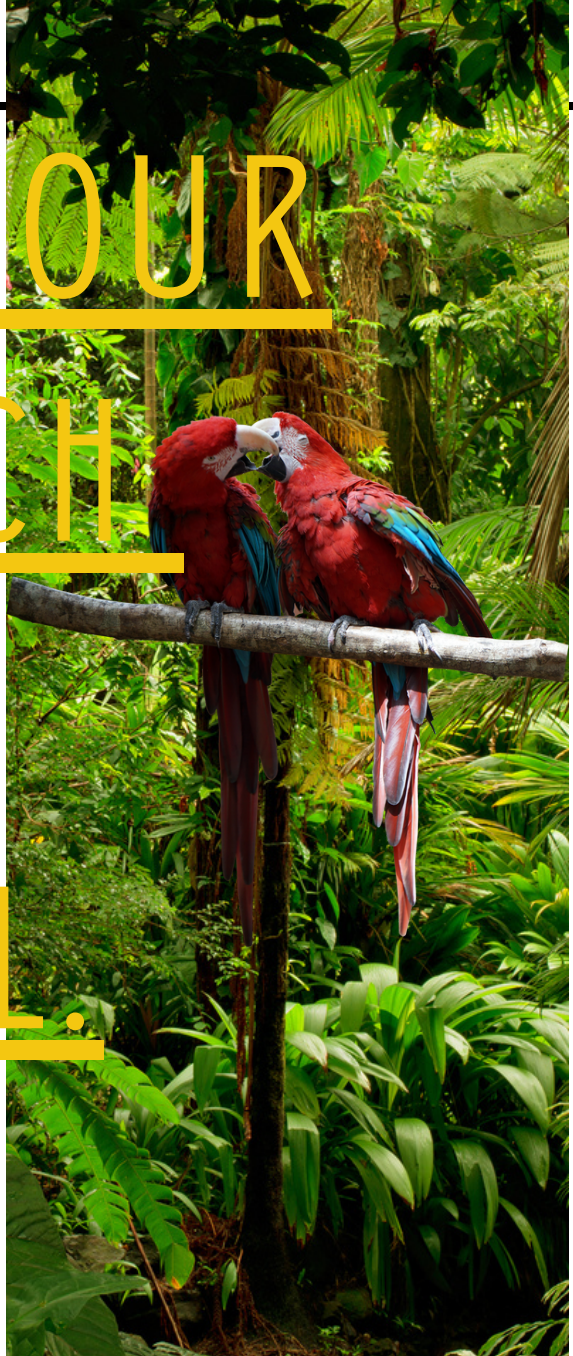


Heating is a one of the most important keys in husbandry requirements for reptiles especially cooler weather and seasons but it can also cause significant damage to our pets.

It is recommended that heat lamps or heat pads are used but with no direct contact to your reptile to minimise any risk. Heat lamps should be placed and secured behind a mesh barrier and heat mats placed under or attached to the enclosure but not in direct contact of your pet. The correct heat globe that includes UV or Infrared heat penetrates the scales and skin of reptiles. In doing so this promotes health, healing and increases blood circulation. Temperature gauges are recommended to monitor and regulate enclosure temperatures to ensure our pets aren't too cold and don't overheat.

If you are looking to add a scaly friend to your family it is ideal to do a lot of research around the species of reptile you are looking at. There will be specific husbandry, enclosures, dietary and health requirements needed to ensure a happy and long life with you and your new scaly family member!

HELPING YOUR BIRD REACH ITS FULL POTENTIAL.



A lot of people have a keen interest in birds as pets not only because they're beautiful and unique but some birds have demonstrated a very high level of intelligence. However, how would you know that your exotic bird is reaching its full potential?

A bird's ability to access and show off its cognitive development is determined by its environment, enrichment and training. Behavioural enrichment aims to enhance the quality of life of any animal. Providing varied, challenging and stimulating



IS YOUR BIRD HAPPY?

bird. A lack of environmental enrichment can contribute to birds becoming anxious and fearful of change. This increased fear response can lead to undesirable behaviours such as feather-damaging, excessive vocalisation or aggression. By incorporating enrichment into your birds daily life, fear responses are significantly reduced, specifically to new objects and unfamiliar humans. It also increases the birds activity levels, inquisitiveness and helps to make their days meaningful.

environments will improve the mental and physical well-being of pet birds. In return your bird will be able to focus and learn. Starting a training program for your birds by using force-free training methods is a great way to keep birds active and mentally stimulated. With enough persistence, repetition and positive reinforcement, birds of all sizes and species are capable of being trained. Good, enriching training always means that the bird gets to decide when and to what extent they want to participate. Keep training sessions short and never punish the bird for not following a command.

Birds have a reputation for being quite smart and need constant mental stimulation. In a companion setting it can be difficult to replicate the activities birds carry out in the wild. However, it is not impossible to provide a stimulating environment that enriches their life. A varied diet, foraging, toys, companionship and even outdoors when secured in a carrier or on a harness are a few ways to stimulate your

Taking time to bond with your exotic bird may take some time but with time, love and care your bird will learn the value of your company. Bonding creates trust with your bird which will greatly help with training. Learn your birds body language and vocals to help assist with an understanding of when your bird wants you close by or not, using this at the start will help with the bonding process, don't push their boundaries with this otherwise the bonding will take a lot longer. Talk to your bird frequently, the more you talk the sooner they will mimic what you say or learn responses to a certain phrase or word through habit. Allow them to spend time with you throughout the day with daily activities and place their cage in a spot of your home where they can see you most of the day.

Training can help build this bond and trust. Ensure to keep training sessions between 10-15 minutes, this allows them to focus, adapt to things quickly but not get bored. Being patient with your bird is also important, even though exotic birds are smart, you cannot expect them to learn faster than a human could. With repetition and perseverance your exotic bird will surprise you with their cognitive abilities.



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