

NEWSLETTER NOVEMBER 2010

Welcome to the latest issue of our newsletter designed to keep you up to date with whats happening in the practice.

www.tworiversvets.co.uk

BIGGAR SURGERY

157 High Street
Biggar
ML12 6DL
01899 220073

Office open

Mon/Wed/Fri 8.30 - 6.30
Tues/Thurs 8.30 - 5.30
Saturday 9.00 - 12.00

Consulting times

Mon - Saturday 9 - 9.30
Mon/Wed/Fri 5.30 - 6.30
Other times welcome by appointment

PEEBLES SURGERY

15 Old Town
Peebles
EH45 8JF
01721 722879

Office open

Mon/Wed/Fri 8.45 - 5.30
Tues/Thurs 8.45 - 6.30
Saturday 10.00 - 12.30

Consulting times

Mon - Sat 9.30 - 10.30
& other times by appt only
Mon/Wed/Fri 1.30 - 2.00
Tues/Thurs 5.00 - 6.00

**24 HOUR
EMERGENCY SERVICE
on either phone number**



NOVEMBER IS
petdiabetes
MONTH

Pet Diabetes Month is a new nationwide screening campaign to test the UK's cats and dogs for diabetes. Diabetes is increasingly common in dogs over 5 years of age, cats over 8 years, overweight pets and certain breeds. Luckily, diabetes can usually be easily diagnosed using a simple urine test. The Great Pet 'Pee' Test is a national initiative to test at-risk pets for diabetes.

Two Rivers Vets are participating in the campaign - simply pop in during November to pick up a free Great Pet 'Pee' Test information leaflet and test strip, then dip the test strip in your cat or dog's 'pee' - this will give a positive or negative result.

You can then visit www.petdiabetesmonth.co.uk and log the result anonymously. For each logged result, 10p will be donated to PDSA.



A positive result could mean that your pet has diabetes mellitus ('sugar diabetes'). He or she may also show signs of increased thirst and frequent urination, along with weight loss despite an increased appetite. Further investigation including blood sampling would be recommended.

Diabetes cannot be cured but it can be successfully managed with daily or twice daily injections of insulin (which we teach owners to do at home) and changes in diet, as well as regular check-ups and blood tests. Successful diabetes management means that your dog or cat can lead a happy, healthy, active life.

Further information on the signs of diabetes in dogs and cats, diagnosis, insulin injections and management can be found on the Pet Diabetes website www.petdiabetesmonth.co.uk or by contacting us at either Biggar or Peebles surgery.



Repeat Prescriptions

Please try to give us at least 24 hours notice when requesting repeat prescriptions (including prescription pet foods). This is so that one of the vets can authorise the prescription, the medication can be ordered from the suppliers if necessary, and we have sufficient time to make it up.



All animals receiving prescription-only medications must be 'under our care'. According to the Royal College of Veterinary Surgeons, this means that the animal must be examined by a vet in the practice at least every 6 months, or every 3 months for certain conditions.

This check also allows us to examine your pet to monitor his/her progress, adjust the dose or type of medication if necessary, and check for side-effects and perform liver or kidney tests if indicated for some types of medication. Please note that there is a charge for a repeat prescription check.

Consulting times!

In order to improve efficiency and reduce waiting times, we are planning to gradually change all of our 'open surgeries' to appointment only clinics. This means that we can offer to see your pet at a time convenient to you, any day from Monday to Saturday. We will of course be able to see emergency cases immediately as before (though please telephone before coming to the surgery), and will always try to offer an appointment the same day for urgent cases.

Peebles will drop the open surgeries first, with an appointment being required for all consultations from January. Biggar will follow suit later in the year. Please remember that appointments are always available NOW in both surgeries - you don't need to wait to see the vet in an open surgery if you would prefer not to.

ARTHRITIS IN DOGS & CATS

If your pet is not as active as he or she used to be, it could just be slowing down with old age, or there may be arthritic changes causing pain and inflammation in the joints.

Treatment can dramatically change an arthritic animal's quality of life and you could soon be enjoying walks and playtime together again. There are several treatments available for arthritis. Pain killers/anti-inflammatories (NSAIDs) come in several different types, as liquids or in tablet form, some of which are given daily and others just once a month. We can also prescribe glucosamine and chondroitin and other joint supplements in special tasty tablets, and prescription-only 'mobility' dog food. These measures are in addition to a tailored weight loss and exercise program.

Once arthritis is diagnosed, we can discuss the options and decide on the best treatment for your pet. As with most prescribed drugs, side effects can occur. Vomiting and diarrhoea are the most commonly encountered side effects with NSAIDs,



and the treatment should be stopped if this occurs. When used long term, there is a small risk that kidney problems can develop. For this reason, we ask that owners supply us with a urine sample for all animals that have been on NSAIDs for over 6 months, and routine liver and kidney function tests may also be recommended. Despite the small possibility of side effects, NSAIDs remain the most effective treatment for arthritis, and

will often mean a pet is able to enjoy many more years of fun and games!

Please ring us for more information or to make an appointment if you are worried your animal may be suffering from arthritis. Don't forget the condition affects cats as well as dogs!

