



**Pound Road
Veterinary Clinic**



Issue #15 May 2016

www.poundroadvetclinic.com.au

Welcome to our May 2016 newsletter.

We hope that you and your pets are all well and keeping warm as we move into winter soon.

At this change of season we like to look at how it is going to affect our pet family. With this in mind we would like you to check out our first article titled "*Is your dog bored?*" and the tips in this article will help you keep your dog happy and healthy.

In our other articles this issue:

- Dr Phil has given his thoughts on skin allergies and what you can do to help your pet
- Welcome to our new Vet Dr Hay In Chung
- A Bio on our great Vet Nurse Brooke Nicolls
- Our word search puzzle, and
- Some humour

Please take the time to read our articles and if anything sparks an interest or raises a question let us know.

Also please pass our newsletter on to your friends, colleagues and family with pets with our compliments.

Best Regards,

The Pound Road Vet Team

Is your dog bored?



By Samantha Cole-Surjan

Do you ever come back to your house not in the same state as when you left in the morning? This is probably a good indication that your four legged kid is bored.

Sometimes it is easy to confuse this behavior with thinking that your dog is paying you back or punishing you for going to earn a living or leaving them alone. This is just not the case; it is more that they are frustrated, with the lack of mental and physical stimulation.

A bored dog in MOST cases is an under exercised dog.

Two behaviors that may indicate that your dog may be bored is that they incessantly paw at you and follow you around, or the complete opposite, not responding to you at all when you arrive home. Not even when you call to them, almost as if they have shut down.

Some great ways to help combat boredom and challenge your dogs mind are:

Teach him/her a new trick:

This doesn't have to be anything extravagant but it can be something as simple as fetch or roll over. So in order to do this, use a treat that your dog goes wild for. Only using that treat for the purpose of teaching him/her the particular trick. Repetition is the key :)

This act of teaching a new trick also has the added benefit of reinforcing that connection and bond with your dog, win win really.



Play or use interactive games and toys with your dog:



There are numerous interactive games and toys sold to keep your dogs mind active. Using one of these or even playing a game of simple doggy memory, using some plastic cups and some dog treats. Hide a treat under a cup and move them around and see if your dog can find the treat (like the old magician trick of find the ball). Obviously you don't want the dog to be spending numerous minutes sitting there looking at you as if to say "Huh, what do you want me to do?" You may have to teach your dog the rules to begin with, but this in itself is still creating stimulation for your dog. Even just a simple game of fetch with a new toy is another game or activity that will increase mental and physical stimulation.

Running errands with your dog:

The simple act of going down to the local post office or post box to post a letter. Or popping up to your local coffee shop for a coffee and sitting outside and enjoying it with your dog, allowing your dog to see the comings and goings. Or simply going for a drive in the car to the local carwash.



Introducing new toys / rotating old ones:



You wouldn't want to play with the same toy day in and day out, neither do your dogs. So providing a new toy (not necessarily a brand new one) every couple of days will keep your dog interested. Rotating toys is a great way to get renewed interest in their toys and keeping them mentally stimulated.

Introducing new places and faces:

Sometimes just taking your dog for a walk to somewhere different: such as a new dog park, the beach (dog friendly of course) or even as mentioned before, going to your local coffee shop and having a coffee outside so that your dog may see the comings and goings of what is happening around him. These simple acts break up the boredom of staring at the same four walls or fences that they see each and every day, increasing their mental stimulation.



Providing areas of stimulation for your dogs within your backyard as well:



Building a digging box, although in most cases people will think "Argghhhh but I don't want to encourage this behavior" however some breeds have a particular desire to dig and digging habits can sometimes be a hard to break. So providing your dog with a SAFE and APPROPRIATE (an ok with you) place to dig may be the win win solution for this behavior. This will provide mental and physical stimulation for your dog.

Frozen treats with their toys or doggy treats frozen into it are also a great enrichment tool. Using an old ice-cream container and submerging toys and treats in it for them to lick at and find as it melts. Kong's stuffed with yummy treats are a great source of stimulation as well.

These tips won't work for every dog, particularly if your pet is suffering from separation anxiety. If the worrying behavior persists, please contact the clinic and book a consultation to discuss this with one of our veterinarians.

Introducing Dr Hay In Chung



Hi, my name is Dr Hay In Chung and I am originally from Korea.

Since graduating in 2011, I have worked in several practices in Australia and New Zealand and I believe that I have developed many of the core skills required to be a caring and experienced veterinarian.

I have a genuine warm and friendly personality and I have lived away from home for the past 13 years.

During this time I have gained a variety of life skills that has helped me to develop and become a resilient optimist.

I enjoy talking to people, especially the ones from different backgrounds and lifestyles ... I learn so much from them all the time!

My focus as a Vet is to encourage my clients to learn proactive health management for their pets - especially those first-time puppy owners.

This involves discussion with clients on preventative care, behaviour and weight management and the importance of annual blood screening.

My emphasis is on client communication, development and treatment with an appropriate health management plan, patient care and regular follow up.

I look forward to meeting you and your pet.

DOES YOUR DOG STILL HAVE AN ITCH TO SCRATCH?



Great news for Allergy Sufferers

By Dr Philip McConachy

Finally, a great new drug has come onto the market for skin allergy sufferers.

It is called **APOQUEL**.

All reports so far suggest that it is as effective as cortisone, but with far fewer side affects. I think this until be a great drug for dogs that require frequently medication on where cortisone is not appropriate.

Please contact the clinic for an appointment with one of our vets to discuss if Apoquel may be of benefit to your dog.



Flea allergy



Food allergy



Contact allergy



Atopic dermatitis (itchy skin disease associated with environmental allergens)

What Is APOQUEL Used For?

APOQUEL is used for the control of itch associated with allergic skin disease and for control of atopic skin disease in dogs at least 1 year of age. APOQUEL lessens dogs' itch and the desire to scratch, and also decreases the associated inflammation, redness or swelling of the skin.

What Can I Expect When My Dog Receives APOQUEL?

Fast Relief

APOQUEL starts to relieve the itch within 4 hours, comparable to steroids.⁴

APOQUEL effectively controls the itch within 24 hours.¹

APOQUEL relieves itch in the long-term.³

Unique Treatment

Unlike other treatments, APOQUEL targets the itch signal in the nervous system and has minimal negative impact on the immune system. APOQUEL also allows your veterinarian to continue to diagnose the underlying cause of itch while providing your dog with relief.^{3,5}

Short- and Long-Term Safety

Without many of the side effects associated with other treatments.^{1,2}



APOQUEL: FAST and SAFE itch relief that helps restore the quality of life for your dog and for you.

Brooke Nicholls - VETERINARY NURSE



I'm a 23 year old, crazy dog lady. I've been vet nursing for 3 and a half years and love every second of it.

I have a passion for emergency nursing and spending time in theatre.

A proud mother to Fuzzman the American Staff X, Luna the Great Dane, Princess Monty the Pomeranian, Penelope the Exotic Shorthair cat, Shnitzel the Coastal Carpet Python and Kruger the Budgie.

Every waking minute outside of work is spent with my furkids.

Joke Time

A true story from the pages of the Manchester Evening Times :

Last year a passenger in a taxi heading for Salford station leaned over to ask the driver a question and gently tapped him on the shoulder to get his attention.

The driver screamed, lost control of the cab, nearly hit a bus, drove up over the curb and stopped just inches from a large plate window.

For a few moments everything was silent in the cab. Then, the shaking driver said "are you OK? I'm so sorry, but you scared the daylights out of me."

The badly shaken passenger apologized to the driver and said, "I didn't realize that a mere tap on the shoulder would startle someone so badly."

The driver replied, "No, no, I'm the one who is sorry, it's entirely my fault."

Today is my very first day driving a cab. I've been driving a hearse for 25 years."

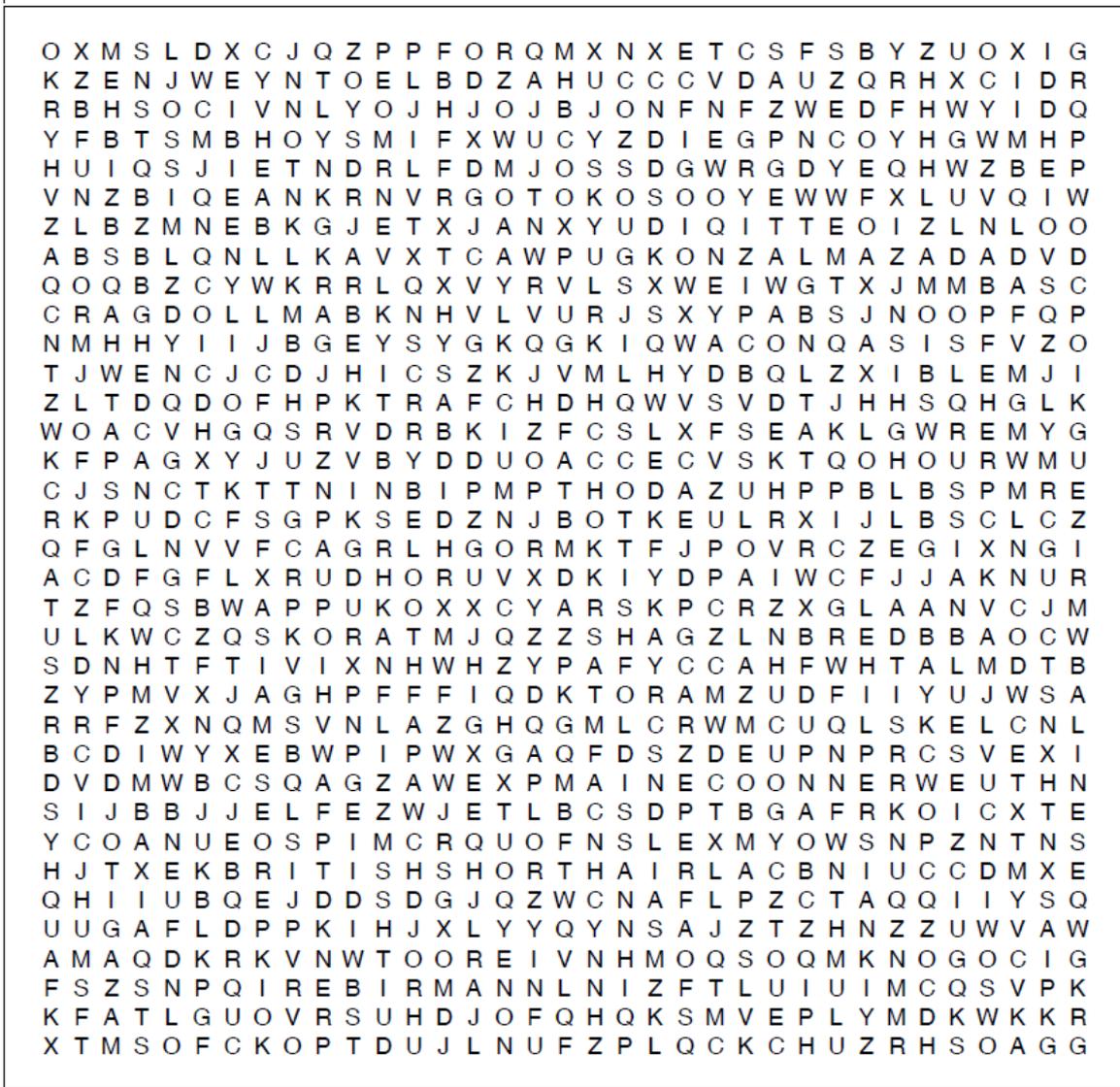


© Alamy

This Month's Word Puzzle

How long will it take you to find all the cat breeds - good luck !

Cat Breeds



by Samantha Cole-Surjan

- | | | |
|---------------------|-------------------|-------------------------|
| ABYSSINIAN | BALINESE | BENGAL |
| BIRMAN | BOBTAIL | BRITISHSHORTHAIR |
| CORNISHREX | DEVONREX | HIMALAYAN |
| KORAT | MAINECOON | MANX |
| PERSIAN | RAGDOLL | RUSSIANBLUE |
| SCOTTISHFOLD | SIAMESE | SOMALI |
| SPHYNXCAT | TURKISHVAN | |