

# Watch Weight



CAMERON & GREIG  
VETERINARY SURGEONS

Spring 2011

# News

**overweight** adj., beyond an allowed or suitable weight. - n. excessive or extra weight.

**Tubby, porky, chubby, cuddly**, just a few 'cute' nicknames you may call your pets, when their waistlines are looking rather rotund! However, obesity should never be mistaken for being cute, as for pets to be overweight is a serious problem, and it should not be ignored. With our busy lifestyles, it may go unnoticed that the family pet has piled on the pounds. Overfeeding, incorrect diet, treats, titbits from the children and lack of daily exercise, all contribute to pets being overweight.

**Obesity in dogs and cats** can cause heart disease, diabetes, arthritis and breathing difficulties. A good well-balanced healthy diet, with plenty of exercise will help pets keep fit, maintain an ideal weight and enjoy a better quality of life. **So now is the time for the whole family to become involved with your pet's 'weight watch'.**

- W**atch how much and exactly what you are feeding them
- E**xercise regularly; so grab that lead and head for the fields
- I**nclude the whole family in their pet's weight watch
- G**ood quality foods contain a correct balance of nutrients for a healthy diet
- H**elp is available at our surgery for pets to shed those extra pounds
- T**reats - keep to a minimum and no sneaking extra snacks!
- W**eight your pet at any time, just pop into our surgery
- A**ctivity is good; play games, walks - remember dogs love the park!
- T**arget weights can be achieved, and it's all for the health of your pet
- C**ouch potato - don't let your cat or dog become one!
- H**appy, slimmer pets enjoy healthier and better quality lives

**We are here with plenty of advice and encouragement** for overweight pets to get in shape. At our **FREE Nurse Clinics**, we can discuss a diet and exercise plan to suit your pet. So, if their weight is heavy on your mind, contact us today and we will help you all the way!



## At a Screen Near you....

starring the familiar faces who care for the animal community [www.cameronandgreigvets.co.uk](http://www.cameronandgreigvets.co.uk)

While in the making it was kept a secret, locations were closely guarded, staff kept low profiles, but now after months of preparation, photo shoots and interviews, Cameron and Greig proudly announce the 'going live' of our brand new website! Log on to [www.cameronandgreigvets.co.uk](http://www.cameronandgreigvets.co.uk) to

find our website, which is full of information about us, our facilities, who and where we are, opening times, emergency numbers and much more. Browse through the pages at your leisure, and take a tour of the surgery to see the excellent services we provide for you and your pet.

Our website is simple and easy to navigate, enabling you to quickly reach the page you require. At the click of your mouse, you can meet the people who care for your pets, and as the website will be a continuing work in progress, with constant updates, we are confident that it will stay interesting and informative for all pet owners.

We hope you enjoy visiting our new website, and if you have any queries, comments or suggestions about what you would like to access on it, we would love to hear from you. So please do not hesitate to contact us. Happy Browsing!



## Surgery Hours

Consultations by appointment

### Milnathort

**01577 863494**

Monday to Friday

8.30am to 7pm

Saturday 8.30am to 12.30pm

### Cowdenbeath

**01383 611410**

Monday to Friday

8.30am to 6.30pm

Saturday 9.30am to 11.30am

### Tillicoultry

**01259 753375**

Monday to Friday

8.30am to 6.30pm

Saturday 10.30am to 12.30pm

### 24hr 7day Emergency Cover

by our own vets and from

**Milnathort branch**

**01577 863494**



# Worm Encounters!

A close up with worms is not on any pet owners wish list, but all dogs and cats are at risk from catching worms at some point. If left untreated, it can cause serious illness in our pets. Roundworm and tapeworm are the two most common types found in the intestines.

## Spreading the Worm

- Infected animals pass these worm eggs in their faeces, which dogs and cats can pick up while sniffing around - and the worm cycle begins again!
- Fleas eat worm eggs. Pets with fleas can ingest these parasites while grooming.
- Mice, rats and birds also carry worms. Cats that hunt may just catch a little more than bargained for!
- Puppies and kittens are infected before birth and also after, while feeding from Mum.

## Latest additions

More recently we have seen the increasing appearance of **lungworm**, which is found in the lungs and hearts of dogs and foxes. They have been infected by eating snails or slugs carrying the lungworm larvae. As some dogs snack on these slimy creatures or swallow larvae off grass, pets are at risk. Sadly in some cases it can prove fatal.

## Ringworm

**Another worm?** Actually this is a fungus that affects the skin of our pets, and is transmitted from direct contact with an infected animal. Fungi spores also survive in the environment for long periods of time, so can be caught from anywhere that an infected animal may have been.



**ANIMALS** Our pets, make us laugh and cry. For some humans they are eyes, ears or daily helpers. They give love, cuddles and most of all, are our friends.

**AGEING** With regular health checks we can help your pet adjust to the 'ageing process', so they can enjoy a better quality of life in their senior years.

**BOOSTERS** Regular vaccination protection against infectious diseases, plays an important part in helping to keep your pets healthy, and your PETS passport valid.

**BAD BREATH** A sign that your pet could have dental problems! We can advise you on regular dental care to help keep their breath a little more fragrant.

## Safety

Some worms can pose a threat to humans. Please keep this in mind when you, or especially children, are in close contact with your dog or cat. Always remember to clean up and correctly dispose of your pets' poo from the garden, streets and on walks.

## Treatment is simple, quick and vital

Effective treatments are available to tackle these various worm problems, so please contact our surgery to discuss one suitable for your dog or cat. Regular worming prevents invasion of these nasty parasites, and plays a vital role in the preventative healthcare of your pet.



## Meet Veterinary Nurse Jen Shaw RVN

With Jen's love of animals, it is not surprising to learn that she had many pets as a child from Candy the cat to Beth the dog. She also had a passion for 'rounding up' the local pets and taking them home with her, but always returned them to their owners when asked! Jen has been caring for animals for eighteen years now, and in January 2010 had two official and happy events, as she became a fully qualified Veterinary Nurse from Telford College, Edinburgh, and got married! After moving house from sunny Paisley, Jen joined our Tillicoultry branch in April 2010. She especially likes seeing a patient return home fit and well after being very poorly, and also knowing that she played a part in the process of making them well again. Jen is very enthusiastic on all aspects of her job, but has a particular interest in small animal medicine, loves to be involved in disease processes and their treatments, plus the laboratory side of veterinary care. Future aims, are to gain a further qualification in medical nursing. Home life is a busy affair with two daughters, hubby and two cats - a Persian called Teeni and Molly the tabby. She enjoys badminton, and if pushed, hill walking! Next time you visit the surgery though listen out, as you may just hear a tune or two, as her other hobbies are singing and playing the piano!



**CAMERON & GREIG**  
VETERINARY SURGEONS

Companion Animal, Equine & Farm

**Milnathort 01577 863494**

Ardmohr, Stirling Road KY13 9XR

**Cowdenbeath 01383 611410**

60 Stenhouse Street KY4 9DD

**Tillicoultry 01259 753375**

Unit 1 & 2 Barnpark Drive FK13 6BZ



Milnathort

All out of hours emergencies are covered from Milnathort

