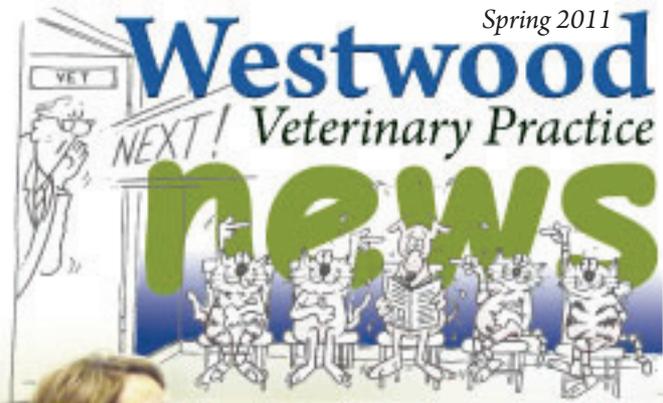


# Weight Watch



**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 that care for the animal community [www.westwoodvets.co.uk](http://www.westwoodvets.co.uk)

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

where you will find plenty of information about us, our facilities, who and where we are, opening times, emergency numbers and much more. Browse through our pages at your leisure, and take a tour of the surgery to see what 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 hear from you. So please do not hesitate to contact us. Happy Browsing!



**Westwood hours**  
Consultations by appointment only

**Boston Spa**  
01937 842210  
Monday to Friday 8.30am - 6pm  
Saturday 8.30am - 1pm

**Garforth**  
01132 320085  
Monday to Friday 8.30am - 6pm

**24 Hour 7day  
Emergency Service**  
by our own Vets for  
Pets, Equine and Farm

# 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.

## 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.



# Westwood Puppy Parties!

## Invitation

**When:** every **Tuesday** evening

**Where:** **Boston Spa Practice**

**Time:** 6.15pm until 7pm **Cost:** **Free**

**Hosted by:** **Emma Brown** - Animal Nursing Assistant

*Well we don't have jelly and ice cream, but we certainly do have lots of fun! Social interaction of a young puppy is essential in helping with their development and behaviour. So at our parties, we encourage the little ones to play and mix together to help them mature into happy socialised dogs, and for the owners, plenty of informal but informative discussions on caring for your young pet. All puppies from both surgeries are welcome providing they have received the first part of their vaccination course.*

*To book a place please call Emma on 01937 842210*



# Westwood Veterinary Practice

**Boston Spa 01937 842210**

Westwood House, 106 High Street, Boston Spa, LS23 6DR

**Garforth 01132 320085** *A Caring Way  
Everyday*

Station Yard, off Station Road,  
Garforth, Leeds LS25 1PY



[www.westwoodvets.co.uk](http://www.westwoodvets.co.uk)