



Oakwood Newsletter

WINTER 2008/09

Daytime Surgery

(By appointment only)

Monday - Friday: 9 - 6pm

Tuesday Evenings: late surgery until 7.30pm

Saturday: 9-1pm

24 hr Emergency Service

Tel: 01691 679699

Fax: 01691 657563

Email: oakwoodvets@onetel.com

Practice X-mas News

- Practice is holding an Autumn Fayre and Open Day on the 25th October 2008.
- Gift vouchers are now on sale please ask at reception for details.

My Cats – Katie Talbot

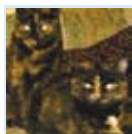
My cats are extra special, they dominate my life.

I would be lost without them, although they can cause strife.



Peter

Peter is the old gent, he's always fast asleep.



Evie & Bea

While Prudence is the baby, and no height is ever too steep.

Evie and Bea are ladies, but like to scratch the drapes.



Sooty

While Sooty and Moll are not teenagers, but still they swing like apes.

These furry little bundles, live in perfect harmony.



Molly

Where would I be without them? They bring me so much glee.

If you are not a cat person, let me change your mind.



Pru

All they ask in return, is for you to be loving and kind.

My cats are so delightful, they are always close at hand.

You cannot help but fall in love, with my happy little band.

Healing with Crystals – Heather Pennock



I am pleased to have the opportunity to introduce you to crystal healing, a holistic therapy which has been practiced since the earliest of times. With applications ranging from crude tools and weaponry to instruments of healing and prophesy, talisman and amulets, jewellery and objects d' art, to components of sophisticated technological equipment through the ages, crystals have been employed, venerated and treasured. Used in industry to cut, ignite, transmit, absorb and regulate energy. The utter reliability of crystal vibrations have led to the growth of synthetic crystals in laboratories. Silicon chips are vital as regulators and timing devices in watches, radios and TV sets, radars, computer systems and transportation.

The internal structure of a crystal is geometrically perfect. Their perfect atomic structure resonates perfection and can provide a blueprint for our own physical perfection introducing order into a (commonly) disordered state.

Crystals are able to absorb, store, direct, focus, amplify and transmute energy and can be used in many ways to channel divine, universal, healing energy.

Coloured crystals vibrate at individual and different rates and these can be used as tools to cleanse, align, energise and balance the energy in corresponding coloured chakras. Chakras are energy centres which regulate particular organs and systems within our physical bodies.

The physical manifestations of ill health, the observable symptom, are often the result of disturbances in our subtle energies, in the emotional, mental, or spiritual dimension. While these symptoms may be suppressed, or appear to be resolved by conventional medicine, they will often recur or recur somewhere else until the underlying cause is dealt with.



During crystal healing, crystals are placed or held on or near the patient, often in layouts employing sacred geometry. A healing may involve treating physical, emotional, mental and spiritual imbalances, releasing stagnant or blocked energy from the chakras and aura, clearing negativity and rebalancing. Often there are holes or areas of damaged issues which benefit from healing. Generally a session is very beneficial for stress reduction, relaxing, refreshing and restorative and promotes feelings of deep peace and wellbeing while boosting the patients' innate healing abilities.

Crystal healing is appropriate for all species- including plants! And may help relieve most diseases and transform destructive patterns and behavioural problems over time.

Crystal healing is available by appointment at Oakwood Veterinary Centre.

Message from the practice – Dolen Ffermio is a very worthy charity so please look through their Christmas brochure to find out what wonderful, life changing gifts you can give this Christmas. Merry Christmas from us all at Oakwood Veterinary Centre.

WINTER DOG ARTICLE by Karen Boyce

Heading for winter, we would like to have a cooperative dog happy to have paws and body wiped. Unfortunately, you tend to have a dog which twists and turns and gets more excited as you dry.

So what can we do?

We need to teach a stand, but to be successful we should try to understand our dogs better rather than coming into conflict with them. It is this conflict which gets them so excitable and ends up with us tending to say "Oh go on then – that will just have to do" after they have not cooperated; i.e. we train them not to stand.

To teach a stand, first apply the following golden rules:-

- Stay calm and neutral, particularly if your dog does anything which you don't want it to do
- Give gentle praise when dog is good
- Ask only once! Don't keep repeating commands. The dog cannot be sure on which of the commands you actually want it to act!
- Once you have given a command gently see it through, even if only for a few seconds of response

- Release dog with "OK", so the dog knows when he has finished

To teach stand:-

1. Kneel next to sitting dog
2. Thumb of right hand in collar under your dog's chin, fingers pointing toward floor, palm open and flat on dog's chest
3. Say "stand" in a light tone of voice and then apply backward pressure on the stifles with left hand, palm facing forward
4. Keep hands still for count of 5.
5. If dog moves away use the hand under the tummy with palm facing down to lift dog gently back towards you
6. Praise and release with "OK". **Goal** – Keep dog standing in position up to 30 seconds reducing pressure you are applying to stifles until dog will stand with your hand.
7. Once the dog is happy using this approach, introduce towel. Be gentle but determined and praise every time you get cooperation. Try not to release the dog unless calm.



A seasonal survival guide!

THE winter months are here again and with this in mind, we've put together some seasonal safety tips to keep your pets fit and healthy!

Christmas is a time of giving, but don't forget that chocolate (a great Christmas favourite!) can be lethal to dogs. The toxic component in chocolate is theobromine which is present in variable concentrations – the higher the cocoa content, the more toxic the chocolate. Specially formulated pet chocolate is the safer (but still fattening!) option for chocoholics feeling sorry for their pets!



Whilst on the subject of food, we are naturally less active in

the winter, and this – together with a little Christmas over indulgence, can lead to an expanding waistline in our pets (and sadly ourselves!). One way to try to avoid this is to moderately reduce food levels when pets are less active and to keep an eye on your pet's weight. We are happy to help you monitor your pet's weight and give you dietary advice, since carrying excess weight is very bad for their health.

Remember also that whilst it is tempting to give your pet treats at Christmas, any sudden change of diet can lead to quite severe digestive upsets.



As well as food, pets are often on the look out for anything else they can eat! Christmas decorations – in particular ribbons and tinsel, are very attractive to pets, and if swallowed, may lead to an intestinal blockage.

Out and about, with the cold weather upon us, now is the

time when we all start to feel aches and pains and our pets are no exception. Look out for any limps and difficulties in rising after rest; these are signs that your pet may have some joint stiffness – usually made worse by cold or damp weather. If your pet is showing any signs of stiffness or limping, please get in touch.



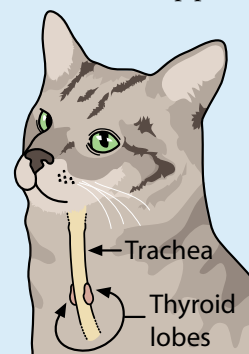
Pets that live outside can find the winter months especially challenging. Rabbits and Guinea pigs are very susceptible to the cold damp weather. It is important to ensure that their hutches are warm, dry and clean, and in a sheltered position. Extra bedding should also be provided and water bottles checked regularly to ensure that they have not become frozen.

Finally don't forget that fleas are a year round menace!

Burn out: Does your cat have thyroid disease?

DID you know that thyroid gland disease is a surprisingly common problem in older cats?

The thyroid gland consists of two tiny lobes, one located either side of the trachea (wind pipe).



The gland produces thyroid hormone which regulates your cat's metabolism. Too much thyroid hormone speeds up the metabolism, whilst too little slows it down.

Over production of thyroid hormone is called hyperthyroidism and is a relatively common condition in cats over 8 years of age. In the majority of cases, this is caused by a benign (non-cancerous) enlargement of one or both thyroid lobes. Hyperthyroid cats typically have an increased appetite, but *despite* this commonly show signs of weight loss, and often become quite unkempt in appearance. In addition, excess thyroid hormone usually increases the heart rate, potentially leading to abnormal thickening of the heart muscle and increased blood pressure. As well as the above, a variety of other signs may be seen including increased activity, more miaowing and, often, a greater need for affection. Vomiting and diarrhoea may also be seen.

However the good news is that, in the majority of cases, hyperthyroidism can be successfully treated. If you are concerned that your cat is showing any of the signs described above, please come and see us for an appointment!