



Easter brings happiness and exciting chocolate egg hunts for children to enjoy but please remember that chocolate is poisonous to our pets.

We hope that
Easter2016 is a
happy time for you
and your family.



# SIT & PAUS Cambridge Vets Volume 4, Issue 1 AUTUMN 2016

# Nutrition in the Ageing Pet

As many of us have personally experienced, our bodies change as time passes: our activity levels decrease somewhat, our hormonal portfolio changes{!} and influences our metabolic rate, and we just don't seem to be able to eat what we did when we were younger and maintain our lean, mean athletic bodies....

Our companion animals are no different: almost continual play as a youngster morphs into a more sedentary lifestyle once adulthood is reached.

A rapid change in hormone profiles via castration or speying may have effects on both activity levels and metabolism. (This doesn't mean we shouldn't neuter animals, but it does mean we need to be aware of their diet to compensate.)

The ageing processing also means a change in nutritional requirements. The nutritional requirements do change significantly between a young, growing, active prepubescent puppy and an older, physically less active senior.

Hence we need to adjust the sort of food that we are offering our older pets. They simply do not require the same nutrition as younger animals, and if they are offered extra calories it simply accumulates as FAT!! (And just like us, pets who are a few kilos overweight have an increased risk of developing diabetes, osteoarthritis and cardiovascular and respiratory diseases.)

So what sort of diet constitutes a 'good' diet for an older pet?

For dogs, diets for senior patients contain less protein and fat, when compared to junior or adult diets. Better quality manufacturers also include various factors to overcome free radical cellular damage, to support renal function and brain function, and to protect and nourish bones and joints of mature animals.

These better quality senior diets also have claims to aid dental health: as most (I want to say almost all) of our senior patients have some degree of dental disease this is a vital part of health maintenance. Dental disease will have a negative impact to some extent on general health.

Manufacturers are also able to formulate products to aid in the management of some specific diseases, and of course as we age certain syndromes of ill health become more prevalent. A very good example of this is the Hill's y/d diet, which is used to treat hyperthyroidism in older cats.

So, if the adage 'you are what you eat' has any validity, feeding an older pet a diet more suited to their age is highly recommended!

#### DID YOU KNOW???

A dog's wet nose helps him smell better!



A dog's sense of smell is more than 1000,000 times stronger that that of humans!



Dogs have 42 permanent teeth and Cats have 30!



Cats are lactose intolerant!



A cats tongue is scratchy because it's lined with papillae - tiny backwards hooks that help to hold prey in place.

## Feeding tips for your senior pet

- If your pet is finding it hard to chew their kibble after dental work or lack of teeth, try offering a smaller kibble, moistening the food with water or adding a small amount of nutrient dense canned food to encourage or make it easier for them to eat.
- L's important to make sure that our senior pets have plenty of water easily accessible at all times. Provide a couple of water bowls in different places around the home.
- 👺 Feed smaller meals more often.
- Warming up fragrant foods like a small amount of tuna or cooked chicken and adding it to their standard diet may make meal time more appealing if their appetite has reduced.
- Elevate your pets food and water bowl for easier access. Some pets with arthritis can find it hard to bend their necks down to eat for any length of time.

#### Cambridge Vets are





MOVING HOUSE!

You will have noticed a fabulous new building arising on the corner of Empire and Alpha streets in Cambridge. This will be our new premises and we can't wait to move in on the 21st of March.

In addition to boasting the same experienced

professional team, we will have new facilities that will enable us to provide the best care and service 7 days a week.

Keep an eye out for our official opening in April....
...We would love to see you there!



### Have you heard about

- \* Is it difficult to get your pet here to see us?
- \* Do you or your pet have mobility issues?
- \* Is your pet on regular arthritis injections?
- \* Is your pet due for a flea or worm treatment but you find this difficult?
- \* Do you require food deliveries?
- \* If you have multiple pets is it easier that we come to you for vaccinations and annual check-ups?



Normal prices apply along with a \$10 surcharge for in town services. T's and C's apply.



