

# PET PERKS

## Happy Holidays Edition



### Holiday Hours

Wednesday, December 24  
Open 8am to noon

Thursday, December 25  
CLOSED

Friday, December 26  
CLOSED

Wednesday, December 31  
Open 8am to noon

Thursday, January 1  
CLOSED

Emergency after hours care is provided 24/7. In case of an emergency call:  
519-229-8911  
1-888-443-4184



### What's new

#### Laser therapy

Low level laser therapy (LLLT) is now available at the St. Mary Veterinary Clinic. LLLT can be helpful in cases of arthritis, trauma, wounds and infections. It works by promoting increased blood flow, stimulating the release of endogenous painkillers and promoting healing. Talk with your veterinarian today to see if your pet could benefit from LLLT!

### Winter Worries

#### How to winterize your pet

Winter is hard on everybody including our pets. Here are some things to keep in mind over the next few months.

#### FOR INDOOR PETS

1. Feeding indoor pets - as the weather worsens, the amount of exercise our dogs get often declines. For pets that are already



## Holiday Hazards for your pets

The holidays are a busy and exciting time for all. It is important to remember that some of our festive traditions can be a hazard to our pets.

Ornamental plants (*if ingested*):

- Poinsettia - mild gastric upset
- Mistletoe and Holly - severely toxic
- Lilies - renal failure in cats
- Tree water additives - mild to severe toxicity

Household / tree ornaments:

- Extension cords and electric cords - electrocution can occur if chewed
- Tinsel and ornaments - ingestion can lead to life threatening foreign bodies

Foods:

- Chocolate - mild to severe toxicity depending on type and amount ingested
- Macadamia nuts - moderately to severely toxic
- High fat foods - gastric upset, pancreatitis
- Alcohol - mild to severe toxicity depending on type and amount ingested
- Anti-freeze - renal failure in dogs and cats

overweight or that are “easy keepers”, a reduction in caloric intake may be needed over the winter. Talk to your vet to calculate feeding reductions for your pet.

2. Dressing for winter fun - sharp ice and salt can do significant damage to the pads and toes of our canine friends. Be sure to check feet regularly for signs of injury and wipe feet well after walks to remove salt. For pets with sensitive toes, booties can be worn on walks to protect their feet. Be sure the boots fit well and have grips on the bottom to prevent slipping. Pets with short thin hair coats may also require additional insulation during winter outings. A well fitted and water proof winter jacket is recommended.

3. Physical and mental stimulation - being stuck inside is a drag for everyone. Use this time to freshen up obedience training or teach new tricks to help keep you and your pet active.

4. Indoor play areas - many doggy daycares offer large indoor play areas. Consider an outing to the play centre from time to time.

## OUTDOOR PETS

1. Feeding outdoor pets - keeping warm is demanding on the body. For those pets that live mainly outside, their caloric needs will increase as the temperature decreases. Be sure to monitor weight carefully by palpating the rib cage weekly. If weight loss occurs, increase the amount of feed offered. As well, don't forget to offer fresh, clean and unfrozen water multiple times through the day.

2. Shelter for outdoor pets - in very frigid temperatures, some insulation is needed to prevent hypothermia and frost bite. Providing an insulated shelter - such as a dog house lined with straw - is important.

