

the latest

news from maven veterinary care



Merry Christmas and Happy New Year from all at Maven Vets!

We hope you won't need to visit us over the festive period with your poorly pets, but if you do, we are here. Contact us as normal on **0208 337 2214** and you will be able to speak to one our Maven Team, or, if we are closed, our out-of-hours emergency provider Vets Now.

Our opening times over the Christmas Period are:

Saturday 23rd December

We are **OPEN** as normal 9am – 4pm

Sunday 24th December

We are **OPEN** as normal 10am – 2pm for urgent and emergency appointments only*

Monday 25th December

We are **CLOSED***

Tuesday 26th December

We are **CLOSED***

Wednesday 27th December to Friday 29th December

We resume our normal opening hours from 8am – 8pm

Saturday 30th December

We are **OPEN** as normal 9am – 4pm

Sunday 31st December

We are **OPEN** as normal 10am – 2pm for urgent and emergency appointments only*

Monday 1st January 2024

We are **CLOSED***

Normal opening hours will resume from 8am Tuesday 2nd January 2024

*An emergency service will be running with Vets Now



Cold weather aches and pains

Arthritis is a common problem, especially in middle aged to older pets, although sometimes younger animals are affected too.

The joints most susceptible to arthritis are the ones permitting free limb movements – called synovial joints.

There are several causes of arthritis: it commonly occurs as part of the normal ageing process, leading to wear and tear on the joints, but in other cases it may be linked to previous trauma to a particular joint. For some animals, conformational joint issues such as hip or elbow dysplasia result in the joint being abnormally loaded, leading to joint damage and secondary arthritis. Arthritis develops when the articular cartilage becomes pitted and cracked, resulting in exposure of the underlying bone, causing pain and inflammation.

Signs of arthritis often include sleeping more, plus for **dogs**, difficulty in getting up after rest, slowing down on walks and a reluctance to jump into the car.



Cats may take extra time or effort to jump up onto surfaces, or show signs of toileting issues such as incontinence or missing a litter tray.

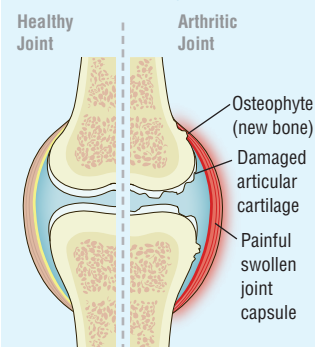
Some animals may show changes in temperament due to pain.

Arthritis is usually diagnosed on a combination of clinical examination (examining the joints for swelling, thickening, pain and range of movement), plus a history suggestive of changes compatible with the disease. X-rays can also be helpful, confirming the degree of bone changes.

To help your pets with sore joints, especially in the winter, make sure they always sleep on a deep, soft bed and keep the ambient temperatures warm. A key consideration is **weight loss** for any pets carrying excess weight, as this hugely impacts on the joints. Many pets also benefit from **anti-inflammatory medication** to reduce the pain, plus **dietary supplements** are often beneficial as well. Many arthritic pets struggle with long **walks**, so little and often is the key.

So – if you are concerned your pet may be struggling with arthritis, please come and talk to us!

Understanding arthritis:



Healthy Joint: The ends of the bones are covered by smooth articular cartilage and the joints are lubricated by synovial fluid, achieving pain free movement.

Arthritic Joint: The protective cartilage is damaged and worn away, resulting in exposure of the underlying bone causing pain and inflammation.

Winter fleas – are your pets protected?



With the central heating going on, a quick reminder of what else likes the warmth in our homes – fleas! Fleas were once thought of as a problem in warm summer months, however they are now a year-round problem!

Fleas can make their way into our homes in all sorts of ways; on our pets, on us, or just hopping in by themselves. Fleas feed and breed on our pets, with female fleas laying eggs which fall off around your house – often ending up in protected places like under furniture or deep in carpets. Flea eggs can survive for months, waiting to be activated by warm conditions

(as you turn on the central heating!) and the presence of pets spending more time inside. This is why flea infestations can appear to come out of nowhere!

There are a great variety of **veterinary licensed products** on the market including spot-ons, tablets and collars. These are far more effective at rapidly killing fleas than products bought at supermarkets and pet shops. Regular year-round flea treatment is much better than having to deal with a flea infestation which can take months to control! So – prevention is most definitely better than cure! Please let us advise you on the best products for your pets.

Dog photo: Warren Photographic

Our opening hours

Monday – Friday 8am-8pm

Saturday 9am-4pm

Sunday 10am-2pm

In an Emergency day or night – call us on 0208 337 2214

www.mavenvets.co.uk

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609-613 London Road, North Cheam, Surrey, SM3 9DF



Sustainability at Maven Vets

Maven Veterinary Care, part of the Linnaeus Veterinary Limited, offers a range of high-quality veterinary services for small animals via practices situated in North Cheam, Sutton, Surrey.

We are a primary care practice for small animals, accredited with gold friendly clinic award, and assessed as Outstanding by the RCVS Practice Standards Scheme. We take pride in providing expert care for clients and their pets with integrity, passion and empathy. We look to serve our community with a progressive approach to patient care.

At our practice, our team works hard to provide friendly, knowledgeable support to pet owners, while maintaining the very highest standards in patient care and client service.

Our core environmental impacts are Climate Change, Waste Management and Responsible Pharmaceutical and Chemical Stewardship. We acknowledge that our operations have an effect on the environment and our ambition is to continually improve by:

- Accessing sustainability-focused forums and training
- Monitoring key resources such as electricity, gas, water, anaesthetic gases and transport, and setting reduction targets
- Calculating a Scope 1, 2 and partial Scope 3 carbon footprint, and setting an annual reduction target
- Using sustainability performance metrics to drive change
- Supporting sustainable transport options and healthy lifestyles for our Associates
- Carrying out One Health projects
- Improved resource management including sustainable procurement choices and waste management plans
- Providing our clients support on responsible preventative care strategies
- Accepting returns of unused or out-of-date veterinary medicines to our practices
- Being compliant with applicable environmental regulations and meeting our clients' expectations.

Maven Vets are committed to reducing their environmental impact through a journey of continual improvement by working through the Investors in the Environment accreditation scheme. Our practice is registered on the iE Green Directory.

Nicola Kerkhoff is our Sustainability Lead and has designated responsibility for the day-to-day implementation of this policy.

We communicate this policy to our Associates, ensuring that they are provided with training to increase awareness of environmental matters and opportunities to make changes. We make this policy available to our clients through our practice website and we welcome ideas or questions from clients via our Client Care teams.

For further questions on Linnaeus Sustainability, please contact sustainability@linnaeusgroup.co.uk or go to the website at <https://www.linnaeusgroup.co.uk/about-us/sustainability> for more information.

This Newsletter is provided as an education service to our clients. All news and other items in this newsletter are for information only and should not be treated as a substitute for veterinary advice. For all images, the copyright is the property of the photographer.



Winter worries!

With the onset of colder wintry weather, we take a seasonal look at some top tips to keep your pets fit and well at this time of year.

Winter walks: With the colder, wetter and darker days to come, it's still essential to make sure your pets get adequate exercise. Dogs will benefit from a warm waterproof coat for walks, especially dogs who are older and possibly arthritic. High-vis coats for owners and dogs is a good idea with the darker nights.

Outdoor pets: Pet rabbits and guinea pigs can also be prone to the cold with bad weather. Ensure there is plenty of warm bedding available in a dry and draft free 'bedroom area'. Sometimes covering over an outside hutch can improve insulation. Consider a wrapped warm water bottle for the bedroom



area so they have the option to snuggle against it. Rabbits would normally live in a burrow which stays around 10°C, so rabbits and guinea pigs are ideally brought into a heated garage or shed, or moved inside. Check your small furrries at least once a day to make sure they are bright, eating and well. If you have a rabbit or guinea pig who lives alone, now is the ideal time to think about getting a friend of the same species so they have someone to cuddle up with!

Festive alert: With Christmas on the horizon – it's the time of year for indulgence and perhaps different foods in the house to normal. A reminder that chocolate, grapes, raisins, onions and the sweetener xylitol are poisonous; these are often in abundance in festive foods. Please ensure they are kept safely away from your pets – it's surprising how many dogs can sniff out delicious treats and then help themselves! Flowers like Lillies are especially toxic for cats. Even the seasonal favourite, the Poinsettia, can cause irritation if eaten.



Tinsel, food scraps, bones or even turkey string can all be hazardous. Bones can get stuck. String and tinsel can cause a linear foreign body which can be very serious and life threatening.



It is worth being mindful of how festive items and unwanted food are disposed of, since you don't realise how much of the world is edible until viewed through the eyes of a Labrador! A cautionary thought!

So – if you would like any further information on caring for your pets in the colder weather and festive season – we are here to help, please don't hesitate to ask a member of our practice team.

Rabbit photo: Warren Photographic

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