



# Veterinary Centre

SUMMER 2018

# NEWS



## Practice News



### New vet joins the 387 team!

Many of you will already have met our new vet Selenia Davolio, who we were delighted to welcome to the 387 team earlier in the Spring. Since graduating in Veterinary Medicine in Italy in 2013, Selenia has worked exclusively in small animal practice and for the last 4 years she has been based in the Midlands. As well as bringing a wealth of knowledge and experience to her role at 387 Vets, Selenia holds a special interest in veterinary dentistry. In her previous position, Selenia's remit included being vet in charge of a dental referral service which spanned five practices, where she was responsible for operating on complex and challenging dental surgical cases, meaning that her dental skill set is exemplary.

### New travel clinics Book your free appointment to get 'pet-ready' for your holidays!

We all love going on holiday. If your pet is coming with you this year, how can you make sure they have a great experience too? By booking in to one of our nurse-led travel clinics, of course! New for summer 2018, our clinics will give you best pet travel care advice whether you're holidaying in the UK or abroad. And most importantly, all advice is tailored to you and your holiday destination. We'll discuss considerations for a calm, comfortable journey and how you can help your pet settle when you arrive. We'll talk to you about any potential diseases and parasite risks linking to the area you're visiting. And we'll advise on essential preventative care to keep your four-legged friend healthy and avoid them bringing any nasty parasites back!

No matter where you're taking your pet this summer, make sure they are as happy as you are to be away. If UK-bound, please book your free travel clinic appointment at least a couple of weeks before departure. For overseas destinations, the earlier you can see us, the better: we can make sure your pet has the required immunisations, that your pet's passport is valid and that you're properly prepared so that you and your pet can max out on fun!



### There's no limit!

Huge thanks to everyone who has handed out a 387 Vets Recommend a Friend postcard. Every time a brand-new client joins us and hands in a completed postcard saying who recommended them, both parties receive £5 credit on their account. Just as a little thank you from us. While you can only be new once, there's no limit to the amount of credit you could potentially accumulate by telling friends and family about 387 Vets!

Make sure to replenish your postcard stocks when you are next in. Remind your friends to complete the card when they come to their first consultation and see how much you can save!

A special treat



## 387 Vets feature again at the Petplan Veterinary Awards!



**Congratulations to Rachel our Practice Manager who was shortlisted as one of three finalists in the Practice Manager of the Year category of the 2018 Petplan Veterinary Awards in April.**

The prestigious awards evening took place at Birmingham Town Hall on the opening night of the four-day British Small Animal

Veterinary Association's 2018 Congress, and we were delighted that, as winners in three of the five categories last year, and a finalist in one this year, the whole 387 team was invited to attend. We were even given 2017 winners' sashes to wear on arrival!

The annual event celebrates the nation's most outstanding veterinary professionals who have been nominated by their colleagues and clients for continually going the extra mile to make a real difference to others. This year, over 22,000 nominations were received! Whilst Rachel was a runner-up on the night, we are incredibly proud of her and her achievement.

We were also incredibly proud of our receptionist, Jo, who was invited to present the award for Practice Support Staff of the Year 2018 as last year's winner. As well as introducing the award and announcing the winner, Jo got to share the stage with the evening's host, the renowned comedian Marcus Brigstocke. And have her photo taken with him as well!



## VHD2 These rabbits are protected. Is yours?



Traditionally, rabbits have only needed one vaccination to protect against highly infectious deadly rabbit-specific diseases: an annual booster covering VHD and Myxomatosis. VHD can be contracted from contact with infected rabbits or from infected bedding or clothing and both are almost always fatal, hence the importance of vaccination.

Sadly, in 2017, there were several locally confirmed rabbit deaths – as well as cases reported UK-wide – from a relatively new strain of VHD: VHD2. This virus shares many similarities with VHD, is contagious, and whilst fatalities are lower, death is still a potential outcome.

Vaccination provides the best protection, but your rabbit's annual booster does not provide this. A separate injection is required to protect against VHD2, given two weeks before or after the booster, or as a stand-alone.

We highly recommend vaccinating against VHD2. To encourage uptake, we're offering the booster and VHD2 vaccine for a special combination price of £49 when booked together. The normal price is £60 when booked separately.

**Help protect your rabbit and others locally. Book your rabbit in today, or speak to one of our team for more information.**

## Don't be a flea hotel!



*Did you know that if you spot fleas on your pet, you are only seeing 5% of the problem? 95% will be hiding in your carpets and upholstery as eggs, flea larvae and pupae? And that an adult female flea can lay 50 eggs a day? And that your pet could be spreading eggs all over your house, wherever it goes?\** Feeling itchy yet?

With the weather becoming milder, if you aren't already, now is the time to start protecting your pet against fleas as well as ticks and other parasites. Don't let your house become a flea haven!

Not all flea products are the same. Ask us about our comprehensive vet prescription only parasite packages to effectively protect your pet against fleas, ticks, mites and worms. Book in to one of our free nurse parasite clinics, or give us a ring for best advice and our current deals.

\*[www.petdialog.co.uk](http://www.petdialog.co.uk)



## Something to chew on...

With our new vet Selenia having a special interest in dentistry, it seems particularly appropriate to dedicate the majority of the newsletter to common pet dental issues. Read on to find out about common problems, how to spot if your pet is suffering and how you can help prevent dental disease.

## Did you know...



4/5 dogs over 3 years old have signs of gum disease.

*Kortegaard et al. (2008)*

As many as 85% of cats aged three years or over have some sort of dental disease.

*International Cat Care*



## Glossary

### Plaque

Film of bacteria that develops on the surface of the teeth. Initially invisible, as the plaque layer grows and thickens, it appears as a soft, grey or white film. As the most common underlying cause of dental disease, it's important to keep teeth clean and plaque-free.

### Tartar

This is hardened plaque, and is visible as a creamy yellow or brown hard deposit on the tooth.

### Periodontal disease

Infection and inflammation of the structures around the teeth and their roots.

### Gingivitis

Gingivitis is a form of gum disease that causes redness and swelling of the gingiva – the part of the gum around the base of the teeth. It can range from mild to severe. In its most severe state, Gingivitis is exceptionally painful, and typical signs may be drooling, bad breath, trouble eating and even bleeding from the mouth.



## Plaque-associated dental disease

Dental disease is most commonly associated with the build-up of plaque and tartar from bacteria in the mouth. As our pets get older, it becomes increasingly likely, and plaque and tartar build-up can lead to tooth decay and painful redness and swelling of the gums (gingivitis). There are several key reasons for the build-up of plaque:

### 1. Tooth misalignment

If teeth are not straight or there is overcrowding, they are not effectively cleaned by the natural abrasion that occurs from chewing food. Some causes of tooth misalignment are:

- Breed:** some breeds have jawbones which are too small to accommodate the number of teeth (Typically short-faced breeds e.g. Cats: Persians, British and Exotic Shorthairs; Dogs: Pugs, Shih Tzus, Cavaliers).
- Deciduous tooth retention:** where a baby tooth remains in situ even when the adult tooth has grown through and leads to overcrowding, trapping food.
- Trauma:** If your pet has suffered a fractured jaw and this has healed in a different or misaligned position.
- Congenital abnormality:** An abnormality at birth (e.g. undershot or overshot jaw)



Tartar build up and inflamed, bleeding gums



Dog with deciduous tooth retention

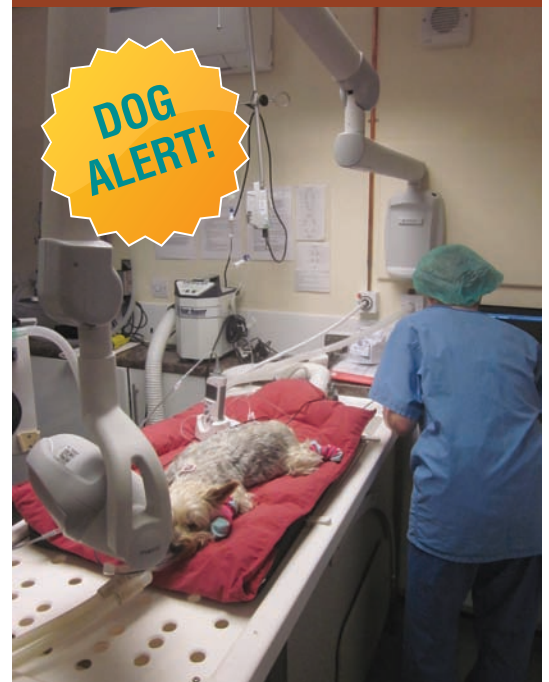
### 2. Diet

Dry foods mean more chewing, which in turn means more abrasive action on teeth, helping to keep them more plaque and tartar-free than solely feeding your pet soft, wet food. Giving pets sweet treats like biscuits is a big no-no as not only is it bad on the waistline, but also on the teeth! Sugars speed up plaque development.

### 3. Infectious disease

Some diseases can cause pets to be more prone to periodontal disease and gingivitis. For example, if your cat appears to have persistent gingivitis, we may recommend screening for Feline Calicivirus (FCV) or certain immunosuppressive diseases such as Feline Leukaemia Virus (FeLV) and Feline Immunodeficiency Virus (FIV).

## Tooth injury leading to dental pain



Digital dental X-rays being taken

**Fractured teeth can be very painful, and will lead to infection and a tooth root abscess. Common ways teeth can be broken or damaged, are:**

- Catching something which is too hard or heavy or fast (e.g. cricket ball; frisbee)
- A twisting or sideways force, such as tugging the branch of a tree, getting a tooth caught in a dog collar when play fighting, or playing with a tug toy. As well as fracturing, tooth luxation (dislodgment) can also occur. This can involve tears in the bone and gum and be extremely painful if any pressure is subsequently placed on the tooth.
- Collision: if a dog runs into something when chasing a catch-toy
- Biting down with force: dogs can bite down with their back teeth with so much force they can break their own teeth if whatever they are chewing is harder than the tooth (e.g. bones, antler horns, artificial nylon bones, stones etc)
- Gnawing: Excessive gnawing can cause wear on teeth which, in extreme cases, can lead to pulp exposure (looks like a black hole), which needs treating.

Trauma and FoRLs (see next page) are the most common causes of tooth fracture in cats. Another cause can be if cats jump from height and bump their upper canine teeth on the ground when landing.

# Feline odontoclastic resorptive lesions (FoRLs)

Feline (odontoclastic) Resorptive Lesions (FoRLs) are holes which form in cats' teeth, sometimes above the gum line and sometimes below. They can be extremely painful as the live part of the tooth (the pulp cavity) is exposed. The cause of FoRLs is unknown.

They can appear as 'red holes' in the crown of the tooth. There are two types of FoRL – type 1 have healthy roots, whilst type 2 have roots that turn into bone and cannot be removed. It is only possible to distinguish type 1 from type 2 using dental x ray. If left, FoRLs will continue to cause pain as the crown disintegrates and in cases of type 1 the crown breaks off leaving painful roots which must be extracted. We use digital dental X-rays at 387 Vets, for accurate diagnosis and correct treatment of these challenging cases.

**CAT  
ALERT!**

It's estimated that over 70% of cats over 5 years old have at least one FoRL.

*International Cat Care*

## GUM DISEASE

All of the above issues can lead to gum disease. Gum disease can become severe – in worst cases, tooth extraction, antibiotics and anti-inflammatories are the only option to remove pain and infection and restore quality of life.



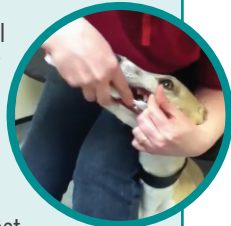
Dental procedure in progress



X-ray showing FoRLs and tooth disintegration

## THE SOLUTION Follow a great dental care routine!

- ✓ Pets should have a dental check-up at least every 12 months
- ✓ Vaccinate annually to protect against specific infectious diseases which can exacerbate gum disease
- ✓ Get into a good pet dental care routine. Cats and dogs will tolerate tooth brushing – especially if you start at an early age. You must use a pet-specific toothpaste (lots of flavours are available!). See how to brush your dog's teeth at [www.387vets.com/resources](http://www.387vets.com/resources). Daily brushing time is a great opportunity to check for any dental issues
- ✓ Manage plaque and tartar build-up by making sure your pet has the right balanced diet – speak to one of our team. Look out for pet dental chews that clean teeth too
- ✓ Do not give your dog antlers to chew on – they are too hard for teeth and cause trauma.
- ✓ Play nicely! Avoid tugging and twisting games that can cause trauma
- ✓ Play safely: select toys carefully – rubber and fabric are softer options. Choose toys that are softer than your dog's teeth!
- ✓ Pay attention to your pet's eating habits. Have they changed?
- ✓ Be vigilant. Look for changes in your pet's behaviour.
- ✓ Act fast. If you spot any signs of dental disease, please contact us.



## COMMON SIGNS OF PAIN

**Pets can be really good at hiding pain. Here are some common signs they may be suffering:**

- drooling
- bad breath
- pawing at the mouth
- only eating on one side of the mouth
- lack of interest in food
- loose teeth
- tooth root exposure
- red, inflamed or bleeding gums
- weight loss
- becoming less lively and less sociable.

**If it's been more than 12 months since we checked your pet's teeth, or you've noticed signs of discomfort, please speak to reception. We run free nurse dental health checks, but if your pet is showing symptoms of discomfort or dental disease you may need to see a vet. Let's get to the root of dental disease together!**