



## Hello and Welcome New Team Members

**Alex Broomhead** RVN Registered Veterinary Nurse

Alex qualified in March 2019, and joined St Kitts Veterinary Group in November 2019. He has a keen interest in surgical nursing, anaesthesia and orthopaedics. He also enjoys studying complimentary therapies such as physiotherapy, hydrotherapy and laser therapy. Outside of work Alex enjoys watching horror movies, documentaries and ice hockey. He is a big history fan and often goes metal detecting to find historic items. Alex likes camping and visiting ancient or historic sites around the UK with his dog; a one-year-old female Chow Chow cross called Nuggs.



**Courtney Weaver-Ennis** MRCVS

Veterinary Surgeon will work predominately at the Basingstoke and Firgrove practices. She graduated in 2016 from The Royal Veterinary College London, and enjoys all aspects of the job, especially performing surgery. Courtney lives with her husband in Newbury together with two dogs, two cats and chickens, along with some marine fish. Outside of work she enjoys spending time with her family and going on country walks. Courtney loves to travel and still has many places yet to visit!



Cats are very clever creatures and have owners wound round their little paws, pampering and serving their every whim! Our felines deal with life in their own time and never seem to rush anywhere, except to the feeding bowl! They can be very vocal and communicate by meowing, purring, growling, trilling, hissing, with pheromones and also body language. It is thought that cats evolved 12 million years ago, and can be seen in ancient Egyptian paintings and sculptures.

### Common Cat Ailments



#### FLUTD

Feline lower urinary tract disease covers a wide range of conditions affecting the bladder and urethra, such as bladder stones, urinary crystals, stress or infection.

**Signs can include - squatting to urinate but cannot - urinating frequently and in unusual places - blood in urine**



#### Mouth

Providing routine healthcare for your cat or administering medication can prove a fiery business of possible scratches and bites, which does cause owners and even us vets to be a little wary! However, regular mouth checks are needed as some cats are prone to oral disease.

**Watch out for - ulcers or cuts on tongues - bad breath - broken teeth inflamed swollen or bleeding gums (gingivitis) excessive drooling - reluctance to eat**



#### Hair Balls

Ingested hair from grooming generally passes through their digestive system and out the other end. However, a hairball can develop in the stomach or small intestine. You may find your cat retching or gagging in an attempt to remove it.

**Other signs to look out for - loss of appetite constipation - a swollen abdomen**



#### Routine Jabs

Vaccinations can help protect your pet against infectious diseases. Cats wander freely outdoors, and may come into contact with unvaccinated, feral or stray cats carrying diseases such as **Cat Flu and Feline Leukaemia**. Effective and regular flea, tick and worm treatments will help to avoid parasite infestations, which can cause many health problems.



#### Neutering

At about six months old, cats can reproduce and often! Tom cats fight with other male cats and are at risk of disease via bites and scratches. **A queen cat will deliver 3-4 kittens or more, and then shortly after is off to get pregnant again!** Neutering provides health and social advantages, as it helps to reduce fighting, aggression, spraying, the spread of fatal disease and unwanted kitten litters.



#### Hartley Wintney

**01252 844044**

**Mon to Fri 8.00 - 19.00**

**Sat & Sun 8.30 - 16.00**

#### Crookham Park

**01252 913990**

**Mon to Fri 8.30 - 19.00**

**Sat 8.30 - 16.00**

**Sun at Hartley Wintney**

#### Firgrove

**01252 877799**

**Mon to Fri 8.00 - 19.00**

**Sat 8.30 - 12.00**

**Sun at Hartley Wintney**

#### Basingstoke

**01256 844944**

**Mon to Fri 8.00 - 19.00**

**Sat 8.30 - 16.00**

**Sun at Hartley Wintney**

**24 Hour Emergency Cover**

**We have plenty of advice, help and treatments to tackle these ailments, so if you notice any signs of ill health in your feline friend or would like further information, please do not hesitate to contact us.**

# Tooth Troubles

**Q.** Does your pet suffer from bad breath or have difficulty eating? **A.** YES






**Q.** Does your dog drool or have inflamed, red or bleeding gums? **A.** YES

**Then book your pet in for a dental check with the vet!**

Almost 80% of dogs and 70% of cats show signs of periodontal disease at just 3 years old.

## Toothbrush Training Tips

It is really important to keep your pet's teeth in good condition, as tartar can build up on the teeth causing inflamed and infected gums, which can lead to tooth decay. Brushing is the way forward to a healthy mouth and ideally should begin when pets are young, but please be patient, especially if you have an older pet. Do not rush, build confidence and give lots of cuddles and praise. **Always use animal toothpaste NEVER human paste**, and over a few days introduce teeth cleaning to your pet.

-  Just with your finger, lightly touch in and around their mouth, softly rubbing the front teeth.
-  Once your pet is confident, cover your finger with a soft damp cloth to gently rub the teeth.
-  Introduce a soft bristle toothbrush with something tasty on the bristles. Allow your pet to lick and investigate the brush while you are holding it.
-  When the brush becomes familiar, lightly brush their front teeth.
-  Gradually progress to using animal toothpaste, introducing a gentle vertical motion to the front teeth and a circular action for the back.

Some pets enjoy having their teeth cleaned, but others.....well it may take a while! Treat toothbrush time as a fun and happy event for your pet.

**We are here to help! If it all seems a bit daunting, our nurses can show you how to brush your pet's teeth. It's never too late to learn!**



**Hartley Wintney**  
High Street RG27 8NS  
info@stkittsvet.co.uk  
**01252 844044**

**Crookham Park**  
Queensacre Retail Centre  
Sandy Lane GU52 8LH  
info@crookhamparkvet.co.uk  
**01252 913990**

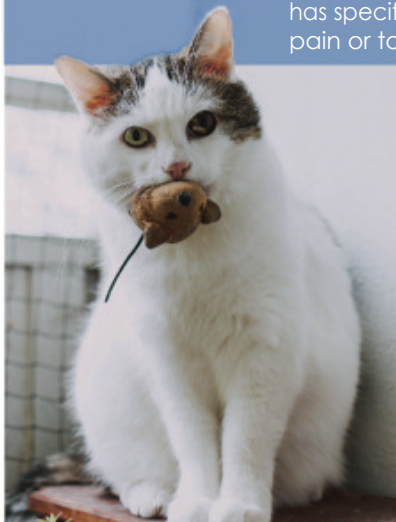
**Basingstoke**  
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**01256 844944**

**Firgrove**  
1-3 Aylesham Way  
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info@firgrovevet.co.uk  
**01252 877799**



# Veterinary Acupuncture

Acupuncture is a complementary medical practice that involves inserting very fine needles, through the skin to varying depths, to stimulate certain points around the body. Each acupuncture point has specific actions when stimulated to alleviate pain or to help treat various health conditions.



## How Does Acupuncture Work?

It works by **Stimulating Nerves**  
**Increasing Circulation**  
**Relieving Muscle Spasm**

It also generates a release of many hormones, including cortisol (a natural steroid) and endorphins (one of the body's pain-relieving chemicals). Acupuncture can be added to a treatment plan, helping to reduce your pet's requirements for some medications that may have undesirable side effects.

## Which Conditions Respond to Acupuncture?

Some of the main conditions which may be treated with acupuncture:

- Musculoskeletal** such as arthritis and muscular injuries
- Respiratory** such as feline asthma
- Gastrointestinal** such as diarrhoea
- Skin** such as lick granulomas and allergic dermatitis
- Neurological** such as epilepsy
- Stimulating the body's defence systems**
- Urinary** such as incontinence
- Chronic eye and ear problems**

## What to Expect During Your Appointment

Your pet will have a full examination by a vet prior to their acupuncture to ensure that he or she can undergo treatment. Each session will be tailored to your pet's needs. Treatments last for around 30 minutes.

You may stay and hold your pet during the treatment, or if you prefer a nurse can be present to aid the acupuncturist if needed.

The acupuncturist will make your pet comfortable and then gently insert the acupuncture needles into the acupuncture points.

**Is Acupuncture Painful?** The insertion of acupuncture needles is virtually painless, and once the needles are in place, there should be no pain. Most animals become very relaxed and might even become sleepy. Treatment may cause some sensation, presumed to be those such as tingles, cramps or numbness, which can occur in humans.

## How Often are Treatments Performed?

Patients are often treated weekly for 2 - 4 weeks, then at wider intervals depending on the individual's response to the treatment. A positive response is usually noticed within the first 4 - 6 treatments and may continue long term.

## Will insurance cover it?

Most insurance companies will cover acupuncture costs. However, you will need to check to determine if it is covered on your policy.

