

AUGUST 2024



WELCOME TO CLAWS & PAWS

Lanes Vets Newsletter

Here you'll find great advice, offers for you and your pet, news, hints & tips, seasonal advice and much, much more!

PRACTICE NEWS

AUGUST IS AFTER 8 CLINICS AT LANES VETS!



As our pets get older, their needs change. Adaptations to their home environment, lifestyle, and routine to reflect these changes can help give our pets the best quality of life in their senior and geriatric years.

Home & lifestyle changes for senior pets

Adapting your pet's home environment and routine is important to ensure their comfort and wellbeing. There are 5 main changes and lifehacks that will help make life easier for them.

Avoid any impactful exercise such as jumping and ball-catching

Exercising regularly can help to keep their joints moving and give their minds regular mental stimulation. However, it's important the exercise is little and often so that they are not doing too much that could cause harm to their joints. Also, avoid exercises that may impact the joints, such as playing frisbee and catch.

Swimming can be a great exercise for senior dogs as the warm water supports their joints and helps to strengthen muscles whilst having a positive impact on their overall well-being.

Add non-slip rugs (or anti-slip tape underneath existing rugs) to laminate/tiled floors to prevent slips

Modern houses often have laminate and tiled flooring, which can be a slip hazard to many pets. In addition to causing injuries, pets can develop anxiety about walking across flooring. Using non-slip rugs and runners is a great way to help give your dog stability and a better grip so those incidents can be avoided.

Raise food and water bowls off the floor

Many pets eat and drink from bowls off the floor. This can put a lot of pressure on their front legs when leaning down and make it uncomfortable. Raising the bowls up helps to relieve the pressure off their legs and makes eating and drinking more comfortable. This is very important in older pets, as they will often have higher hydration needs.

Add ramps to steps or flooring height changes where your pet may struggle/ provide low-sided litter trays

Activities such as going up and down stairs, jumping on and off the bed or settee, and in and out of the car all put added pressure on a pet's joints. Using ramps is a great way of still enabling your pet to do these activities but without the stress on their joints that can cause discomfort. The use of low-sided litter trays encourages cats to use their litter trays.

Get good quality, supportive bedding such as memory foam

As our pets age, their activity levels decrease naturally, and they spend more time resting and sleeping. Appropriate bedding can really make the difference between a comfortable and uncomfortable rest. Avoid using beds with high sides that can make it difficult to get in and out of, as well as very soft and unstable bedding. Memory foam beds usually give good support whilst being comfortable and are a great option for arthritic pets. For pets showing signs of incontinence, using toddler mattresses can be a great way of giving them comfort whilst keeping their bed hygienic.

Our veterinary team at Lanes Vets are highly experienced when it comes to treating senior pets and is here to help if you have noticed your pet struggling with mobility or simple tasks. Please contact your local branch if you have any questions.

After 8 clinics

After 8 clinics are targeted at canines and felines who are 8 and over.

Our pets age much quicker than we do, so patients are invited back every six months to monitor their overall health. Blood pressure, urine output, and blood tests can also be completed. These clinics are run by our friendly registered veterinary nurses, who have a lot of knowledge and great advice on how to care for our older pets.

This clinic is free, but optional bloods are charged at a discounted price.

Get in touch with us to [book!](#)

MEET LARA COTTIER!



**MEET THE
TEAM**

Lara Cottier
Director and
small animal vet

Lara qualified from Liverpool University Veterinary School in 1996 and has focused on small animal practice ever since.

She joined Lanes Vets in 2009 as the senior small animal vet at Poulton Surgery and had the honour of being asked to join the

partnership in 2014.

Lara enjoys all sides of small animal practice; she likes the puzzle that medical cases provide and the skills involved in surgery. She's level 1 certified in fear-free practice and enjoys making vet visits less stressful and enjoyable for our patients. 🐱



Outside of work, she likes to spend time with her family and their variety of pets—dogs, cats, and a tortoise! 🐢 She likes to cook, knit, and read and enjoys watching movies with her kids.

Meet the rest of our team on our [website](#).

TIPS FOR SAFE BEACH TRIPS THIS SUMMER



**Do you take your
dog to the beach?**
Watch them in the water!

With summer in full swing, there is nothing better than a trip to the beach with your dog! 🐶 🏖️ However, the sea can be dangerous for

pets who are not used to swimming, or when the water conditions are hazardous, putting them at serious risk of drowning.

It's essential that you keep a close eye on your pet when they are in the water and that you:

- 🐾 Never leave them unattended out in the open water
- 🐾 Outfit them with a good doggy life jacket
- 🐾 Ensure they don't go too far, where you'll be unable to fetch them

KENNEL COUGH AND TRAVELLING

**Learn more about
kennel cough**



Did you know boarding kennels and doggy daycares have kennel cough vaccine requirements for their guests? 🏠 🐕

Kennel cough is a highly contagious respiratory disease that causes a persistent hacking cough in dogs, often sounding as if there's

something stuck in their throat. While it's not usually a deadly disease, young puppies, sick dogs and golden oldies might have a severe form of kennel cough, which is why it's essential to try and prevent outbreaks in places with lots of dogs in close contact.

To ensure you have a relaxed holiday right from day one, don't forget to make sure your furry friend has their kennel cough vaccine all ready to go.

If you'd like to know more about kennel cough vaccination and to make sure your dog is protected, don't hesitate to give us a call!

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