

# Highfield Veterinary Practice

## NEWSLETTER

### Welcome to our first Highfield Newsletter



#### Broxbourne

White Stubbs Lane

Broxbourne

EN10 7PZ

01992 440738

Opening Hours

Monday- Friday: 9am-

7pm

Saturday: 9am-1pm

Sunday: Closed

#### Cheshunt

Longfield Lane

Cheshunt

EN7 6AD

01992 629233

Opening Hours

Monday- Friday:

8.30-11am 3pm-6pm

Saturday: 8.30am-11am

Sunday: Closed

#### Emergency Contact

outside of these hours

Royal Vet College

Hawkshead Lane

Potters Bar

AL9 7TA

01707 666399

We are proud to care for your pets, and remain a family run independent veterinary practice.

Our philosophy is to look after your pets like our own, and to offer you a personal caring, service. Our Practice Principle Richard Lockyer has been running the practice for 35 years, and Mark Haumann our Clinical Director has been leading our veterinary team since 2004.

We hope you enjoy this first edition newsletter and plan to bring you an update every quarter.

Please do let us know if there are topics you would like covered and send us your pet stories and pictures.

Like everything we do, we want this to be personal to what our clients and their pets want.

Email us at [admin@highfieldvets.co.uk](mailto:admin@highfieldvets.co.uk)

### New Faces

We are delighted to welcome three new additions to our dedicated team. Harriet Carter will be supporting our wonderful team of vets and working alongside Richard, Mark and Emily. We are also excited to welcome two more qualified nurses [Registered Veterinary Nurse] to our team; Keely Bray and Sally Pyne.

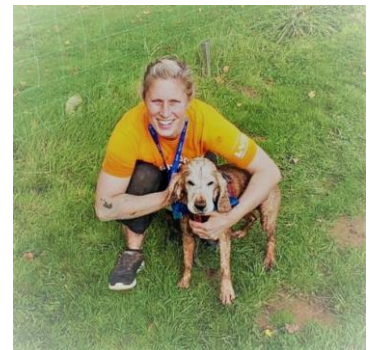


Graduating from the University of Cambridge, and with an additional degree in Zoology, Harriet grew up in West Yorkshire. She describes Fizz the Jack Russell and Tilly the spotted cat as her “feisty friends”, whom she visits whenever she can. Harriet enjoys skiing, attending live sports matches, and loves a pub quiz. Harriet is pictured cuddling one of her patients which she Describes as one of the perks of the job



Sally joined our fabulous team of qualified nurses in August of this year. She has been working in veterinary practice for two years’ and has always been devoted to all animals.

Sally describes herself as a “crazy dog lover” and is the proud owner of a two year old Pointer called Cooper. She enjoys spending her spare time taking him for adventurous walks or going away for walking weekends.



Keely is also a qualified veterinary nurse and is our dedicated Theatre Nurse at the practice.

Keely joins us from the Royal Veterinary College where she previously worked with horses.

She is pictured with Dougal her adorable spaniel, who is eight years young.

Keely and Dougal enjoy competing at Flyball together.

As well as spending time with Dougal, Keely enjoys reading and going to the cinema.

## CANINE ARTHRITIS

### “Getting Old and Slowing Down” or In Pain?



*“Tyler is 14 and a typical Golden Retriever”, loving people and food in equal measures.*

*Daily pain medication and joint supplements, staying active, and maintaining a healthy weight is keeping Tyler’s arthritis easier to manage”*

*Janice Linsell, Practice Manager*

**Cats get arthritis too!**  
“Old and Grumpy” or in pain?

We have effective pain management options for cats and can also help you with managing their lifestyles to help them too.

With the cold weather upon us, this is often the time when some of our patients come to us because their owners have noticed they are “slowing down” or “just not themselves”

Arthritis or inflammation of the joints is very common in our dogs with an estimated 1 in 5 affected.

The good news is that there is so much more we can do to keep our pets comfortable for longer, but it is important to get an early diagnosis. Arthritis is painful and degenerative, so it gets worse with time.

The cartilage which acts as a cushion between your pets’ bones and their muscles wears away so that eventually your pet could have painful bone rubbing on bone.

As well as this there can also be changes in the bone structure called osteophytes which then add to the pain as new bone grows on the existing bone to compensate for lost cartilage.

We can do so much to manage and care for our arthritic patients and there is also much you can do in the home to help your pet.

Our first objective will be to get your pet as pain free as possible. This may involve a three-pronged approach with Non-Steroidal Anti-inflammatory drugs to control pain and inflammation, joint supplements to help lubricate and support painful joints and special diets that can also really help your pet.

Weight management is often an important part of helping control pain as inevitably an overweight pet will put more pressure on painful joints.

Our qualified Veterinary Nurses can help you come up with a diet plan for your pet that still allows you to give them treats and reward them as you want to.

You will be amazed at how many dogs will wait at the fridge door for a carrot instead of a sausage, and of course the carrot is so much less fattening!

Managing exercise is also important. Whilst throwing balls etc is fun for your dog if they are arthritic this might be putting additional pressure on those painful joints.

We can help you come up with other fun ways to interact with your pet that won’t cause them long term pain. Dogs often love games involving hiding a treat or even just having a massage or a brush instead.

There may also be simple changes you can make in your home such as putting mats down on slippery laminate or wooden floors or using stair gates to prevent your dog running up and down stairs and then suffering with sore joints later.

If you think your dog is “slowing down” please don’t hesitate in bringing them to us for a check-up.

Some breeds, such as Labradors and Golden Retrievers are predisposed to arthritis and can start suffering from a very young age. Pets that have had injuries are susceptible too.

There is so much we can do to keep your pet happy and healthy longer, especially if we can get a diagnosis and help you with management as soon as possible.

For more information see;  
[www.caninearthritis.co.uk](http://www.caninearthritis.co.uk)



*An X-ray of arthritic hips*

**Talk to us if you have noticed changes in your pet’s behaviour, it may be pain and we can help**