

Pet Life - Magazine Issue 1.
SUMMER 2016

CELEBRATE YOUR PET

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WITH ACE THE MACAW

Safety around dogs
What you need to teach
your child

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Letter from the Editor



There's nothing like a big earthquake to shake up production of the first issue of a new magazine.

With December earmarked as the launch of our quarterly Pet Life magazine, it's fair to say the magnitude 7.8 earthquake on November 14 threw a few spanners in the works – namely because Pet Life is based in Kaikoura.

But eventually the power and internet came back on and we could get back to business – as if putting out a new mag isn't stressful enough! – and we are thankful that no-one in the team or their pets got hurt.

Therefore, it's no exaggeration to say that we are very pleased to bring to you our first-ever issue of Pet Life. We anticipate that future issues of the magazine will not be as challenging.

Pet Life is a free magazine for animal lovers and people who love their pets. Regular features will include vet articles, pet first aid tips, rescue group superstars, giveaways and lists of animal welfare and rescue groups across New Zealand. We aim to give back a percentage of our profits to animal welfare charities so they can continue to do the awesome work that they do.

Pet Life will also run engaging stories about real pets and their people, and about those who are lucky enough to work with animals and are passionate about what they do.

In this Summer issue we catch up with Ace the macaw, fellow pet Riley the border collie and their "person" Mark Robinson, who have been turning heads in Auckland North Shore parks. Mark is one of a number of enthusiasts worldwide who is embracing the free-flight movement, which sees parrots being flown outdoors and without

restriction. Ace flies while Riley runs, and they take turns in chasing each other – it really is quite a sight to see.

Also in this issue we talk to a canine physiotherapist, a dog massage therapist and a veterinary acupuncturist about their jobs in an increasingly integrated animal health-care system. All three women absolutely love their jobs and have some wonderful, heartwarming stories to tell about helping pets get back to good health using alternative therapies. There's a wealth of wonderful pet stories to share and tell, and we invite our readers to let us know about anything that would make a good yarn in our future issues.

Of course, we already feel a story coming on about being prepared for your pet in the event of a natural disaster.

Enjoy!

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FOURFLAX BECOMES PROVIDA!

NEW

Fourflax supplements have a new brand name and look! The hot new packaging and colour-coded categories make life so much easier when choosing the right supplement for your pet.

As animal health suppliers, Fourflax Ltd has created a new brand name, ProVida, with a more scientific and professional feel, and an underlying sense of veterinary credibility to it. ProVida (pronounced pro-veeda) offers a complete collection of wellness supplements for the health and happiness of your animals. That is the essence of ProVida – “for life”.

The product range is still the same as it was under the previous brand name, including the ever-popular Flax Seed Oil, symptom specific blends for Skin & Coat and Bone & Joint health, Apple Cider Vinegar and Flax Seed Flake. Look out for the products at your nearest pet store, vet clinic or selected New World supermarkets in the South Island.

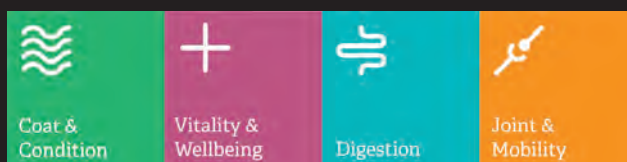
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LEARNING TO FLY

It's not every day that you see a man out free-flying his parrot in a park on a windy day. And it's even more unusual when that parrot is flying and swooping alongside a running and jumping dog.

Meet Ace, the 18-month-old blue and gold macaw, and his border collie buddy, Riley, both who Mark Robinson regularly exercises at parks in Auckland's North Shore. Mark might possibly be the first person in New Zealand who has been crazy enough to set free his \$8000 parrot into the great outdoors, but his philosophy is garnering the interest of other parrot owners.

He'd rather Ace be a real bird than just a pet that he teaches to talk and do tricks. And certainly the inside of a house isn't big and practical enough to fly a macaw.

Ace is like Riley, Mark explains. Without the exercise they would both go mental and have health issues.

"I let Ace use his body and his brain.

"It's awesome for both their brains to get out together."

Mark, 28, says a macaw is the perfect bird to teach the art of free flight. They're colourful and large so they can be easily seen; loud so they can be easily heard; and sociable, so they will want to come back to you.

"Most people that free fly create a home range around their property but I can go to the park and the home range is around me, rather than a place."

The key to free flight is to start early when a bird is finding its wings.

From the age of about three months to six months, Mark worked with Ace inside, teaching him to come to him, before venturing outside. Riley, who was still just a pup at the time, was there every step of the way.

"My real passion is creating dependency with animals," says Mark, who also has his own business as a dog walker. He walks about 40 dogs a week, up to 10 dogs at a time, and he lets them all loose in Riverhead Forest. He also competes nationally in dog obedience.

"I can't let Ace go without that relationship and bond, or let all the dogs go at once in the forest without having any control over them.



"Creating that dependency with Ace allows me to push the envelope and throw him off the cliff and go 'you have the skills to survive and the understanding of how to get back to me'." Having a bowl of sunflower seeds in his hand helps, too, as Ace returns regularly for treats.

"They are like his lollies, not part of his everyday meal. If it's really hard conditions I take cheese, he will work really hard for cheese."

The first time Ace spread his wings outdoors, about a year ago, was terrifying, admits Mark, who has also just started training his younger green-wing macaw, Quin, the art of free-range flying.

For Ace's first lesson, he chose a location in Ruawai, Northland, for its wide, open space.

It had to be somewhere that Mark could "see for miles" to keep an eye out for any incoming predators because his young bird didn't have the skills to deal with them, yet.

It was a blustery day and Ace learnt how to be picked up by the wind and land into the wind without falling flat on his beak.

Later excursions, once flying was mastered, included taking Ace to places where he could be attacked by other birds so he could hone his predator defence skills.

"It's natural for him to have bad experiences. It's like riding a bike. Who learns to ride without falling off?

"The negative experience never comes from me - I am the safe place, but I don't baby him."

Now that Ace has his wits about him, and has successfully fended off attacks by black-backed gulls, magpies and plovers, and has proved his ability to get back to Mark in one piece, he mostly flies with Riley running in tow, which helps keep him safe.

"No predator is going to attack Ace when he is in a flock, even it is a four-legged flock," says Mark.

The unusual friends enjoy their outdoor pursuits together, and chase each other with much barking and squawking.

"Riley tries to herd him," explains Mark, but it's really Ace who calls the shots, using his great big beak to tell the dog when to back off.

"They are interacting and enjoy each other."



UNDER YOUR WING

Computer and phone cords, keyboards, the jewellery in your ears, houseplants, books, wallpaper, the mail, cane blinds ... Nothing is sacred when it comes to your inquisitive parrot and his beak, and that can be a real risk to your pet's wellbeing. **Dr Mike Averill**, a senior vet at the Straven Road Veterinary Centre in Christchurch, has treated many parrots that have been harmed by household items or toys. He gives advice on how to keep your feathered friend safe.

HOUSEHOLD DANGERS

Parrots are naturally inquisitive so there is a real risk of poisoning if they are left unsupervised out of the cage. Heavy metal poisoning is commonly seen in pet parrots and can result in death. Zinc can be ingested from chewing on galvanised wire or other metal objects like screws, nuts or bolts. Lead poisoning can occur from chewing on lead-based paint, solder or stained glass, or roof flashing. Many indoor plants can be poisonous to birds. Natural perches should be made from non-toxic wood such as apple, ash or willow. Don't use wooden perches that have been treated. Avocados, chocolate and onions can be very toxic to birds, and alcohol or caffeine drinks, like coffee and tea, are extremely dangerous. Toxic fumes from non-stick cookware can cause fatalities. Smoke can cause severe respiratory illness. Many household cleaning agents such as those containing chlorine and ammonia are also toxic for birds and should not be used to clean cages.

PARROT SAFE TOYS

Great care should be taken when you buy toys to make sure they are free of potential hazards and safe for your parrot. Small parrots require little toys as they can get their head trapped in toys made for large parrots. Large parrots need big toys as they can get their toes caught in toys made for small parrots. Supervision is important with new toys to make sure that they cannot be broken down into small pieces that can be swallowed and cause a gastrointestinal blockage. Care needs to be taken with rope toys because fibres can be swallowed and cause a blockage in a bird's crop. Birds can also get their claws, toes, legs or even their necks entangled in loose fibres from frayed or loosely woven rope toys. Wound tight, these fine threads can be hard to spot and will cut off the blood supply, causing gangrene. Metal toys and connectors of toys to the cage should be made of stainless steel because of the risk of zinc or lead poisoning. Heavy metals such as lead or zinc can damage the gastrointestinal tract, liver, kidneys and nervous system. Symptoms include lethargy, weakness, loss of appetite, regurgitation, increased thirst, increased urination and seizures. Be careful with clasps, open chain links and split rings that may be chewed, swallowed or caught on the beak, tongue or toes. All mirrors must have a covered back or frame so the bird does not chew the potentially toxic reflective backing. Safe items that make good toys are cardboard tubes from toilet paper and paper towels, paper cups, small branches and leaves from non-toxic trees and edible flowers. Ping-pong balls are often popular with parrots.

HOW TO KEEP A PARROT HAPPY AND HEALTHY

It is important to keep your parrot happy, busy and occupied by enriching the environment in which he lives. Boredom can lead to behavioural problems such as feather picking. The cage should be as large as possible and generally wider than it is tall to allow room for wing flapping. It should be in the corner of a room so the bird feels more secure. Don't overcrowd it with toys, and rotate toys regularly to keep your parrot interested in playing with them. Allow your parrot to exercise by flying around the room and playing with toys in a playpen. Regular bathing is also important for the wellbeing of your pet, and it can be as simple as turning on the tap at the sink. Companionship is vital. Parrots need to be talked to, looked at, preened and allowed to perch on your wrist, forearm or shoulder. When your parrot is alone, play him some music or leave on the radio or television to keep him happy. Or take your parrot for a drive if you have to pop out to the shop – many parrots enjoy car rides. Try to encourage your parrot to forage for food like he would in the wild. Fresh fruit or veges can be hidden in cardboard tubes, woven through the bars of the cage, or hung from a blunt-ended stainless steel skewer. Pet parrots should have at least 10 hours of sleep daily so cover the cage at night to shut out light. Your bird needs regular times to eat, sleep, play, interact and be alone.



Formerly Known As KingKhalessi
My name is Pablo Escobird, baby Sun Conure, smuggler of seeds and wine connoisseur 🍷🍷🍷 I love my mummies @jade_wilkes & @hollegoldsby91



Instagram:
@lifeofpabloescobird
2K Followers

Why did you name him Pablo Escobird?

The sun conure species originates in South America. *Narcos* is our favourite TV show so wanted to put a creative spin on it. We must have gone through about five names but Pablo the Parrot has a good ring to it, don't you think?

Where did you get Pablo from?

The Bird Barn in Henderson. We visited one afternoon and we were able to play with some of the birds. We immediately fell in love with Pablo and went back the next day to bring him to his new forever home!

How old is Pablo?

Pablo is eight months old. His lifespan should range from 30-40 years!

Lifeofpabloescobird

What is Pablo's favourite treat?

Apple, grapes and sunflower seeds.

Was he easy to train?

Pablo is able to wave, spin and fetch a ball. We taught him by using a clicker and a training stand. He learns tricks from Momma Jade in five minutes, with Momma Holl as camera crew.

How often do you take him out and about?

Pablo is a PA at the Kohi Ray White branch where he works fulltime, and he is taken out every weekend to the beach, cafes and sometimes Waiheke Island!

What is the strangest question you have been asked about Pablo?

"Is that a real bird?" Or: "Is he wearing a nappy?!"

MICROBIAL TOOLS FOR ANIMAL HEALTH

An overview of probiotics, prebiotics, and other potions for pet owners.

In recent years the awareness of the importance of what is now commonly called the “gut biome”, i.e., all of the microbial life that exists in an animal’s digestive tract, has grown tremendously. A dizzying array of products, some with attractive or even startling claims, flood the market. This article is to give pet owners some clarity and understanding regarding the various categories of products and some of the pitfalls to be avoided.

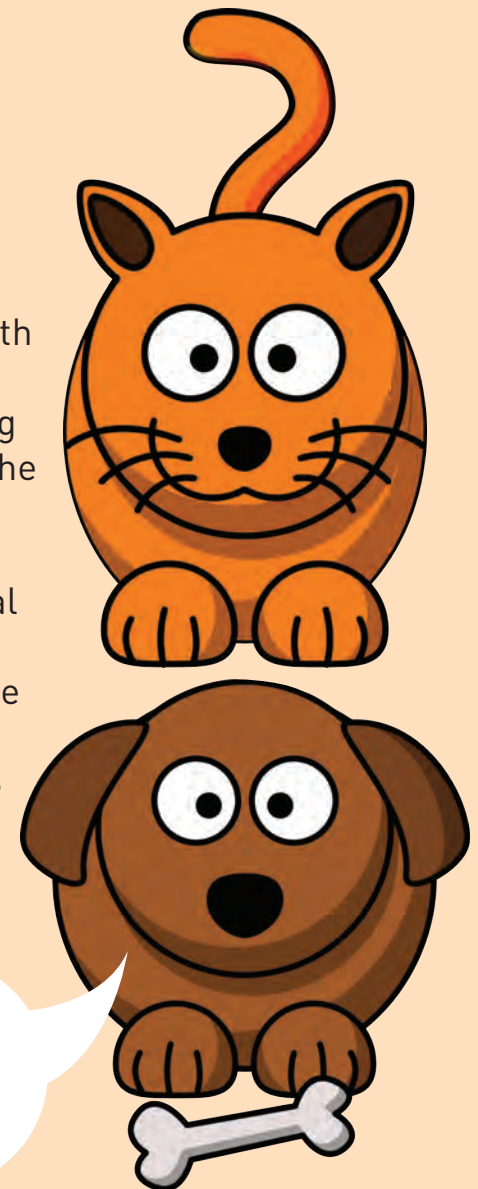
The basic premise of probiotics and other types of microbial tools (MTs) is that there are “good” microbes and “bad” microbes. This is perhaps an oversimplification but it is true that all of the products on offer are in one way or the other purporting to affect the gut biome in a way that advantages the “good” bugs that support wellbeing at the expense of “bad” bugs. Let us first touch on a few of the basic mechanisms whereby MTs affecting the gut biome can help or hinder your pet.

NUTRITION

Probiotics and other microbial tools (MTs) are often associated with good nutrition or digestion. It must be noted here that many of the nutrients absorbed in your pet’s gut are not digested directly but are instead the “leftovers” made available through microbial digestion within the animal’s gut. In essence, the microbes eat first and your pet gets what is left behind. A greedy gut biome will not allow your pet to thrive, virtually no matter how much food you provide, and a generous biome will allow you to maintain condition and well-being on a much more modest (more affordable!) ration. MTs thus attempt, with varying success, to promote a generous biome and discourage a greedy alternative.

IMMUNE SYSTEM

The majority of your pet’s immune system focuses on the digestive tract because most of the pathogenic microbes likely to challenge them are consumed via food or water. “Good” or “probiotic” microbes, in addition to not being pathogenic themselves, are often quite good at killing or limiting the ability of “bad” microbes to thrive. Phrases like “competitive exclusion” or “pathogen shedding” are used to describe some of the various ways that the good guys combat the bad to your pet’s benefit.



GUT WELLBEING

Your pet’s gut is normally protected by a slimy layer, a biofilm, which is a complex community made up of different microbes. When this layer is damaged or broken down, through stress, antibiotics/worming products, illness, etc., and if there is not a natural source of “good” microbes to re-inoculate the gut and rebuild the protective biofilm, the tissues of the gut are left exposed to stomach acid as well as the mechanical irritation of food moving along the tract. This leads to irritation and inflammation, all of which cause discomfort and pain to the animal. MTs can contribute to the presence and rebuilding of this biofilm.

It must be noted that this biofilm, along with gut tissue (epithelial cells), is regularly shed every few days. This is one of the ways that your pet can eliminate pathogens without having to fight them at all. Natural re-inoculation of the biofilm is interrupted by processed foods, drugs, stress, etc. If the biofilm is to be rebuilt, “good” microbes must be introduced and some MTs are useful in this regard.

CATEGORIES OF MICROBIAL TOOLS (MTS)

Probiotics

"Probiotics are live microorganisms, which when administered in adequate amounts confer a health benefit on the host." (FAO, 2001)

First and foremost, probiotics are alive. They consist of microbes that are understood by science to be both safe and beneficial for healthy gut function. For a probiotic product to be effective it must deliver a sufficient number of the appropriate type of live microbes to that part of the gut where they are capable of delivering a benefit to your pet.

Unfortunately, in many places, including New Zealand, the term "probiotic" is not regulated in any way and a manufacturer can call anything, alive or dead, a probiotic. The majority of products sold today as probiotics are freeze-dried microbial cultures. These include single strain products and products where several or even many different freeze-dried cultures are mixed together. It is generally accepted that multi-strain products, freeze-dried or otherwise, are more effective than single strain products. These products are sometimes contained in pellets or other coatings or are suspended in a gel or oil. These coatings and gel/oil suspensions are sometimes claimed to help protect the microbes in the gut but they are generally there to extend the shelf life of the product.

Evidence exists supporting the proposition that freeze-dried cultures can provide a beneficial effect, as demonstrated by the abundance of studies undertaken by the companies selling these products. Freeze-drying has important benefits, especially the creation of a long period of shelf-stability, especially when stored under controlled conditions. Freeze-drying does have its costs too. Many of the cells are damaged and less than 10% (and often less than 1%) of the microbes survive the drying/rehydration process, especially given the harsh conditions found in the gut. Further, "waking up" takes time and the freeze-dried microbes will pass through at least a part of the gut before they can begin to produce a probiotic effect.

Far more effective are live microbial cultures that are administered to your pet in an active state. Products containing live, active microbial cultures are uncommon in the market and come with certain limitations, especially a shorter shelf life.

Prebiotics

Prebiotics are nondigestible food ingredients that promote the growth of beneficial microorganisms in the gut. These often take the form of carbohydrates that are not readily broken down through normal digestive action but which provide a substrate, or living space, for the types of "good" microbes that promote healthy gut function. The majority of products that claim to be prebiotic consist largely or entirely of inulin, a polysaccharide carbohydrate generally refined from chicory.

Organic acids

There are a number of organic acids that are understood to benefit gut function. The most commonly available is cider vinegar, an excellent source of acetic acid. Other beneficial organic acids include lactic acid and butyric acid. Products containing a variety of these acids are available in some markets, especially in Europe where they are part of a range of "natural" options.

"Enzyme" products

There are a number of products that claim to be enzyme-based products. These are often made through microbial fermentation that is halted (killed) in the manufacturing process. What is left over is a broth of dead cells and cell fragments, the metabolites produced by the microbes in the manufacturing process, and, yes, some enzymes released during the process. Because enzymes continue to work even after the microbe that produced them is killed, it is very hard to stabilise these products. Microbial tools are a rapidly developing part of the tool kit that pet owners can use to maintain the wellbeing of their pet. The market abounds with MTs, some of which are excellent and many of which are rather dubious. It is and will remain a challenge for the pet owner to decipher the often obscure information provided by the manufacturers and retailers of these products.

About the Authors:


Andre Prassinis and Don Pearson are co-founders of BioBrew Ltd, manufacturer of PetBrew, a fresh probiotic product for animal health with high microbial viability and activity, and an array of beneficial microbial metabolites including butyric acid, lactic acids, and acetic acid.



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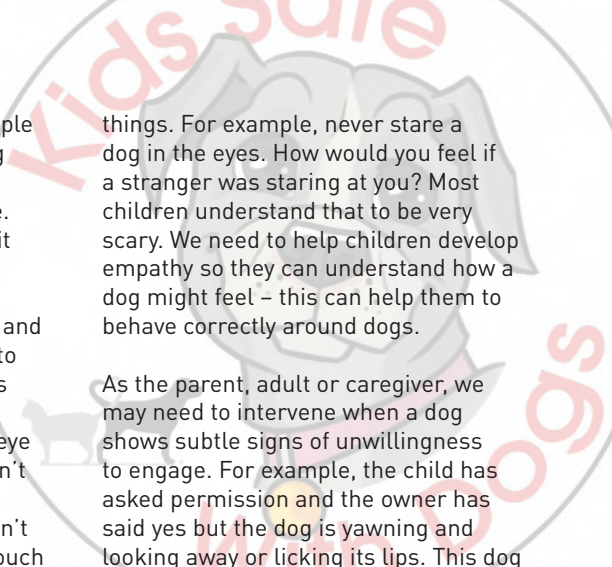
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The number of dog bites in New Zealand is increasing and we regularly hear about people – especially children – being bitten. We ALL need to take a more active role in educating our children and others to keep safe, just as we do in other aspects of our lives, like stranger danger or how to cross a road.

Some information being given to children is outdated and potentially dangerous. All education programmes should be based on the latest research and then tempered with common sense and guidance by knowledgeable educators.

When it comes to education around our canine friends there are three golden rules that all of us should remember, no matter what age.

1. Always ask permission from the owner and never approach a dog that is alone. You don't know how this dog is going to react.

It may be scared; it may not like people in glasses or hats, or people holding umbrellas. The dog may be unwell or deaf. Fear can cause a dog to bite. NEVER scare a dog by approaching it from behind.

2. Once the owner gives permission and the dog knows you are there, stand to the side of the dog and touch only its shoulder or side.

This reduces the chance of making eye contact with the dog (which dogs don't like). It allows the dog to move away should it not want to be touched. Don't stand in front of the dog and try to touch its chin or chest. New research shows that dogs don't like strangers touching their head at all – this includes the chin and chest. You wouldn't stand behind a horse, would you? So why stand at the pointy end of a dog?

3. Stand like a tree if a strange dog approaches you. This turns you into something uninteresting and the dog may lose interest and just walk away. Don't yell at the dog or wave your arms around as this could scare the dog and it may then try to defend itself.

Dogs have many subtle ways of telling us that they don't want to interact with us. It is our responsibility to learn what they are saying and how to behave around them.

When we are educating children it is important that we explain WHY they should and should not do certain

things. For example, never stare a dog in the eyes. How would you feel if a stranger was staring at you? Most children understand that to be very scary. We need to help children develop empathy so they can understand how a dog might feel – this can help them to behave correctly around dogs.

As the parent, adult or caregiver, we may need to intervene when a dog shows subtle signs of unwillingness to engage. For example, the child has asked permission and the owner has said yes but the dog is yawning and looking away or licking its lips. This dog is showing signs that he does not want to interact with us and just wants to be left alone.

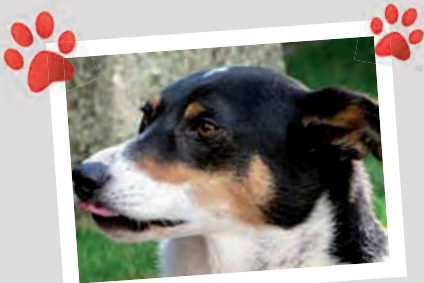
Some subtle signs of stress that a dog may show:

- Lip licking – slow deliberate movements
- Yawning
- Paw raise
- Head turning away/dog moving away
- Panting – dry raspy

Understanding canine behaviour can make our lives happier and more enjoyable for our canine friends and us.

Jo Clough
Kids Safe with Dogs
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SAFETY WITH DOGS



My dog has fleas!

FLEA ALLERGY



What are allergies, and how do they affect dogs?

One of the most common conditions affecting dogs is allergy. In the allergic state, the dog's immune system "overreacts" to foreign substances (allergens or antigens) to which it is exposed. These overreactions are manifested in three ways. The most common is itching of the skin, either localised (one area) or generalised (all over the dog). Another manifestation involves the respiratory system and may result in coughing, sneezing and/or wheezing. Sometimes there may be an associated nasal or ocular (eye) discharge. The third manifestation involves the digestive system, resulting in vomiting or diarrhoea. The specific response that occurs is related to the allergen and the individual animal's immune system.

What is meant by the term "flea allergy"?

In spite of common belief, a normal dog experiences only minor skin irritation in response to flea bites. Even in the presence of dozens of fleas there will be very little itching. On the other hand, the flea-allergic dog has a severe, itch-producing reaction to flea bites. This occurs because the dog develops an allergic response to the flea's saliva. When the dog is bitten, flea saliva is deposited in the skin. Just one bite causes intense itching and this is of a long lasting nature.

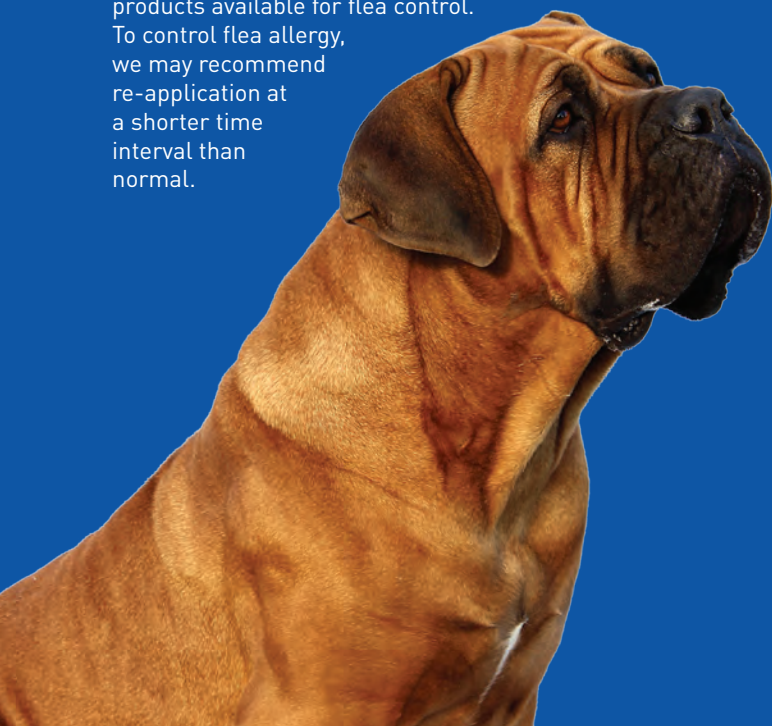
What does this reaction do to the dog?

The dog's response to the intense itching is to chew, lick or scratch. This causes hair loss and can lead to open sores or scabs on the skin, allowing a secondary bacterial infection to begin. The area most commonly involved is over the rump (just in front of the tail). This is probably because fleas find this part of the dog more desirable. Many flea-allergic dogs also chew or lick the hair off their legs.

What is the proper treatment?

The most important treatment for flea allergy is to get the dog away from all fleas. Therefore, strict flea control is mandatory and this involves ensuring the dog is flea-free and also removing fleas from the environment. There are many products available for flea control.

To control flea allergy, we may recommend re-application at a shorter time interval than normal.



Some dogs can be desensitised to the adverse effects of flea bites. Flea saliva extract (flea antigen) is injected into the dog in tiny amounts over a prolonged period of time. This is an attempt to reprogramme the dog's immune system so it no longer overreacts to bites. If successful, itching no longer occurs or is less intense when the dog is bitten. However, this approach is only successful in less than 30% of cases.

Corticosteroids can be used to block the allergic reaction and give relief. This is often a necessary part of dealing with a flea allergy. Dogs are more resistant to the side effects of steroids than humans, but significant side effects can occur. For this reason, the goal is to administer the smallest amount of steroid needed to keep the dog comfortable. Some dogs develop a secondary bacterial infection in the skin. When this occurs, appropriate antibiotics must be used and steroid therapy reduced even further.



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WHAT NOW DOG OF THE WEEK

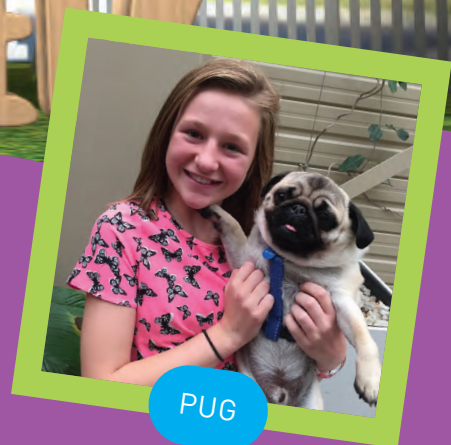


Pet Life was lucky enough to be able to support the Dog of the Week segment on TV2's *What Now*. Over the past months, young dog owners have been invited into the studio to show off their dogs. The idea behind this segment was to educate Kiwi children.

“Dog of the Week is all about educating kids about the awesome different dog breeds that exist around Aotearoa,” says *What Now* researcher Kate Morgan. “Having kids bring into the studio their beloved pet to share some facts and hilarious stories to our presenters and viewers at home has been both rewarding and entertaining.”

The dogs ranged from small pups like the pug and Japanese chin through to the larger breeds like the samoyed and Rhodesian ridgeback. Every dog that went on the show got a *Pet Life* bag full of goodies as a thank you for their special appearance.

Kate says “a huge thanks to *Pet Life* must be given for sponsoring this segment on our show”, and *Pet Life* would like to acknowledge the following for supporting our doggy goody bags: Provida, PetBrew, Pet First Aid & Training, DogLife, Assistance Dog New Zealand Trust and Pets Can Come Too.



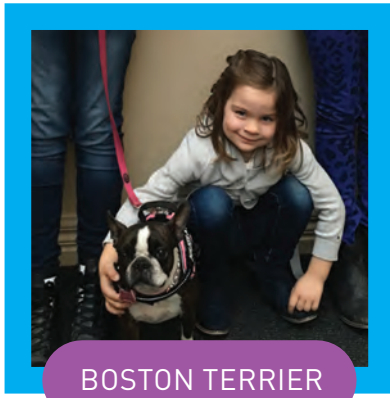
PUG

Size: Small
 Average Lifespan: 12-15 years
 Exercise: Low
 Grooming: Low
 Trainability: Medium
 Country of origin: China
 Maisey Snowden (12) with her pug, Winston (1)



SIBERIAN HUSKY

Size: Large
 Average Lifespan: 11-13 years
 Exercise: High
 Grooming: Medium
 Trainability: Very low
 Country of origin: Russia (Siberia)
 Jess (14) & Angus Marquet (11) with their Husky, Dakota



BOSTON TERRIER

Size: Small
Average Lifespan: 10-14 years
Exercise: Low
Grooming: Very low
Trainability: Medium
Country of origin: United States
Hallie, Millie & Charli Forman [12,11,14] with their Boston, Colbie



JAPANESE CHIN

Size: Small
Average Lifespan: 12-14 years
Exercise: Very low
Grooming: Medium
Trainability: Medium
Country of origin: Japan
Samantha, Lauren & Ashleigh Maule [9, 7, 5] with Sparkles



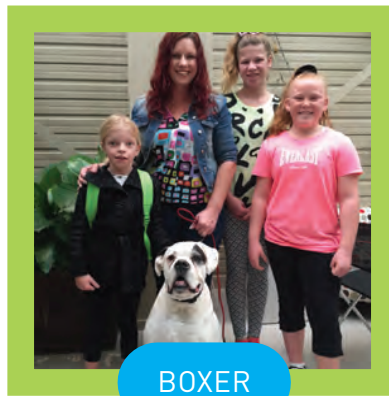
SCHNAUZER (MIN)

Size: Small
Average Lifespan: 12-14 years
Exercise: Medium
Grooming: Medium
Trainability: Medium
Country of origin: Germany
Alyssa & Emily Harris [14, 10] with their schnauzer, Fergus



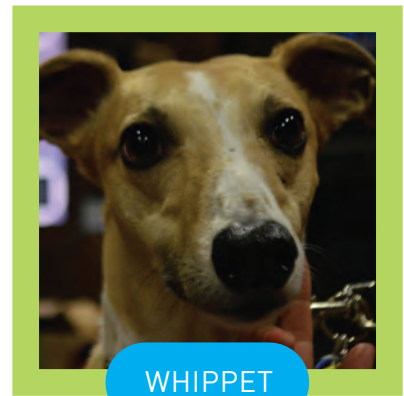
BULLDOG

Size: Medium
Average Lifespan: 8-10 years
Exercise: Very low
Grooming: Low
Trainability: Low
Country of origin: England
Caleb & Milly Dellow [13 & 8] and bulldog Kevin



BOXER

Size: Medium
Average Lifespan: 8-10 years
Exercise: Medium
Grooming: Very low
Country of origin: Germany
Maddie Stewart (12) with Bandit the Boxer (9)



WHIPPET

Size: Medium
Average Lifespan: 12-15 years
Exercise: Medium
Grooming: Very low
Trainability: Medium
Country of origin: England
Kieran Sinclair-Lomax [11] and Hunter (red & white)



ALASKAN MALAMUTE

Size: Large
Average Lifespan: 10-12 years
Exercise: High
Grooming: Medium
Trainability: Medium
Country of origin: United States (Alaska)
Mindi Boshier (6) with Mack the Malamute



RHODESIAN RIDGEBACK

Size: Large
Average Lifespan: 11-13 years
Exercise: Medium
Grooming: Very low
Trainability: Medium
Country of origin: South Africa
JJ & Francheska Sims [11 & 8] with Spike



SAMOYED

Size: Large
Average Lifespan: 10-12 years
Exercise: Medium
Grooming: Medium
Trainability: Low
Country of origin: Russia (Siberia)
Holly & Jorja Hutton [11 & 9] with Alika [11 when on TV – RIP]

BEAT THE HEAT!

PREVENT HEATSTROKE THIS SUMMER

Heatstroke (hyperthermia) is caused by overexposure to heat, or exercise raising the body's core temperature to a dangerously high level.

This can be caused by multiple situations:

- Being left unattended in a car
- Tied up outside on a hot day
- Inadequate water supply
- Poisons
- Illness
- Upper airway obstruction
- Over-exercising or exercising on a hot day

It will also be more prevalent in the very young or very old as they are unable to thermoregulate their body temperature as well as a healthy adult animal.

Never leave any pet in a vehicle unattended. The temperature rises very quickly and even leaving a window open is not enough to keep the car at a safe temperature. Studies show that if the temperature is 26 degrees CELSIUS outside a car, within 10 minutes it will have risen to 37 degrees CELSIUS and then after 30 minutes it will have risen to 43 degrees CELSIUS. When the temperature rises over 40 degrees CELSIUS our internal organs start to shut down.

Cats tend to move themselves out of the sun when they get too warm, but it still pays to keep an eye out for cats that like to sunbathe – they can get locked inside greenhouses or conservatories. Have a quick look around prior to locking up.

Before you take your dog for a walk on a hot day think about where you are exercising, the time of day and imagine how you would feel running about in a fur coat. Do not walk your dogs on hot pavement, concrete or sand. As well as potential hyperthermia you may end up treating them for burns to the pads of their paws. If you can't walk on a surface in bare feet then don't make your dog.

Take some time to think about your animals that are confined to one area outside, such as birds in aviaries, rabbits and guinea pigs. They will need to be in a shady area where there is a breeze and they will require plenty of fresh water. The temperature inside hutches can get very high if there is no breeze and they are placed in direct sunlight. If you can't move a hutch, look at putting up a shade cloth or umbrella, so if it gets too hot your animals will still have some shade.

For those who are inside, like birds, mice, rats and fish, make sure they are not in direct sunlight and have plenty of fresh water (yes, especially the fish).

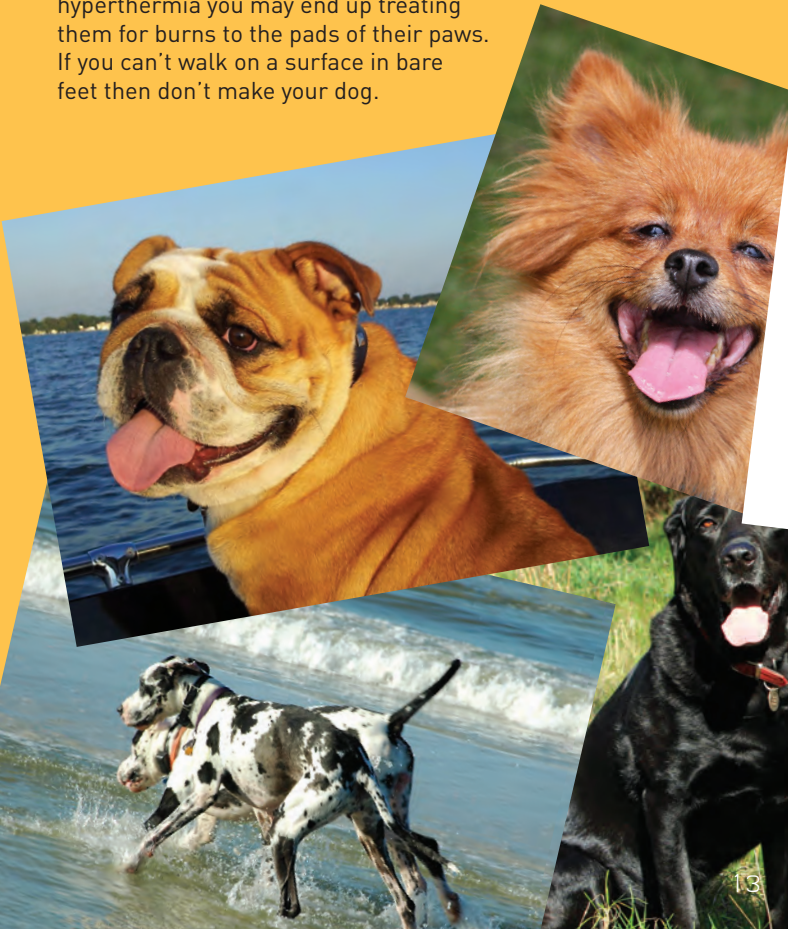
There have been incidents of deaths in kennels where dogs have not been provided with adequate water and shelter. If your dog is confined to a kennel when you are at work or out, check that they have shelter at all times of the day. They will need to have good airflow and a supply of fresh water.

A CHECKLIST FOR OUR ANIMALS IN THE SUMMER:

- Do they have shade?
- Is there a good supply of fresh water?
- Can they move out of the sun if they get too warm?
- Is there adequate airflow?

Now go and enjoy this beautiful weather knowing that your animals are safe and happy.

Jo Clough
PET First Aid & Training (NZ) Ltd



Animal healthcare is no longer just about a trip to the vet for surgery or drugs. Conventional veterinary practices are being combined with alternative therapies for an integrated medical approach. Pets are getting physical therapy, laser treatment, massages, acupuncture, homeopathy, Chinese herbal medicines and much more. This more holistic approach focuses on treating the whole animal to restore physical, mental and emotional wellbeing. **Inger Vos** talks to three providers of integrative therapies about their jobs and the benefits they see for their patients.



Dr Kym Shrimpton,
VETERINARY
ACUPUNCTURIST

GETTING THE WHOLE PICTURE IN ANIMAL HEALTH

When Kym Shrimpton's "maniac" 18-month-old huntaway-cross, Jack, gets too crazy, she pops a needle in the top of his head.

As a certified veterinary acupuncturist, that's where she usually starts a session on her patients. It helps to calm down a dog that may be anxious about being in a new environment, and most dogs that come to see her for the first time are in a lot of pain and quite unsettled.

"I usually put one in the head and give it a few minutes. They drop to the mat straight away and lie down. The nose starts drooping and they yawn." Then the rest of the needles can go in. "Within 15 minutes of the needles going in, producing endorphins, pain relief sets in."

Kym, who is a veterinarian and a certified canine rehabilitation practitioner, owns Acupet, a pain management clinic for cats and dogs in Auckland.

She uses a combination of Western and Eastern medical healthcare practices, including herbal medicines, to give her patients every opportunity to get back to health and wellbeing.

Kym says she became interested in traditional Chinese medicine because she felt limited by conventional veterinary medicine.

"For many animals, conventional medicine may work for a short period of time but then the problem just keeps recurring."

Pet acupuncture has been going strong in the United States for about 20 years but is very much in its infancy in New Zealand, where no courses are offered. Kym has been practising for about five years. She learnt acupuncture in humans at AUT but went on to do an intensive 18-month course in Australia to work on animals and hasn't looked back since.

"I love making a difference in an animal's life," says Kym.

"They come in in so much pain, many are old dogs who can't move very far, and over time you see a difference: a sparkle in the eye; they're playing with toys; engaging with their family. I'm giving them back quality of life." And they don't criticise her needling technique.

Acupuncture helps with more than just pain.

Kym has been treating a dog with bowel cancer, and acupuncture helps combat nausea from the chemo. The dog's stools have become normal, too, instead of being loose and bloodied. Acupuncture also helps with seizures, itchy ears and skin and urinary incontinence.

"The good thing about acupuncture is you don't get all those side effects you get with drugs."

And some animals can't take anti-inflammatories, which can cause problems with kidneys and the liver.

"Some dogs respond better than others, but when they do it is with very good results."

Eighty per cent of Kym's patients have muscle and skeletal problems, such as hip dysplasia; and many of them have been under the knife.

"Acupuncture helps speed up recovery by increasing the blood flow to an area, which helps generate healing.

"It's also good for relieving muscle trauma."

Using a combination of laser treatment, acupuncture and rehabilitation therapy, she recently saved a Hungarian vizsla from amputation. The dog's knee had got "mangled" in a fence.

"He wasn't looking promising after surgery – he had severe nerve damage and scar tissue buildup. When he came to me he was holding his leg up and wouldn't put it on the ground. This was four weeks after surgery. The surgeon and owner were considering amputation.

"He's using that leg now which is really good. The scar tissue has reduced, nerve sensations have returned. We saved a dog from amputation. Brilliant!"

Kym is hopeful that integrative therapies will soon be taught at vet schools in New Zealand.

"Fifteen years ago when I was at vet school they would stick an animal in a cage and leave it."

That is indeed a sad thought for all the dogs that end up in Kym's care.

They love visiting Kym and love getting acupuncture.

"They get out the car and come running for the door."



Elena Saltis,
CANINE
PHYSIOTHERAPIST

Dogs are the new kids, believes Elena Saltis.

The certified canine rehabilitation therapist, owner of Animal Physio NZ, believes the "huge demand" for her dog physiotherapy service is all down to a dog being part of the family for many people.

"People really love their dogs and want the best for them. I believe dogs are the new kids."

Animal physiotherapy is similar to human physiotherapy, and treatment is specific to each patient. It may include laser therapy, therapeutic ultrasound, underwater treadmill, electric muscle stimulation, massage, joint mobilisation and stretches. Most patients are given an easy home programme to help speed the healing process.

"Physio for animals has become very popular," says Elena, who started out as a human physiotherapist many years ago.

"It is mainstream in the States and the United Kingdom but has been a bit slower on the uptake in New Zealand. I think this is mostly due to the fact there are no animal physiotherapy programmes in New Zealand so the post-graduate specialisation in animals has to be undertaken overseas, and is very expensive."

Elena's qualifications are from the Canine Rehabilitation Institute in the United States, where she is now an instructor for the course.

"After completing my extensive post-graduate animal studies I realised that dogs responded to physiotherapy so much better than humans and

therefore I had much greater job satisfaction.

"I was also quite good at working with animals and they are heaps of fun so I decided to specialise solely on animals."

Elena first started practising on dogs about seven years ago in a "very small practice" at Vetspecs in Christchurch, the only specialist veterinary clinic in the South Island. She also works on cats and horses, and has treated pet rats, a monkey and a cheetah.

"I never intended to grow as I still had my human clinics when I first started out. My business took off. I didn't try to market myself but word caught on and I was in huge demand."

Elena now has three sites: the clinic in Vetspecs, a clinic in Rangiora Vet Centre and a stand-alone clinic in Ferrymead.

"We see heaps of different injuries and ailments," says Elena.

Among her most common patients are dogs with torn cruciate ligaments in the knees and orthopaedic and spinal injuries.

"We take them through a complete rehabilitation programme that gets them back to full function and mobility." She also sees many dogs that have hip dysplasia; arthritic dogs are common patients as well.

"The older, arthritic dogs are my absolute favourite types of patients. They just do incredibly well and I often hear owners say they have their old dog back and they are now acting younger than they have in years. It's so rewarding."

With such good results, it's not surprising that most of Elena's patients love going to physio.

"We make them feel better and since dogs are so smart they switch on to this pretty quickly.

"They normally leave the clinic feeling better than when they walk in, and if you do this with a dog a couple times they will remember and then love you for it. Patients also tend to love the gym exercises and find it fun.

"We have dogs that were paralysed that are now walking again; dogs that everyone thought would never be able to walk far and were in heaps of pain are now doing great and running on the beach."

One of Elena's favourite patients has been seeing her for years. Just six months old when he arrived at Animal Physio NZ, the pup had severe hip dysplasia and the vet was planning a bilateral hip replacement.

"I treated him with laser therapy, massage, joint mobilisations, stretching and advanced strengthening and stabilisation exercises. He responded to physio straight away and he has never had to have any surgery since coming to physio. He is now over six years old. He has a great, full, fun life and goes to the park and plays and is just as happy as can be.

"I get to help animals every single day. It's the best job in the universe!" And Elena's patients love her, too – every day she's rewarded with sloppy kisses, big cuddles and great thumping tail wags.



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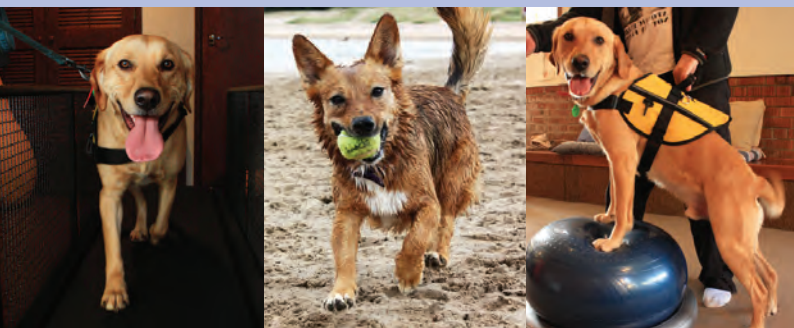
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Kathleen Crisley,
DOG MASSAGE
THERAPIST

Kathleen Crisley's most memorable patient was one of her first wheelchair cases.

Ollie, a dalmatian, was an older dog who had lost the ability to walk and vets were unable to diagnose a cause – it was later discovered, after his death, that he had had a brain tumour.

"The owner wasn't prepared to put him down because he wasn't in pain," says Kathleen, a practitioner in professional dog massage and natural care.

The vet had recommended Ollie be put down but the dog was still alert and engaged. Kathleen helped his owner measure out a mobility cart sourced from overseas and worked with Ollie to fit it and use it properly.

It was a giant contraption with four wheels that supported Ollie's entire body. Ollie's front legs had some movement so he was able to mobilise his walker.

"He had the wheelchair for almost two years; his owner got some looks," recalls Kathleen, who was there at the end when Ollie had to be put down, at home on the couch in his owner's arms. "It was very emotional," she says. Ollie's owner had essentially become the dalmatian's caregiver.

"He would carry the dog outside to go to the toilet on a regular basis. He'd take the dog to visit different places around town, often just sitting on a bench with the dog beside him. That was love, and that dog was a family member.

"I think we gave Ollie a very good quality of life. Sometimes dogs can't be rehabilitated – it's about management in the long term."

Kathleen has since helped other dog owners who are faced with end-of-life decisions regarding their pets. Her business, The Balanced Dog, has been operating since 2008 and her work also includes acupressure, trigger point and laser treatment, nutrition and food therapy.

It's an occupation that she is passionate about – she's been a dog person all of her life – and she works on the principle that every dog deserves a happy and pain-free life.

"New Zealanders are high adopters of natural therapies, and people are now looking for it for their animals. If I can get a massage and it keeps me going and maintained, why can't my animal?" Dogs like Kathleen because she makes them "feel good".

"They respond to touch therapies, and people who spend time with them."

She makes sure her work is fun for dogs – "I use treats, diversions and relaxing music" – and has never been bitten in the eight years that she's been in the job.

"I've beaten the odds. At massage school they said that in the first two years most people get bitten at least once."

Food therapy, which is based on traditional Chinese medicine where specific foods are used for healing and wellness, is becoming a larger part of her practice.

Kathleen matches food ingredients to a dog by considering all aspects of their life – such as behaviours, lifestyle issues, diagnosed illnesses and even seasons and the climate.

"There are many itchy dogs out there. They are reacting to something in their environment and often it is their food.

Many assume it's an allergy but the

more appropriate term is intolerance." Kathleen says she always asks for vet records, and anyone who thinks she should be the first port of call regarding the wellness of their dog is barking up the wrong tree.

"I had a call: 'I want you to laser my dog', because the dog was going to take part in an agility show later that week. The owner did not want to pay for a full consultation or supply me with vet records. I am not going to randomly laser your dog. That's scary territory and unethical as far as I'm concerned." She also warns that pet owners need to be careful when choosing a practitioner for any alternative therapies.

"It is not a highly regulated market in New Zealand," says Kathleen, who completed all her training in canine therapeutic massage in the United States.

"It pays to check that you are working with someone reputable."

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Saving a litter of kittens opened Beki Milligan's eyes to the overpopulation of stray cats in New Zealand.

The passionate director of Cat Rescue Christchurch says she became involved with the charity after nurturing back to health and rehoming three kittens and their mum, which were found on a friend's property.



While the mum was friendly, the kittens were not – and they were also very sick. Beki spent a lot of money on medical care for the kittens and socialised them. She found homes for all four – the mother cat went to live with her own mum, a friend adopted one of the kittens, and Beki kept the other two. It was a real “eye opener” to the problem of overpopulation in cats, says Beki, who at the time was introduced to Cat Rescue Christchurch by a colleague's daughter. Beki went to her first Cat Rescue meeting in 2010 and hasn't looked back.

Cat Rescue Christchurch is a not-for-profit charitable trust that is dedicated to reducing the overpopulation of stray cats. Founded in 2006 by Sacha Dowell, the charity deals with the stray cat situation by using no-kill methods. It traps, neuters and returns stray cats back to the wild. Young kittens caught in traps are socialised, desexed and rehomed. To date, the rescue has desexed and returned or rehomed over 4400 cats and kittens.

Beki says she got involved with the charity right from the get-go. At her first meeting, she put up her hand to compete in the Vegetarian Triathlon, an event that raises money for Cat Rescue, and the very next day went out with one of the volunteers to trap some cats. “I knew I had found my path,” says Beki, who has since thrown her heart and soul into the charity organisation and helped it to gain many successes. Beki admits there is a sad and bad side to the rescue work she does but all the positives outweigh any negatives. A big part of the job is teamwork, and Cat Rescue Christchurch has an amazing crew of volunteers, she says.

What is the most common reason a cat will come into your care?

Cat Rescue Christchurch mainly deals with stray, unsocial cats, the kind of cats that would otherwise be euthanised. A lot of them are born outside, with little to no human interaction, and have fended for themselves for their whole lives. Other rescue organisations will sometimes give us some of their more unsocial cats so they get a better chance at life.

How many cats do you personally take into your home? How many have stayed permanent residents?

Last season, I took in at least 100 cats and kittens into my own home. The kittens go to volunteers' homes. We look after them until a foster home is available and ready to take them on. They will be fostered until big enough to be desexed and rehomed. From all those kittens and cats, I have only adopted two.

What is your favourite rescue story?

The story of one of my adopted cats, named Gypsy. She was originally from a colony of about 40-50 cats that was being controlled by another rescue group using a trap and kill method. This colony had been around for roughly 20 years so obviously the tactic wasn't working. Cat Rescue came in about four or five years ago and trapped all the remaining cats. We desexed all the adult cats and returned them back to the colony, and kept 25 kittens. The kittens were in terrible health, with feline flu, and multiple cats only had one eye from birth defects or accidental injuries. One kitten had a particularly bad ear infection, and was incredibly timid and unsocialised. I had her for seven months, medicating her, and she became very

STRAY CATS NEED YOUR HELP



friendly. She never left. She reminds me so much of a monkey as she is very clingy and loves to be picked up. She has such a sweet nature, nothing like your normal cat, and is a great role model for all the new kittens coming through. It's like she understands that she was once in their situation and she teaches them how to be social, and helps them through the first stages of human interaction.

How do you think we can change the current situation of overbreeding?

I believe that early desexing is the key, and keeping kittens indoors until they are desexed. Some vets will not desex a kitten before they turn six months old, but kittens can start having kittens earlier than this so it is vital that they are not allowed in a situation where they can get impregnated. For wild colonies, the best tactic is to trap, neuter and return as this will help control the amount of litters born each year. Slaughtering doesn't work as the cats will still breed each year, and with less cats in a colony they allow other cats into their group. This just means that year upon year more kittens will be born, more cats killed and nothing ever changes.

Where do you hope to see the charity in the next 10 years?

It would be amazing to have our own centre, a hub for us volunteers, as well as a place for people to meet potential kittens. At the moment the rescue is all based out of the homes of our wonderful volunteers, and it would be great to be able to reclaim our homes. It is just a matter of funds, why we don't have our own centre, but I hope to see this change over time as we get more attention from the public.

How can people help out?

Encourage family and friends to desex their pets. This would have a huge impact on the cat overpopulation situation. Another good thing to do would be to adopt, not shop for, any future pets. There are plenty of cats and kittens looking for a new home, and amazing rescue groups who will be able to match you with the pet that suits your lifestyle.

Anything else you would like to add?

It's not always the best thing to feed the wild cats in your area because they will become dependent on humans and forget how to fend for themselves. Therefore if you leave, it would be like abandoning your domesticated house cat – they won't survive very long. If you find yourself having wild cats in your area, make sure to contact local cat rescues so that they can work out a suitable plan.

DONATE TODAY

To donate Cat Rescue Christchurch, you can make a direct bank transfer to account number 38 9006 0009314 00 with the reference "donation". For other options visit www.catrescue.org.nz/donate. For more information on Cat Rescue Christchurch visit www.catrescue.org.nz.

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