



The Vet Centre



WAIPU | RUAWAI | MANGAWHAI | MAUNGATUROTO | RUAKĀKĀ

December 2025
January 2026

Welcome to our final newsletter of the year!

This edition is packed with practical tips to help keep your pets safe and happy over the summer, along with some fascinating case studies we think you'll enjoy.

As the festive season approaches, we'd like to extend our warmest wishes to you and your family. Please take care on the roads and around the water as you celebrate.

Thank you sincerely for your ongoing support throughout the year – it means a great deal to us.

**With best wishes,
The team at The Vet Centre**



Seasonal Foods

What not to feed your dog at Christmas

Yep! It is tough when those big brown eyes are staring forlornly at you, but as tempting as it is to share your food with your dog during the festive season, our treats can be extremely dangerous to your canine companion. Here is a list of some of the worst offenders and why they make the naughty list.

Grapes and raisins – these contain a toxin that can cause severe kidney failure in dogs. The amount contained in the fruit is variable, so toxicity can be hard to predict. Prevention is better than cure, so avoidance is strongly recommended.

Christmas pudding and mince pies - These are full of currants, raisins and sultanas, which are toxic to dogs. Fat and suet can also cause severe stomach troubles, and they are usually laced with alcohol, which is also poisonous to dogs.





← **Chocolate** - In large enough amounts, chocolate and cocoa products can lead to gastrointestinal upsets, seizures and even death. Make sure chocolate coins, decorations and presents are kept well out of reach.

Bones - Cooked bones are brittle and splinter easily, which can lead to larger fragments getting 'stuck', causing obstructions and smaller fragments causing gut irritation and perforation.

Don't leave bones anywhere they can be found!
Poultry is hollow-boned, and the bones splinter whether raw or cooked, so it must never be given to your dog under any circumstances. Stuffing and gravy can also cause upset tummies.

Onions, Garlic, and Chives - These can cause stomach upsets and could lead to red blood cell damage. It takes a few days for signs of poisoning to appear.

Macadamia nuts - Within 12 hours of ingestion, these can cause dogs to experience weakness (especially in the hind limbs), depression, tremors, vomiting, and increased temperature, lasting for 12 to 48 hours.

Fat - Ham rind or the drippings from the BBQ tray can lead to upset stomachs or pancreatitis.

If you suspect your dog has consumed any of these foods, contact us immediately. The quicker the treatment is sought, the easier and more successful it will be.

SAFETY REMINDER: Secure your bins

Many pets are notorious bin divers who, given the opportunity, will quickly consume even the nastiest food and non-food items. Ensure your bins have secure lids and you dispose of all your waste adequately.

HOLIDAY HOURS

- Closed on public holidays
- Waipu & Mangawhai open on Saturdays
- Vet on call 24/7 on public holidays and outside of clinic days/hours.

'TIS THE SEASON for giving

AN EXTRA MONTH OF NEXT LEVEL PARASITE PROTECTION FREE WITH EVERY TRIPLE PACK PURCHASED*

NexGard SPECTRA
PROTECTS FOR DOGS

NexGard SPECTRA
PROTECTS FOR CATS

*At participating retailers only, while stocks last. TSCs apply. See product labels for full claim details. AOVN No. A011184 and A011882.

Save \$25 on Black Hawk® 15-20kg Dog Food*

Available in November-December 2025 while stocks last. © Black Hawk and other associated trademarks are registered trademarks of Masterpet Australia Pty Ltd.

BlackHawk®
Every Ingredient Matters®

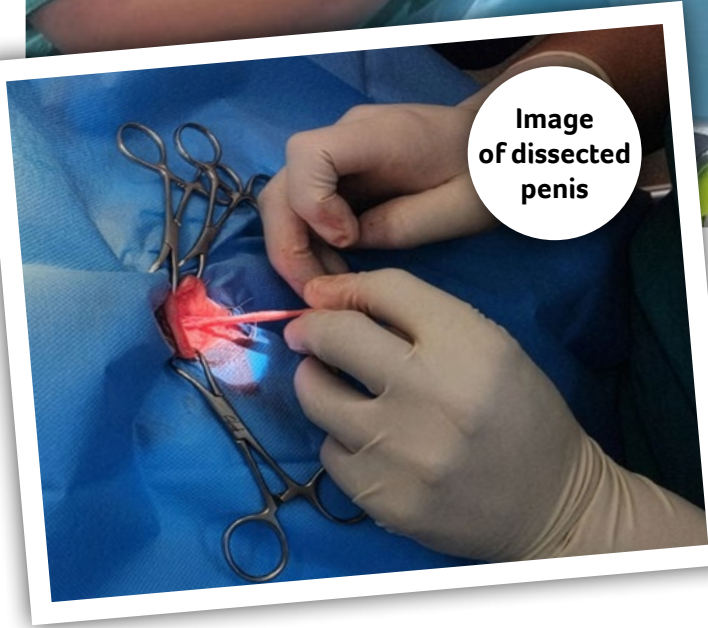
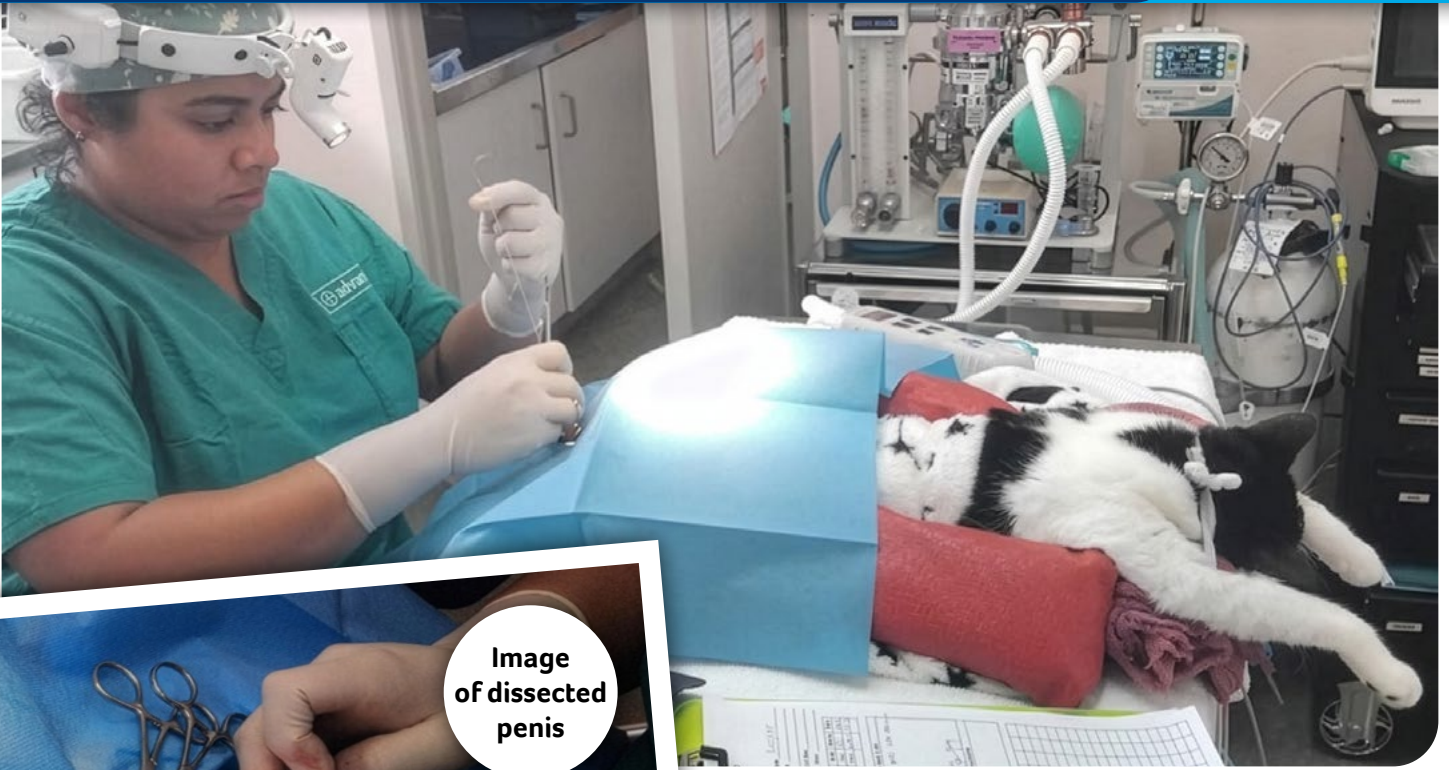


Image of dissected penis

CASE STUDY

Boo

Dr. Din Jayawardena

Boo, a 3-year-old male neutered cat, presented after being quiet and licking his back end a lot. Boo is known to be a stressy cat. He also lives in a multi-cat household. Cats are unfortunately prone to developing FIC (Feline Idiopathic Cystitis), and stress is thought to play a significant role in its development. He developed enough debris and crystals in the exit of his bladder that he was unable to pass urine at all. He was then admitted into the clinic to have that blockage removed and then a urinary catheter placed to keep his urethra open. Due to his nature, overnight, Boo would remove all urinary catheters and IV catheters and would then become blocked again. After this happened twice on two consecutive nights, we suggested a perineal urethrostomy, where the penis would be removed and a larger opening into the bladder created to help prevent future episodes of urethral obstruction. He is currently doing well after his surgery.

Save \$15
on Black Hawk® Cat & Kitten 4kg or larger bags*

*Available during November-December 2025 while stocks last.
© Black Hawk and other associated trademarks are registered trademarks of Manupat Australia Pty Ltd.

BlackHawk®
Every Ingredient Matters®



CASE STUDY

Jude

Conjunctival flap

Dr. Din Jayawardena

This is Jude, who had a Deep Corneal Ulcer (Desmetocele). It was decided to perform a conjunctival pedicle flap after suspected penetration and damage to the corneal surface.



The surgery of the conjunctival flap.



Here she is with the conjunctival flap in place; the third eyelid flap was placed after the flap was sutured. The picture below is after the third eyelid flap was removed.



2 and a half weeks after the conjunctival flap was performed, the swelling is reducing nicely.



Two months after surgery, the graft has really reduced in size, and Jude is doing really well.

Summer smiles are brightest when shared with furry friends.



Protect **the Pet Life**



Southern Cross Pet Insurance

How to give your pet the ultimate protection this summer

#1

Sign up and be in to WIN 12 months' FREE pet insurance* (up to the value of \$2,500) 17 weekly prizes to be won



#2 Sip
on some water



#3 Flop
in the shade



#4 Pat
on the back



Great fleas have little fleas upon their backs to bite 'em, And little fleas have lesser fleas, and so ad infinitum. (A. de Morgan 1872)



Dr Andy David
BVSc
Veterinarian,
Mangawhai

Summer Pestilence **Fleas & Ticks**

While not entirely true in the strict biological sense, it can sometimes seem so lately, given the number of severe flea infestations we are currently seeing. Unfortunately, ticks will not be far behind as we experience a warm, humid start to summer.

Fleas can cause severe itching in our pets, which compromises their welfare – and ours, with their incessant scratching. Cats and dogs can go to develop a severe allergy to flea bites known as Flea Allergic Dermatitis, and fleas can also transmit internal parasites (tapeworms and Bartonella). And if the infestation is severe enough, puppies and kittens can develop life-threatening anaemia.

We are fortunate in NZ that the Asian longhorned tick, which infests cats and dogs, does not transmit blood-borne parasites or cause toxicosis. They are nonetheless a nuisance and can infest dogs in large numbers.

The relatively recent introduction of members of the 'isoxazoline' class of drugs, which kill external parasites in animals, has enabled us to more effectively treat existing infestations and even prevent future infestations for between one and six months, with one product effective for an entire year. Trade names of these products are NexGard®, Bravecto® and Simparica®. 'Broad-spectrum' formulations are available that also treat worms, making them extremely convenient to use.

Bravecto Quantum is an injection that protects dogs against both fleas and ticks for a whole year. The product is supported by good results from pre-clinical and field trials, which demonstrated high parasite kill persistence and good tolerance in treated dogs.

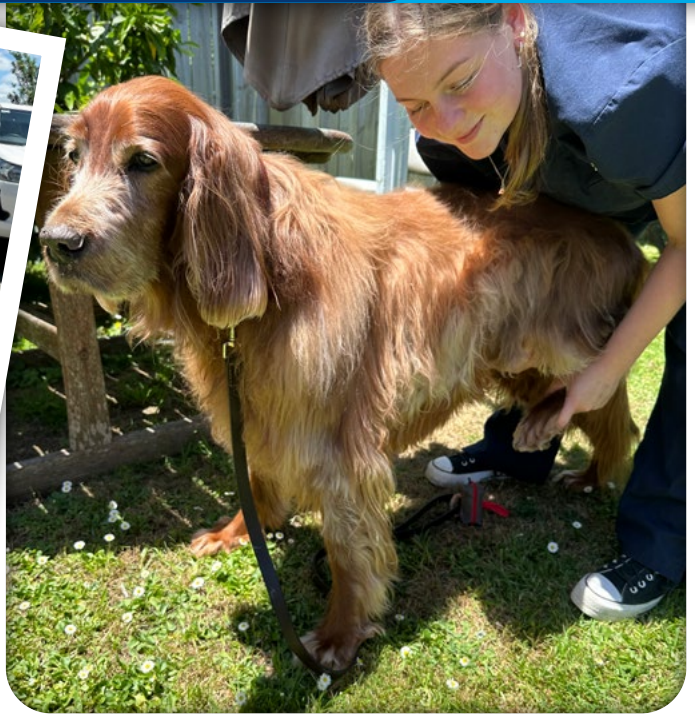
So, needing to keep your pet flea and tick-free this summer? Pop down to any of our clinics, and we will provide advice and the products most appropriate to your situation to keep your pet parasite-free!

It is important to appreciate that, as good as any product can kill parasites on an infested animal, equally important is the reduction of immature stages of the flea lifecycle within that animal's environment. Only 5% of the flea population exists as adults on our pets- the other 95% are present as eggs, larvae and pupae within the animal's environment. Diligent environmental hygiene is thus necessary, especially regular vacuuming of carpets and washing of bedding.



YEAR-LONG FLEA & TICK PROTECTION FOR DOGS, WITH JUST ONE DOSE

BRAVECTO QUANTUM requires vet authorisation, ACVM: A011993.



Physio with Emily

Hi, I'm Emily, a vet nurse at *The Vet Centre*, Mangawhai. I took an interest in rehabilitation and physiotherapy while following a few orthopaedic cases and seeing how much support they needed beyond their initial treatment, and that surgery and medical management were only one part of their journey.

I am currently doing a CPD course in rehabilitation/physiotherapy. However, I am not a "qualified" physiotherapist; I can still offer the benefits of physio and rehabilitation to your pets. I have been working closely with one of the vets, Chloe. She has really supported me and helped me expand my knowledge and practical skills, enabling me to implement them in practice and offer them to clients with a structured, suitable plan for each patient.

Veterinary physiotherapy/rehab supports animals recovering from injury, surgery, and age-related changes. It helps improve mobility, reduce pain, build strength, and enhance overall well-being.

I have recently been lucky enough to gain some equipment to use in each session. The purpose of these pieces of equipment is to safely encourage an animal's balance, strength, coordination, and proprioception. They help pets improve their movement, and they help them regain confidence in everyday activities. Exercises with pads, boards, and poles are joint-friendly, making them ideal for pets that cannot tolerate high-impact activity.

One of the first pets I have been seeing needed physio for age-related muscle changes, and he has come far in the past 5 weeks; he is now going on his bush walks again! He has benefited from an increased range of motion, improved proprioception, and greater comfort in his everyday routine.

In addition to the support I have been providing, a few pets are undergoing alternative treatments, including laser and hydrotherapy. Physiotherapy once a week complements these treatments, helping to maintain progress between their other sessions.



Sarge and his regular haircut at *The Vet Centre* Ruawai 🐾



Team News

CELEBRATING MILESTONES

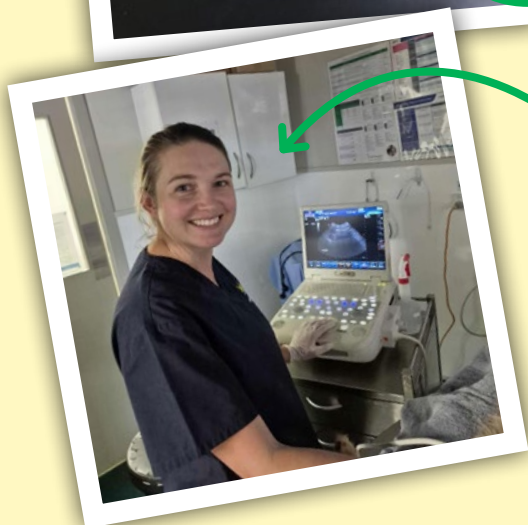
We have had some very special people to celebrate in our business recently for hitting some amazing work milestones. In their time at *The Vet Centre*, they have been an integral part of its growth and success, and this is worth celebrating and reminding them how important they are to their respective teams.

Michelle Stodart – 20 Years

Lucille Hitchcock & Ruth Mason – 10 Years

WELCOME BACK EMILY

We're so excited to welcome **Emily Buswell** back into the clinics after her maternity leave! Many of you will know Emily as one of our amazing Directors and an outstanding vet, known for her incredible skills, sharp clinical eye, and genuine care in every case. We are thrilled to have her back on deck!



SUMMER SAFETY

Summer is here, and it is already shaping up to be a warm one. But as the temperature rises and we are all out enjoying the great outdoors with our furry companions, we need to be aware of the potential summer hazards and the effects hot weather can have on our pets.

Our pets are very susceptible to heatstroke because their bodies are covered with insulating fur, and they cannot sweat to dissipate heat as we do. Heatstroke occurs when your pet's core body temperature rises more quickly than they can cool themselves. This increase in core



body temperature is serious. It can lead to fatal complications, including seizures, damage to internal organs and blood clotting disorders, which can in severe

cases lead to death. Some breeds, especially brachiocephalic (short-nosed) cats and dogs, are more at risk of heatstroke due to their anatomy.





← Here are some of our top tips to help your pet stay cool and prevent heatstroke:

1. Hydration: Provide plenty of cool, fresh water in multiple plastic or terracotta bowls or buckets, add ice blocks and take cold water and a bowl with you on outings.

Indoor time: Keep pets indoors in a cool area during the hottest part of the day. Do not leave pets in hot, closed houses; ensure good airflow in indoor spaces with fans or air conditioning.

2. Avoid exercise when it's hot outside: Early morning and evenings are the best times for walks to avoid the heat of the day. Not only does this prevent heatstroke, but it also prevents paw injuries from hot asphalt/concrete, which can reach very high temperatures, causing burns and damage to your pet's paws. A simple rule to remember is that if it's too hot for you to walk barefoot, it's too hot for your pet's paws.

Shade: Prevent your pet from overheating by encouraging them to stay in shaded areas. Remove them from any environment where they appear to be hot.

3. NEVER leave your pet in a car: On a hot day, even with the windows cracked, temperatures inside a vehicle can become deadly within only a few minutes.

4. Grooming: Mats and tangles can trap heat in your pet's coat. Regular grooming can help remove excess fur and keep pets cooler. Clipping also allows them to dry more quickly after swimming and can help prevent hotspots from developing. Depending on the

thickness of the coat, your pet may benefit from a clip.

5. Frozen treats: Offer your pet some frozen treats like ice cubes with a dash of chicken broth or yogurt for a refreshing snack.

6. Avoid tethering: Don't tether your pet or leave them outside on hot days.

7. Cooling products: Use pet cooling mats, cooling vests, or cooling bandanas to help regulate your pet's body temperature.

8. Paddling pools: Provide a shallow pool or container of water for pets to cool off in.

Heatstroke is a medical emergency and can be life-threatening if left untreated. Any animal suspected of having heatstroke should receive immediate veterinary assessment.

WARNING SIGNS

Recognise the signs of heat stress and act fast – quick action could save your pet's life!

Early signs of heatstroke in pets can include:

- Panting and heavy breathing
- Pacing, restlessness or agitation, seeking shade or water
- Excessive drooling
- 'Brick' red gums or tongue
- Increased heart rate
- Vomiting or diarrhoea.

Advanced stages of heatstroke can include:

- Confusion
- Lethargy
- Weakness or collapse
- Seizures.

Note: Cats show very similar signs, although it can be harder to identify heat stress in felines.

How you can help

If your pet shows signs of overheating, take immediate action by following these steps:

1. Cool location: Move your pet to a cool, well-ventilated place or use a fan.

2. Hydration: Offer them small sips of water; avoid forcing them to drink.

3. Cool water bath: If your dog is young and healthy, start bathing or sponging them with cool water.

4. Evaporation technique: If your pet is older or has health issues, try the evaporation method. Pour water (cooler than your pet's body temperature) and use a breeze, fan, or air conditioning for evaporative cooling.

5. Avoid ice-cold water: Do not plunge your dog into cold water or an ice bath, as this actually prevents their core (central) temperature from going down.

6. Contact your vet: Call your veterinarian for guidance once you've started these steps. Even if your pet appears fine, have them checked, as severe heatstroke signs may not show immediately.



Waipu Clinic

53 The Centre
Waipu
P 09 432 0693

Opening Hours

Mon-Fri: 8.00am-5.00pm
Saturdays:
9.00am-12.30pm

Ruawai Clinic

23 Jellicoe Road
Ruawai
P 09 439 2506

Opening Hours

Mon-Fri: 8.00am - 5.00pm
Saturdays: CLOSED

Mangawhai Clinic

36 Moir St
Mangawhai
P 09 431 4535

Opening Hours

Mon-Fri: 8.00am - 5.00pm
Saturdays:
9.00am - 12:30pm

Maungaturoto Clinic

184 Hurndall St
Maungaturoto
P 09 431 8318

Opening Hours

Mon-Fri: 8.00am - 5.00pm
Saturdays: CLOSED

Ruakākā Clinic

385 Marsden Point Road
Ruakākā
P 09 433 4916

Opening Hours

Mon-Fri: 8.00am - 5.00pm
Saturdays: CLOSED