

# Name The Pets In Our Logo

**We need your help:** The TAH logo is made up of three letters that resemble a parrot, a cat and a dog. They are our mascots and we would like to give them names. What do you think their names should be?



## SUPAWTING THE PAW PRINT PROJECT

**WE WOULD LIKE TO THANK ALL OF OUR TAH CLIENTS FOR THEIR CHARITY AND WILLINGNESS**

In July all of our Tygerberg Animal Hospitals started to run a paw prints donation project where all contributions would be donated to the following animal welfares: SAVA-CVC, FAW & LLF. Clients were able to "Adopt" a paw print for R5, where they could write their name or pets name on to be displayed at our reception desk wall.

**This project was met with such enthusiasm that we were soon running out of wall space to place paw prints on.**

Our largest donation came from Kathleen Vadas, one of our Kenridge clients, who made a generous donation of R1000.

The paw prints project ended on the 31 August and donations were tallied. All together TAH clients managed to donate an amazing R9197. So close to hitting a round number, TAH decided to donate the necessary amount to make the total R10 000.

We would like to thank all of our TAH clients for their charity and willingness to helping us make a difference towards our welfares. Without the support from the public, animal welfares would not be able to do the fantastic work they do every day.

**Thank you!**



**Bellville:**  
1 Kontiki Rd, Glen Ive  
021 91 911 91

**Goodwood:**  
107 Vasco Boulevard  
021 591 2571

**Durbanville:**  
16 Plein Street  
021 976 3015

**Parow:**  
20 Frans Conradie Drv  
021 939 7102

**Sonstraal Heights:**  
10 Verdi Boulevard  
021 975 1870

**Kenridge:**  
78 De Bron Ave  
021 914 0886

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# WE HAVE SOME EXCITING NEWS!!

## Rehabilitation centre upgraded at TAH Bellville

**We are happy to announce that a new section has been built at our Bellville hospital to accommodate our TAH Rehabilitation Centre.**

It is a fact that rehabilitation straight after injury, surgery etc has seen immense improvement in recovery time. There are various types of rehab therapies that are employed and all have a specific purpose.

The decision on which modalities are used from session to session is largely determined by the findings of the rehab sister at the initial evaluation session. Modifications are made as the patient progresses.

### The various packages include:

Bodywork, physical exercises, cavaletti rails, stairs, cones, the land, the physioroll, the balance board, electrical stimulation, stim thermal therapy and hydrotherapy pool. Two new additions to our rehabilitation centre are laser therapy and an underwater treadmill.

### Laser therapy

The Class IV therapeutic laser emits up to 12 Watts of power with a wavelength of 980nm, making it currently is the strongest therapeutic laser on the market. Using the power of light the operation is able to heal tissue far more quickly. The laser light penetrates deeply into the tissue and is absorbed on a cellular level into the mitochondria (cells energy centre).

### Benefits of laser therapy

Laser therapy decreases pain by stimulating certain pain receptors, stimulates an endorphin release, causes blood vessel dialation – thus decreasing fluid build-up (oedema) – and speeds up the removal of waste products. The body will heal itself to the best of its ability, naturally, while the application of laser therapy enhances and improves this healing process.

### Underwater treadmill

The underwater treadmill is a highly advanced piece of equipment that allows the rehab patient to walk on a treadmill belt while submersed in warm water to a level that suits their specific needs. Water therapy holds many amazing benefits.

The buoyancy of the water takes most of the weight off their painful joints, thus enabling them to engage in active movement with more comfort. This is especially beneficial to the older more arthritic dogs that battle to carry their full weight while exercising. It is also beneficial to dogs that are overweight and battle to exercise sufficiently without harming their already overloaded joints. Walking against the water also provides resistance which helps to target specific muscles and joints.

Another great benefit of walking on a treadmill belt compared to just walking on a normal surface is that the belt actively pulls the joints into greater extension. After orthopaedic surgeries our patients are often



battling with a decreased range of motion in those specific joints and extension is especially decreased.

The underwater treadmill is the perfect and most comfortable way to help these patients return to an optimally functioning gait.

If you are interested in further information on our rehabilitation centre please do not hesitate to contact either :

**Nurse Antoinette Smit or  
Nurse Joanne Merry on 021 919 1191.**



### LEADING THE WAY

Find out more about good collar habits, and how to use them for walking and training a dog

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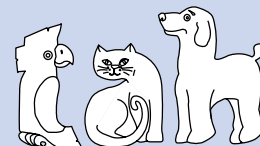
### MAGGIE'S WEIGHT LOSS



Maggie's story of perseverance is an inspiration to many pets and their owners.

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### HELP US NAME THEM!



We need your help to give names to our TAH mascots.

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# BON VOYAGE!

We wish Dr Michelle Adam and her husband all the best...

**It's the worst when you have to say good bye to someone as special as Dr Michelle Adam. So rather, we have decided to say good luck with your new adventure ahead and see you again soon.**

In 2006 we were lucky enough to have Dr Michelle Adam start at Tygerberg animal hospital, where she became a fast favourite with our clients. She has been loved so dearly by clients that they have followed her across to all six of our branches to wherever she has been assigned.

It's not only the clients who have become attached to this wonderful person, each and every TAH staff member has been gifted with the friendship, bright smile and caring heart that Dr Michelle offered freely to all. Unfortunately the time has come for us to wave goodbye to Michelle as she and her husband Jacob embark on their exciting new adventure to Sweden.

From everyone at TAH, we wish Dr Michelle and her husband all the best for the future. See you soon!



# LEADING THE WAY...

I WAS LEFT SCREAMING AND SHOUTING WITH MY EMPTY COLLAR AND LEAD IN HAND.

I was walking my border collie recently near a dam—it was the first time we had walked this route and I was surprised at the amount of activity. She has been socialised with other dogs so I was confident we would be fine with the other walkers, but what I hadn't expected was her excitement when she saw a gaggle of geese. She bucked and pulled her head right out of her collar and bolted towards the giant white birds.

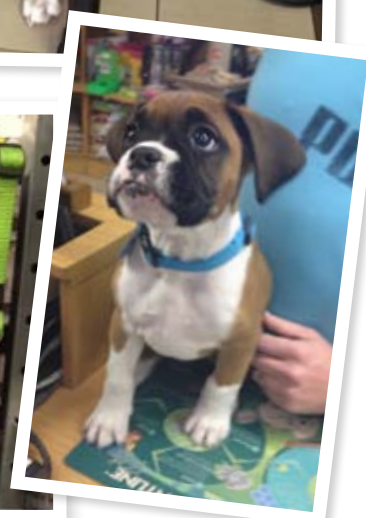
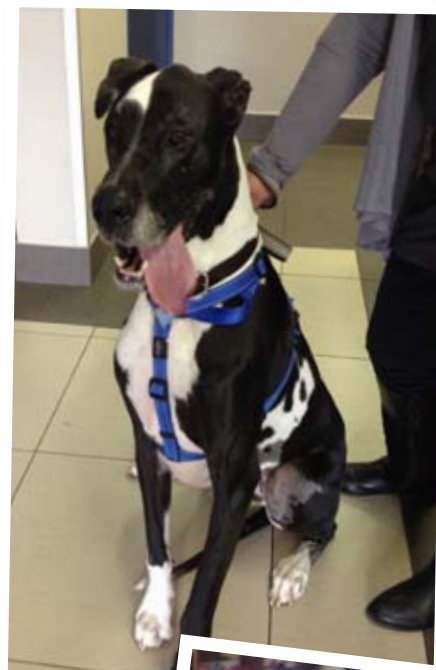
I'm sure this is something many people before me have experienced and it had me wondering - why? The answer to my question is that most of us have no idea what collars should be used at what time.

**So here is a breakdown that I hope helps you make the correct decision for future outings.**

- Flat collars are the normal collars used to place your dog's identity or medical tags on.
- Flat chokers (half flat collar and half choker chain.) are used for training and for dogs with small heads. (These collars are safe to leave on.)
- Choker chains are only used for walking and training and should not be left on a dog.
- Harnesses are good to use for walking as there is almost no way for your dog to get loose.

- Step-in-harnesses are an easier type of harness to slip onto your dog.
- A lupi-harness pulls your dog's shoulders back giving you the control necessary to keep your dog on course
- A halti-harness is placed over the dogs muzzle/nose and head (this must not be confused with a muzzle that stops dogs from biting.) The halti is used to steer the dog by its head which means you have all the power when it comes to leading.
- A halti-link is used to connect the halti to the collar. The seat belt lead is used to buckle your dog into your car.

If you are ever unsure about leads or collar types, please ask a receptionist or vetshop assistant, they have been trained to help you make the right choice .



## WEIGHT WATCHERS

# Then and Now

Congratulations to Maggie and her dedicated owners, thank you for being an inspiration to others.

MAGGIE WAS DIAGNOSED AS OVERWEIGHT AND IN DESPERATE NEED TO LOSE SOME EXTRA POUNDS

Summer is fast approaching and many of us are dieting and gyming like there will be no tomorrow. For some of us it's an ongoing struggle as our will-power seems to give in when someone offers us a mouth-watering piece of cake, but at the end of the day we have the choice to say yes please or no thank you. Unfortunately it isn't that easy for our pets as they know no better and will eat anything that smells good.

**"As responsible owners it is our responsibility to constantly educate ourselves on the correct diet lifestyle and life style for our pets in order to ensure a healthy and long life for them." These encouraging words came from the owner of a pug named Maggie.**

Maggie came to TAH Bellville because of a limp that her owner noticed during one of their daily walks. As per all of our consultations, dogs are weighed before seeing the doctor

and Maggie weighed in at 12.45kg. A healthy weight for a 10 year old pug like Maggie's is between 6 and 8kg. She was diagnosed as overweight and in desperate need of losing some extra pounds in order to take strain off of her already sore joints.

Maggie joined the TAH weight watchers on the 04/06/2013 where a strict diet and lifestyle plan was put together for her (and her owners). Her owners have been the epitome of dedication, working hard towards Maggie's goal weight. The realisation came to them that not only would Maggie be going through a lifestyle change, but so would they.

It isn't easy and every day brings new obstacles to overcome, but when Maggie jumps on that scale for her weight watchers weigh-in, the pride and joy in seeing her inch closer and closer to a healthier weight overcomes all of the trials and tribulations. Today Maggie boasts a healthy weight of 8kg!



## WELCOME DR MARLI GREWAR!

*"I believe that we as veterinarians can make a difference in so many people's lives!"*

Ever since I can remember I wanted to be a veterinarian. I grew up in a small town in North West where our neighbour was the local vet. To this day I feel fortunate and blessed to be a vet. I am married to John; we met at Onderstepoort and qualified together in 2006. We then moved to Cape Town where I have worked at several practices.

In my spare time I enjoy running (especially in the mountains), cycling, swimming and I'm also very fond of movies, theatre, and reading or just relaxing with my family and friends.

I feel very fortunate to work at such a successful practice as TAH and am very excited to be part of the team. I believe that we as veterinarians can make a difference in so many people's lives, as we encounter hundreds of people every week. I also believe we have an incredibly big responsibility because people trust us with their pets which they love so much.



Dr Marli Grewar receives wild hugs from a rescued chimpanzee after she helped to save the animal's life.