



### Surgery Hours By Appointment

Mon - Fri 8am - 8pm

Sat 8.30am - 4.30pm

Sun 10.30am - 12.00 midday

If you have any further queries about your pet's welfare, please do not hesitate to ask.

We are happy to help.

## Stress and Noise Phobia

## How do I know if my pet is stressed?

Some degree of stress is normal in all our lives. However excessive stress can lead to **behavioural problems** in pets. Change is the major source of stress as many pets find it difficult to adapt to **alterations** in their **environment** or **routine**. Some pets, especially cats become stressed if another cat moves into their territory.

Stress can be difficult to recognise, so you should look out for subtle **withdrawal behaviours**. Stressed pets may interact less, hide away and perhaps avoid certain areas of the house. Cats can feel more secure resting in high places e.g. the top of the wardrobe.



### Signs of stress:

- House soiling
- Less playful
- Reduced appetite
- Sleep disturbances
- Habits such as excessive grooming
- Posture e.g. large pupils, lowered stance
- Changed demeanour

## What are the causes of stress?

Typical causes of apprehension or anxiety might include: moving house, the arrival of a new baby or a new pet, travel, being left at home alone, grooming, spending time in kennels or a cattery.

One of the most common cause of stress is **noise phobia** often brought on by **thunderstorms** or **fireworks**.

## Dealing with noise phobic pets?

**In the lead up** to a noisy event, like bonfire night, you can help prepare your pet.

Keep your **cat** in the house, provide a litter tray and provide some bolt holes and places to hide.

Prepare a refuge area for your **dog** and encourage usage by hiding food treats there.

Plug in a pheromone diffuser.

Make sure your pets are **micro-chipped**, so they can be identified if they do run away.

**On the night**, keep the room with the refuge area or hideaway darkened and leave some toys nearby.

Play music, ideally with a constant drumbeat - it does not have to be loud.

Do not fuss, or punish your pet, or attempt to reassure them. Just stay calm and act normally.

Let your cat hide or your dog stay in the refuge area where they will feel most **safe** and **secure**.

## What else can I do for my pet?

If you think your pet may be stressed come and talk to us. An examination will identify any **medical reasons** for the behaviour, this may involve blood or urine tests. We will discuss management options with you, which may include behaviour modification techniques.

There are also several **products** available to help:

**Zylkene** can help cats and dogs cope in times of  **Zylkene**® is a palatable powder that is very easy to give.



**Scullcap & Valerian** is a herbal remedy in the form of a coated tablet for symptomatic relief of anxiety, nervousness, excitability and travel sickness.

**D.A.P** and **Feliway** are synthetic copies of natural pheromones that help create a calm and comforting environment for your pets.



For dogs, **D.A.P.** replicates the mother's signal of well being and comfort. It comes in a spray for travelling pets, a collar for walks and socialising and a plug-in diffuser for a continuous release.



For cats, **Feliway** uses the facial pheromone that cats use to mark an environment. It comes in a spray for travelling cats or to stop urine marking. It is also available as a diffuser to help reduce or prevent stress in cats around the house.

None of these products cause drowsiness or impair normal behaviour or performance.

These products are useful **training aids** for young pets being introduced to new noises and places. They can be used to help your pets deal with thunderstorms and fireworks, Even visits to the vet can become stress-free !

If you have any queries or would like to know more, please ask.

