

November is Diabetes Awareness Month

The most common type of Diabetes is Diabetes Mellitus.

What is it? Diabetes mellitus refers to a medical condition where there is an excessive quantity of sugar (glucose) in the blood. It is a disease of the pancreas, a small but vital organ that is located near the stomach. It has two significant populations of cells. One cell group produces the enzymes necessary for proper digestion. The other group produces the hormone called insulin. Simply put, diabetes mellitus is a failure of the pancreas to regulate blood sugar.

Who does it affect? Diabetes mellitus is a fairly common disorder in dogs and most often seen in dogs aged 5 years or over. It is an uncommon disease in cats, but is seen more frequently in middle to old age cats and more common in males than females.

How is it diagnosed? The most common clinical signs seen in diabetic patients are an increase in the volume of urine that is produced and to compensate for this, an increase in the amount of water that is drunk. Weight loss is also a common feature and an increase in appetite may be noticed. The diagnosis of diabetes mellitus is made by finding appropriate clinical signs, together with a persistently elevated blood glucose concentration and the presence of glucose in the urine. However, a diagnosis of diabetes cannot usually be made on a single blood and urine sample as other conditions and, in particular, stress may also cause a transient rise in glucose levels, so we may require more than one blood sample collected over a period of time.

How do you treat it? For the owner there are two implications – financial commitment and personal commitment. When your pet is well regulated the maintenance costs are minimal, however the costs are significant during the initial regulation process and if complications arise. Initially your pet may be hospitalised so that appropriate monitoring can be carried out until we can regulate your pet's dosage. For most pets this will involve daily injections which are easy to administer. Although the thought of injecting your pet may seem daunting, the injections themselves do not cause your pet any pain and we will talk you through the process.

We will need to keep a close eye on your pet's glucose levels so we will monitor this by performing blood tests and/or urine tests on a regular basis. Sometimes a special diet will also be advised which can be

purchased from the surgery and is designed to help control glucose levels.

What to do if you are concerned about your pet's health? Please telephone the surgery to make an appointment to discuss your pet's symptoms if you feel your cat or dog may be showing signs of diabetes.



Staff News – Hellos and Goodbyes

It was at the end of October that we said our sad goodbyes to Simon Cockle, one of our small animal vets. He is moving on to pastures new and we wish him every happiness in his new venture.

At the same time, we welcome back vet Marketa Bosakova, who will be joining our small animal team. No doubt many of you will remember Marketa as she was here until October 2014 when she left to work in Plymouth. We're sure Marketa will be as happy to have a shorter journey to work from now on as we will be to have her back working with us again!

There have also been changes in the nursing department with Florence joining us in October as our new kennel assistant, helping the nurses in their day to day care of our inpatients and the kennels.

Claire, our head nurse, left at the end of October to go on maternity leave. Loren is taking over head nurse duties while Claire is busy on her baby duties instead. We'll look forward to bringing you baby news in our December newsletter.

Pink Day 2015:

Raising money for Breast Cancer Research

We have been raising money throughout October for this great cause.

On 17th October it was a Saturday night out with a difference when a group of us went to Boconnoc Park to take part in the 'Glow in the Park' event to raise money for Breast Cancer Research. A number of staff from Castle Vets, plus some of their partners, joined 1,000 participants walking, running, dancing and laughing their way along a marked course through the grounds of beautiful Boconnoc Park – only we were in the dark with head torches and glow sticks to light the way!

There were different zones we had to pass through – dance, foam, hot and cold zones and some of us were definitely luckier than others passing through the fluorescent paint spray booth! It was great fun, if not a little messy and thankfully we were blessed with a clear evening sky.

Below is a photo of some of the group taken at the end of the run – just to prove we made it!



Friday 23rd October saw members of staff turning up in a myriad of pink attire – from pink socks and shoes to pink wigs and ears! We all paid a small amount for the pleasure of wearing pink and those who didn't incurred a fine. Ali also kindly brought in her delicious homemade cakes to sell to staff.

Throughout October we have also been donating our book sale money to the funds and are thrilled to have made a grand total of £588.10.

Ovaid Update

Nigel Hicks is back from Borneo temporarily and we are pleased to have been able to present him with £180 towards their anaesthetic equipment fund for the Orangutans. This money was raised from our book sale and the collection box on our counter. Currently The Orangutan Project (TOP) is matching any amount raised through Ovaid's justgiving page to help reach their target of £10,000. Please see the OVAID website - www.ovaid.org - or Facebook page for more details if you would like to make a donation.

Fun Corner

October Quiz Answers:

If you were born in October, what would your birthstone be? **Opal**

Which of these flowers is considered to be the flower for October? **Marigold**

What traditional holiday do Canadians celebrate in October? **Thanksgiving**

If you were born on 3rd October, what would your zodiac sign be? **Libra**

If you were born on 29th October, what would your zodiac sign be? **Scorpio**

Which President of the United States was born on the 4th of October? **Rutherford B Hayes**

Which famous Queen was beheaded on the 16th of October 1793? **Marie Antoinette**

What war ended on the 19th of October, 1453? **Hundred Years War**

What famous fashion item made its debut on the 24th of October 1939? **Nylon Stockings**

Which state joined the US on the 31st of October, 1864? **Nevada**

November Quiz:



Can you find the following words in the grid below? The words can be found reading forward or backwards, up or down. The left over letters can be re-arranged to spell something else associated with Guy Fawkes.

**Fifth
Guy
Sparkler
Catherine
Bang
Toffee
Bonfire**

**November
Fawkes
Rocket
Wheel
Whoosh
Apple**

N	O	V	E	M	B	E	R	E	L
I	T	E	K	C	O	R	E	T	E
H	E	O	E	H	N	F	E	U	E
S	E	K	W	A	F	I	F	T	H
O	N	A	S	R	I	L	F	S	W
O	M	G	U	Y	R	A	O	O	H
H	E	N	I	R	E	H	T	A	C
W	S	P	A	R	K	L	E	R	P
A	P	P	L	E	T	G	N	A	B