

Mackie & Brechin

ESTABLISHED 1930
VETERINARY SURGEONS LTD



PRACTICE NEWS

HOLIDAY HOURS

Kirkliston Surgery

Closing on Wed 24th December at 2pm
Opening on Sat 27th December at 8.30am
Closing on Wed 31st December at 2pm
Opening on Sat 3rd January at 8.30am

Linlithgow Surgery

Closing on Wed 24th December at 10.30am
Opening on Sat 27th December at 9.00 am
Closing on Wed 31st December at 10.30am
Opening on Sat 3rd January at 9.00 am

If you have an emergency when we are closed please call the normal number on **0131 333 3203 and follow the instructions to be connected to our out of hours service provider Vets Now.**

Also in the Winter Issue:

- 1 - Christmas Opening Hours
- 2 - Christmas hazards
- 3 - Arthritis
- 4 - Staff & Charity News
- 5 - Useful information
- 6 - Pet Health Plan

29 Main Street
Kirkliston, EH29 9AE
256 High Street
Linlithgow, EH49 7Es
Tel. for both surgeries and
24hr emergency service:
0131 333 3203



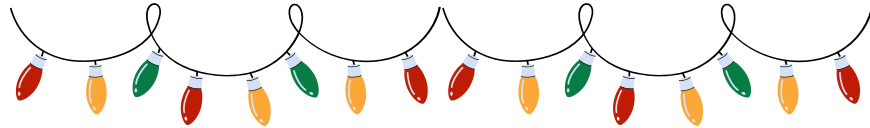
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CHRISTMAS HAZARDS

Christmas is the time for eating, drinking and being merry, but lots of our favourite festive foods are toxic to our dogs and should be kept well out of paws reach:



CHOCOLATE



Chocolate, especially if dark or high in cocoa, is toxic to dogs and should always be kept out of reach.

CHRISTMAS PUDDING & MINCE PIES GRAPES/CURRENTS/SULTANAS/RAISINS



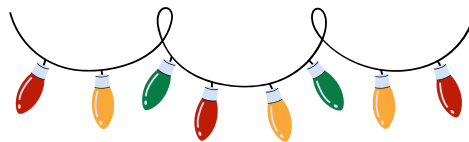
These are some of the most dangerous festive treats - even a small amount can cause severe kidney failure if eaten.

If your pet has eaten any of these, please call us on 0131 333 3203

ONIONS, GARLIC, LEEKS, SHALLOTS & CHIVES



These are all poisonous to dogs whether cooked or uncooked. Avoid feeding foods that include these ingredients, such as gravy.



ALCOHOL



Alcohol has a similar effect in dogs as it does in their owners. Make sure your dog can't help themselves to any unattended alcohol left lying around.



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ARTHRITIS

~ 10% OFF SUPPLEMENTS DURING DECEMBER ~

Osteoarthritis, or degenerative joint disease, is a condition of chronic inflammation and progressive deterioration within the joints that can make movement painful and difficult.

It is a progressive disease which gradually develops and worsens over time. In the early stages you may notice your pet starting to slow down - they may be reluctant to play, go up the stairs or be less active out on walks. Cats may be seen not to jump up onto places they used to spend time or pause before doing so. Sometimes the progression of disease can be slow and hard to notice and at other times there can be events which cause an acute flare. Often, like in ourselves, the cold and wet winter months can exacerbate symptoms.

Other symptoms of arthritis can include:

- Limping or lameness
- Stiff gait, usually worse after exercise and when first waking up
- Groaning or caution when laying down or getting back up
- Pausing before jumping up or down
- Muscle wastage noticeable especially around the thighs
- Irritability, or increased reactivity to others
- Being wary of you touching the joints affected
- Licking or chewing on areas that may be painful

Although arthritis is not a disease that can be cured, there are many things we can do to help. Exercise and weight control are key to reducing the impact on joints. Joint supplements can also be very beneficial. There are various offerings on the marketplace with confusing marketing and of varying and often poor quality. We recommend Synoquin as being a good quality supplement with the right composition for your pet - and that is why we are giving a 10% discount during the month of December. Unfortunately, there often comes a time when these measures are not enough and prescription medications are required to enable comfort and a good quality of life. There are many analgesic and anti-inflammatory options available so please speak to one of our vets if you have any concerns.



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STAFF NEWS

We would like to say farewell to our evening receptionist Charlotte. Although we are sorry to see her go we are glad that Charlotte is staying within the veterinary profession but moving closer to home and wish her all the best.

We would also like provide a warm welcome to Helen who has just joined our team recently and will be helping to keep the practice sparkling clean.



CHARITY NEWS

Dementia Dog



We still continue to support the charity Dementia Dogs. This is a wonderful initiative that brings numerous benefits to humans living with dementia.

This program pairs specially trained dogs with people experiencing dementia, providing them with companionship, assistance, and emotional support.

These remarkable animals can help improve the quality of life for dementia patients by promoting a sense of routine, reducing anxiety, and encouraging social interaction.

The presence of a dementia dog can also offer respite and peace of mind to caregivers, knowing that their loved ones have a loyal friend by their side.

PET BLOOD BANK

A huge thank you to everyone who attended our blood donation session on 02 November

14 dogs attended

10 units donated

Up to 40 lives saved!

Our next donation session is on Sunday 28th December



Thank you to everyone who has been involved in donating to the Pet Blood Bank. Our last session was held on Sunday 2nd November 2025 with fantastic results.

Our next session is on Sunday 28 December 2025. Please get in touch if you would be interested in donating.



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USEFUL INFORMATION



ONLINE PRESCRIPTION ORDERING



Please remember to order your prescriptions and food by Friday 19th December to be ready for collection by Tuesday 23rd December. As well as by telephone, you can order them online at:
**[www.mackieandbrechin.co.uk/
services/repeat-prescriptions](http://www.mackieandbrechin.co.uk/services/repeat-prescriptions)**



OUT OF HOURS



If you require a vet outside our normal opening hours please call 0131 333 3203.

You will hear a message directing you to VetsNow, our out of hours emergency care provider.



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Pet Healthcare Plan

The aim of our Pet Healthcare plan is to provide your pet with the best possible preventative healthcare, whilst allowing you to spread the cost with affordable monthly payments throughout the year.

Vaccination is extremely important to protect your pet from infectious diseases and maintain good health. All plans therefore incorporate **annual boosters** including **kennel cough** for dogs and risk assessed **feline leukaemia virus** for cats. Parasite prevention, especially worming, is also vital in protecting the health of your pet and family. All treatments should be based on risk and so we have two options for dogs and cats with tick and worming treatments dependent on their lifestyle:

Dog Healthplan	Yearly Boosters	Kennel Cough	Formulation	Lungworm Protection	Tick Protection
Standard	✓	✓	Spot-On	✓	25% discount
Alternative	✓	✓	Tablet	✓	✓

Cat Healthplan	Yearly Boosters	Feline Leukaemia	Worming	Combined Flea/Tick/Worming
Indoor	✓	✓ (risk assessed)	YEARLY	-
Outdoor	✓	✓	-	3-MONTHLY

In addition to the above all plans come with the following benefits:

6 monthly health check

25% discount on 3 monthly med checks for animals on long-term medication

25% discount on tick prevention where required

Unlimited nurse consultations

(eg. weight clinics, nail clips, routine gland clearing)

Text and email reminders

£10 microchipping

10% DISCOUNTS on:

Surgery, Neutering, Imaging, In-house Blood Tests, Additional Vaccinations (eg Rabies), Travel Documents (health and export certificates) Dental Treatment, Food & Treats, Preventative Healthcare Products.

Joining is very straightforward. If you are interested in a simple, affordable way of protecting your pet's health please ask a member of staff or have a look on our website.



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