



Holidays and Pets

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Going on holiday is always a lot of fun. But before we think of lying on the beach, soaking up the sun or going on safari looking for the big five, we need to spare a thought for our pets.

It is very important that we make plans for our pets to be looked after. These plans can either be to take your pets on holiday with you, place them in kennels or find a responsible person to stay at your house to look after your pets. Never leave your pets at home alone without a responsible person to look after them. Many people think that if they leave a self-feeder and a water fountain for the pets, all will be fine. Nothing could be further from the truth as the water fountain and the self-feeder can malfunction, leaving your pet without food or water. Your pets can also get ill while you are away without anybody looking after them. So please make adequate provision for your pet to be looked after or take them with you on holiday.

Regardless of your choice for your pet to be placed in a kennel, get a responsible person to look after your house and / or your pet or to take your pet with on holiday - this time of year remains a stressful time for all our pets! But before you feel too guilty about going on holiday...there is a way to help your cats and dogs cope with this stress and it is called the dog/cat appeasing pheromone.

Anybody who has witnessed how quickly new born puppies or kittens that cannot see and cannot hear calm down when the bitch/queen enters the den has seen the appeasing pheromones in action.

A pheromone is a volatile hormone that is released into the environment by various glands on an animal's body. Pheromones bring about a general but consistent change in the physiology and behaviour of another animal usually of the same species. The change caused in the other animal is independent of higher cognitive processing i.e. the behaviour happens without the animal thinking about it².

The appeasing pheromone is produced by glands in the skin between the mammary chains of a lactating bitch or queen. The secretion of the pheromones starts 3-4 days after birth and the production ceases 2-3 days after the puppies/kittens have been



weaned. It has been shown that dogs and cats will react to these appeasing pheromones for their whole life¹. The use of these pheromones is known to relieve fear and anxiety in dogs and cats. This in turn will assist in relieving behaviour conditions associated with fear and anxiety. These behaviour conditions include, fear of traveling, noise phobia, separation anxiety, fear of the groomer, strange environments, the vet etc².

Afrivet supplies a convenient method of getting these pheromones to your dogs and cats. Afrivet markets the **Nuture calm 24/7 Pheromone collar**. This collar is impregnated with a synthetic copy of the appeasing pheromones. There is a separate collar for dogs and cats. The release of the pheromones from the collar is triggered by the movement of the pet's neck and by the heat from your pet's body, the collar last 30 days after which the collar needs to be replaced.

It is advisable to put the collar on your dog or cat 2-3 days before they are put in kennels or before you go holiday. This will ensure that your cat or dogs have the full benefit of the pheromones released from the collar before they experience the stressful situation of being left at home under the care of a responsible person or when they are placed in kennels. The collar will also help your cats and dogs cope with the trip to the holiday destination if you decide to take them on holiday with you.

The **Nuture Calm 24/7 collars** are available from your local vet clinic and vet shops. So be sure to get your **Nuture Calm 24/7 collar** today to ensure that your cats and dogs also have a restive time while you are on holiday.



References

1. Pageat P, Gaultier E. Current research in canine and feline pheromones. *Veterinary Clinics of North America - Small Animals* 2003: 33;187-211.
2. Mills D. Pheromonotherapy: theory and applications. *In Practice* 2005;27: 368-373

