

## A Little Note From Max About Leaves, Creaky Bones and Pancakes

Hello all. I hope this ramble finds you in good spirits and ready for the upcoming festive season. I love this time of year; the gorgeous colours, the leaves on the ground to run through and play with, watching the kids jump around in the mud. I am not sure my carers are keen on the latter but they seem to cope.

### A Grand Old Man of 10

I have now got to the grand old age of 10 having just had my birthday, which everyone rudely forgot about! It's a time of life where I have decided I am going to take it a bit slower, I have made the sofa mine and no one is going to convince me I shouldn't spend at least 20 hours a day on it, preferably asleep. When I did want to leave the sofa I was finding it increasingly hard to get up and jump down. Everything creaked and hurt when I tried to move. My carer says I have arthritis in both my front and hind legs.

He explained to me that arthritis is a condition of the joints where cartilage is lost and new spiky painful bone is produced. He blames himself as we used to play 'stick' a lot when I was younger, which has probably caused excessive wear and tear of my joints.

My carer says that the arthritis will inevitably get worse as time goes on but that there are quite a lot of things that can be done to alleviate the discomfort. He has started to give me a few tablets: one of which is a painkiller and one which hopefully will increase the health of my poor cartilage, and also a course of injections to make my joint fluid a better lubricant for my joints.

### I Love Pancakes!

So far it seems to be working well. I will never be two again but I feel a lot better when I get up now than before he started giving me the injections and tablets. If you feel the same way I used to in the morning, or any other time of day then it would be worth your while to drag your carer to see your vet!

They could always ring to discuss the matter on: 01451 830620.

Yours as ever,

### Max, the Vet's Shih-Cairn,

*P.S. My carer has started making pancakes every weekend now, which is not helping my weight or my arthritis because of the increasing weight! I just can't stop eating what the kids feed me. My willpower has gone, I need a personal trainer. Will put one on my Xmas list!*

## Bumps and Babies

'Bumps and Babies' is a really friendly parent and baby group where you can share in the joys and difficulties of being a new parent. We are a supportive group who will understand why you were still in your pyjamas at 4pm the previous day! Although Bumps and Babies is an NCT (National Childbirth Trust) group you do not need to be a member to attend. We welcome both new and expectant parents so please come along for a hot drink and a chat. We are at **New Beaconsfield Hall**, Shipton-under-Wychwood on a **Wednesday** between **10am and 12pm**, including school holidays. We ask for £2 per family. Drop in at anytime (there's no such thing as being late!) and we'll have a smile and a cup of coffee waiting for you. If you'd like to find out anything else before coming, please e-mail: [isabelruthharvey@yahoo.co.uk](mailto:isabelruthharvey@yahoo.co.uk).