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## Linwood Veterinary Services

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*We will provide industry-leading, reliable, knowledgeable service, in a friendly, courteous and timely manner, to benefit our clients and the communities we serve.*

**St Clements Clinic Hours: Mon-Fri 7am to 5pm Open Saturday 7am-12pm**

**Hwy 89 Clinic: Mon-Sat 7am to 1 pm**

**CLINICS ARE CLOSED SUNDAY and NO DELIVERY SERVICE SATURDAYS AND HOLIDAYS**

**Orders for Delivery: Please, call BEFORE 9:30 am, for same day local delivery Monday to Friday**

**24 Hour Emergency Vet Service - call 519-698-2610 519-323-9002 519-699-0404 1-800-663-2941**

## **SEPTEMBER 2020 NEWSLETTER**

### **Clinic News**

**Upcoming Holidays:** Clinics will be open for the morning only Monday October 12<sup>th</sup>, for Thanksgiving. Vets will be on call for emergencies. The delivery service will **not** be running on the holiday.

### **Farm Health & Safety**

As we move into fall it's a good time to take a step back and remind ourselves to keep the safety of our friends and family in mind. A few farm safety tips:

Be mindful of young children, they may know to stay away from machinery and out from under cattle but their brains aren't fully developed. This can lead to forgetting the rules and running to meet Mom or Dad or running across the path of a vehicle in pursuit of a toy or sibling.

Be mindful of yourself. It may be quicker to quick fix machinery without turning it off or flipping a breaker. But taking that little extra time and slowing down for a minute may save your finger, hand or life.

Be mindful when working with cattle. Cattle are large animals and can be unpredictable. Having proper handling facilities (headlocks, chutes, gates) and not placing yourself or anyone else in a potentially dangerous situation even if it takes longer to get the job done, is the right choice.

### **Kexxtone Boluses**

Kexxtone boluses are a great tool and return for fresh dairy cattle with respect to feed efficiency and ketosis control. Did you know, rumensin ( monensin), the active ingredient in Kexxtone boluses, is highly toxic to non ruminant animals like dogs and horses? If a dog chews on a bolus and ingests some of the white tablets inside they will show signs of muscle paralysis within 12 hours and are often dead due to paralysis of the respiratory muscles in 24 hours. There is no treatment for monensin toxicity in dogs or horses.

## Using Products Off Label

In Canada, we are lucky to have access to many pharmaceutical products and as farmers, the regulations on use and records are quite lenient compared to many other countries. To ensure this continues please contact your Vet BEFORE giving products off label. Proper antibiotic usage prevents antibiotic resistance, increases treatment success and saves money.

## Mental Health in Agriculture

In light of the added stresses of social distancing and Covid 19, we are revisiting this December piece on mental health. Owning and operating a farm is often stressful and affects every part of your life. Being responsible for growing food for the world, keeping animals healthy and balancing a home life can be taxing on your mental health. Mental health is a positive sense of well being, and the capacity to enjoy life, while dealing with our every day challenges.

Having poor mental health doesn't always look like an illness; we often don't show obvious signs of depression or anxiety, but have more subtle signs. Poor mental health can be the inability to cope well with arising problems, being constantly tired, inability to sleep, sense of dread going into work, and avoidance of other people. These are just a few of the ways that you can self-evaluate your mental health. Your mental health can vary from day to day, and, as a farmer, is almost guaranteed to change depending on the season and weather conditions! Doing a self-evaluation on a regular basis is a good way to make sure you don't end up in a bad patch and unwilling to ask for help.

The importance of mental health in our farming communities has become a growing concern. The average farmer is strong, capable, and hardworking, but often stubborn as well! A large portion of farmers resist reaching out for help as it has been looked down upon in the past. As the conversation about mental health becomes more accepted and outspoken, more and more farmers feel safe reaching out for help. Whether it is simply someone to talk to about the farm's problems, getting advice from professionals, or building a better relationship with friends and family, asking for help can significantly improve your daily life.

Many organizations, including the Ontario government are investing time and money into researching the best methods to help farmers, as well as everyone involved in the agricultural industry, to improve and maintain our mental health. Here are some strategies to help:

- **Time management** - plan ahead, leave wiggle room for surprise problems, prioritize problems
- **Learn to say "no"** - it is okay to refuse extra commitments in order to thrive in your own life
- **Self-evaluate** - ask yourself if you have felt rested lately, if you have enjoyed aspects of your daily life, if you feel connected to your family, if you feel able to handle problems
- **Take a break** - plan time for fun activities, plan time to be away from the barn/farm
- **Focus on your attitude** - recognize that you can't control everything and allow some problems to slide, try to think of a positive angle when problems arise, don't spend your free time worrying, be proactive and prevent problems rather than simply fixing them when they happen
- **Set goals and reward yourself** - set *realistic* goals that help you in your daily life, set rewards for each completed goal, and don't focus on the goals you didn't reach
- **Develop a support network** - talk to friends or family, reach out to a hotline, talk to your doctor

Feel free to reach out to your veterinarian, we are here to help you and want the best for your mental health. The provincial helpline **ConnexOntario 1-866-531-2600** is an even better resource to receive support, day or night.

