

# A bone to pick with diabetes

Charles Sturt University

Our town  
Our university

CHARLES Sturt University (CSU) researchers investigating the detection, prevention and monitoring of diabetes are seeking study participants at CSU in Orange in December.

Biomedical sciences lecturer with CSU school of community health, doctor Hayder Al-Aubaidy, said the research will seek new biochemical markers to screen patients for diabetes and abnormally low blood glucose levels which show prediabetes and may prove useful to predict the development of diabetic complications such as cardiovascular and renal disease and to monitor patients' responses to treatment.

"The earlier we can detect prediabetes, the better chance we have to prevent progression into diabetes and reduce the risk of diabetic complications," he said.

Study participants will have their blood pressure, height and weight measured, body mass index calculated, and blood and urine samples taken to test for



**SKELETON STAFF: CSU diabetes researcher doctor Hayder Al-Aubaidy.**

biochemical indicators including blood sugar, glycosylated haemoglobin, and blood fats. Participants also answer questions about their overall health, medical conditions and current medication.

"We will give each participant the results of their tests, including blood pressure, blood sugar and cholesterol levels," Dr

Al-Aubaidy said. Each session will take about an hour, and will be conducted at CSU in Orange in early December.

If you would like to participate in the study, or for more details, contact Dr Al-Aubaidy on (02) 6365 7512 or send an email (halaubaidy@csu.edu.au).

## THURSDAY

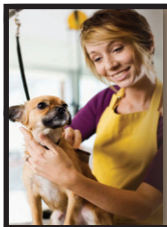
- Heart Support Group meets at Orange Community Health in Sale Street. For information contact John Pritchard on 6362 1893 or Jim Norman 6362 2737.
- The Orange Senior Citizens' Centre is open for seniors from 9.30am. Lunch available \$6. Bingo from 1pm.
- Kidz Club at St Barnabas Church, on the corner of Dora and McLachlan streets from 4.30pm to 6pm. Donation \$2.50 for one or \$5 for family. Contact Anne or Gary Neville on 6362 5349.
- Spring Hill Playtime, Spring Hill Uniting Church Hall, 9.30am to 11.30am. Contact Betty 6360 3123.
- City of Orange Brass Band practice, 7.30pm to 9.30pm, 62 Endsleigh Avenue. Contact Rob Petrie 6362-7516.
- Orange Plastic Modelling and War Gaming Society meets at the Air Training Corps building, Warrendine St, 7.30pm. Contact Bernie 6361 2453.
- Orange District Guides meet at the Guide Hall, 365 Peisley Street, 5.30pm to 7.30pm, for girls aged 13 years and up. Contact Sandra Chrystall 0409 000 733.
- Christian Lending Library, 560 Cecil Rd, 9.30am to 2.30pm. Contact 6362 2391. Storytime and Craft held every Thursday, except in January, from 10.30am to 11.30am.
- Mid Western Consumer Advisory Group invites people living with a mental illness to socialise at the

## The Diary

Nadine Morton



- O'Brien Centre, 10.30am to 2.30pm. Bus pick-up available. Contact 6360 7981.
- Orange Senior Citizens' Association bingo at centre, 77 Kite Street, 1pm. Contact 6362-6592.
- Storytime at Orange City Library, 11am and 2pm during school term. Open to children aged one to five-years-old. Bookings are essential at numbers are limited on 6393 8132. Free session.
- Orange Playgroup, Five Ways Uniting Church, 10am to 12pm. Contact Ebonee on 6362 8048.
- AA meeting, leisure centre Bloomfield Hospital, 8pm.(enter through Country Club entrance.)
- Orange Spinners and Handicraft Group meets at the Cultural Centre, Sale Street, 10am to 2pm.
- For free, confidential tenants' advice call the South West Tenants' Advice Service on 1800 642 609.
- The Leukaemia Foundation invites patients living with multiple myeloma and their carers to a free monthly information sessions. For more information contact Michelle Powell 6361 3774.
- Orange Social Dance Group invites you to the Orange City Bowling Club for dance sessions from beginners upwards from 7pm to 10pm. Everyone welcome. Cost \$5. Contact 6362 0068 or 6362 9624.



# Part of the Family

## Debi's pet project

AS a professional dog trainer, I have met a lot of people over the years who have problems with their dogs. They often just put up with unsuitable behaviours because they don't know how to fix them.

The dog is often called a 'naughty dog' because it won't stop doing something the owner doesn't like.

My role as a professional dog trainer is to give dog owners the necessary tools to fix their dogs' problems.

While all dogs are individuals, most problem behaviours can be overcome with the right knowledge and by putting some simple management strategies into place.

I have just returned



**The Dog Lady, Debi Coleman.**

from the USA, where I attended the American Professional Dog Trainers Conference.

Here I learnt the latest cutting-edge techniques being used throughout the world.

I am keen to bring these techniques back to Orange and the Central West.

USA is leading the world in training, so if you have a dog with any training needs or behavioural issues that cause you or your family concern, please email me on [debidoglad@gmail.com](mailto:debidoglad@gmail.com), call me on 0408 955 346 or visit my website [www.doglad.com.au](http://www.doglad.com.au).

## Tips for new puppy owners

YOUR new pup will be a lot of fun and will become an important member of your household. With this comes a big responsibility for their health and wellbeing.

Good housing, lots of affection and plenty of appropriate play and attention are vital for the pup's progression to a healthy and enjoyable family pet.

Follow these simple steps:

### Vaccinations

Dogs require vaccination against infectious diseases, which can be fatal if contracted. Routine vaccinations include distemper, hepatitis, parvovirus and kennel cough. Puppies need three vaccinations, first at six weeks of age, second at nine weeks of age and third at 12 weeks of age.

After these primary vaccinations, your pet will require an annual booster and health check. The first annual booster is 12 months after their final puppy vaccination.

### Intestinal Worming

A large number of puppies are born with intestinal worms that they get from their mother. Therefore it is important they are wormed correctly when young. You should worm your puppy every two weeks until 12 weeks of age, then monthly



**Amie Peterson, Tonielle Southern, Kim Rolls (front) Genevieve Payne, Lee Warren and Tahnay Spicer love their pets. Photo: LUKE SCHUYLER 11191svet**

until they are six months of age; then every three months for the rest of their life.

### Heartworm

Heartworm is not a problem in the immediate Orange area but dogs travelling out of the region, even for short periods, should be protected.

### Fleas

Dogs are a natural host of fleas. Almost every untreated dog will have fleas. As well being a nuisance and uncomfortable for your dog, young puppies can become anaemic from blood loss.

Some dogs can have quite severe allergic reactions.

### Diet

For optimum growth, your puppy's diet must be balanced with the right amount of energy and nutrients. Premium diets are nutritionally balanced, come in different formulations for different sized dogs and make life a lot easier!

### Microchipping

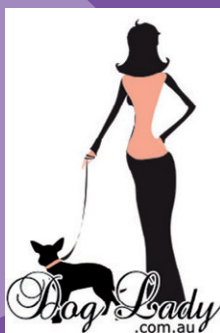
It's the law for all puppies to be microchipped. This procedure is carried out by your veterinarian and can be done at the time of vaccination or desexing.

### Puppy Preschool

The first 16 weeks of a puppy's life are critical in terms of discouraging unwanted behaviours, teaching good behaviours and interacting with humans and other dogs. At Orange Vet Hospital we recommend puppy preschool for puppies under four months of age. There are four classes where they learn to socialise with other dogs which help to avoid antisocial behaviour in the future.

Call to see the wonderful team at Orange Veterinary Hospital on 6361-8388.

- 🐾 Dog training classes from puppy to adult
- 🐾 Specialised classes
- 🐾 Private training and behaviour consultations
- 🐾 Temperament Tests
- 🐾 Pet Therapy Dog training and assessing



**Debi Coleman • The Dog Lady**

Nationally and Internationally Qualified

Professional Dog Training and Behaviour Consultant

Email: [debidoglad@gmail.com](mailto:debidoglad@gmail.com)

Website: [www.doglad.com.au](http://www.doglad.com.au) • Ph 0408 955 346

Compassionate quality care for  
your pets, large & small  
by appointment

**Orange  
Vet Hospital**

The best care for your best friend!

57 Molong Road, Orange

**6361 8388**

[www.orangevet.com.au](http://www.orangevet.com.au)