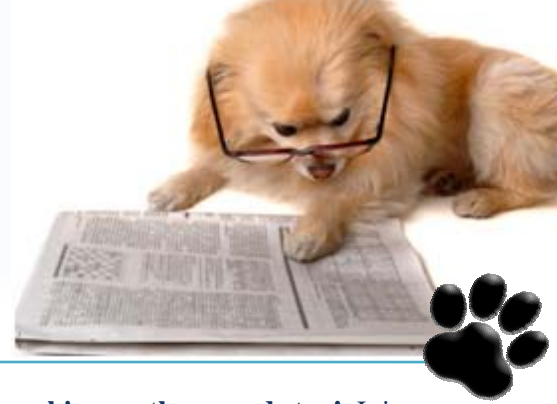


# PET TALK

Spring 2009



**Obesity is not just a problem in people; pets are packing on the pounds too!** It is estimated that 40% of dogs and 30% of cats are overweight. If left untreated, dogs and cats may experience serious health issues secondary to obesity.

**Common health problems associated with obesity include:**

- Lameness, Arthritis & other Joint disorders
- Increased Anesthetic & Surgical Risks
- Exercise Intolerance & Overheating
- Diabetes Mellitus
- Heart Disease
- Skin Problems

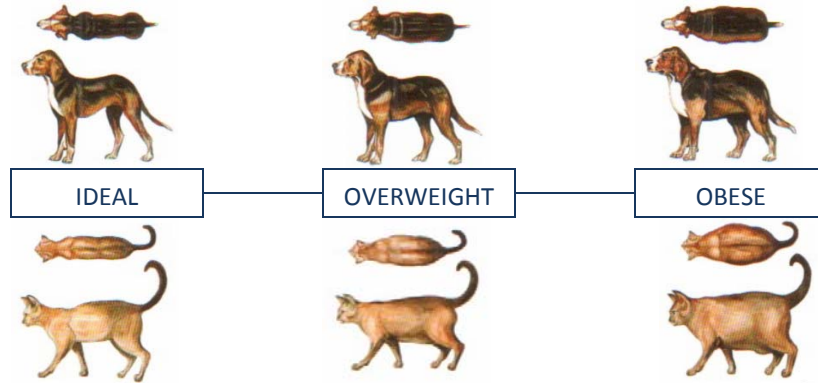
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### Pet Obesity



#### Is Your Pet Overweight?

- View your pet's profile from the side. His relaxed stance should reveal a belly that is neatly tucked up between the hind legs (not a flat line along the base of the belly).
- When viewed from above, your pet should have a well-proportioned "hour glass" waist.
- Feel for his ribs. With gentle fingertip pressure, you should be able to feel your pet's ribs easily.



**Tidbit:** Keeping your pet at a healthy weight can literally add years to his or her life!

#### Getting Started on Weight Loss

**1. Physical Exam.** A detailed history and physical exam should be the first step towards weight loss. In most cases the cause of obesity is quite simple: too much food & not enough exercise. That being said, obesity can also be a result of underlying medical conditions such as hypothyroidism or Cushing's disease. This is why a vet exam is so important prior to starting a weight loss program.

**2. Calorie Restriction.** There are two basic ways to cut down on calories. One way is to feed less of the food the pet is currently eating. The second is to switch to a weight reduction diet. And of course, treats need to be minimized! If treats are given be sure to use low calorie treats. Dog treat labels simply do not tell you how many calories are in each treat. You might be surprised to find out that one small Dentabone® contains 105 calories and just one large Milkbone® has 115 calories.

**3. Exercise is Crucial!** Walk the dog. The workout is as good for him or her as it is for you. It may be a bit harder to nudge your cat into activities, but they can be encouraged to exercise using toys, flashlights or even laser lights.

**4. Monitor the Results.** Weigh your pet every 2-4 weeks (you can stop by anytime to use our scale). Sometimes it is helpful to plot out this information on a graph and keep a written record of food intake and exercise.

**Ask our team how the SlimFit Weight Loss Program can help you give your pet a healthier & happier life.**

We will work with you to develop the most appropriate diet and feeding amounts, and provide you with nutrition and exercise tips to best help your dog achieve an ideal weight.



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Low Calorie Snacks	Calories
¼ cup carrots	17
¼ of an apple	12
¼ cup of green beans	9
1 Hills prescription diet treat	13