

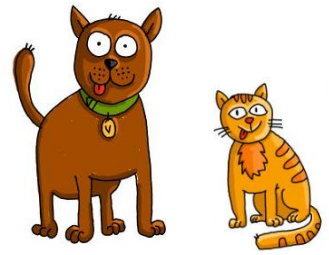


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# PET OBESITY

## Body Condition Score

### Fitter or Fatter?

Winter is coming to an end (finally!) which is great news for our pets. During the long, cold winter many pets pack on the pounds due to lack of exercise. With spring approaching it is important to be mindful of our pet's physique in addition to our own.

Obesity has become an epidemic in both humans and pets. Research by Hill's Science Diet in 2008 suggests that, 35% of adult pets and 50% of pets over 7 were overweight or obese. It is scary to think of these numbers as it, but the harsh reality of the situation is that these numbers continue to grow.

Not only does obesity degrade the quality of life that you pet is able to live, it also leads to many dangerous health conditions and a shorter life span. Pet obesity is a serious problem and requires a medical plan outlined by a healthcare professional to shed those dangerous pounds.

There are many factors that contribute to obesity such as genetics, gender, activity level, and feeding. Some of these are out of our control as a pet owner, however many factors can be controlled. By becoming mindful of our pet's weight we can insure that they live a long, healthy life.

### Try Hill's r/d Prescription Diet Food for the Best Results

- Clinically proven to promote healthy triglycerides and cholesterol\*
- Unique combination of lysine, carnitine and soluble fiber **modifies metabolism from fat storing to fat burning\***
- High natural fibers levels **satisfy pets while losing weight**
- Delicious taste** for easy transition from your dog's current food
- **100% Satisfaction Guarantee**



What is your pet's body condition score? By using the charts below, you will be able to gauge where your is at when it comes to their weight. Chances are that the weight of your pet is not ideal. There is no need to worry. There are many treatment options available. For more information do not hesitate to consult your pet's veterinary healthcare team for more information.



<p><b>BCS 1: Very Thin</b></p>	<p><b>BCS 1: Very Thin</b></p>
<p><b>BCS 2: Underweight</b></p>	<p><b>BCS 2: Underweight</b></p>
<p><b>BCS 3: Ideal</b></p>	<p><b>BCS 3: Ideal</b></p>
<p><b>BCS 4: Overweight</b></p>	<p><b>BCS 4: Overweight</b></p>
<p><b>BCS 5: Obese</b></p>	<p><b>BCS 5: Obese</b></p>

## Spring is in the air...

... And so are all of the parasites. Remember to speak with your veterinarian about options to protect your pets and family members.





# Five Steps to a Healthier Pet

## 1. Watch what your pet eats.

Working with your veterinarian, you can determine a proper feeding plan for your pet. Choosing the appropriate food for your pet is extremely important. It is also important to monitor and track treats that your pet is given throughout the day. And remember, no table scraps!

## 2. Track your pet's weight.

It is important to have a goal in mind when setting off on a weight loss journey. You should weigh your pet every 3-4 weeks to track their progress. Your veterinarian will be able to determine your end goal.

## 3. Maintain a healthy activity level.

Your pet's weight management isn't complete without a healthy amount of physical activity. Your pet must be active enough to burn off the calories that he or she is consuming in addition to those pesky extra pounds.

## 4. Visit your veterinarian often.

Regular visits with one of our veterinarians will ensure that your pet's weight management progressing in an efficient manner. Vets know what your pet's ideal weight should be, how fast they should be losing weight, and which foods are most appropriate for each stage of weight loss.

## 5. Maintain an ideal weight for life.

Your pet's weight management should be lifelong. Once your pet has attained an ideal weight, switch to a simple weight maintenance plan that consists of regular exercise and proper nutrition. You will see improvement in every aspect of their life.



## Tips for Weight Loss

- Reducing diets are specially formulated to be high in fibre and low in calories. These diets are able to sustain your pet leading to a sense of feeling full.
- Encourage mild to moderate exercise. Increase the level of intensity once your pet has shown signs of improvement.
- While on a weight loss program keep your pet under medical surveillance by visiting your vet clinic every 3 or 4 weeks to keep track of their weight.
- Do not feed your pet table scraps!

**My dog is still not losing weight. Is there anything else I can do?**

**There is a new medication available that has been proven, along with a healthy diet and exercise, to aid in weight loss in dogs. If this option is of interest to you, please make an appointment with one of our veterinarians by calling us at 780-458-6051 to discuss if this medication is suitable for your dog.**



# Obesity Can Lead to...

- Diabetes mellitus
- Cardiac disease
- High blood pressure
- Joints suffer from excess wear and tear leading to arthritis, joint injuries, leg problems, cruciate ligament rupture and back ailments
- Excess weight can worsen osteoarthritis
- Tracheal collapse and respiratory problems (especially in hot weather & during exercise)
- Make animals prone to heatstroke, gastrointestinal disease, skin problems and reproductive disorders
- Overweight pets are more at risk during surgery
- Inability to groom and therefore unable to keep themselves clean
- Intolerance to exercise

## Complimentary Dental Consultations



Tudor Glen Veterinary Hospital is always pleased to offer complimentary dental consultations. The consultation will include an oral exam, a demonstration on how to brush your pet's teeth, a discussion on nutrition and a free bag of dental food. We do not charge for these consultations – it's our way of promoting pet dental awareness. To book a complimentary consultation, please talk to one of our veterinary health care team at

**(780) 458 6051**