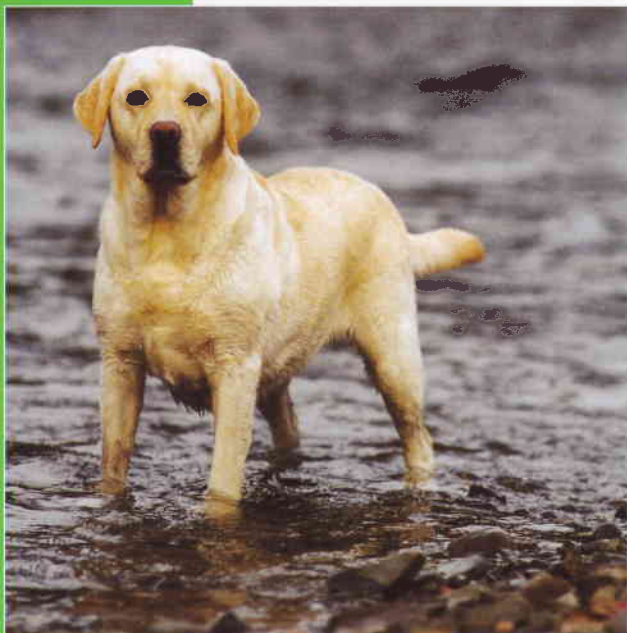




Overweight



This Brochure
courtesy of
Hollyoak
Veterinary Surgery
IMPINGTON
01223 232111



Why is my pet's weight so important?

Research has shown that around 50% of dogs and cats are overweight to some degree. An overweight or obese pet is at increased risk from a whole range of clinical problems including, diabetes mellitus, heart disease, skin complaints, breathing difficulties and arthritis.

Weight gain in pets is normally the result of an increase in body fat. This is most commonly caused by a pet eating too much, especially when combined with a lack of exercise. If more energy is being gained from food than is being used, the surplus will be stored in the body as fat.

Just like people, dogs and cats have an ideal weight. Achieving and maintaining a pet's ideal weight not only reduces these risks, but can lead to your pet having a more energetic, longer and healthier life.

There are a number of factors that can contribute to weight gain, these include:

TOO MUCH FOOD

Overfeeding your pet through inadequate portion control and giving high calorie tidbits.

MEDICAL HISTORY

Occasionally weight gain is associated with a medical disorder that may require corrective treatment.

NEUTERING/SPAYING

Pets that have been neutered or spayed have a higher risk of weight gain because of their altered metabolism.

AGE

Older pets are often less active and, if so, require fewer calories.

BREED

Some breeds, such as Labrador Retrievers, Cairn Terriers, Cocker and King Charles Spaniels and mixed breed cats, are predisposed to weight gain.

LIMITED EXERCISE

Pets that are relatively inactive may be using less energy than they are gaining from their food.

Recognising the signs of a weight problem

There are a variety of indications that your pet may be overweight:

- Ribs can't be felt
- Loss of an obvious waist
- Difficulty in walking
- Slow to move
- Short of breath
- Bad-tempered
- Sleeps a lot

IMPORTANT






Even if your pet does not show any of these signs, it may still be overweight and this could affect its health in the future. If you are in any doubt, ask your veterinary surgeon to assess your pet's weight.



Diagnosis

When a pet's weight is up to 15% above its ideal weight then it is considered 'overweight'. If it is more than 15% above ideal weight then it is defined as 'obese'.

Your vet will weigh your pet and assess its Body Condition Score. The Body Condition Score is a measure that helps indicate if a pet is at, or above, its ideal weight.

1. Very thin 	Ribs easily felt with no fat cover
2. Underweight 	Bones are raised with minimal tissue between the skin and bone
3. Ideal weight 	Ribs can be felt through slight fat cover
4. Overweight 	Difficult to feel ribs through moderate fat cover
5. Obese 	Ribs are very difficult to feel under thick fat



Weight management and control

Hill's* Prescription Diet* weight management products are scientifically formulated to help in weight loss and weight control of adult cats and dogs. It is great tasting, complete and balanced nutrition that makes weight reduction simple and satisfying for your pet.

WEIGHT LOSS:

Hill's* Prescription Diet* **Canine r/d*** and **Feline r/d*** are high in fibre and low in fat and calories to ensure that your pet feels satisfied whilst losing weight.



Some cats may lose weight more effectively with **Hill's* Prescription Diet* Feline m/d***. This food is low in carbohydrate and high in protein, and therefore switches your cat's metabolism to use the fat stored in the body as its main source of energy.

WEIGHT CONTROL

Hill's* Prescription Diet* **Canine w/d*** and **Feline w/d*** provide balanced nutrition that helps pets maintain their ideal weight after a successful weight reduction programme.



For cats that have lost weight successfully with **Feline m/d**, the feeding amount of **Feline m/d** can be adjusted to maintain their ideal body weight.

AVOIDING WEIGHT GAIN

Hill's* Science Plan* Light products are superior lower calorie nutrition that is ideal for less active or neutered pets.



Owner's checklist

HollyOak
Veterinary surgery
IMPINGTON 01223 232111
www.HollyOakVets.co.uk

- ✓ Make an appointment for your vet to assess your pet's weight
- ✓ Feed only the food recommended by your vet
- ✓ Closely follow your pet's weight management programme – such as regular times for meals, set amounts of food and recommended levels of daily exercise
- ✓ Reward your pet with cuddles, playing games or going for walks rather than with food
- ✓ A weight management programme requires regular, careful monitoring, so make sure you keep appointments with your vet

FEEDING GUIDE

All Hill's products are extremely palatable foods that are eagerly accepted by most pets. However, when suffering from diabetes your pet may have a reduced appetite or be less willing to eat. If your pet does resist this change of food, the following tips may help:

- Introduce the new food gradually – mix it with your pet's usual food, adding more of it each day until you have completed the change-over
- Warm canned food to body temperature – but no hotter – before feeding
- If your pet refuses to eat for more than 48 hours, discuss the problem with your vet



Hill's Pet Nutrition Ltd.,
Wingfield Court, Croxley Business Park, Hatters Lane,
Watford, Hertfordshire WD18 8YL
Hill's Helpline: 0800 282438 www.hillspet.com



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Feed Their Own Pets*