



# September Newsletter

"You and Your Pets Are Part Of Our Family"

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## In This Issue:

## Nutritional Awareness- What's best for your pet?

### Are you loving your pet to death?

It is estimated that

**40% of dogs and 30% of cats are overweight!!**

What about your pet? Come in for a Body analysis today to see what we need to do.

An overweight pet is NOT a healthy pet. Smart owners recognize they are putting their pet's health at risk by allowing that extra weight. Overweight pets tend to play and exercise less and don't live as long as healthy pets do. They also have a lower resistance to infection and tend to be less able to fight off infectious diseases. Obese pets have an increased instance of arthritis, spinal disc problems, and torn knee ligaments. Obesity leads to impaired endurance, increased fatigue and high blood pressure. The increased workload on the heart contributes to an increase of heart disease in overweight pets, leading to congestive heart failure.

Other problems associated with obesity are:

**Diabetes Mellitus:** pets that are obese have an increased risk and severity of diabetes

**Gastrointestinal problems:** Overweight pets have increased constipation, flatulence and stomach ulcers

**Increased Cancer rate:** Overweight dogs are at a higher risk for cancer 50% higher risk than their healthy counterparts

**Reduced Liver function:** Due to the accumulation of fat in the liver, its ability to function can be compromised

**High blood pressure:** This condition worsens with obesity, and hypertension increases the risk of kidney, heart and vascular disease.

**Impaired hormone release:** The release of growth hormone is impaired in overweight pets.

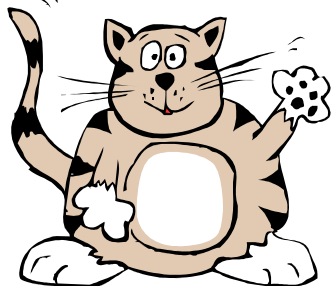
All these effects contribute to a reduced life span and affect the quality of a pet's life. Pets that are healthy and physically fit tend to live longer, are happier and enjoy life more. There are some special considerations when putting our overweight cats vs. our overweight dogs on a diet. See below.

### Obesity in cats

For cats, as little as ONE TABLESPOON of additional food per day can result in a significant weight gain over a year! On the other hand, very obese cats need to be adjusted to a diet slowly, or they run the risk of "Fatty Liver Syndrome". This is a potentially fatal condition that causes severe liver dysfunction. We should aim to go slow...aim for 1% body weight loss per week. It is also necessary to increase the pets activity, to increase their metabolism and to burn up calories. Encourage hunting instincts with toys on a string, laser pointers, balls and participate. Make losing weight fun!

### Obesity in Dogs

For dogs we need to increase activity, decrease caloric intake and eliminate people food and fatty treats. For really overweight dogs, start with 2 good 20 minute walks every day. Remember obese pets completely lose exercise tolerance. Using low fat treat like veggies and special low-cal dog biscuits (Medi-treats by Medi-cal) can help alleviate owner guilt of "starving" their pet. Make sure nobody else gives your pet unwanted treats, and measure out the food using a proper measuring cup ( just ask for one at reception!) Again, go slow, aim for the 1% body weight loss per week.



There are great tasting diets for your pet to reduce weight. Royal Canin has "**Calorie Control**" which is favorite in kitties, but is available for both dogs and cats...even in a chunks and gravy flavor! Medical have **Weight Control and Fiber Formula** for both cats and dogs, and a special **Reducing Formula** for cats. Ask Dr. Taylor or one of our staff which is right for your pet.

