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PET OBESITY

**OBESITY AFFECTS MORE THAN YOUR PET'S FIGURE,
IT AFFECTS YOUR PET'S FUTURE.**

Obesity is one of the most common medical disorders affecting pets, with nearly 35% of pets considered to be overweight. This occurs when calorie intake (food consumption) exceeds calorie expenditure (exercise and activity). Unfortunately obesity shortens the lifespan of our family pets and contributes to many other diseases. With careful monitoring of their feeding habits, combined with an active lifestyle, your best friend can lead a healthy and longer life.

KILLING YOUR PET WITH KINDNESS

A piece of cheese or a cup of milk may seem like a little treat to you, but it's like a whole meal for your pet. Too many snacks add up fast and the tables below put into perspective just how it affects your dog or cat.

SNACKS Fed to a 10-lb cat	Human Caloric Equivalent*	
	Number of Hamburgers	OR Number of Chocolate Bars (2oz)
Single potato chip =		
1 oz cheddar cheese =		
1 cup whole milk =		

SNACKS Fed to a 20-lb dog	Human Caloric Equivalent*	
	Number of Hamburgers	OR Number of Chocolate Bars (2oz)
1 small cookie =		
1 oz cheddar cheese =		
1 hot dog =		

OBESITY AND EXCESSIVE WEIGHT IN PETS CAN LEAD TO SEVERAL SERIOUS HEALTH ISSUES

- DIABETES**
Early warning signs can include weakness, increased thirst, frequent urination, unexplained weight loss, depression or abdominal pain.
- ARTHRITIS AND OTHER JOINT DISORDERS**
Signs can include behavioral changes, limping, stiffness or difficulty climbing stairs and jumping onto furniture.
- HEART DISEASE**
Signs can include coughing, lethargy, difficulty breathing, intolerance to exercise, loss of appetite, or unexplained weight loss.
- HIGH BLOOD PRESSURE**
As there are no visible warning signs, we recommend regular checkups here at the hospital.
- SKIN PROBLEMS**
Early signs include an unkempt coat. Watch for repeated itching and scratching.



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 you and your dog.


What is your Pet's Body Condition Score?

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By comparing your pet to one of the charts below, you can determine if they are at a healthy weight.


BCS 1: Very Thin




BCS 2: Underweight




BCS 3: Ideal



BCS 4: Overweight



BCS 5: Obese



BCS 1: Very Thin



BCS 2: Underweight



BCS 3: Ideal




BCS 4: Overweight



BCS 5: Obese




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.

Five Steps to a Healthier Pet

- 1. Watch what your pet eats.**
Different cats have different needs when it comes to nutrition. That's why you should work with your veterinarian to make the right food choices for your pet. Together you can discover the right type and amount of food for your pet's life stage and health condition.
- 2. Track your pet's weight.**
Losing weight can help your pet achieve better health, but only if the weight is lost in a healthy, controlled manner. Feel free to bring your pet in to weigh them on our scale.
- 3. Maintain a healthy activity level.**
Your pet's weight management isn't complete without a healthy amount of physical activity. Whether it's a game of fetch, or playing with a favourite toy, make sure your pet is getting the physical activity needed to get and stay healthy.
- 4. Visit your veterinarian often.**
Regular visits with one of our veterinarians will ensure that your pet's weight management is going smoothly. Our Vets know your pet's ideal weight, how fast they should be losing weight and which foods are best at 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.

