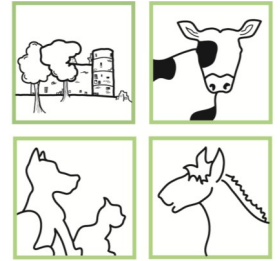


# AVONDALE Veterinary Group



## APRIL NEWSLETTER

April 2010

### Has your pet eaten too much over the last year and overindulged?



**Don't worry help is at hand.**

**Our Free Nurse Weight Clinics can give you all the help and advice you need to get your pet back to its healthy and happy weight.**

It is estimated that over half of our dogs and cats are overweight or obese.

There are several factors that make it more likely that a pet could be obese, these are;

**Breed** – Certain breeds of dogs have a higher risk of becoming obese than others.

**Age** – The risk of becoming obese tends to increase with age.

**Neutering** – Neutered dogs of either sex can increase their weight.

Some breeds of cats are more prone to obesity as are neutered cats.

A few potentially serious medical conditions associated with weight problems are:

- **Diabetes**
- **Heart disease**
- **Respiratory problems**
- **Arthritis**

**Please call or speak to our friendly nursing staff who can give you advice or make an appointment for our Weight Clinics.**

### How and what can be done?

Weight Reduction generally involves changing or altering the diet and also the lifestyle of your pet.

Changing lifestyle can involve simple techniques to increase energy expenditure.

This can involve extra walks, running or swimming for dogs, and for cats can involve putting food in balls (they need to

exercise to get the food out), moving food bowls upstairs, increased playing time with the cat and having mechanised toys with timers for play throughout the day.

Other lifestyle changes may involve the way your pet is fed.

Do they get treats and if so are they healthy and factored into their daily allowance?

Do you accurately weigh out the food given?

Is the food given as one meal?

Feeding requires energy to digest the food so splitting meals into two or four a day will help.

