

# DID YOU KNOW?

Over \***50%** of pets are overweight or obese.























Being overweight or obese increases the risk of many health problems and diseases, including:

- **Heart** disease and heart failure.
- Arthritis causing constant **pain**.
- Ligament **injuries** requiring surgery.
- **Diabetes**.
- Skin **infections**.
- Urinary infections and bladder **stones**.
- **Liver** disease.
- Heat **stroke**.
- Increased anesthetic and surgical **risks**.
- Shorter **lifespan**.



# Not Sure If Your Pet is Fit, Overweight, or Obese ?

In general, dog and cat owners should be able to feel their pet's ribs through a thin layer of fat and see a defined "waist" between the ribs and hips. "You should not be able to see all of a pet's ribs and spine," says Dr. Buisson. "And if you have to really press hard to find his ribs under fat, he's too big." Your veterinarian will be able to give you a more accurate picture of your pet's weight and health based on individual factors; however, you can check the BCS scale below to get an idea of where your pet falls on the weight spectrum:

Fit				
1	2	3	4	5
				
Very thin	Underweight	Ideal	Overweight	Obese
				
Ribs are easy to see or feel. When viewed from above, there is an accentuated waist.	Ribs are easy to feel. When viewed from above, there is an hourglass shape.	Ribs can be felt. There is a slight waist when viewed from above.	Ribs are difficult to feel. There is no waist when viewed from above.	Ribs are very difficult to feel. When viewed from above, there is no waist and a broad back.
1	2	3	4	5
				
Very thin	Underweight	Ideal	Overweight	Obese
				



# WE CAN HELP!

Why choose a weight loss program supervised by the *Napanee Veterinary Hospital*?



**Reason 1:** We use foods formulated and **balanced** to reduce calorie intake while still providing adequate protein, vitamins and minerals.

**Reason 2:** We make sure the weight loss happens at a **safe**, moderate pace.

**Reason 3:** We are **qualified** to identify and manage health issues that can be related to obesity or influence weight loss.

**Reason 4:** We will **support** you every step of the way.

**Reason 5:** It's **free**! Weigh-ins, progress assessments and diet adjustments are free.

\* Your pet must have had an examination by one of our veterinarians in the last 12 months before starting a weight loss program.

# FEEDING TOYS

A FEEDING TOY CAN BE A GREAT ADDITION TO YOUR PET'S WEIGHT LOSS PROGRAM



Feeding your pet with a toy instead of a bowl helps him/her:

- Be more physically active.
- Be more mentally active.
- Have blood glucose levels that are more stable throughout the day, which helps weight loss.
- Reduce hunger and begging for food.