



### Reasons why more pets are overweight:

- More tasty foods (palatability)
- Free choice feeding
- Table food
- Lack of exercise
- Boredom
- Genetics
- Gorging
- Neutering

### Risks of Obesity in Pets:

- Osteoarthritis (joints)
- Back problems
- Reproductive problems
- Heart Disease
- Urinary tract syndromes (infection)
- Inability to groom properly
- Diabetes
- Liver Disease
- Endocrine Disease

## CONSULTATION

### Examination

Our first recommendation is to have your pet examined by one of our veterinarians. A complete physical examination and tests should be performed on your pet to make sure there are no medical reasons why they should not be placed on a calorie restricted diet.

If your pet has other conditions such as allergies, food intolerance, fiber intolerance, urinary tract, liver, kidney or heart conditions, they will have to be placed on diets that are not hazardous to their current health.

A body condition score (BCS) will be assessed for your pet to determine their body condition and level of obesity. Their weight will be measured in pounds and converted to kilograms and an initial target weight will be determined by the doctor. Then daily calorie requirements will be calculated for weight loss (RER). Your pet should be weighed monthly and examined every few months. Pets should not lose weight too rapidly.

### Diet choices

There are many “diet” pet foods on the market these days but we want to make sure you choose the right one for your pet. We recommend that you find a pet food that is a truly light or reduced calorie food that has been through feeding trials regulated by the AAFCO (Association of American Feed Control Officials). This means that the pet food has to meet specific nutritional requirements for a specific life stage and has been through feeding trials to ensure its quality and efficacy.

### Exercise

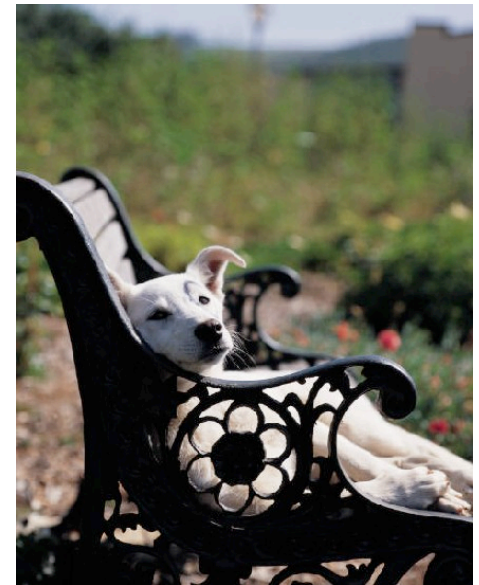
Regular daily activity and exercise makes a healthier and happier pet. It not only can help decrease appetite it can help them lose weight faster and releases anxiety from a change in feeding habits. It also improves their overall cardiovascular health and mobility.

### Treats

Make sure treats and supplements are counted when calculating daily calories. A few small treats here and there can add on the pounds. Stick with low calorie low fat treats if you must give treats, try small liver treats, veggies or low fat cheerios.

## Cottonwood Veterinary Clinic P.C.

## WEIGHT LOSS PROGRAM



## Compassionate Care for Your Family Pet.

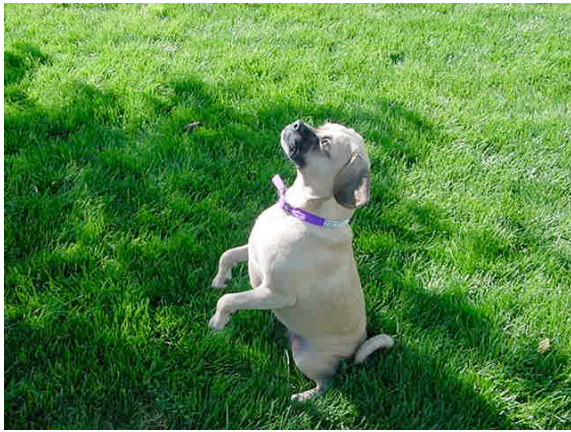
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## Helpful Tips:

Remember to transition to a new diet slowly.

Use a smaller feed bowl, it looks fuller!

Provide plenty of fresh water bowls.

Slow down feeding with a plate or muffin tin.

Weigh **every month** with the same scale to monitor progress so we can make changes if needed.

Include everyone in the house with the diet and exercise plan to prevent overfeeding.

Make good choices with food and treats.

Obesity prevention is best.



# GETTING YOUR PET TO A HEALTHY WEIGHT

## BEHAVIOR

### Begging

Discourage begging by preventing it from starting. Feed your pet separately, at a different time from your meal time. Allow them to be outside to exercise or play while you are eating. Do not offer them food from the table.

If you insist feeding from the table you must account for those calories as part of their daily intake. Alternatively you can portion their dry food and feed that from the table or feed them non-starchy vegetables such as carrots, lettuce or green beans.

### Hunger

If a pet on a new diet is still pestering you acting like they are hungry, try to redirect that behavior by going on a walk, playing or petting.

If they are truly hungry, try feeding smaller meals more frequently. Feed a diet higher in fiber, feed both dry and canned, add water or low salt broth to their dry food. Go to a lower calorie food and feed more quantity.

More exercise can suppress appetite and burn more calories.

Cats can get more exercise if their food is hidden for them as a hunting game. Play more physical games with toys or lasers around the house.

## Weight Chart:

Weigh In Date:	Current weight:	Pounds Lost:
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0.75

$$\text{RER} = 70 \times (\text{KG})$$

Resting energy requirement (RER) is as many calories that any mammals body needs when at rest. Since metabolic rates and levels of exercise are different for each individual pet, we want to **customize** each pets weight loss and exercise plan to meet their individual needs.

Your pet's RER: (initial target weight)

\_\_\_\_\_ Calories per day

## Diet Recommendation:

r/d w/d OM Light Other:  
 \_\_\_\_\_canned \_\_\_\_\_dry  
 Treats \_\_\_\_\_

## Weight Loss Medication for Dogs\*:

Pfizer Animal Health now has an FDA approved weigh loss medication to help dogs lose weight more efficiently with less hunger. It's primary action is an appetite suppressant but also helps to slightly decrease fat absorption. Dogs still have to diet and exercise but if they still can't seem to lose weight, this medication may help. (To see how this medication works visit [www.slentrol.com](http://www.slentrol.com))