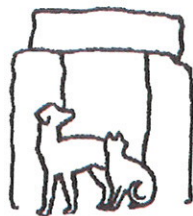


# STONEHENGE VETERINARY HOSPITAL

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"Because we Care"

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## Obesity in our pets

Obesity in our pets is caused by the pets being overfed for the amount of exercise that they take i.e. the amount of energy put in is more than is used up! It is estimated that 45% of dogs and 13% of cats are classed as obese.

Domesticated animals do not have the knowledge to stop eating when they have consumed too many calories. It is up to us to control the amount of food that they eat and not give too many treats!

Problems that we associate with obesity in practice are **arthritis, exercise intolerance, disc problems, heat intolerance and a poor anaesthetic risk**. In cats they are also at an increased risk of **diabetes and cystitis**, especially in males, where the bladder can become blocked due to stones in the urine. Overweight pets are also more difficult to lift, get into the car and also more drugs are given per kilo as the pet carries fat as well as its normal bodyweight.



Restricting calorie intake can help to reduce weight. Be aware of the corner of toast at breakfast, the biscuit when you have morning coffee and the treats when walking the pet. These all add to the calories that the pet consumes! In humans, one digestive biscuit extra per day can add 2 lbs per year on to your bodyweight! Now equate that to your small cocker spaniel and it soon adds up! And this is all on top of his normal bowl of food!



At **Stonehenge Veterinary Hospital**, a regular weight watchers clinic for pets is run by trained nursing staff. An assessment of the pets is made, evaluating their lifestyle and current feeding regime. Advice is given and, if necessary, a special prescription diet can be fed. This ensures a regular weight loss along with all the correct nutrients in the correct proportions being fed. Regular weigh-ins take place and the normal bodyweight is generally achieved after 6 months. **This service is available free for both dogs and cats.**



INVESTOR IN PEOPLE

