

Pawsitive Press

INSIDE THIS ISSUE:

Pet Obesity	1
Chunky Monkey Cont'd	2
National Vet Tech Week	3
Coupons	4

Related Webpages:



Pet Obesity – Chunky Monkey

By: Christen Woodley, D.V.M.

Is Fluffy sporting some extra fluff lately? Is Peanut resembling less of a peanut and more of a streamlined sausage? Pet obesity is an increasing epidemic. And though many people think that their pet may look cute with a little extra “fluff,” there are real health concerns that come from being too heavy.

Overweight pets are more prone to ailments such as diabetes, hypertension, joint pain, labored breathing, heart disease, etc.

How Much Should My Pet Weigh?

After examining and weighing your pet, we can better advise you on what their ideal weight is. It is preferable to monitor body condition score (BCS) and weight together. With an ideal BCS you are able to palpate the ribs without having to dig through an overlying fat layer to feel them. Ideally, the ribs should not be visible but, one should be able to just palpate them comfortably.



In addition, the goal is to keep a peanut or hourglass shaped waistline. So when standing over your pet and looking from their ribs to their hips, you ideally want to see an indentation like that of a peanut or hourglass.

How much should I feed my pet?

No one wants to hear it, but the two biggest keys to weight control in our pets are the same as they are for us, measuring out the portions (calories in), and exercise (calories out). When measuring your pet’s food you must use a true measuring cup. And no a big gulp is not a measuring cup! All of your pet food labels should list how many calories are in a cup/can of that particular food. Now granted the companies are a bit too generous in their feeding guidelines in my opinion.

So when they say how many cups or cans per day to feed your pet based on their weight, take that with a grain of salt. It will vary by each pet and their age, exercise level, metabolism, etc. I find that most pets on average need to be fed about 25 %-30% less than the suggested feeding guideline on the container. Also, if your pet is overweight be sure to feed the portion advised for your pet’s ideal weight and NOT their current weight. You do not want to feed the amount listed for the weight they are now if your goal is weight loss!

Our pets cannot feed themselves, and the benefit to that is that you can 100 % control their caloric intake. Yes You Can!! If you pet is overweight now and you are not measuring out how much you feed, the first step is to accurately measure what you are offering. From there, try to cut back the overall portion offered daily by 25%. If after 2-4 weeks more weight loss is desired, decrease another 25% and so on. In addition, look at if you are being overzealous with the treats! Secondly, how often are you taking each other out for a walk?



Chunky Monkey Cont'd

Everyone would enjoy a sunset walk on the beach ☺

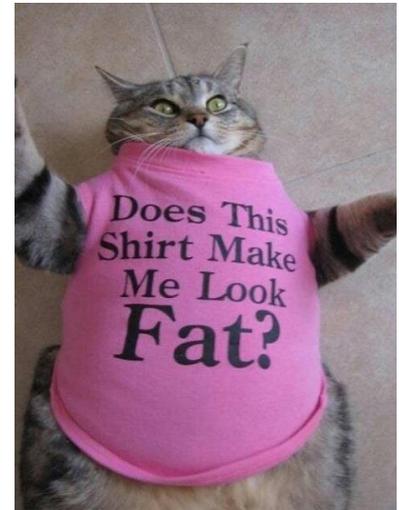
How often should I feed my pet in a day?

As a veterinarian, I recommend splitting feeding into at least two meals per day. This helps to avoid glucose spikes, to help lessen the risk of bloat that can occur by eating and drinking too much too fast, and is helpful if they are ever on twice-daily medication that needs to be given with a meal, such as antibiotics and insulin. In very young pets and those that are quite small, it is often advisable to feed 3-4 smaller meals per day. This helps to avoid their blood sugar dropping too low, which our very young small pets can be prone to. A healthy adult pet should not be at risk for hypoglycemia and therefore can be fed two meals per day.

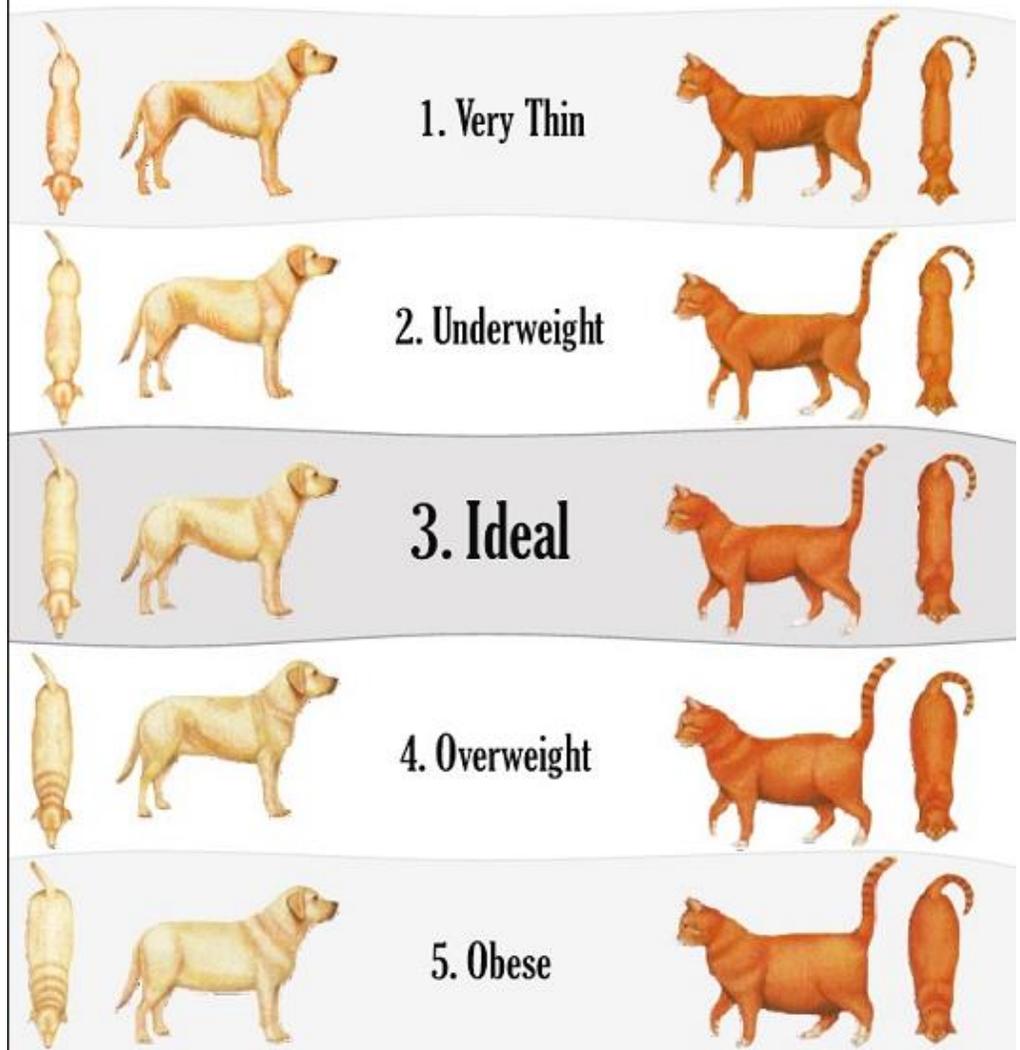
In Summary

Weight loss is never easy. We battle with that ourselves and know that it takes time and commitment. Often times avoiding obesity is as simple as decreasing the amount fed and increasing exercise. Hmmm, seems everyone may have heard that before ;) If despite measured feedings and exercise your pet seems to still be packing on the pounds, come in and let us examine them and run some blood work. There are certain medical conditions, such as hypothyroidism and Cushings Disease that can predispose a pet to obesity despite your best efforts. There are also

prescription metabolic diets that can help assist your pet in their weight loss journey. We are here to assist you in the battle of the bulge!



Body Condition Score



National Veterinary Technician Week

Veterinary technicians are critical to the day-to-day function of veterinary practices, and play vital roles in preserving animal health and welfare. National Veterinary Technician Week, first celebrated in 1993, takes place in the third week of October each year, and provides an opportunity to recognize veterinary technicians' contributions.

Although we value veterinary technicians every day of the year, we take this week to honor their commitment to compassionate, high-quality veterinary care for all animals.

Thank you, veterinary technicians, for all you do!



Lesley



Kelly



Kerry



Kim



Jessica



Stephanie



Vanessa

Animal Hospital of Dunedin
 1355 Pinehurst Rd
 Dunedin, FL 34698
Phone: 727-733-9351
Fax: 727-733-8165
E-mail:
animalhospitalofdunedin@gmail.com



“Caring for pets with
 love and kindness since
 1977”



We're on the Web!
www.ahofd.com



Animal Hospital
OF DUNEDIN
Caring for Pets with Love and Kindness

\$1

First Exam - New Patient

(\$49-\$80 Savings)

Includes comprehensive physical exam and one vaccine. Does not include 3yr Rabies vaccine. Must be presented at the time of purchase. Coupon may not be combined with any other offer. **NL**



Animal Hospital
OF DUNEDIN
Caring for Pets with Love and Kindness

-10%

10% Off Dental Cleaning

(Call for an appointment today 727-733-9351)

Discount applies to anesthesia, prophylaxis, and any other dental radiographs or extractions that might be needed. Offer excludes required pre-dental labwork. May not be combined with any other coupons or discounts. Must be presented at the time of purchase. **Expires 10/31/17 NL**



Animal Hospital
OF DUNEDIN
Caring for Pets with Love and Kindness

\$5 Off

\$5 off Bath with Annual Exam

Call to schedule an annual exam appointment and leave your pet for a bath and receive \$5 off the cost of the bathing services. The bath will include shampooing, ear cleaning, pedicure, warm air drying, and brush out. Must be presented at the time of purchase. Coupon may not be combined with any other offer. **Expires 10/31/17 NL**