

Why and how should my pet maintain a healthy weight?

More than 55% of cats and dogs are overweight according to the Association for Pet Obesity Prevention. Obesity is a disease state characterized by increased body fat and chronic inflammation. **However, obesity is treatable, reversible, and preventable.**

Why is obesity bad for my pet?

Obesity increases your pet's risk for:

Diabetes

Diabetes is a disease of blood sugar dysregulation. Obesity makes the body's cells resistant to insulin, therefore not allowing them to use sugar. Thus, the muscles and organs are deprived of their energy source. This disease requires long-term management and has the potential to lead to life-threatening complications.

Arthritis

Increased weight causes increased trauma to the joints. This leads to decreased mobility and excessive pain that can prevent your pet from doing what it loves and decrease your pet's quality of life.

Increased Risks Under Anesthesia

Most pets will require a procedure involving general anesthesia at some point in their lives. Excessive weight can lead to impaired breathing, slower recovery times, and other complications. If your pet needs an elective anesthetic procedure, talk to your veterinarian about the best ways to prepare.

Other Risks Include

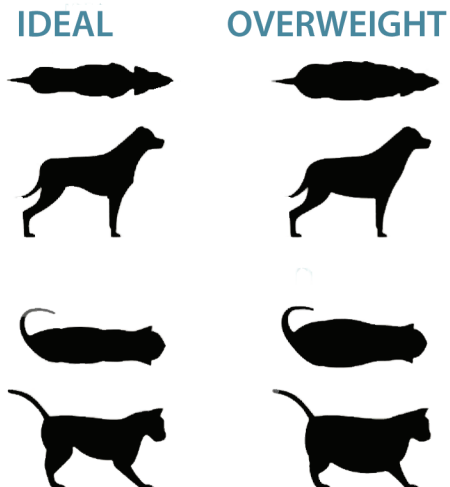
Chronic inflammation, impaired immune system, increased incidence of GI issues, increased skin problems, liver dysfunction, decreased lifespan, and increased risk for cancer.

These problems can ultimately lead to increased costs of medical care.

Is my pet overweight or obese?

To evaluate your pet's body condition score:

- Looking from above, your pet should have a narrowing at the waist
- Looking from the side, your pet's belly should slope upward behind the rib cage
- While running your hands along the pet's side, you should easily feel the ribs with minimal pressure
- When running your hands along the pet's back, its spine should be easily identifiable with minimal pressure



How can I help my pet lose weight and maintain a healthy lifestyle?

- Talk to your veterinarian about the best weight loss plan for your pet (diet, exercise, treats)
- Measure out your pet's food with a gram scale or a standard 8 oz. measuring cup
- Regularly monitor your pet's weight
- Remember, treats are calories too!
- Try to think of creative ways to get your pets moving around the house

Your nutrition team is here to support you every step of the way. **Contact us today to schedule a consult!**

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