

4 TIPS FOR A FIT CAT



As the number one nutritional problem in cats, obesity is unhealthy for cats and can lead to serious medical problems such as diabetes mellitus, lameness, and even premature death. Prevention is the best way to avoid medical problems due to obesity. Making small changes in your cat's lifestyle can be the difference between a fit cat and a fat cat.

1. Rule out medical conditions. Although most weight gain in cats is simply due to feeding too much or exercising too little, there may be treatable medical conditions contributing to obesity. If your cat has an unexplained increase in appetite or weight, have

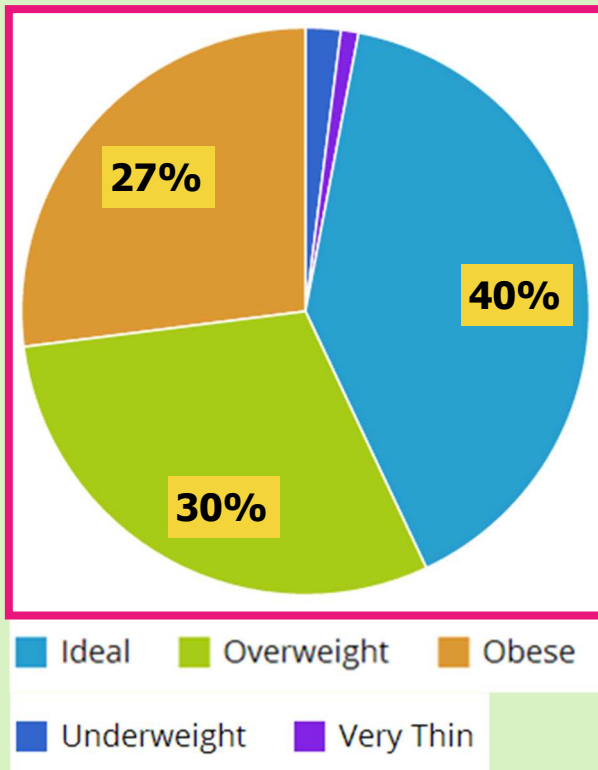
her examined by your veterinarian to rule out possible medical conditions. Also, always have your cat checked by *Campus Veterinary Clinic* before starting any weight loss program.

2. Feed the right food, in the right amounts. Feeding a nutrient-packed, low calorie food ensures your cat gets the most out of what she eats. Remember: label recommendations are usually overly generous and can cause weight gain. Be willing to adjust according to your cat's body condition. Providing food as small meals rather than free-choice feeding lets you monitor food intake.

3. Get exercise. Exercise burns fat and calories and helps to maintain muscle and joint health. Try to play with your cat for at least 20 minutes, twice daily. An exciting, interactive game of chasing a feathered toy increases bonding between you & your feline friend & helps keep her healthy.

4. Offer low-fat, low-calorie treats. The extra calories and low nutritional value of treats and table scraps are often the biggest offenders when it comes to obesity. Instead of offering table scraps as a treat, offer one of the many low-fat, low-calorie treats now available. Even better, offer your cat affection in place of treats.

2013 National Pet Obesity Awareness Day Survey: Cats



An estimated 57.6% of US cats are overweight or obese. 55 million US cats are estimated to be overweight or obese with 26.2 million US cats estimated to be obese. Weight gain occurs when cats have a 'positive energy balance' for an extended period of time, meaning they are taking in more calories than they are using. The excess energy is stored as fat. In most

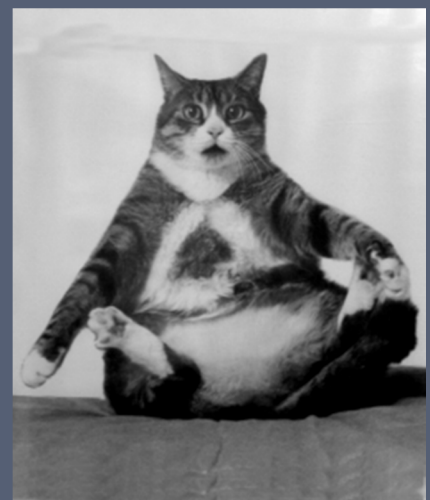
instances the body is able to regulate energy intake so it matches energy use. However, certain factors can affect this set point and predispose the cat to weight gain.

Purebred cats are less likely to develop obesity than feline mixes. Neutered cats tend to gain weight more easily than intact animals. When a cat is neutered, the metabolism decreases by about 20 per cent so neutered cats require less food than intact cats to maintain body condition. Cats with decreased activity are at a greater risk of gaining weight than active cats. Intact cats have a tendency to roam. Neutering reduces the desire to roam and the amount of physical activity undertaken by the cat declines. The age of the cat has also been related to the risk of obesity. Cats under 2 years are less likely to be overweight, whereas cats between 2 and 9 years require less energy and are, therefore, more likely to be overweight. Senior and geriatric cats (9 years +) tend to be underweight.

Once a cat becomes obese, the challenge for owner and veterinarian is to safely promote weight loss and maintain optimum weight. In the long run it is better to set realistic goals for weight loss rather than attempting to force the cat down to a "normal" weight. Usually a 15-20% reduction in weight is a good target that can easily be achieved. Rapid weight loss should be avoided, since it puts the cat at risk for development of certain disorders. Remember: *weight lost slowly is more likely to stay lost.*

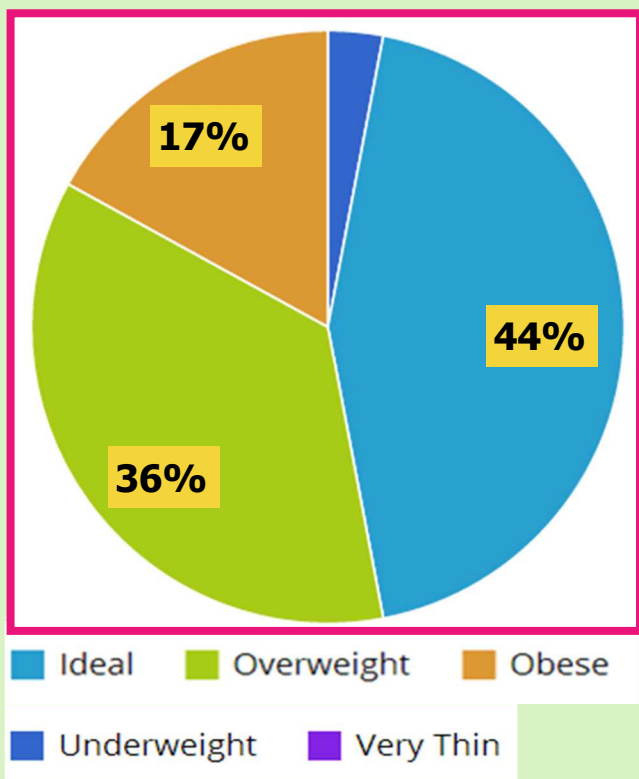
Understand the Risks:

Disorders for which obesity is a risk factor:	Possible complications of obesity:
Diabetes mellitus	Increased anesthetic risk
Lower urinary tract disease (cystitis, etc)	Decreased immune function
Joint stress and aggravation of osteoarthritis	Dystocia (problems giving birth)
Non-allergic skin diseases	Breathing problems
Hepatic lipidosis (fat deposited in the liver)	Mobility issues
Decreased stamina and exercise tolerance	



Look at what you've done to me!

2013 National Pet Obesity Awareness Day Survey: Dogs



An estimated 52.6% of US dogs are overweight or obese. 43.8 million US dogs are estimated to be overweight or obese with 13.9 million US dogs estimated to be obese. Often, in our attempts to train our pups, we accidentally instill poor dietary habits in them, and more importantly, in *ourselves*. Let's be real, your puppy isn't going to learn much without the assistance of food rewards, but even within that relationship there are boundaries. Here's a few tips to get you started off right. Remember: prevention is the best way to combat almost all of the potential health issues your pup will face.

The 10% Rule. Treats and snacks should only make up 10% of a dog's daily calories. To get an idea of how many treats that is, ask us! *Campus Veterinary Clinic* can make a recommendation based on the treats your dog likes, his weight, and how active he is. But dogs love treats. And people love giving their dog treats. It's a way to bond with your pet, and that's a good thing. You can still give your dog treats. Just give them one at a time.

Try Veggies and Fruit

You can skip the store-bought snacks that are high in fat, sugar and often preservatives, and try offering your dog some vegetables. Give them a baby carrot, a green bean, some broccoli. Those have virtually no calories, and dogs don't care if you're not giving them something meaty and fatty. They just want you to give them something. Younger dogs are open to all foods, potentially. So vegetables can be a great snack option to instill your pup is still a pup. Try fruits, too. Banana slices, berries, watermelon and apple slices, (seedless, of course). Avoid grapes, raisins, onions, chocolate and anything with caffeine. These can be toxic to dogs.

What to Avoid:

Your dog's treats should be easy on their teeth. Skip anything that seems too hard because it can damage your pup's teeth. Use the rule of thumb: If you push your thumbnail into a treat and it leaves a mark, that's a safe treat. If it doesn't, the treat is too hard for a dog to safely chew. Rawhide is the exception because as a dog chews on it, it becomes soft. But always watch your dog when she's gnawing on rawhide, as it can break into little pieces and get lodged in her throat. Best to take it away when it starts getting small. (Want to know if a treat is healthy for your dog's teeth? Look for the Veterinary Oral Health Council's seal of approval on it that reads "VOHC Accepted." If it's not there, don't offer it.)



Campus Corner:

Say hello to Loma!

She's a 10 year old Cattle Dog/Australian Kelpie Mix that spends her time with Dana, one of Campus Veterinary Clinic's newest Vet Techs. Loma likes to spend her time hiking at Redwood Regional Park or racing along the sand at Stintson Beach. She currently lives in Oakland with her roommates: Benny, a newborn Tabby, Jack a

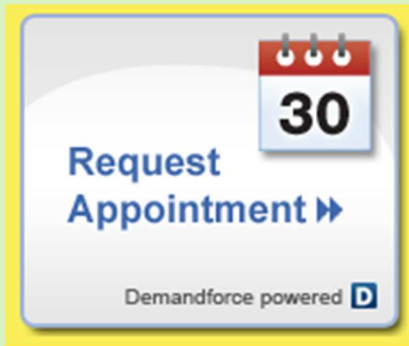
seasoned Tortie who's literally "been around the block," and Roscoe an 11 year old Corgi mix. Originally from Rescue Rehab Home in Florida, Loma enjoys chomping on rawhide strips, soaking in the Bay Area sunshine, and has brightened Dana's life for the last seven years. We at Campus Veterinary Clinic enjoy having them both!



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Office Hours:

Monday - Friday

7:20 a.m. - 6 p.m.

Saturday

7:20 a.m. - 3 p.m.

Sunday

Closed

Campus Times Nov/Dec 2014

**Have you
walked your
pup today?**

