



Vale Veterinary Group
28 Birmingham Road
Kidderminster
Worcs.
DY10 2DA
Tel no: 01562 822692

Weight management

For a dog or cat, being overweight can have significant health implications. These can include:

- Causing or worsening arthritis, cruciate ligament injuries, spinal disc problems and hip dysplasia.
- Heart disease due to fat clogging blood vessels.
- Diabetes, which can be the result of elevated blood glucose levels and can lead to kidney failure and blindness.
- Liver disease, when fat cells clog the liver so that it cannot efficiently remove toxins from the blood.
- Pancreatitis, a life threatening illness, can be associated with obesity and a high fat diet.
- Respiratory difficulties due to excess fat around the muscles of the heart that robs the body of adequate oxygen.
- Obese dogs and cats are at greater surgical risk when under anaesthesia, and operations can be complicated and prolonged by excess fat.
- Heat stroke and reduced exercise tolerances are more prevalent in obese pets due to the insulating fat and earlier mentioned breathing difficulties.

Weight loss in pets can be a difficult process that needs to be carried out gradually to ensure it does not cause more harm than good. The use of a diet food is the best way to ensure correct weight loss as a simple reduction in the volume of an animals current food will lead to them getting less of the essential vitamins and minerals they need. In cats, rapid reduction in food volume can lead to Hepatic Lipidosis, a potentially fatal problem.

Exercise is also good, but needs to be correctly managed as over-exercising any animal at risk from or suffering with joint and bone problems can make the problem worse.

The nurses at the Vale Veterinary Group carry out free weight watching clinics where we can weigh your pet, work out an ideal weight to aim for based on their shape and size and calculate a plan to help you reach that goal. In our years of experience running these clinics we have learnt a few tricks that may help you out!

**If you need any other information or wish to discuss any of the issues here further, please contact one of the nursing team at the Vale Veterinary Group Ltd, Kidderminster
01562 822692**