



RinconVista.info

520-298-3319

Rincon Vista Veterinary Center - Tucson, AZ

by Dr. Gary Bird

How to Deal with Obese Dogs

While I don't eat as well as I should myself (who does?) it is important to understand that your family dog can also have trouble eating correctly at home. Sometimes, you get so used to simply feeding your pet table scraps that you may even forget he has a natural diet he should be following.

* More than 40% of all Americans are obese. Unfortunately, this same number now applies to pets. Obesity leads to several diseases both in pets and people. Type II diabetes, heart disease and arthritis are the most common weight-related disorders.

* Diet and weight reduction are the key to ensuring your pet lives as long and healthy as possible.

What is obesity?

Obesity is defined as weighing more than 30% of the ideal weight. With humans, this is fairly straightforward and can be determined by consulting weight and height charts. Dogs and cats are often diagnosed as obese by a combination of weight charts and body scoring. Check out our laymen's body type scoring:

Very Thin

RIBS - Easily felt with no fat covering

SIDE VIEW - Severe abdominal tuck or "drawn"

TAIL BASE - Bones protrude with no tissue between the skin and bone

OVERHEAD VIEW - Exaggerated hourglass shape

Underweight

RIBS - Easily felt with no fat covering

SIDE VIEW - Abdominal tuck

TAIL BASE - Bones are raised with little tissue between the skin and bone

OVERHEAD VIEW - Significant hourglass shape

Ideal

RIBS - Easily felt with slight (1/2") fat cover

SIDE VIEW - Abdominal tuck

TAIL BASE - Smooth but bones can be felt under a thin layer of fat

OVERHEAD VIEW - Well-proportioned waist is present

Overweight

RIBS - Difficult to feel with moderate (>1/2") fat cover

SIDE VIEW - No abdominal tuck or waist

TAIL BASE - Some thickening but bones can be felt under layer of fat

OVERHEAD VIEW - Back is slightly broadened

Obese

RIBS - Difficult to feel under thick fat cover

SIDE VIEW - Fat hangs down from the abdomen, no waist

TAIL BASE - Thickened and difficult to feel under a thick layer of fat

OVERHEAD VIEW - Markedly wide

Encourage thirty-minute walks twice daily. Discontinue feeding table foods and treats. Instead, offer carrots, broccoli or veterinary-approved low-calorie treats. Most pets can lose weight if you adhere to our recommendations. Weight loss is often a matter of diligence and persistence. Remember that the reason you are doing this is to help your pet loved one live as long and healthy as possible.

Rincon Vista Veterinary Center is owned and operated by Dr. Gary Bird. We are focused on providing comfortable, affordable service that will let you know we care about your littlest family members! This email marketing series is developed to share important, interesting and empowering information that allow you and your family to make the best decisions for your pets. Please let us know if you have any questions by calling us or by going online to RinconVista.info. We respect and value your privacy. If you don't wish to receive our email newsletter anymore simply click on the subscription button below. Or call us at 520-298-3319. We will never sell, give or share your information to third parties.