

Dietary food to achieve a healthy weight in dogs and cats



My dog or cat is obese... what do I do now?



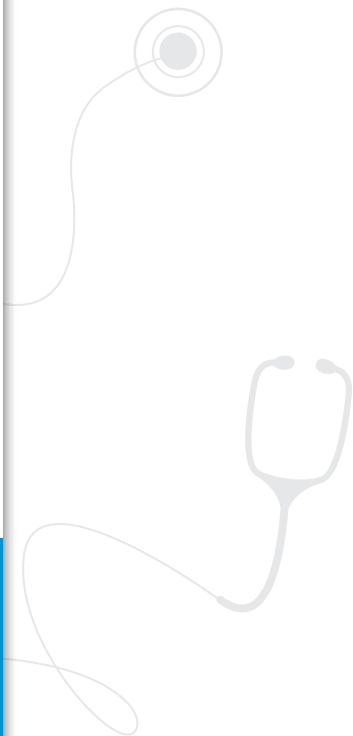
Veterinary exclusive



reliable and affordable dietary food



Veterinary exclusive



The veterinarian has determined that your dog or cat does not have an optimal bodyweight. In this brochure you can read what obesity is, the causes and the consequences, what treatment methods can be used, and how TROVET food contributes to reducing and/or solving obesity.

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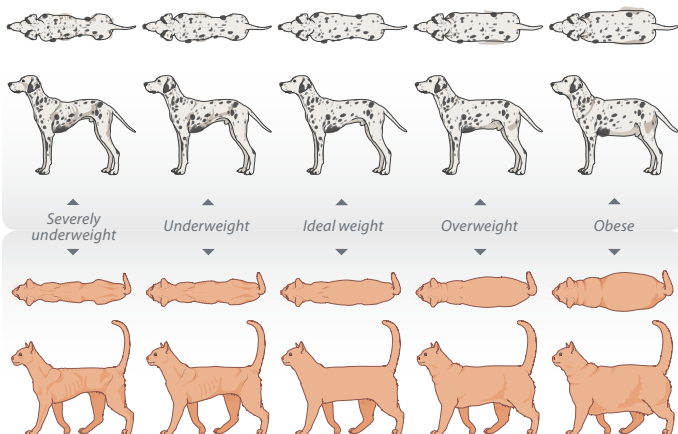
Obesity in dogs and cats is a well-known phenomenon. There are estimates that two thirds of the dogs and cats in Europe are overweight.

What is obesity?

An excessive accumulation of body fat is also called obesity. In most cases, this is a consequence of a too high intake of energy, in the form of food, in relation to energy expenditure. In other words, eating more energy than required for maintenance and movement. Giving snacks and table scraps may contribute to your pet developing obesity.

In castrated and sterilised animals obesity is more common. This is caused by a reduced energy requirement of the animal. This is because of decreased activity and altered hormonal regulation after castration. The reduced activity and altered metabolism are also important reasons for the increased susceptibility to developing obesity in older animals. Differences between breeds also play a role. There are breeds that are more susceptible to obesity, while this is rare in other breeds.

Dog breeds that are prone to developing obesity: Labrador retriever, basset hound, Cairn and Scottish terrier, cocker, Cavalier King Charles Spaniel, Beagle, and the long-haired dachshund. An example of a cat breed that is prone to obesity is the British Shorthair.



Causes of obesity in dogs and cats:

- > Excessive food intake
- > Too little exercise
- > Medication/disease
- > Castration
- > Breed/age

Effects of obesity

Just like humans, obesity is also bad for the health of dogs and cats. An overweight dog or cat feels less comfortable and is likely to live a shorter life. Listlessness is also a consequence of being overweight. Due to listlessness,

dogs and cats move less and will gain even more weight. So it is important that your pet regains a healthy weight.

Consequences of obesity in dogs and cats:

- | | |
|----------------------------------|------------------------------|
| > Diabetes | > Decreased heat tolerance |
| > Joint problems | > Decreased immunity |
| > Skin and coat problems | > Increased risk of |
| > Heart and respiratory problems | complications during surgery |

Diabetes

The risk of dogs or cats developing diabetes is increased when the animal is overweight for a longer period (also referred to as diabetes mellitus type 2). Mainly accumulation of fat in the abdominal cavity leads to an increased release of insulin by the pancreas. At a later stage, insulin resistance may develop; the receptors in the body's cells have become less sensitive to insulin. Insulin is necessary in order to take up glucose in the body cells. When cells are insufficiently provided with energy during insulin resistance, the dog or cat compensates for this deficiency by eating more while it loses weight at the same time.

Weight problems

In overweight animals, more weight rests on the joints than in animals with a normal bodyweight. This results in more wear of the joints.

Skin and coat problems

Obesity increases the body surface area. In cats, this quickly leads to not being

able to wash themselves. In addition, the accumulation of subcutaneous fat leads to the formation of skinfolds. The lack of hygiene between the skinfolds increases the risk of developing inflammations.

Heart and respiration problems

Obesity in pets leads to an increased burden on the heart and respiratory system, which may lead to difficulty breathing and reduced stamina. Clogging of the arteries, as seen in obese humans, is rarely seen in dogs and cats. This is due to differences in lipid metabolism between humans and dogs and cats.

Reduced heat tolerance

Obese dogs or cats are less able to get of their body heat, because fat has an insulating effect. The more fat, the more heat the dog or cat has to lose through the nose and paws.

Reduced resistance

The immune system of overweight animals can be weakened. This is the result of metabolic changes that cause the accumulation of fat. This excessive fat accumulation may cause inflammatory reactions that constantly occupy the immune system. This prevents the immune system from responding adequately when it is really necessary.

Increased risk of complications during surgery

Overweight animals react slowly to administered anaesthetics. Relatively more aesthetic agent is needed to bring an overweight animal under anaesthesia. The anaesthetics accumulate in fatty tissue and are present for a long time. The more fat the animal has, the longer the anaesthetics remain in the body and the longer it takes for the animal to regain consciousness. Anaesthetics also have a damaging effect on the heart and the respiration system. Obesity itself is already a burden on the heart and respiratory organs. The extra burden that

comes with anaesthesia has negative consequences on the blood circulation and respiratory system during surgery.

Treatment

The treatment of obesity does not seem complicated. 'Just feed less' is a frequently heard advice. The basis of this advice is that creates a situation where there will be less energy enters the body than is needed. At first, this seems like a good, simple advice. However, to ensure that your pet loses weight in a healthy way, it often means that you have to drastically reduce the daily amount of food. Sometimes up to almost half the amount. This leads to your pet being constantly hungry. Your pet is used to having a full stomach after a meal and that is no longer the case. This usually leads to unwanted behaviour, such as begging and feed envy. In addition, when walking your dog, he or she may start eating faeces, which in turn can lead to an unpleasant breath and worm infections. It is also possible that, when only giving half the amount of daily food, shortages of certain vitamins and minerals will occur. A regular diet is formulated in such a way that your dog or cat ingests enough of these vitamins and minerals, when feeding normal the amount of food.

Prevent a vitamin and mineral deficiency by giving a balanced weight loss diet.

Why a weight loss diet?

- > Low fat and energy
- > Extra fibres to prevent hunger sensation
- > Extra vitamins and minerals
- > Extra proteins to prevent muscle wasting during weight loss

The weight loss process

Losing weight is a gradual process. The time it takes for your pet to reach an ideal weight is dependent on the amount of excess bodyweight. When properly following the weight loss process, given by your veterinarian, your pet will lose a half percent to two percent of its current body weight each week.

Calculation examples

A thirty kilogram dog that should lose six kilograms of bodyweight, will on average lose 270 grams of bodyweight each week (= one per cent of its average bodyweight during the weight loss period). This way the dog will reach its healthy weight in little over five months.

A cat weighing six kilograms, with the healthy weight of four kilograms, will lose 50 grams of bodyweight each week. It will take a little over nine months to lose the two kilograms of excess bodyweight.

It is very important to weigh your pet regularly (twice a month). If your pet is losing weight too rapidly or too slowly, only adjust the provided amount of food in consultation with your veterinarian.

In addition to a reduced amount of food, regular exercise is also important. By increasing the activity level of your dog or cat, you promote the weight loss process. It is important to realise that when your pet has had a reduced activity level for a long time, you slowly need to build up the level of activity, in order to prevent excessive stress on the joints. For overweight dogs, the veterinarian may advise you to let your dog swim. This adds muscle mass, while minimally burdening the joints.

For cats, additional exercise is also important. There are many ways for cats to be more active, often based on stimulating the hunting instinct, like laser pointers or a toy mouse. For cats that tend to gobble, providing the kibbles in a food ball is a good idea. This toy will force your cat to put extra effort into getting the kibbles. This stimulates the activity and also ensures a more gradual food intake.

Green beans

A frequently heard advice to lose weight is to replace a part of the food with green beans, to ensure additional stomach filling. These beans contain high amounts of fibre and are low in calories. However, green beans contain only small amounts of vitamins, minerals and protein.

Even though giving green beans is a good way to obtain extra stomach filling, nutrient deficiencies may develop over time.

When giving green beans for a short period, there will not be any complications, but safely losing weight usually requires a long period.

For responsibly losing weight, it is better to provide a diet that is specially formulated for this purpose. This diet includes all the necessary proteins, vitamins and minerals. In addition, extra fibres and protein helps to saturate the animal.

Tips

What can I do to aid my dog or cat in the weight loss process?

- > Stick to the advice that your veterinarian has given.
- > Give suited treats and no table scraps or chew treats with a high energy content.
- > Adjust the amount of daily food when giving treats.
- > Make arrangements at home about who is responsible for feeding your dog or cat, to prevent multiple persons feeding your pet.
- > Instruct children that the dog or cat should not receive any other food or snack, other than the dietary food.
- > Provide your dog or cat with regular exercise. Build up slowly and consult your veterinarian for proper exercise advice.
- > Walk your dog only on a leash, so it cannot eat food or faeces on the street.
- > Weigh your dog or cat regularly (twice a month) and adjust the daily amount of food if necessary.
- > If you suspect that your cat eats at the neighbours, ask the neighbours to stop giving food to your cat. If this is not possible, only let your cat outside temporarily or under supervision.
- > Try to ignore the begging behaviour of your dog or cat. Admitting to begging behaviour once means rewarding it, which may worsen the behaviour.

Obesity can also be caused by metabolic problems. When all the advices are followed, but the animal is still not losing any weight, it is advised to bring your dog or cat to the veterinarian for a blood analysis to find out what the problem is.

TROVET Weight & Diabetic | WRD

Weight & Diabetic is formulated to help your dog or cat during the weight loss process. It is a complete dietary food with a reduced fat and energy content. The increased fibre content ensures satiety after a meal. The protein content is increased to prevent muscle wasting during weight loss and the vitamin and mineral levels in the diet have been adjusted to still be sufficient when a smaller amount of food is given.



This diet can be given during the weight loss process of your dog or cat or, when your pet has permanent lower energy requirements, also after the weight loss period. This allows your dog or cat to reach and maintain his or her ideal weight more easily.

Weight & Diabetic can also be used in (non-chronic) colitis and constipation due to the different types of fibre that are present in this food. For more information about this, see the TROVET brochure 'My dog or cat has problems with the stomach, intestines or liver... what do I do now?'. This brochure is available at your veterinarian and can be downloaded at www.trovets.com.

Due to the increased fibre content and the use of slow-release carbohydrates, this diet is also suitable for animals that have difficulty maintaining a stable blood sugar level.

TROVET Treats

TROVET has an extensive range of responsible rewards, also known as treats. Most treats are suitable for both healthy dogs and cats, as well as dogs and cats with a special dietary requirement or prescription diet. The TROVET treats are cookies in different shapes and are an ideal reward that can be used during training, after a walk or just as a snack.

The special thing about TROVET treats is that, besides the taste, they are formulated in such a way that they fit well with various diets. Giving 'regular' treats to dogs or cats that get dietary food, can negatively affect the efficacy of these foods. Therefore, carefully choose a treat that fits the situation of your dog or cat. Always ask your veterinarian for more information and advice. TROVET treats are available exclusively via your veterinarian.

For pet owners, there is a more detailed treat brochure 'I want to give my dog or cat something extra besides dietary food... what do I do now?'. You can find these at your veterinary practice or at www.trovvet.com.



Note!

For overweight animals, choose a TROVET treat that fits TROVET Weight & Diabetic and make sure to subtract the energy, given in the form of treats, from the daily amount of food.

Use of treats in diabetes patients

In patients with diabetes, providing a treat results in fluctuations in blood sugar levels and should be avoided. For this reason, giving treats is not recommended in patients with diabetes. But there are some exceptions. It may not be detrimental for diabetes patients that are stable to get a treat at regular intervals. Always consult your veterinarian if you would like to give your dog or cat a treat.



reliable and affordable dietary pet food

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products, visit: www.trovvet.com



Veterinary exclusive

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