

HOW MUCH ARE YOU OVERFEEDING YOUR DOG?

FOOD	QUANTITY	ENERGY INTAKE (kcal)	DAILY ENERGY INTAKE EXCESS*	EQUIVALENT IN DOUGHNUTS FOR HUMANS**
Rawhide bone	190g	699 kcal	67%	
Dried pig ear	50g	216 kcal	21%	
Cheddar cheese	60g	242 kcal	23%	
Tripe Stick	25g	194 kcal	19%	
Digestive Biscuit	1 biscuit	71 kcal	7%	
Tuna	178g	331 kcal	32%	
Muffin	110g	330 kcal	32%	
Ham	100g	164 kcal	16%	
Sausage	56g	130 kcal	13%	

HOW MUCH ARE YOU OVERFEEDING YOUR CAT?

FOOD	QUANTITY	ENERGY INTAKE (kcal)	DAILY ENERGY INTAKE EXCESS*	EQUIVALENT IN DOUGHNUTS FOR HUMANS**
Single cream	1 table-spoon	28 kcal	15%	
Yoghurt	2 tea-spoons	41 kcal	20%	
Milk	100ml	58 kcal	28%	
Crème fraîche	25g	96 kcal	46%	
Tuna	25g	28 kcal	13%	
Liver pâté	43g	154 kcal	74%	
Dreamies® cat treats	4g	20 kcal	10%	
Ham	30g	255 kcal	123%	
Cheddar cheese	30g	121 kcal	60%	

Consulting Times

Hillock Lane Surgery

Monday to Friday
8.30am to 7pm

Saturday
8.30am to 1pm



Blackpool Surgery

Monday to Friday
8.30am to 6pm

Why not download our new app, PetsApp. Order medication, book an appointment, ask for advice, sends pictures, pay for products and services and much, much more!

Hillock Lane



Blackpool



Your Pet's Weight

Rowan Veterinary Centre
"where pets come first"

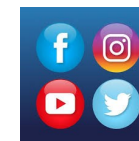
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What is obesity?

Obesity is the most common health condition in dogs and cats. Up to 50% of pets are above their ideal weight for their breed, age and sex.

Overweight pets live shorter lives. Even just a little extra weight (as little as 20%) can increase the risk of serious conditions such as diabetes, osteoarthritis and cardiovascular and respiratory diseases.

Weight gain can gradually occur over a long period of time which is why it can often go unnoticed.

Common causes

Weight gain usually occurs when pets get too many calories and not enough exercise, sometimes because their affectionate owners give them extra food and treats. Other factors that also contribute:

AGE—older pets are usually less active so they need fewer calories.

BREED—Some breeds are more likely to gain weight, including Labradors, Cocker Spaniels and King Charles Spaniels and mixed breed cats.



Neutering

This procedure alters a pet's metabolism making them prone to weight gain.

Signs that your pet may be overweight.

- Their ribs can't be felt without applying a fair amount of pressure.
- Loss of an obvious waist (and you may even notice belly wobble when walking or running).
- You have had to loosen your pet's collar several times over the past year.

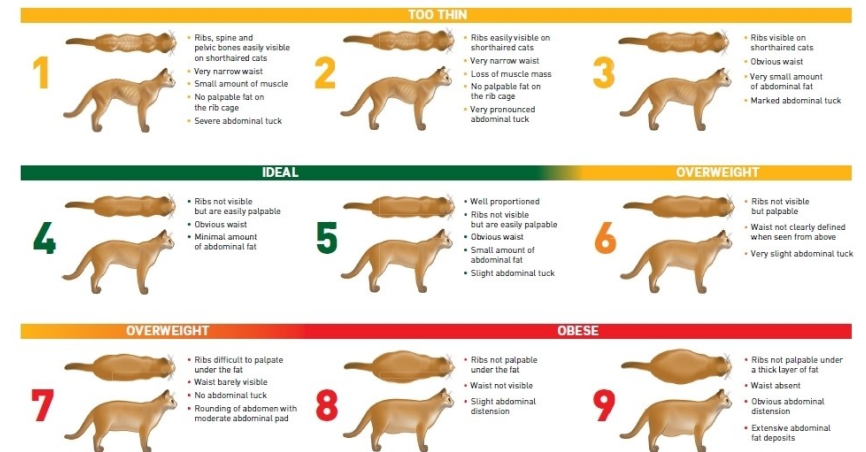
Recognising that your pet is overweight is the first important step in helping them to achieve weight loss.

Before your pet commences a weight loss programme, it is important that they have a full check-up with a vet to ensure that they do not have any underlying medical conditions which may be contributing to their weight gain. If your pet has not had a check-up within the last three months, we will make an appointment with your vet for a consultation. Once your pet has been assessed by a vet, they will be ready to start their weight loss journey through our **"Weight Loss Clinic"** programme.

All weight clinic appointments are booked for 30 minutes to allow the nurse to assess your pet's current weight, body condition and lifestyle. This is to enable the nurse to set up a suitable weight control programme to suit your pet's needs.

Monthly visits are then required to ensure the weight control programme is achieving the desired results. The bodyweight and body condition of your pet will be assessed and changes to the weight programme will be made accordingly.

Losing or gaining weight needs to be a slow process and no matter how long it takes, you will be supported 100% from the beginning to end.



Our weight loss clinic is a free service designed to provide you with a structured weight loss programme for your pet. This clearly outlines the diet and exercise requirements to help you achieve your pet's weight loss goal.

At the first consultation with a fully trained vet nurse, an achievable weight loss target will be set and you will receive a personalised diet and exercise plan tailored to your pet's needs and your lifestyle.

Appointments can be made on a Wednesday afternoon to monitor your pet's progress where your pet's weight will be recorded and their diet and exercise plan will be reassessed to suit their changing needs. Throughout the programme you will be able to discuss any queries that you may have either on the phone or by email at admin@rowanvets.co.uk

