

PET OF THE MONTH

Problem: Obesity *overweight by 5kg*

Age: 3-4yrs

Breed: Golden Retriever

Henry had a fractured forelimb as a puppy and consequently suffered arthritis in his carpal joint (ankle.) His leg was cast for 6 weeks and in this time his weight slowly crept up. When arthritis developed, exercise was reduced, further compounding his weight issues. Several people had commented that his waistline had expanded. A daily treat of toast from granddad and insufficient exercise due to long working hours, had gradually led him to become obese. It is a misconception that Golden Retrievers are 'naturally big boned'. [See image 2 for body scoring, which applies to ALL dogs.](#)

After finally admitting he was overweight Henry was given a full physical examination to provide him with a goal weight. He was given an eating and exercise regime to follow. Due to the arthritis he could not run off his weight, instead he needed at least 3x 30minutes walks to begin with and his food portions reduced by 1/3. He was to be fed twice daily, the larger meal in the morning to be burned off during the main portion of the day and a smaller meal in the evening to prevent scavenging.

His weight was to be checked every 2 weeks and measurements every month.

Before: 30.5kg Chest 32inch Waist 25inch

Goal: 25.5kg Chest 28inch Waist 22inch

After adding in the lunch time walk and cutting out all treats Henry's weight steadily started to drop off.

After 1month of exercise Henry had lost 1kg. The weight loss spurred Henry's owner on to keep up with the regime. Every month Henry lost 1kg. After 5months Henry had reached his goal just in time for his 4th Birthday. Friends and family have noticed his transformation.

Now : weight 25.5kg Chest 28inch Waist 22inch

After losing all the weight he has a shinier, healthy looking coat, can sprint for a stick/squirrel and looks a lot younger!

He now has another goal to lose a further 1kg and will then be the perfect weight.

Goal

Weight: 24.5kg Chest 27inch Waist 21inch.

Top Tips for Weight loss

- Remember as your dog exercises more, he will build muscle so don't be disappointed by the scales, measurements tell the true story!
- If its raining play ball games in the house (playtime also increases the bond with your pet.)

- Your pet will only eat what you give it, providing you keep temptation out of the way e.g full bins, packets of biscuits.
- Visual trick - Smaller bowl with smaller portion, this makes the portion look normal to you and your dog.
- Regular visits to the Vet/Nurse. They are not biased on your dog's weight.

Some of the dangers of obesity include:

Heart Disease

Diabetes

High Blood Pressure

Early onset Arthritis

If you are concerned about your pets weight speak to one of our vets or nurses today.



Emaciated

Thin

Ideal



Heavy

Grossly Obese