



## **BRIARPOINTE VETERINARY CLINIC**

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### **OBESITY**

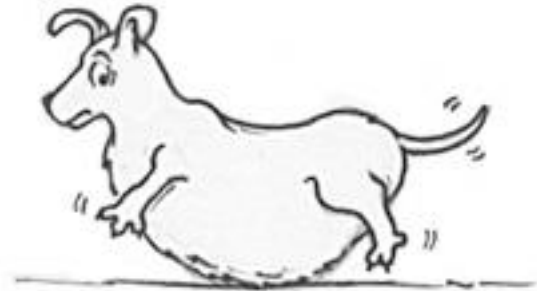
#### ***I have been told that my dog is obese and must be put on a diet. Is this true?***

Nearly one-third (33%) of all adults in the United States are obese. Unfortunately, this same number now applies to our 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 two keys to ensuring that your pet lives as long and healthy a life as possible.

#### ***What is obesity?***

Obesity is defined as weighing 30% more than 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.



#### ***If my dog is overweight, will his behavior change?***

Most overweight or obese dogs are less active and do not play as much as normal dogs. These pets may be reluctant to climb stairs or jump into cars and often pant excessively after very minor exertion.

#### ***What is the cause of obesity?***

Obesity is the accumulation of excess energy stored as fat. It occurs when your pet receives more calories than he needs and expends. Hypothyroidism is another cause of obesity and weight problems. Any overweight dog should be tested for hypothyroidism before beginning a weight loss program.

#### ***I had my dog neutered. Do you think this caused the problem?***

It is very unlikely that neutering caused your pet's weight problem. There is no scientific research that concludes that neutering causes obesity in dogs.



Nestlé PURINA

# BODY CONDITION SYSTEM

TOO THIN

1

Ribs, lumbar vertebrae, pelvic bones and all bony prominences evident from a distance. No discernible body fat. Obvious loss of muscle mass.

2

Ribs, lumbar vertebrae and pelvic bones easily visible. No palpable fat. Some evidence of other bony prominence. Minimal loss of muscle mass.

3

Ribs easily palpated and may be visible with no palpable fat. Tops of lumbar vertebrae visible. Pelvic bones becoming prominent. Obvious waist and abdominal tuck.

IDEAL

4

Ribs easily palpable, with minimal fat covering. Waist easily noted, viewed from above. Abdominal tuck evident.

5

Ribs palpable without excess fat covering. Waist observed behind ribs when viewed from above. Abdomen tucked up when viewed from side.

TOO HEAVY

6

Ribs palpable with slight excess fat covering. Waist is discernible viewed from above but is not prominent. Abdominal tuck apparent.

7

Ribs palpable with difficulty; heavy fat cover. Noticeable fat deposits over lumbar area and base of tail. Waist absent or barely visible. Abdominal tuck may be present.

8

Ribs not palpable under very heavy fat cover, or palpable only with significant pressure. Heavy fat deposits over lumbar area and base of tail. Waist absent. No abdominal tuck. Obvious abdominal distention may be present.

9

Massive fat deposits over thorax, spine and base of tail. Waist and abdominal tuck absent. Fat deposits on neck and limbs. Obvious abdominal distention.



The BODY CONDITION SYSTEM was developed at the Nestlé Purina Pet Care Center and has been validated as documented in the following publications:

Mawby D, Barlges JW, Moyers T, et al. Comparison of body fat estimates by dual-energy x-ray absorptiometry and deuterium oxide dilution in client owned dogs. *Compendium* 2001; 23(PA): 70

Loflanne DP. Development and Validation of a Body Condition Score System for Dogs. *Canine Practice* July/August 1997; 22:10-15

Kealy, et al. Effects of Diet Restriction on Life Span and Age-Related Changes in Dogs. *JAVMA* 2002; 220:1315-1320

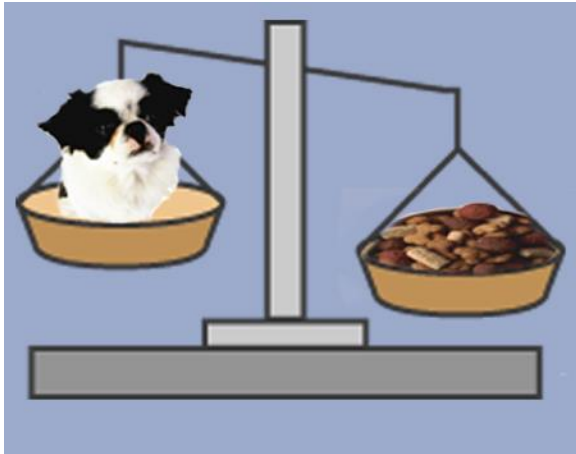
Call 1-800-222-VETS (8387), weekdays, 8:00 a.m. to 4:30 p.m. CT



Nestlé PURINA

***My dog can't be obese because he only eats a small amount of food every day.***

Obesity often develops insidiously. We think we are feeding our dogs only small quantities of food but tend to forget the treats and table foods. These treats add calories and result in weight gain. Even a few calories can add up over time.



***What can I do?***

With today's advances in nutrition, weight loss has never been easier. We will design a safe and effective weight loss program to meet your dog's lifestyle.

Encourage brisk, 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 these recommendations. Weight loss in pets and humans is made up of an interaction between

reduced caloric intake (eating less) and increasing caloric expenditures (more physical activity). The great news is that weight reduction is about 60% diet and 40% exercise. Weight loss is often a matter of diligence and persistence. Remember that the reason you are doing this is to help your pet live as long and healthy a life as possible. Who knows, you both may benefit from this diet!