



Animal Hospital of Orange Grove

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OVERWEIGHT PETS

The doctor has noted your pet is overweight. Just like the human epidemic, almost 50% of the pet population is overweight. Even a little extra weight can impact our pets quality of life and change the relationship with their human family. That extra weight can reduce play time, impact mobility and affect the lifelong general health of your dog. The future arthritis problems of overweight pets alone should make all of us want to improve our pets body condition.

WHAT TO DO

You must feed a diet that is specifically designed for weight loss, not for weight maintenance. Hill's Prescription Diets are basically medicine for your pet. Hill's nutritionists & veterinarians developed **Prescription Diet® Metabolic** to specifically make losing weight easier and to support your dog's weight management. In fact, 88% of pets lost weight after 2 months of feeding Metabolic Diet.

HOW DOES IT WORK

Positively helps your pets metabolism to make losing weight easier
Unique fiber blend from fruits and vegetables supports vitality and holistic health
Helps your pet feel full & satisfied between meals
Able to be fed to pets with a history of urinary crystals

INTRODUCE NEW DIET SLOWLY



_____ ideal body weight is _____ pounds.

Feed _____ cups of Metabolic Diet twice daily. You must use a true 8 ounce cup for the measuring. Ask the staff for a free 8 oz cup.

TREATS

If you asked every doctor in our practice what is the main cause of the pet obesity problem they will tell you feeding a food not designed for weight management AND feeding too many high calorie treats. We get it! We all enjoy seeing the excitement our pets experience when we give them a treat. Our job as owners is NOT to stop giving treats but to simply give a reasonable number of treats and to use tasty treats with relatively low calories. We can help. We stock Metabolic Treats which were created by Hill's to accompany the Metabolic Diet food. Simple. Each small pet is allowed 1 treat a day and larger dogs can receive 2 treats a day.

All of our doctors are also believers in using canned green beans as treats. They are low in calories, reasonably high in fiber, inexpensive and easy to store in the fridge.

PEOPLE FOOD

Just say no! Adult humans weigh 10-20 times the weight of a 10 pound pet. A single cookie given to a 10 pound pet is the equivalent of you and I eating an entire hamburger! People food is the surest way to ensure your pet will continue to be overweight. I cannot tell you how often all of our doctors see middle age or older pets with major health problems greatly worsened by being overweight. It is very distressing to see a pet with mild heart problems or mild arthritis prematurely losing their quality of life due simply to their weight. It breaks our hearts. Help your pet avoid this by keeping them at a healthy weight.

THEY NEED A WAIST



If your pet does not have an indentation where their waist is supposed to be, they are overweight.

EXERCISE

There are dozens of healthy reasons for pets and people to exercise and we encourage it for every pet. However, if your pet is no longer able to go outdoors to run and play you can still manage their weight by simply feeding the appropriate number of calories for their activity level. Ask us. We can give you feeding directions to encourage weight loss for all levels of activity.