

Achieving Success

Continual monitoring and any needed adjustments are a critical part of a weight loss plan. We will help ensure that weight loss is occurring at a safe rate, by adjusting the amount of food based on regular weight checks. Plateaus and continual adjustments are to be expected. It is important to focus on the progress rather than the end goal, since a typical weight loss plan takes 8-12 months, on average, to complete. It is expected, however, that your pet will benefit from weight loss even before ideal body condition is reached.

We understand that getting less food can be challenging for some pets, especially when it is a departure from the normal feeding routine. We will provide strategies for managing begging behavior and excessive hunger.

Are you ready for your overweight pet to be slimmer and healthier? Let's get started – we are here to help. Please call us to make an appointment: (530) 752-7892.



Contact Us

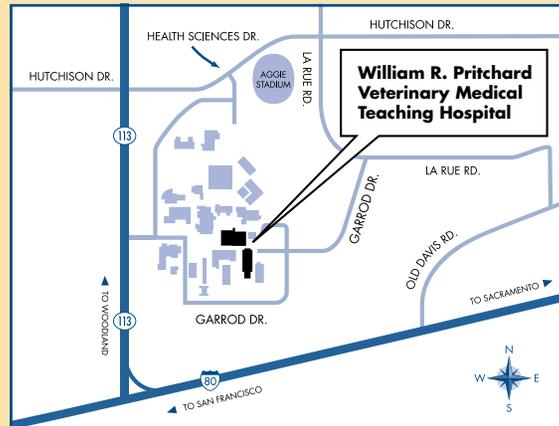
To schedule an appointment:

**Healthy Weight & Nutrition Clinic
Nutrition Service:**
(530) 752-7892

Small Animal Clinic:
(530) 752-1393

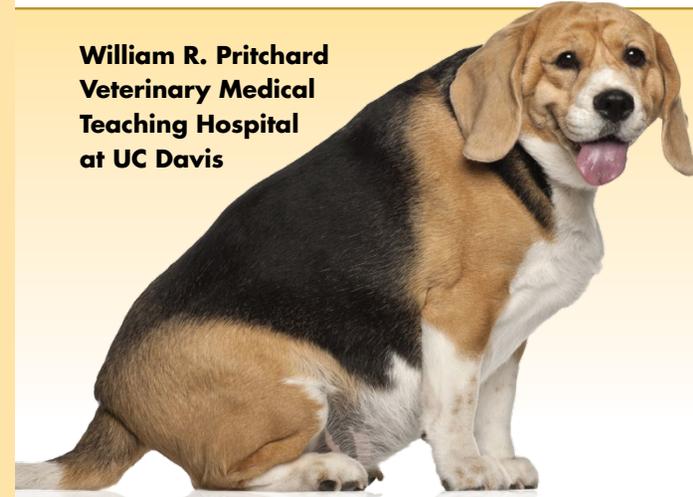
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HEALTHY WEIGHT & NUTRITION CLINIC

**William R. Pritchard
Veterinary Medical
Teaching Hospital
at UC Davis**



*Helping Overweight Pets
Achieve Optimum Health*



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WELCOME

to UC Davis' Healthy Weight
& Nutrition Clinic

Welcome to UC Davis' Healthy Weight and Nutrition Clinic, part of the Nutrition Service at the Veterinary Medical Teaching Hospital, where we provide the tools necessary for veterinarians and owners to work together to help ensure optimum health and longevity for pets. Just as staying trim and healthy is vital for humans, it's equally important for pets. The maintenance of a lean body condition is the only intervention that has been proven to improve quality of life and promote longevity in companion animals.

As with people, obesity in pets is becoming more common. It is one of the most common health problems seen in dogs and cats. Studies have shown that over half of the dogs and cats in some populations are overweight.

We can help. Our veterinarians will work with you to develop a nutritional management plan specific to your pet's needs.



Why Is Obesity a Problem?

In both dogs and cats, obesity may contribute to the development or worsening of diabetes, heart and lung disease, exercise or heat intolerance, can increase surgical and anesthetic risk, and can cause or worsen bone and joint disease.

Obesity is also important in some cases of urinary tract infection, and can lead to irritation and infection of skin folds. It can also delay recovery from surgery and your pet's progress during rehabilitative exercises.

How Can I Tell If My Dog or Cat Is Overweight?

Body condition scoring (BCS) systems are a method for estimating the amount of fat tissue on your pet's body. The BCS system is used not only for initial assessment of the patient, but can be very helpful to monitor weight loss.

We use a 9-point BCS system, where a score of 1 is extremely, dangerously thin with no fat reserves, while a score of 9 is extremely, dangerously obese. A score of 4-5 is ideal for dogs, while a score of 5 is ideal for cats. We can help you determine your pet's BCS number.

What Causes Obesity?

Is your pet recovering from an illness or surgery that is making exercise difficult? Is your pet being affected by a hormonal disease? While these could be some contributing factors, most cases of obesity are the result of too many calories and not enough activity. This sounds simple, but in fact can be a complex problem, and it takes effort to reverse, and change your pet's lifestyle. Owners must be prepared for a dedicated activity schedule for their pet, as well as dietary restrictions. With a proper plan developed and customized for your pet, though, obesity can be overcome.

How to Implement a Weight Loss Plan

The veterinarians of the Healthy Weight & Nutrition Clinic can help plan a customized and successful weight loss program for your individual pet, taking into account any health problems that may be present. We will calculate the current intake including all sources of calories, including treats, supplements, and human foods, and work with you to determine a proper diet.

The main dietary strategy for weight loss plans is calorie restriction. Diets formulated for active weight loss, rather than maintenance diets, are recommended for most patients. These diets have a lower caloric density and have increased amounts of protein, vitamins, and minerals, so that nutrient deficiencies are not created when the amount of food being offered is restricted.

