



INFORMATION SHEET: WEIGHT MANAGEMENT

Is your cat overweight?



Obesity is one of the most common medical diseases seen in our feline patients, with 1 in 4 cats in the UK considered to be overweight (10-15% above ideal weight) or obese (over 15% above ideal body weight). Cats are no different to people, in that over-consumption of calories results in storage and is manifested as excessive body fat.

Obesity is a risk factor for developing diabetes mellitus, skin problems, lameness and urinary tract problems. Achieving successful weight loss can, therefore, have a very positive effect on health and welfare. It's not advisable to simply feed an overweight cat less of their normal diet. You'll have an unhappy, hungry cat and it could lead to a poorly-balanced diet lacking protein, vitamins and minerals. Successful weight loss requires a specially formulated diet, combined with exercise and careful monitoring.

The 'ideal-weight' cat should have a visible waist, and the ribs, spine and hip bones should be easily felt. If you are concerned that your cat may be overweight, please ask for more details about our 6 Month Weight Loss Programme. You could try out our Weight Management Quiz on page 2.

In May our 6 Month Weight Loss Programme is HALF PRICE

For only £55.51 (equates to 9.25 per month) (normally £111.03), this includes:

- Advice on nutrition, activity and weight control
- Unlimited weight check appointments
- Unlimited calls for advice
- £5 Voucher to spend on activity toys at Zebedee's Pet Supplies (137 South Farm Road) at the start of the programme
- PLUS another £5 Voucher to spend when goal weight has been reached



Cat's Whiskers

Veterinary Clinic

Weight Management Quiz

- (A) Can you feel your cat's ribs, spine and hips easily without applying pressure? Are the hip bones raised with no fat cover? Does your cat have a very tucked up tummy when viewed from the side?

Your cat could be as much as 20% underweight. Please take your cat to your vet immediately for a check up. Please compile a food diary of everything your cat eats to take with you to your appointment with the vet. Your vet may want to do some tests to find out why your cat is underweight.

- (B) Can you feel your cat's ribs and spine easily without applying pressure? Does your cat have only a small amount of fat covering the ribs, spine and hips? Does your cat have a tucked up tummy when viewed from the side?

Your cat could be 5-10% underweight, a check up is recommended. Please compile a food diary of everything your cat eats to take with you to your appointment with the vet. You may be underfeeding your cat or your cat may have a medical condition causing weight loss.

- (C) Can you feel your cat's ribs, spine and hips easily while applying light pressure? Does your cat have a tucked tummy and well proportioned waist when viewed from the side?

CONGRATULATIONS your cat has the ideal body condition. Keep doing what you are doing and continue to monitor your cat's condition monthly.

- (D) Can you feel your cat's ribs, spine and hips only by applying moderate pressure? Is your cat's tummy sagging rather than tucked? Does your cat's back broaden at the waist when viewed from above?

Your cat is likely to be 10% overweight. While this may not sound a lot, it may be causing harm to your cat. (Put in 'human' terms, this is the equivalent of an average 10 stone / 70kg adult being 1 stone / 7kg overweight!) Overweight cats are at risk of developing diabetes, joint problems, skin problems and some cancers. Please make an appointment with the vet to get specific nutrition advice for safe weight loss. Please compile a food diary of everything your cat eats to take with you to your appointment. Remember to encourage your cat to exercise.

- (E) Is it difficult or impossible to feel your cat's ribs, spine and hips even while applying pressure? Does your cat have a very saggy tummy? Does your cat have a very broadened back in the waist area when viewed from above?

Your cat is very overweight or obese and is likely to be 20% or more overweight. This is dangerous to your cat's health. Weight loss has to be achieved slowly and safely under the direction of your veterinary healthcare team. Please make an appointment immediately with your vet.