



# mill Pond Mingle

October 2016



## Oct 29th is National



# Cat Day!



### Need a kitty to help you celebrate national cat day?

### We can help you out!

### All these kitties need homes!



## Pet Obesity Awareness



See p3 for info to help keeping your pet healthy, and healthy snack options

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*Mill Pond Veterinary Clinic & Kennel:*

215-536-4443  
www.millpondvetclinic.com



# Obesity and our Pets

The number of overweight cats and dogs is at an all-time high, according to the sixth annual National Pet Obesity Awareness Day Survey conducted by the Association for Pet Obesity Prevention (APOP). This survey shows that approximately 80 million U.S. cats and dogs are at increased risk for weight-related disorders such as diabetes, osteoarthritis and many cancers, researchers say.

“Pet obesity remains the leading health threat to our nation’s pets,” says APOP founder and dvm360 contributor Ernie Ward, DVM. “We continue to see an escalation in the number of overweight cats and an explosion in the number of type 2 diabetes cases.”

*The best preventive healthcare measure a pet owner can make is to keep their dog or cat at a healthy weight*

The biggest problem? Many pet owners don’t recognize that their pet is overweight... “The disconnect ... makes having a conversation with their veterinarian more challenging,” Ward says. “Many pet owners are shocked when their veterinarian informs them their pet needs to lose weight. They just don’t see it.”

We recommend a multi-modal approach to pet obesity, taking health issues into consideration for each aspect:

**Dietary intervention** involves two important goals: The plan must be tailored to the individual animal, and caloric restriction must not cause protein starvation and a loss of lean muscle tissue. A weight-loss goal does not necessarily have to equate to the patient's achieving its ideal body weight. The ultimate goal should be based on the pet, the family's situation and goals, and the entire family's ability to reach the goal. You must set reasonable and attainable goals.

**Prescribed Exercise** A maximally effective weight-management program incorporates both calorie restriction and exercise recommendations. Appropriate exercises may include low-impact walking, chasing a ball, tossing a Frisbee, swimming or using an underwater treadmill, and socializing at doggie daycare. Canine Rehab may also be an excellent option for your pet. In obese dogs, it is important to start an exercise program slowly and gradually increase the duration and intensity of the exercise.

**Food-related Habits:** Many dogs become overweight or obese because of the social bonding that occurs with owners and their dogs during feeding. This human-animal-bond activity adds a strong behavioral component to the development of obesity. To achieve success, it is important to substitute low-calorie treats, games, or grooming activities for table scraps or other high-calorie treats. Begging for food is typically more of a behavioral problem, and if this relationship is not considered, the weight-loss program is doomed to fail.



Article continued on page 3

## Mill Pond, your full service Vet Clinic & Kennel

### Medical Services

*by Appointment Only*  
Mon - Sat

Veterinarian Appts,  
Laser Therapy,  
Small Animal Rehab,  
Surgery, Dental  
Acupuncture,  
Diagnostic Imaging,  
Stem Cell Therapy,  
PennHip Testing

### Daycare:

*No Appointment Needed*  
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### Boarding

*By Appointment Only*  
Drop-off/Pick up  
Mon - Sat  
9:00 - noon or 3:00-6:00pm  
Sun 4:00 - 6:00 pm

2255 Mill Pond Road, Quakertown, PA 18951  
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# READY FOR A HAPPY HALLOWEEN?

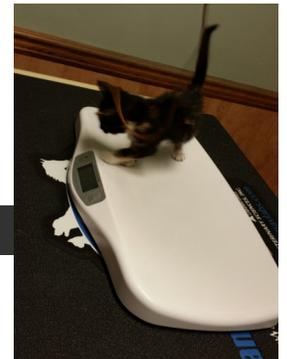
Halloween is fun! ... but it can be scary, too. Help your pets have a truly happy Halloween this year:

- DO** ensure costumes fit well, don't restrict breathing and don't have small parts that can be chewed off.
- DO** protect pets from pranks: keep them inside!
- DO** keep pets away from lit pumpkins - fur & fire are not a good mix, and battery operated lights or glow sticks are hazardous if eaten.
- DO** license your pet early, and make sure tags are on and up-to-date - he may go for a run..

- DON'T** feed candy to your pets.
- DON'T** mix pets and trick-or-treaters at the front door. Someone is bound to get frightened and may cause quite a rukus.

## 6 HALLOWEEN DANGERS

1. **Chocolate:** it's **poisonous** to pets!
2. **Candy:** it may take 4 days to show up, but too much candy can cause **pancreatitis** in your pet.
3. **Grapes & Raisins:** can cause **kidney failure** in dogs and cats.
4. **Zylitol,** a sugar substitute is poisonous to our pets, please read ingredients of any food or candy before giving it to your pets
5. **Glow sticks and jewelry:** far more tempting for your **cats** than you'd think, just ask the Pet Poison Hotline operators!
6. **Costumes:** may impair ability to breathe, move or see, and some of the small pieces can poison if ingested.



### PETS AND TREATS:

*"Yummy Yummy that looks SOOO Yummy!!"*

Treats are a wonderful way to say how much you love your pets! Here are some great ways to do so without negatively impacting his/her health:

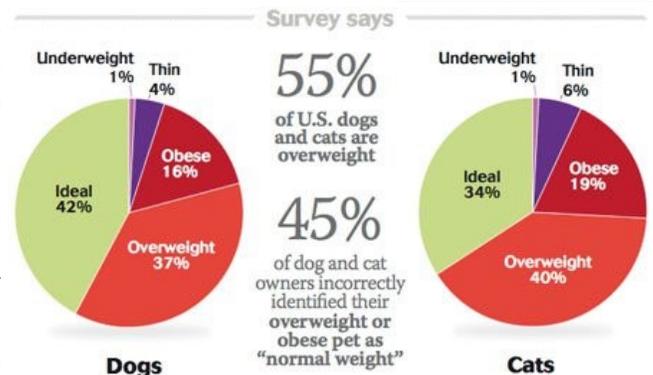
- Save some of the dry food from his regular meals in a cup to give him as treats throughout the day
- Keep small pieces of cooked plain chicken or beef (no sauces or seasonings) on hand & give him 1-2 when he wants to share what you have, or you just want show a little extra love. *Be sure to reduce his meals if this happens too often or (s)he gains weight!*
- Read the labels! Too many premade treats and bones have surprisingly bad nutritional content. Ask us for help determining the best treats for your pet. Hills is one brand that has treat options for many types of health issues.

## CONTINUED ARTICLE

### Obesity and our Pets

**Patient Monitoring:** Monitoring and adjusting are critical in any weight-loss plan. The dog should be weighed on the same scale every two to four weeks. A healthy weight-loss goal is 1% to 2% of body weight a week. A dog that is losing weight too fast is at risk for losing lean body mass and for demonstrating undesirable behaviors. If the dog is losing too slowly, is stable, or is gaining, further calorie restriction may be needed, along with increased physical activity.

Current conditions and diseases are also an important aspect of weight management. Many diets formulated for medical conditions may not be good for active weight loss. Be sure to talk to your vet & ensure any weight loss plan is safe and feasible!



Source: Dr. Ernie Ward, Association for Pet Obesity Prevention (Numbers have been rounded)

Article compiled from research on DVM360.com and professional input from our medical staff.

# NATIONAL AWARENESS

Our pets are so important to us that we've created national days of awareness for issues pertaining to them! October hosts several of these days, and we've included articles inside to promote awareness of these issues:

Join us as we celebrate our pets and learn how to care for them in the most loving ways.

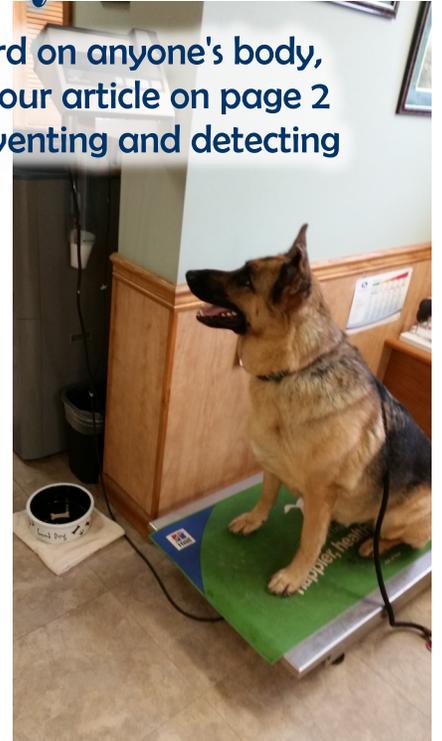
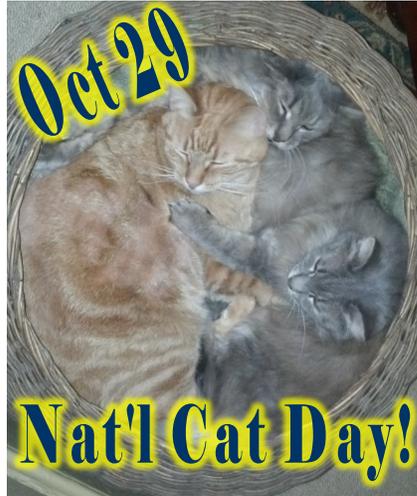


*In this issue:*

Obesity and our pets  
Halloween & pets

# Oct: Pet Obesity Awareness

Being overweight is hard on anyone's body, including our pets. See our article on page 2 for information on preventing and detecting obesity in your pets.



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