



THE BARRACKS  
VET SURGERY  
MOSMAN

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## DEALING WITH OBESITY IN CATS

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### What is obesity and what are the concerns?

Animals weighing 15% over their optimal weight or more are considered obese. This predisposes them to a shorter life expectancy and the expensive and unpleasant medical complications of cardiac and breathing problems, high blood pressure, diabetes, increased arthritis, pancreatitis, reduced circulation due to reduced movement, constipation, increased chance of stifle injury or cruciate damage, skin problems, liver disease, reduced immune function, plus the pain and discomfort associated with many of these conditions.

### How can we address obesity in cats?

The good news is that these risks can be reversed or reduced! Your overweight pet will be much happier and have more energy as soon as he starts losing weight too.

Try all of the following methods in conjunction for amazing results:

1. Consult your vet to create a weight loss regime and buy veterinary diet food. Discuss the exact amount to be fed each day. Re-visit for free regular weigh-ins and chart your progress.
2. Show everyone in the household the chart and the images below, and write down a goal weight. Place your goal somewhere prominent like on the fridge.
3. Identify the reasons your pet has developed obesity, and address those issues together.
4. Mark a line on a measuring cup and fill food only to that line per meal. If your cat is reluctant to exercise, place the kibble singly in different spots to be hunted down.
5. If giving treats cannot be prevented, treat from the measured cup INSTEAD of giving a meal. Use squeaky toys, games, ribbons on sticks and time together as your new form of reward.
6. Ignore any crying or bad behaviour! You are in control and can leave the room. If required, we can recommend pheromones and homeopathic remedies to calm the behaviour.
7. Introduce home made (salt-free) lukewarm chicken stock as a low-cal tummy filler.
8. Use a smaller food bowl.

Thanks to Hill's Pet Nutrition  
for the image

