



# [pawPRINTS]

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## PET OBESITY

Obesity is a growing problem in America- for people and pets! The major causes of obesity in pets are overfeeding and not getting enough exercise. It is estimated that over 25% of pets are overweight or obese.

The extra pounds can cause a variety of health problems including diabetes, heart disease, respiratory problems and high blood pressure. Overweight pets may also have an increased risk for arthritis and hip dysplasia. Obese cats may have difficulty grooming themselves which can lead to severe skin infections. Keeping your pet at a healthy weight can literally add years to their life.

### Recognizing obesity

Most often pets experience gradual weight gain as they age, which makes it harder for owners to notice the extra pounds. It's important to weigh your pet regularly. Keeping track of their weight will help you recognize

weight. The "ideal" weight for a dog is generally the weight where the last 3 to 5 ribs are just barley visible or can be felt with a light touch. For



cats, you should be able to feel their ribs when you stroke them and their stomach should not have a rounded appearance. Both dogs and cats should have an "hourglass" shape to their torso, when viewed from above.

### Treating obesity

For both dogs and cats, you will need to develop a weight reduction plan while consulting with your veterinarian. An obese pet may have difficulty with exercise at first, so it is important to start off gradually. You can burn off more calories with your dog by taking them for walks, a romp in the park or swimming. Reducing the amount of food they get in a day, or a specialized low fat diet may be recommended by a veterinarian.

For cats, exercise can be more of a challenge, so diet is the most important part of a weight loss program. Cats have unique nutritional requirements and simply reducing the amount of food given can lead to rapid excessive weight loss which can have serious consequences. It is important to work closely with your veterinarian to develop and monitor a diet plan.

## MOST COMMON PET OBESITY-RELATED CONDITIONS

Dogs	Cats
1. Arthritis	1. Bladder/urinary tract disease
2. Bladder/urinary tract disease	2. Chronic kidney disease
3. Low thyroid hormone production	3. Diabetes
4. Liver disease	4. Liver disease
5. Torn knee ligaments	5. Asthma
6. Diabetes	6. Arthritis
7. Diseased disc in spine	7. High blood pressure
8. Fatty growth	8. Heart failure
9. Chronic kidney disease	9. Gall bladder disorder
10. Heart failure	10. Immobility of spine

Source: Nationwide (pet insurance)

when your pet is starting to put on those extra pounds. As a general rule, your dog or cat would be considered obese if they weigh 20% or more above their optimal

## IS ANESTHESIA NECESSARY FOR DENTALS?

In order to appropriately diagnose and treat your pet's dental disease, anesthesia is necessary. It provides three important functions: immobilization in order to clean below the gum line and perform dental procedures (radiographs, extractions, etc.) as needed, pain control, and the ability to place a tube into the windpipe so bacterial products do not enter the respiratory system.

We take every precaution to ensure safe anesthesia. We use the safest of anesthetic agents, and pets are given pre-operative bloodwork depending on their age and condition to make sure they are safe to go under sedation. You can be assured that your dog or cat will be closely monitored for the duration of the procedure, as well as their recovery.

## PACKING ON THE POUNDS?

Animal obesity is a big problem in this country. 54% of dogs & cats are overweight. The cause? Over-feeding & lack of exercise.

### HEALTH RISKS FOR OVERWEIGHT PETS:

- ☒ Cancer
- ☒ Diabetes
- ☒ Kidney Disease
- ☒ Heart/Respiratory Disease
- ☒ High Blood Pressure
- ☒ Osteoarthritis
- ☒ Ligament Injury
- ☒ Decreased life expectancy

### NEED A QUICK, EASY WAY TO TELL IF YOUR PET IS OVERWEIGHT?

On a pet that is a healthy weight ...

1. Ribs are easily felt
2. Stomach does not visibly sag
3. Waist is visible from above

### TIPS TO KEEP YOUR PET IN SHAPE:

- Proper portions vary based on age, weight & activity level
- Limit excessive treats, table scraps and snacks
- Choose pet food with meat as the first ingredient
- Exercise daily (start slow if your pet is overweight)

*When in doubt, consult your veterinarian!*



## Why Brush Your Dog's Teeth

Dogs can't brush their own teeth, so it's up to us to make sure their pearly whites stay clean and healthy. It's not just for aesthetics—bad dental hygiene can lead to periodontal disease and other issues.

**By 3 years old,**  
most dogs and cats  
have some evidence of  
periodontal disease

according to the American  
Veterinary Dental College.



Even with regular brushing, dogs need to have their teeth professionally cleaned every year.

## Top 5 Dog Tooth Issues



Periodontal Disease



Fractured Tooth



Deciduous Teeth



Abscessed Tooth



Loose Teeth

## Signs of Periodontal Disease



Periodontal disease is an infection that can cause tooth loss and spread through the body affecting the **heart, liver and kidneys.**

**Contact your veterinarian if you notice these signs:**

- Bad breath
- Loose or broken teeth
- Inflamed gums
- Bleeding gums
- Excessive drooling
- Difficulty chewing
- Loss of appetite
- Sensitivity around the mouth

## 3 Simple Steps to Start Brushing

With a little patience and practice, your dog can come to love toothbrush time.

### Dog-friendly toothpaste



Never use people paste, since it can be harmful when ingested. Use toothpaste made for pups in flavors like chicken!

### What You'll Need:

### Toothbrush for dogs



Buy a toothbrush designed for dogs, which is smaller and softer than the one on your sink. Or use one worn on your finger.

- Start with a massage**  
Get your dog used to the idea by gently massaging the lips and gradually moving to the gums and teeth.
- Add toothpaste**  
Put a dab of dog-friendly toothpaste on your finger to get your dog used to the taste and feel of it.
- Introduce the toothbrush**  
Hold the brush at a 45° angle and clean in small circular motions working on one part of the mouth at a time.



**Have a cat? Try tuna water!**

Warm your cat up to the idea of brushing by dipping your finger in tuna water. Let your cat lick it off and gradually begin massaging the gums.



## LOCAL SHELTERS

Looking to add a new member to your family? Consider adoption and make a big difference in an animal's life!

HALO Animal Rescue

3227 E Bell Rd Ste D151, Phoenix

(602) 971-9222

[www.halo rescue.org](http://www.halo rescue.org)

Home Fur Good

10220 N 32nd St, Phoenix

(602) 971-1334

[www.homefurgood.org](http://www.homefurgood.org)

Arizona Humane Society– Sunnyslope

9226 N 13th Ave, Phoenix

(602) 997-7585

[www.azhumane.org](http://www.azhumane.org)

Forever Loved Pet Sanctuary

[www.foreverlovedpets.org](http://www.foreverlovedpets.org)

Foothills Animal Rescue

10197 E Bell Rd, Scottsdale

(480) 488-9890

[www.foothillsanimal.org](http://www.foothillsanimal.org)

Arizona Animal Welfare League

25 N 40th St, Phoenix

(602) 273-6852

[www.aawl.org](http://www.aawl.org)

## CLINIC NOTES

- ◆ While we do our best to accommodate your needs, please make sure that if you want multiple pets to be seen, please specify this at the time of booking the appointment. This will allow us to set aside the adequate amount of time for your appointment. **If extra pets are brought in without being scheduled, they will need to be rescheduled for a different day when time allows. The vets and staff truly appreciate your cooperation with this matter.**
- ◆ We now offer online booking on [allcreaturesanimalcl.com](http://allcreaturesanimalcl.com) for annual exams and vaccines. When booking an appointment, please make sure you use the same name and phone number that we currently have in our system. If your pet is having a medical issue (i.e. vomiting, limping, wound, etc) or emergency, please call the office so that you can be scheduled appropriately.
- ◆ For the safety and consideration of other clients and pets, please make sure your dog is on a leash at all times. If you forgot one, please ask the receptionist and we would be happy to give you one to use for your visit.
- ◆ Please plan ahead when making technician appointments. These include procedures such as nail trims, anal gland expressions, suture removals and lab work. While these seem like simple, quick appointments, they are done by technicians who are already working with the doctors and their other responsibilities. We are able to schedule one technician appointment per hour, which means they fill up quickly. Please plan ahead and know that it may take several days to get you in for these appointments.
- ◆ **It is our policy to require 24 hour notice on all medication refills. Please be aware of when your pet is nearing the end of their supply, so that we can be alerted in time to prevent any lapse in medications.** If you need a refill from a secondary source (i.e. compounding pharmacy, PetMeds, Walgreens), please contact them. They will fax us a request which the doctor will review and fax back at the earliest convenience (within 24 hours). Additionally, please make sure you pay attention to prescription labels for reminders of lab work or rechecks required before the next refill. Your understanding and cooperation with this matter is appreciated.

»»»»»»»»»» NATIONAL ««««««««««  
PET DENTAL HEALTH MONTH



**February/March**

**\$50 off a dental cleaning**

*Make sure you book your dental early, as spots fill up quickly!*

