



Laylah Eggers

Healthy Weight



5201 - A Virginia Beach Blvd.
Virginia Beach, VA 23462
Phone: 757.473.0111

Website: www.petcarevb.com
Facebook: PetCareVet



Congratulations on your decision to help manage your pet's weight! You've taken the first step in improving their health and lengthening their lives.



Just like with us, our pet's weight is a function of how many calories they are consuming compared to how many they are burning. One way to decrease their weight and improve their fitness is by burning calories through exercise. However, while increasing your pet's activity is important, usually calorie reduction is required as well.

There are many weight loss diets on the market today; unfortunately, many of these diets have claims that have not been substantiated. We can help you select a weight loss diet that we have available here at Pet Care. There are also other diets available for pets that have developed diabetes, arthritis or other weight related medical problems that may also help with weight loss.

Depending on the patient, we may recommend blood tests to rule out common diseases such as hypothyroidism or diabetes.

Our goal is to help your pet achieve his/her healthy weight!

Daily Calorie Requirements for Dogs

Body weight in lbs	Puppy up to 4 mos.	Puppy over 4 mos.	Neutered adult	Intact adult	Obese prone	Weight loss
1	115	77	61.5	73	58	x
2	194	129	104	123	97	x
3	264	176	141	168	132	x
4	330	220	176	198	154	110
5	390	260	208	234	182	130
6	447	298	238	268	209	149
7	501	334	267	301	234	167
8	552	368	294	331	258	184
9	603	402	322	362	281	201
10	654	436	349	392	305	218
11	702	468	374	421	328	234
12	750	500	400	450	350	250
13	795	530	424	477	371	265

Daily Calorie Requirements for Dogs Continued

Body weight in lbs	Puppy up to 4 mos.	Puppy over 4 mos.	Neutered adult	Intact adult	Obese prone	Weight loss
14	840	560	448	504	392	280
15	885	590	472	531	413	295
16	930	620	496	558	434	310
17	972	648	518	583	454	324
18	1017	678	542	610	475	339
19	1059	706	565	635	494	353
20	1098	732	586	659	512	366
25	1299	866	693	779	606	433
30	1491	994	795	895	696	497
35	1674	1116	893	1004	781	558
40	1848	1232	986	1109	862	616
45	2019	1346	1077	1211	942	673
50		1458	1166	1312	1021	729
55		1566	1253	1409	1096	783
60		1670	1336	1503	1169	835
65		1774	1419	1597	1242	887
70		1876	1501	1688	1313	938
75		1976	1581	1778	1383	988
80		2074	1659	1867	1452	1037
85		2170	1736	1953	1519	1085
90		2264	1811	2038	1585	
95		2358	1886	2122	1651	1179
100		2450	1960	2205	1715	1225

Daily Calorie Requirements for Cats

Body weight in pounds	Growing kitten	Normal, neutered adult	Intact adult	Obese prone	Weight loss
4	275	132	154	110	
5	325	156	182	130	
6	373	179	209	149	
7	418	200	234	167	
8	460	221	258	184	
9	503	241	281	201	
10	545	262	305	218	174

Daily Calorie Requirements for Cats Continued

Body weight in pounds	Growing kitten	Normal, neutered adult	Intact adult	Obese prone	Weight loss
11		281	328	234	187
12		300	350	250	200
13		318	371	265	212
14		336	392	280	224
15		354	413	295	236
16		372	434	310	248
17		389	454	324	259
18		407	475	339	271
19		424	494	353	282
20		439	512	366	293



Rita Howells

Caloric Content of Treats for Dogs

Dog Treats	Calories per piece
Purina Brand	
Purina Beggin' strips, 1 strip	34
Purina Dentalbone –sm / lg	309 / 600
Purina Busybone chewbone – sm / lg	309 / 618
Purina Cheweez strips	60
Purina Lite Snackers	15
Purina OM biscuits	27
Purina ONE adult biscuits beef & rice	33
Purina ONE adult biscuits lamb & rice	30
Purina ONE large breed biscuits	84
Purina ONE healthy weight turkey & rice	26
Purina ProPlan adult beef & rice	35
Purina ProPlan large breed chicken & rice	87
Purina ProPlan senior biscuits	34
Milk Bone Puppy Biscuits	10
Milk Bone Dog Biscuits – sm / med / lg / xl	20 / 40 / 115 / 225
Milk Bone Flavor snacks – sm / lg	20 / 80
Marcosnacks	30
Alpo liver snaps	13
Greenies	
Teenie, 1 chew	25
Petite, 1 chew	54
Regular, 1 chew	90
Large, 1 chew	144
Jumbo, 1 chew	270
Del Monte	
Meatybones -small	27
Meatybones – medium	60
Meatybones - large	93
Natura	
EVO Wild Cravings Wt Management	13.62
Innova Health bars sm / lg	35 / 88
Mother Nature Chicken and Turkey Biscuits	39.3
Other Brands	
Lean Treats	7
Old Mother Hubbard small biscuits	12
Puperoni	24
Snausages	25
Science Diet Canine Lite Treats	15

Frosty Paws	140 per cup
Other “Treats”	
Apple (1/4 th med.)	20
Bacon, 1 slice	46
Banana (1 med.)	101
Lean beef, cooked, 1 oz	64
Carrot – baby size – 4	24
Cauliflower (1/4 cup)	6
Cucumber (1/4 cup)	5
Egg, cooked, 1 large	81
Green beans (1 ounce)	18
Lean beef	64
Melon (1/4 cup)	12
Pumpkin, canned, ¼ cup	20
Pretzels (1 ounce)	
Rice, cooked, ½ cup	83
Rice cake, plain	40
String Cheese, low fat, 1 stick	60
Toast, dry (1 slice)	56
Tuna, canned in water, 1 oz.	36
Tuna, in oil, 1 oz	56
Turkey breast, cooked, 1 oz.	50
Zucchini, ¼ cup	5

Caloric Content of Treats for Cats

Cat Treats	Calories per piece
Whisker Licking’s cat treats	3
Pounce cat treats	3
Lean treats for cats	3
Purina Friskies cat treats	3
Natura	
EVO Wild Cravings Wt Management	1.4
Innova cat treats	1.7
Other “Treats”	
Tuna, canned in water, 1 oz.	36
Turkey breast, cooked, 1 oz.	50

For cat owners: Dr. Lisa A. Pierson has an excellent website entitled “Feeding Your Cat: Know the Basics of Feline Nutrition”. She echoes Pet Care’s recommendation that feeding canned food instead of dry kibble provides cats with a better chance at optimal health.

Lisa A. Pierson, DVM

<http://www.catinfo.org/docs/SortableCatFoodChartCatinfo.org2-22-13.htm>

Treats NOT Recommended:

Pizza

Any chocolate items

Grapes and raisins

Macadamia nuts

Walnuts or any nut with nooks and crannies (can contain toxic mold)

Anything with Xylitol such as sugar-free gum and candies

Yeast dough

Garlic

Avocado

Any items containing onions

Anything that contains high fat such as ham, bacon, sausage, gravy, sauces - pets cannot digest the fat and can develop pancreatitis

If you would like to inquire about the nutritional content of a food item that is not on this list visit the [USDA Food Nutrient Database](http://ndb.nal.usda.gov/) (<http://ndb.nal.usda.gov/>)

Also, try the [Association for Pet Obesity Prevention](http://www.petobesityprevention.org/) for information regarding healthy food choices for dogs and cats. (<http://www.petobesityprevention.org/>)

Click on [Popular Dog Food Calorie Contents](http://www.petobesityprevention.org/wp-content/uploads/2010/05/Dog_Dry_Foods.pdf) for food calories per cup. (http://www.petobesityprevention.org/wp-content/uploads/2010/05/Dog_Dry_Foods.pdf)

Diseases Associated With or Made Worse by Obesity

Metabolic alterations

- Hyperlipidemia (excess levels of fat in the blood)
- Insulin resistance
- Glucose intolerance
- Hepatic lipidosis (cats – fatty liver disease)
- Anesthetic complications

Endocrinopathies

- Hyperadrenocorticism (Cushings disease)
- Hypothyroidism
- Diabetes mellitus
- Insulinoma (pancreatic tumor)
- Pituitary chromophobe adenoma
- Hypopituitarism (dwarfism)
- Hypothalamic lesions

Functional alterations

- Joint stress/musculoskeletal pain
- Dyspnea (difficulty breathing)
- Hypertension
- Dystocia (difficulty in giving birth)
- Exercise intolerance
- Heat intolerance
- Decreased immune function
- Difficulty grooming

Other diseases

- Degenerative joint and orthopedic disease
- Cardiovascular disease
- Transitional cell carcinoma (bladder cancer)

Canine Hypothyroidism

Thyroid diseases are common in middle-aged and older animals. The thyroid glands are paired organs located in the neck. These glands secrete hormones which control the body's metabolism. Dogs with thyroid disease invariably suffer from underactive glands which do not make enough hormones. This is a condition known as hypothyroidism. Affected dogs are typically lethargic and tire easily following activity. Many of these dogs are overweight or obese, even though they may not appear to be over-eating. Skin problems are also common in hypothyroid dogs. In one study, 88% of affected dogs reported some sort of skin problem. Hair loss and skin infection were most commonly reported. Some dogs will have dry coats with brittle hair, while others may have oily, greasy coats. Anemia and increased blood cholesterol levels are frequent findings on blood work. Thyroid hormone exerts its effects on most of the cells in the body, so problems can be seen virtually anywhere.

Your veterinarian may recommend a simple blood test to screen your dog for hypothyroidism, especially if they are overweight or have a history of skin problems. Medications can be prescribed to supplement the thyroid hormone levels of affected dogs. Typically medication is required for life, but with supplementation and periodic monitoring of thyroid levels, most dogs can live a full and active life free of the effects of hypothyroidism.

Hypertension (High Blood Pressure) in Pets

We have all heard of high blood pressure in people, but not many of us know it can occur in our pets as well. It is known as the "silent killer" in humans because many people have hypertension without any symptoms. Pets rarely have symptoms of hypertension; however, it is commonly

associated with certain diseases and as pets age. In pets, high blood pressure can lead to blindness as a result of a detached retina as well as neurologic, kidney and cardiac problems.

In humans, high blood pressure is often considered primary, meaning there is no other disease causing it. In animals, primary hypertension is unusual; there is almost always another disease causing it. Hypertension in pets may be seen with the following diseases:

- Chronic renal failure (kidney disease) – both dogs and cats
- Hyperthyroidism in cats
- Cushing's disease (overactive adrenal gland)
- Diabetes Mellitus (too much blood sugar)
- Glomerular disease (a type of kidney disease)

Blood pressure is measured in pets similarly to the way it is in humans. An inflatable cuff is attached to the leg or the base of the tail of the pet. An ultrasonic device is held over the artery to hear the blood flow. The cuff is then inflated to occlude (stop) blood flow through the superficial artery. The cuff is then slowly deflated to a point when blood flow is again heard in the artery. This is the systolic blood pressure. Normal systolic blood pressure in cats and dogs ranges between 120 – 160mm. Some pets are more nervous at the veterinarian's office and this can lead to higher blood pressure readings. In these cases, the blood pressure measurements are repeated on different days.

High blood pressure in pets is generally treated with oral medications and a low sodium diet. Controlling the underlying disease will also help to reduce the blood pressure.

Therapy for Osteoarthritis

Osteoarthritis is a painful condition caused by the “wear and tear” of cartilage and other parts of the joints. Obese animals are prone to developing osteoarthritis at an earlier age. The disease also progresses more quickly as the extra weight increases the pressure on already achy joints. You may notice limping or lameness, decreased activity, or stiffness, especially after sleeping. A complete physical examination and x-rays are necessary to definitively diagnose osteoarthritis and to rule out other causes of lameness.

Once arthritis has been diagnosed, there are a number of treatment options. First, the dog's pain must be addressed. Pet Care is utilizing the Companion Therapy Laser which dramatically decreases pain associated with arthritis. Also, acupuncture has been used for thousands of years to control arthritis pain with excellent results. Pain management can also be accomplished with the use of NSAIDs (non-steroidal anti-inflammatory drugs). Rimadyl (carprofen), Metacam (meloxicam) and buffered aspirin are examples of the many drugs that fall into this category. As

with any medication, there are potential side effects. These include problems with the kidneys, liver, and gastrointestinal tract. If not detected in time, these can become serious, even potentially fatal. It is extremely important that you discuss with us any other medications, including over-the-counter pills that your dog may be taking while he is being treated with NSAIDs. If you notice any decrease in appetite, vomiting, dark stools, yellowing of the skin or gums, or change in drinking habits, please discontinue the medication and notify us immediately.

The key to minimizing the chance of your pet suffering from these adverse reactions is regularly scheduled blood work. To evaluate the liver, kidneys, red blood cell levels and other parameters, we recommend these blood profiles be run prior to starting the treatment, again after one month of therapy, then every three months during the first year and then every six months for the duration of the treatment.

While the use of anti-inflammatories can vastly improve your dog's comfort level and quality of life, these medications do not treat the underlying damage to the cartilage and joints.

Nutraceuticals such as Dasuquin (glucosamine, chondroitin sulfate and avocado complex) and Osteo3 (glucosamine and MSM) are products specifically designed for dogs and cats with osteoarthritis. Many pets have benefitted greatly from these products, which increase joint fluid and promote new cartilage growth. The use of these products can sometimes allow us to decrease or even eliminate the use of NSAIDs and their associated side effects. AllerG-3 (omega 3 fatty acid) decreases inflammation and according to a new study will strengthen bones as well as metabolize fats.

If your pet has a refractory case of arthritis, or is unable to take NSAIDs due to an underlying medical condition, there are other medications available that may be suitable to help manage pain.