

Weight Loss, Easter and Toxicities

Weight loss is no light topic!

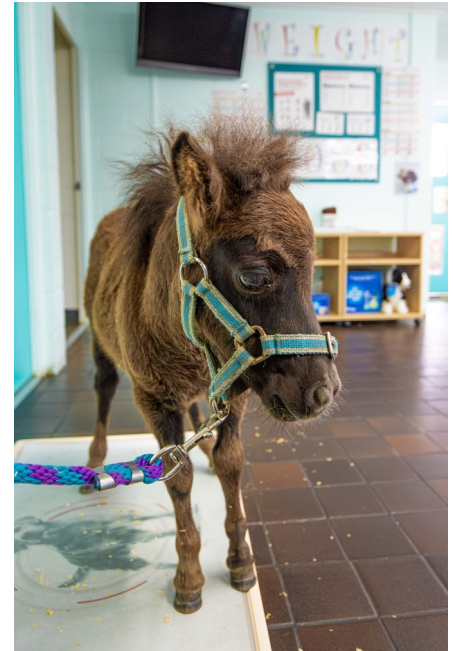
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It's finally starting to cool down so being too hot to go outside is no longer an excuse! It's time to take your pet's weight management in your stride! Now let's jog your memory, when was the last time your pet's weight was checked at the vet? Well if you can't remember, don't worry, getting a weight check at the clinic is a walk in the park! Our staff will talk you through a simple weight management plan that certainly doesn't have to be a run around! Jokes aside, your pet's weight is a very important matter that can seriously affect their quality of life. Increased susceptibility to conditions such as breathing problems, skin disease, heart disease, arthritis, diabetes mellitus and shortened life span just to name a few.



are currently eating, what treats are offered and what exercise they have. This helps us create your feeding plan which is discussed with you during a consult with one of our nurses. We will go through all the necessary information with you regarding proper feeding, exercise, treat management and how to measure out your pet's caloric requirements to ensure they are receiving the right amount and therefore on the way to successful weight loss.

Like humans, our pets have a certain number of calories they require to live and maintain their current weight each day. Age, size, breed, and activity of your pets all affect how many extra calories they need to maintain the same weight. Sometimes we feed our pets the right amount of food but forget to factor in the treats that we give them throughout the day which can be very calorie dense.

By bringing your pet in for a **FREE** weight loss consult we can make an assessment of your pets nutritional needs and help determine the ideal diet for your pet. During a consult we will check your pet's body condition score, take full body measurements, your pet's weight and have a discussion about the importance of feeding the correct amount of food for your pet. We need to know what they

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Weight Loss, Easter and Toxicities



Easter and Toxicities



Easter is the time for lots of scrumptious treats for us but it's a dangerous time for our pets! Chocolate and grapes (including raisins and sultanas) are toxic to dogs and cats and there just so happens to be an abundance of both at Easter! Now we all know too well that despite our best efforts these toxic foods still sometimes find their way into the bellies of our pets. And if this is the case, it is very important to seek veterinary advice immediately. There is a large variation in the affect these foods can have on different breeds and even individuals.

Chocolate contains caffeine and theobromine — compounds which dogs find much harder to metabolise than we do. As little as 4 squares of milk chocolate can cause vomiting and 16 squares may be lethal however toxic doses vary greatly depending on the individual pet and their body weight.

Raisins, sultanas, and grapes (common ingredients in hot cross buns) are toxic to your pets' kidneys. The toxic dose is not well established in dogs, so it is better to be safe than sorry and prevent all access to these foods.

Symptoms of **chocolate toxicity** may include:

- Increased thirst
- Vomiting and diarrhoea
- Hyperactivity
- Fast breathing and heart rate
- Tremors
- Seizures

Symptoms of **grape toxicity** may include:

- Depression
- Excessive thirst and excessive urination
- Vomiting

Some of the other foods found commonly in our household that are toxic to pets are; Garlic and chives, Onions, Avocado, Macadamias, mushrooms, Artificial Sweetner (Xylitol), Caffeine and Alcohol. It's also important to mention that batteries, garden poisons, engine coolant, rat baits and fertilisers are all common household items that are very toxic to our pets as well.

Although not directly toxic, Corn cobs and fruit seeds (in particular mango and stone fruit) are very common causes of GIT obstructions which can be surgical emergencies. Whether it be a toxic substance or something that causes obstructions, the sooner a vet is involved the better the outcome!

