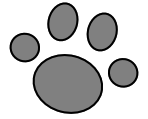


LIBERTY VETERINARY HOSPITAL

Paw Prints Monthly



OUR MISSION STATEMENT:

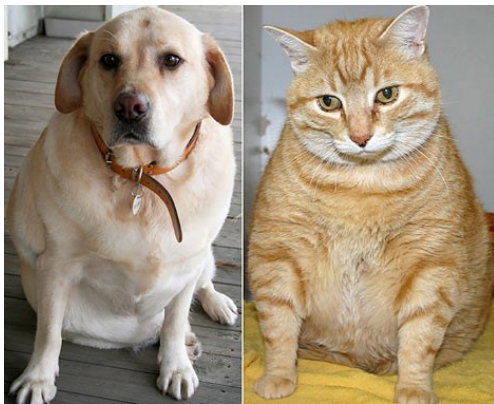
Liberty Veterinary Hospital strives to create a state-of-the-art pet care facility that meets all of our clients' & pets' needs from nutritional supplies, boarding and grooming to the highest level of medical and surgical care. Because our team can only be as good as the sum of its parts, we nurture and educate our staff so that we may all provide uncompromising service, compassion, kindness and caring for each patient as a member of our own family.

JANUARY IS OBESITY AWARENESS MONTH

Dear Friends,

Obesity continues to expand in both pets and people according to the latest pet obesity study. The annual Association for Pet Obesity Prevention (APOP) National Pet Obesity Awareness Day Study found approximately 58% of cats and 54% of dogs were overweight or obese (<http://petobesityprevention.org>)

Obesity in our pets is a serious problem that has been linked to poor diet, anxiety based overeating and lack of exercise. Being overweight can reduce a pet's quality of life because pets can be less likely to want to play and exercise. Some common health problems in overweight animals may include: arthritis, heart disease, diabetes, back and knee problems, skin conditions, and various types of cancer, as well as a shorter life expectancy.



Signs of an overweight pet:

- An inability to feel pet's ribs
- An inability to see pet's waist
- Tiredness, lethargy or shortness of breath

How do pets get overweight?

1. **The type of food** pets get fed are often not of proper quality and nutrition. We offer several veterinary diets to help your pet lose and maintain a good weight and can offer suggestions for appropriate maintenance diets.
2. **How much food a pet is fed.** Talk with us about a scheduled feeding plan specific to your pet's needs.
3. **Treats.** Pets, like people, should have treats in moderation.
4. **Lack of proper exercise.** Walking can be just as beneficial for our pets as it can be for us. Be sure to check out our line of Premium Tuff Lock leashes and collars by Reflex, offering lots of fun patterns and colors.

If you think your pet has become a little too ***huggable***, we will be happy to advise you on the ideal weight, and setup a no charge weight check-in schedule. We will also carry out a thorough physical exam to check for any medical condition that could be contributing to the weight gain, and discuss a diet and exercise program that best suits your pet. We welcome you to stop by and weigh your pet today!

Amy Johnstone, DVM

Robyn Collins, DVM

Did You Know ...

- We offer dog obedience class referrals
- We offer full grooming, boarding and surgical services
- We offer massage and rehabilitation therapy
- We offer **free** educational seminars
- We really look forward to visiting with you and your pet!

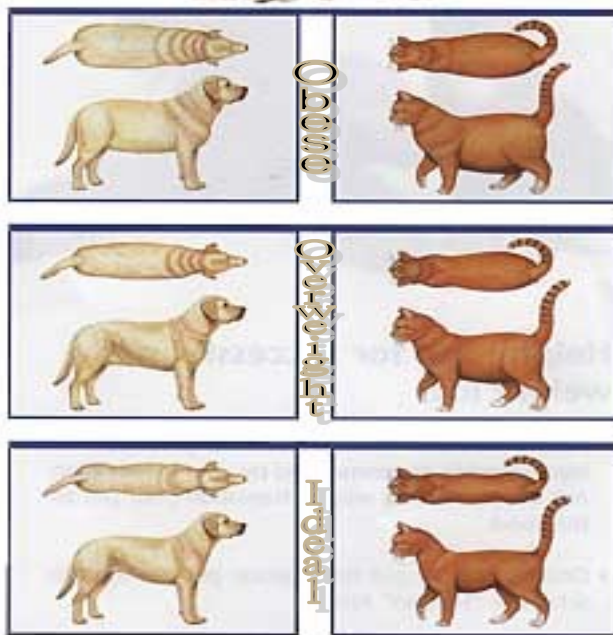
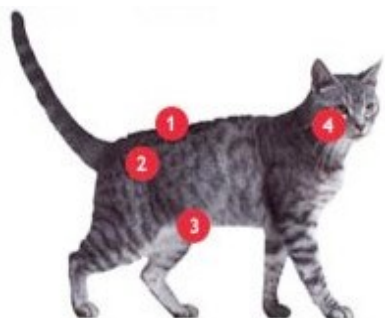
OUR HOURS:

Mon, Tues, Thurs, Fri. 7:30am - 7pm
 Wed 7:30am - 6pm
 Sat 8:00am - 2pm
 Sun Closed

Visit Our Website

www.libertyvet.net

What are the signs of an overweight cat?

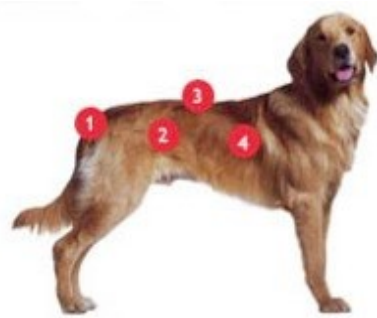


1. Is it difficult to feel ribs or spine?
2. Is it difficult to see your cat's waist?
3. Is abdomen sagging?
4. Does face look more round with larger cheeks?

Does your cat...

- Often appear tired and lazy?
- Hesitate when jumping onto furniture?
- Have difficulty grooming properly?
- Have matted hair on the back or tail area?

What are the signs of an overweight dog?



1. Does your dog have trouble cleaning his/her rump?
2. Is it difficult to see your dog's waist?
3. Is it difficult to feel your dog's ribs or spine?
4. Is the abdomen sagging?

Does your dog...

- Often appear tired and lazy?
- Lag behind on walks?
- Pant constantly?
- Need help getting in the car?
- Resist playing games?

12- WEEK WEIGHT TRACKING CHART

Pet's Name: _____ Target Weight _____

LBS												
LBS												
LBS												
LBS												
LBS												
LBS												
LBS												
LBS												
LBS												
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	1	2	3	4	5	6	7	8	9	10	11	12

Healthy average weight loss is approximately 1-2% of body weight per week. Ask us to calculate a weekly weight loss target for your pet and help you continue to track the weight loss over a 12-week period.

- Start by weighing your pet and entering the weight on the top left line
- Place a dot in the top left box indicating the weight on the graph.
- For the next 11 weeks enter each week's weight on the line and place a dot to complete your graph.

References: www.petfit.com, www.phsspca.org, www.petobesityprevention.com