



## ***Waterloo West Animal Hospital***

414 Erb St. W, Waterloo, ON. N2L 1W8  
519-747-2020

### ***March 2010 Newsletter***

## ***March is Healthy Pet Month!***

### **Grooming**

Whether you own a Poodle, a Lab, or a St. Bernard your dog requires regular grooming in order to maintain a healthy coat and skin. Brushing your dog on a regular basis helps to keep the coat tangle-free, distributes natural oils, stimulates circulation and removes dirt and dead skin. Dogs should be professionally groomed every 6-8 weeks depending on your dog's coat and hair style. A professional groom includes a bath, brush, nail trimming, ear plucking (breed dependent), ear cleaning and hair cut and style.

Appointments are available Monday through Saturday. Please speak to our staff to book an appointment.

### **Healthy Hug Challenge**

Nearly one-third of all adults in North America are obese. Unfortunately, this is true for our animal companions. **Obesity is defined as weighing 30% more than the ideal weight.** There are between 24 and 40 percent of all cats and between 25 and 50 percent of dogs that are overweight.

Obesity occurs when your animal companion receives more calories than is required and the excess calories are stored as fat. Hypothyroidism is another cause of obesity and weight problems. All overweight dogs should be tested for hypothyroidism before beginning a weight loss program.

Overweight pets are more likely to:

- Three times more likely to develop lameness
- Two times more likely to face skin diseases
- At risk for urinary tract diseases
- Prone to liver disease and liver failure
- To develop early onset osteoarthritis and ligament damage.

Pets that are maintained at an ideal body weight on average live almost 2 years longer than overweight animals. Studies show that pets that had an ideal body weight had healthier blood sugar levels, blood pressures and heart rates. These pets showed fewer visible signs normally associated with aging, such as greying muzzles, impaired gaits and reduced activity.

Please check with the veterinary staff regarding your pet's body condition score.