



Weight gain in our pets

Obesity is a common problem in our pets and one we tackle on a daily basis.

Most pet's weight gain starts after they have been neutered. When an animal is neutered this slows their metabolic rate and so they actually need fewer calories. There are many medical and social reasons to have your pet neutered and the fear of your pet gaining weight post neutering should not stop this being done. We recommend you reduce your pet's food immediately (by roughly 25%) after neutering and then over the next 6 months come in for regular weighing to make sure your pet is not gaining weight. It is easier to prevent your pet gaining the weight than having to work to lose it once it is there, so regular monitoring of is vital.

Other factors that lead to weight gain are overfeeding or too many high calorie treats and not enough exercise. Some breeds are prone to weight gain and in these animals weight monitoring is really important to prevent obesity. Also puppies that are overweight have a greater tendency to be overweight as adults as they have produced a greater number of fat cells during their growth period.

As in humans, there are many health issues caused by obesity. These include heart and joint disease, diabetes and intolerance to heat and exercise. Prevention is better than cure so if you have concerns over your pet's weight then speak to your vet as there are many ways we can help.