

TOWNVILLE VETERINARY
CLINIC
AND
NORTH QUEENSLAND
SPECIALIST EQUINE SERVICE

32-34 Anne Street
Aitkenvale QLD
4814

07 4779 0233
vet@townsvillevetclinic.com.au



Be sure to visit our website
townsvillevetclinic.com.au
for more information on
caring for your pets, large
and small, and the services
provided by the Townsville
Veterinary Clinic



Weight Loss, Easter and Toxicities

Why wait to lose Weight!

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.



By bringing your pet in for a **FREE** weight loss consult we can make an assessment of your pet's nutritional needs and help determine the ideal diet for your pet. During the consult we will check your pet's body condition score, 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 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.

Call us today to book in your **FREE** weight loss consult !



Weight Loss, Easter and Toxicities

Exercise is also a very important part of keeping both pets and us fit and healthy, especially around holiday time. However, one of the best ways to keep your pets' fitness consistent is to walk them daily if they are able to. Ideally, we should walk our dogs at a brisk pace for most of the outing, with a smaller portion dedicated to sniffing, exploring, games, and socialisation. Here is a sample of a regime you can start with your dog if you are not already walking regularly:

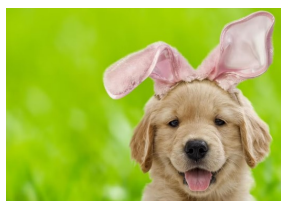
Week 1: 30 minutes per day : 10 minutes brisk followed by 20 minutes casual pace.

Week 2: 30 minutes per day : 15 minutes brisk followed by 15 minutes casual pace.

Week 3: 30 minutes per day : 20 minutes brisk followed by 10 minutes casual pace.

Week 4: 35-40 minutes per day : 30 minutes brisk followed by 5-10 minutes casual pace.

Week 5+: 35-60 minutes per day. Try to do two 20-30-minute walks per day: 15-25 minutes brisk followed by 5 minutes casual pace.



Easter and Toxicities



With Easter bunnies and hot cross buns starting to line the shelves, we have to remember that our pets' idea of treats aren't quite the same as ours. In fact, chocolate and grapes (including raisins and sultanas) are toxic to dogs so make sure Fido isn't part of the Easter egg hunt too! There are dog-friendly chocolate options in some pet stores that contain carob – the safer alternative to chocolate. However, foods like apple slices, carrot sticks, cooked lean meats (beef, chicken, turkey, kangaroo), blueberries, or pumpkin are some great safe choices for treats, but just remember, they are still treats so everything in moderation! Stay away from high fat and sugar foods, or cream-based foods to minimise the risk of gut upset and weight gain.

Now we all know too well that despite our best efforts these toxic foods still sometimes find their way into the bellies of our furry friends. And if this is the case, it is very important to seek veterinary advice immediately because Fido's tummy won't have the same warm fuzzy feeling that we get after some chocolatey goodness.

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