

# Because She May Not Know When to Say "When"...



**...Learn What a Healthy Weight is for Your Pet, How to Get Her There, and Keep Her There.**



**We are a nation of pet lovers, no doubt.** Pet products and supplies are a multi-million dollar industry. Owners happily spend dollar after dollar on food, treats, bedding, toys, fashion accessories, training aids and every new gadget that comes out on the market. Nothing is too good for our pets, right?

We look into the eyes of our furry family members and we're hooked. "Just one more cookie won't hurt", we reason. Fueled by our best intentions, we often confuse food with love. As a result, we can quickly create a very unhealthy situation for our beloved pets without meaning to. While it is a very frightening thought to consider, **IT IS**

**LITERALLY POSSIBLE TO "LOVE" YOUR PET TO DEATH WITH FOOD** - either with too much, too little, or by feeding certain human foods that are toxic to an animal's digestive system. Arm yourself with the facts and help give your pet a healthy body and an excellent quality of life.

## Learn How to Evaluate Your Pet's Weight.

**#1: Feel the ribs.** A slight layer of fat over the ribs is normal, but each rib should be easy to feel underneath. If you are unable to feel the ribs at all, your pet is very overweight. If the rib cage is visible, your pet is too thin.

**#2: Check around base of tail.** This area should feel smooth and have a slight layer of fat. If you can't feel bones at all, your pet is very overweight. If the bones protrude, she is too thin.

**#3: Feel along the shoulders, spine and hips.** Bones are prominent in these areas of the body, but should be covered by a slight layer of fat. If these bones protrude or are visible, your pet is too thin. If none of these bones can be felt, your pet is very overweight.

**#4: Look down at the torso.** Ideally, you'll see a narrower waist than rib cage. If the waist is extremely narrow, or if bones are prominent, your pet is too thin. If there is no waist, or if the waist is wider than the ribs and hips, your pet is seriously overweight.

**#5: Look at the side view.**

The waist should be smaller in diameter than the ribs. If you see a severe "abdominal tuck", your pet is too thin. If the waist is not smaller in diameter than the ribs, your pet is very overweight.

**Keep in mind,** there is a lot of variation in natural body shape from breed to breed. Some breeds are naturally leaner. Some are stockier and more muscular. Consult with your vet for an objective evaluation, to rule out any contributing medical factors or diseases, and to customize a plan for achieving and maintaining your pet's ideal weight.



**Obesity taxes the bodies of our animal friends.** Some of the health risks associated with animal obesity are:

- Heart disease
- High blood pressure
- Increased risk of cancer
- Diabetes Mellitus
- Bone, joint and ligament damage
- Decreased liver function
- Digestive disorders
- Breathing difficulty
- Decreased stamina
- Decreased immune function
- Increased risk under anesthesia

**...Keeping your pet healthy is the TRUE loving thing to do.**

## Healthy Habits for Your Pet:

- Regular exercise not only provides multiple health benefits, but it is an excellent way for your pet to burn off excess energy. Remember, that a tired pet is a happier, better-behaved animal.

- Choose a very high-quality food that is the correct formulation for your dog or cat. Making the investment in the proper food now will pay off in the long run with your pet's good health. **IMPORTANT: ALWAYS EXERCISE PORTION CONTROL.**

- Choose very high-quality treats and provide a limited amount.

- Monitor your pet's weight. Fluctuating 5 pounds here or there may not seem problematic, but for a toy-breed dog, for example, this is a big difference.

- Household chemicals, lawn chemicals, automotive fluids and some common house plants can spell disaster when ingested by a dog or cat. Many human foods are also toxic to animals. In homes with young children, parents should be watchful of snacks, Halloween candy, etc. being left within a pet's reach. For more information about this subject, visit:

[www.hsus.org/pets/pet\\_care](http://www.hsus.org/pets/pet_care)

[www.peteducation.com](http://www.peteducation.com)

**ASPCA's Poison Control Hotline:**

**888-426-4435**

**OUTDOOR CATS ARE VULNERABLE TO FOUL PLAY, PARTICULARLY AROUND HALLOWEEN. PLEASE PLAY IT SAFE AND KEEP YOUR FELINE FRIEND INDOORS.**

**American Boston Terrier Rescue**  
972.407.4440; [www.bostonterrierrescue.net](http://www.bostonterrierrescue.net)

**Animal Rescue Klub (ARK)**  
[www.animalrescueklub.org](http://www.animalrescueklub.org); 972.562.HELP

**Animal Rescue of Texas**  
[www.animalrescueoftexas.org](http://www.animalrescueoftexas.org); 214.276.7802

**Camp Wolfgang (German Shepherd Dog Rescue)**  
214.520.7000; [www.campwolfgang.petfinder.com](http://www.campwolfgang.petfinder.com)

**Chihuahua Rescue and Transport, Inc.**  
[www.chihuahua-rescue.org](http://www.chihuahua-rescue.org)

**Coppell Humane Society**  
[www.coppellhumanesociety.com](http://www.coppellhumanesociety.com); 972.462.1121

**Dachshund Lovers of Texas**  
[www.dachshundloversoftexas.org](http://www.dachshundloversoftexas.org); 214.577.7536

**DFW Cocker Spaniel Rescue**  
[www.dfwcockerrescue.8m.com](http://www.dfwcockerrescue.8m.com); 972.994.1133

**DFW Labrador Retriever Rescue Club**  
972.881.5544; [www.dfwlabrescue.org](http://www.dfwlabrescue.org)

**DFW Sheltie Rescue**  
[www.sheltie.org](http://www.sheltie.org); 972.994.7848

**DFW Tzus And More Rescue**  
[www.dfwtzusandmorerescue.com](http://www.dfwtzusandmorerescue.com); 888.290.3335

**There Are Far More Pets Than There Are Homes. Please Spay Or Neuter Your Pet!**

**Rescue Friends Coalition**  
[www.rescuefriends.info](http://www.rescuefriends.info);  
[rescuefriends@verizon.net](mailto:rescuefriends@verizon.net)

**East Lake Pet Orphanage**  
214.349.ELPO (3576); [www.elpo.org](http://www.elpo.org)

**Frisco Humane Society**  
[www.friscohumanesociety.com](http://www.friscohumanesociety.com); 972.498.8980

**Humane Animal Rescue Team (HART)**  
[www.hartoftexas.org](http://www.hartoftexas.org); 214.332.9535

**Humane Society of Flower Mound**  
[www.fmhs.org](http://www.fmhs.org); 972.691.7387

**Save The Animals Rescue Society (STARS)**  
[www.starspets.org](http://www.starspets.org); 972.459.9181

**Saving Pyrs In Need (SPIN)**  
[www.SPINrescue.org](http://www.SPINrescue.org); 972.681.8585

**Scottie Kingdom Rescue, Inc.**  
[www.scottiekingdom.com](http://www.scottiekingdom.com)

**Tassie's Hope Animal Rescue**  
[www.tassieshope.org](http://www.tassieshope.org); 214.550.2648

**Texas Animal Shelter Coalition**  
817.392.3737; [www.sheltercoalition.com](http://www.sheltercoalition.com)

**Texas Tailwaggers Village Rescue**  
[txtailwaggers@aol.com](mailto:txtailwaggers@aol.com); [txtailwaggers.petfinder.org](http://txtailwaggers.petfinder.org)

**WildRescue, Inc./Rabbit Rescue**  
[www.rescuedrabbits.org](http://www.rescuedrabbits.org); 214.461.4137