



Veterinary Medical and Surgical Hospital of Topeka Monthly Newsletter

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November

Fall Back into Shape this
November!
10% off wellness exams and
healthy treats for your pets!



Holiday foods to keep away from your pet

The holidays are a great time to celebrate and spend time with your family, including your four-legged family! However, our pets cannot have many of the foods

we serve to our families. Animal bones can cause perforations of the intestines from the shards created from chewing as well as possible obstructions that can require emergency surgery. The meat and other holiday foods are high in sugar and fat that can cause pancreatitis. Pancreatitis symptoms include diarrhea, vomiting, painful abdomen, nausea, inappetance, and lethargy. Pancreatitis can be life threatening if left untreated. If you wish to have a special treat for your pet around the holidays, consider making a pet safe treat for your pet such as the recipe included in this newsletter! Or you can find a holiday themed treat at your local pet store or Veterinarian's office.

Peanut Butter Pumpkin Dog Treats

Ingredients:

- 1 cup 100% Pure Pumpkin Puree
- 1/2 cup Peanut Butter *
- 1 3/4 cups Oat Flour
- 1 tsp Ground Cinnamon

Instructions:

1. Preheat the oven to 350 degrees Fahrenheit and line 3 cookie sheets with parchment paper.
2. Add all of the ingredients to a stand mixer bowl fitted with a beater attachment. Mix on medium speed. Scrape down the sides of the bowl and mix again. Mixture should be thick and fudgy, not sticky, like cookie dough.
3. Roll the dough in between 2 sheets of parchment paper until it's 1/4" thick. Use a mini bone or regular cookie cutter to punch out shapes. Reroll the dough and punch out more cookies, until the dough is used up.
4. Bake for 15 minutes or until firm and dry. Let cool completely, then store in a tightly sealed container in the fridge for up to 1 week.

***do not use sugar-free peanut butter or peanut butter containing xylitol**

A Happy and Healthy Pet Starts with an Appropriate Weight and Exercise

Although we do not like to admit it, over half of the pet population is overweight. Extra weight on your pet can shorten their lives and predispose them to many medical issues such as decreased mobility, breathing issues, and diabetes to name a few. An overweight pet is not a happy pet because it restricts them from enjoying activities that an appropriate weight dog can do such as long walks or runs, chasing the ball from dawn until dusk, or racing after that annoying squirrel or rabbit in the backyard.

Where does one start with trying to have a pet lose some weight? Two simple and effective steps are to put them on a diet food and cut out excess treats. Veterinarians are more than happy to work with you to find the appropriate amount of food you should be feeding your pet. Veterinarians also can prescribe prescription diet foods that may help your pet lose weight more effectively than some non-prescription diets. Veterinarians can also find a way to include treats in your pet's diet so that you can still give them treats from time to time. Sticking to a diet and not adding extra treats are the first step to helping your overweight pet lose weight.

Another important tool to help your pet lose weight is exercise. Get them moving! For dogs, start with short walks as often as you can then slowly increase to longer and longer walks. Get them running with you if you like to run! Be sure to start with shorter runs and then slowly increase to longer ones. Play fetch in the backyard or take them to the dog park to have some play time with other dogs. Set up doggy play dates to give your dog playtime with friends. For those of you with breeds that over heat easily and if it is too hot to take them outside, make time for playtime in the house where it is air conditioned so they can still get some exercise, but in a safe environment for them. For cats, find a toy they like and try to get them to play for at least 20 to 30 minutes a day to start. Find them toys that are interactive and make them move to help burn off those extra calories. Some cats like to walk outside and explore, just be sure to have them on an appropriate harness and leash so you have full control over them.

For pets, losing weight can be hard and can take a long time to see results. With time and effort, your pet can lose weight and become a happier and healthier companion. They may live longer because of your efforts to getting them to and keeping them at an appropriate weight!

How can I tell if my pet is overweight?

It can be difficult for some to tell if your pet is overweight. The best option is to ask your Veterinarian if they think you pet is at an appropriate weight. Some things you can do at home though can help clue you in to whether or not your pet may be overweight.

Does your pet have a waist? If you look over the back of your pet do they have an hourglass shape? You pet's waistline should tuck in a little after the last rib and then flair out again at the level of the hips. Also when looking from the side, the stomach should tuck up after the last rib.

Another useful tool I have found is to make a fist and feel your knuckles. If your pet's ribs feel like that, then your pet is too thin and need more food. Then lay your hand flat and feel your knuckles. If your pet's ribs feel like then, then your pet has an appropriate amount of fat covering their ribs. Flip your hand over and feel the underside of you knuckles. If your pet's ribs feel like this or you have difficulty feeling their ribs, chances are your pet has too much fat covering on their ribs and is overweight.