



## Beckett and Associates Veterinary Services, LLC

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### The "Cat-Kins" Plan and South Beach Beagles

Have you ever been told that your pet was a little on the heavy side?



Maybe you shrugged it off, figuring that we're all a few pounds overweight, and besides, your cat is happy this way.

The truth is, though, that while your lab may be happy to eat his fill until he's 15 pounds overweight, you're doing him a disservice by letting him do so. Consider that your average lab "should" weigh 65-80 pounds. Fifteen to 20 extra pounds on a 150 pound human frame doesn't seem like too much, but a 90 pound Labrador Retriever could weigh 30% more than his skeleton is built to support! And even one or two extra pounds in a cat makes a big difference.

All this extra weight damages joints by putting extra strain on them, and can cause heart disease and breathing difficulties, because the heart has to work harder to pump blood and oxygen through the body. And just as

in people, overweight cats are more apt to develop diabetes. Pets also tend to live up to 2 years longer, and have fewer health problems, when they're at their ideal weights compared to when they are overweight.

Fortunately, we have control over what our pets eat: even if we can't make our cats exercise, we can decrease their calorie intake. Sometimes this is as simple as cutting out "snacks" or actually measuring how much kibble we pour into the bowl. We would be happy to show you how to assess your pet's weight and help you work out a weight-loss plan for him, using special diets if needed. Your pet will be happier and healthier for it!