

Beating the Bulge of Obesity and Bad Behaviour in dogs!

Whether obesity is from overfeeding or from medical illness it all comes down to the same simple fact – your not so little *Rover* is taking in more calories than he is using.

Poppins Pet-Sitters owner and Qualified Veterinary Nurse Hannah says obesity in dogs can be caused from bad diet, social environment, medical illnesses and medications, desexing or a simple lack of exercise.

Hannah said more than 70% of Poppins Pet-Sitters 'dog clients' are overweight, stemming from too many unknowing family members feeding treats as compensation for walks.

"These days people are working longer hours with little energy left over to take the family pet for that much needed daily walk to stimulate mentality which reduces boredom and destructiveness and get the exercise all pets need."

Gold Coast Vet Surgery Veterinarian Dr. Kevin Cruickshank said that a dogs activity level plays a major role in effective weight control.

"We only have two means to reduce weight – eat fewer calories, and burn more calories. Once the diet is corrected it is crucial to increase their activity levels through exercise to burn up those extra fat reserves. Dogs won't take themselves for laps of the yard!"

Dr Kevin said that overweight animals are prone to a multitude of illnesses such as Diabetes, Heart Disease, Arthritis, Respiratory Problems and Liver Failure.

"It is so sad to realise that through missing out on exercise and poor feeding, we are responsible for causing many of these debilitating problems in our beloved friends. But sometimes it works the other way around - there may be an underlying medical problem that causes the obesity such as an under-active thyroid gland or Cushings Disease. So if you're still battling the bulge once activity levels have increased, see your vet for a thorough exam – it may be lifesaving."

Hannah said Poppins Pet-Sitters offer a range of services including dog walking to assist pet owners who work long hours and don't have the time to take *Rover* out for his daily adventure.

"Dog walking is actually one of our most sought after services and I think it comes down to the fact that people see big positive changes in their pets behaviour, and more importantly, weight management," Hannah said.

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*For more information, interview or photo opportunities please contact
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