



YOUR CAT'S HEALTH, OUR PASSION • VOLUME 4, ISSUE 12 • DECEMBER 2012 NEWSLETTER

OVERWEIGHT KITTIES

The holidays are typically a time for friends and family members to get together to enjoy socializing, parties, and usually plenty of great food. With such an abundance of goodies, it can be challenging to maintain food intake at a healthy level!

Many cats face the same weight challenges that we do, both during the holidays and year-round. A kitty's metabolism, food intake volume, and energy output play into their weight and overall body condition. Obesity develops when food intake exceeds energy requirements—in other words, your cat is eating more calories each day than are being burned off.

How can you tell if your kitty is overweight? The general rule of thumb is, while you shouldn't be able to see your kitty's ribs, you should be able to easily feel the ribs when you put your hands around your cat's ribcage and press lightly. If you cannot feel your kitty's ribs without pushing, there is an excess of fat.

An overweight cat is at risk of developing many serious health problems, including heart, thyroid, or other metabolic disorders; liver problems; joint pain and arthritis; and Type 2 diabetes. Many of these diseases can, sadly, be fatal.

If you think your cat may be overweight, the first step is to have your veterinarian perform a physical examination. Although most cases of obesity are related to over-feeding and lack of exercise, some medical conditions can cause weight gain. If a thorough exam doesn't turn up a medical problem, your vet can work with you to develop a gradual weight-loss program for your cat.

Feline weight-loss programs, which often include special veterinary diets, need to be managed very carefully, and only under strict veterinary supervision. Cats have a unique metabolic response to fasting or dieting. When the amount of a kitty's food is decreased too rapidly, he or she is at risk of developing a serious (and often fatal) disorder called *Feline Hepatic Lipidosis* (also known as fatty liver disease).

Increasing the level of your kitty's physical activity is an important weight-loss tool. Take time to play with your kitty every day, and add interactive toys to your kitty's environment so he or she can get a good workout even when you're not at home.

Although a successful weight management program requires permanent changes in the behaviors that have allowed your cat to become overweight, your kitty's health will greatly benefit.

PLEASE JOIN US IN WELCOMING DR. JENNIFER YEE!

We would like to extend a very warm welcome to Dr. Jennifer Yee, who joined the Sacramento Cat Hospital team on December 3.

Dr. Yee received her B.S. in Animal Physiology and Neuroscience from UC San Diego and her DVM degree from Oklahoma State University. After completing an internship at Animal Specialty Group in Los Angeles, she relocated to Northern California, where she received extensive training and experience in small animal practice, including a feline-only facility.

Dr. Yee's professional interests are in surgery, behavior, and senior/geriatric medicine. Outside of work, she enjoys crafts, reading, baking, hiking, and watching movies. Her furry family includes three cats and two pugs, along with residents of a freshwater aquarium.

Dr. Yee is very excited to once again be focusing exclusively on cats, and we're very happy she has joined our team. She looks forward to meeting you and your kitties!

4500 POUNDS OF PET FOOD COLLECTED AT PET FOOD DRIVE

On Saturday, December 1, the Sacramento Cat Hospital hosted its fourth annual pet food drive benefiting Titanic's Pantry (the Sacramento Pet Food Bank). The rain came down, but that didn't dampen anyone's spirits! Caring people from all over the city came out to drop off donations of cat food, dog food, bedding, leashes, cat litter, and other supplies. All donations will be distributed to pets throughout Sacramento.

To see photos from the pet food drive, please visit our Facebook page. Thanks to everyone who donated so generously to make a difference for pets in need!

DECEMBER SPECIAL OFFER FOR OUR READERS

Through December 31, receive 50% off the regular cost of a blood pressure check when you bring your kitty to the Sacramento Cat Hospital for a wellness exam. Please speak with us for more details or to schedule your appointment.

Don't miss an issue of our newsletter! Sign up to receive each month's issue by email. To subscribe, just go to www.sacramentocathospital.com, or speak with one of our team members.

Sacramento Cat Hospital • 4115 Manzanita Avenue, Carmichael • (916) 488-4161 • info@sacramentocathospital.com
Facebook: www.facebook.com/SacramentoCatHospital