



SPECIFIC[®]

**WEIGHT LOSS DIARY
FOR CATS**



Veterinary Pet Nutrition

OVER 60% OF CATS OLDER THAN 6 YEARS HAVE SOME DEGREE OF ARTHRITIS.

40-60% OF ALL PETS ARE OVERWEIGHT.

Your pet's programme is individual to them. Our Nutritional Advisor has the experience, knowledge and time to keep everything on track and will work with you. **You are not alone – we can make a difference together.**



TO BE COMPLETED BY PET OWNER

OWNER NAME |

ADDRESS |

TEL |

CAT NAME | BREED |

CAT AGE | MALE FEMALE NUTERED YES NO

TO BE COMPLETED BY VET PRACTICE

VETERINARY NURSE |

PRACTICE NAME |

PRACTICE TEL |

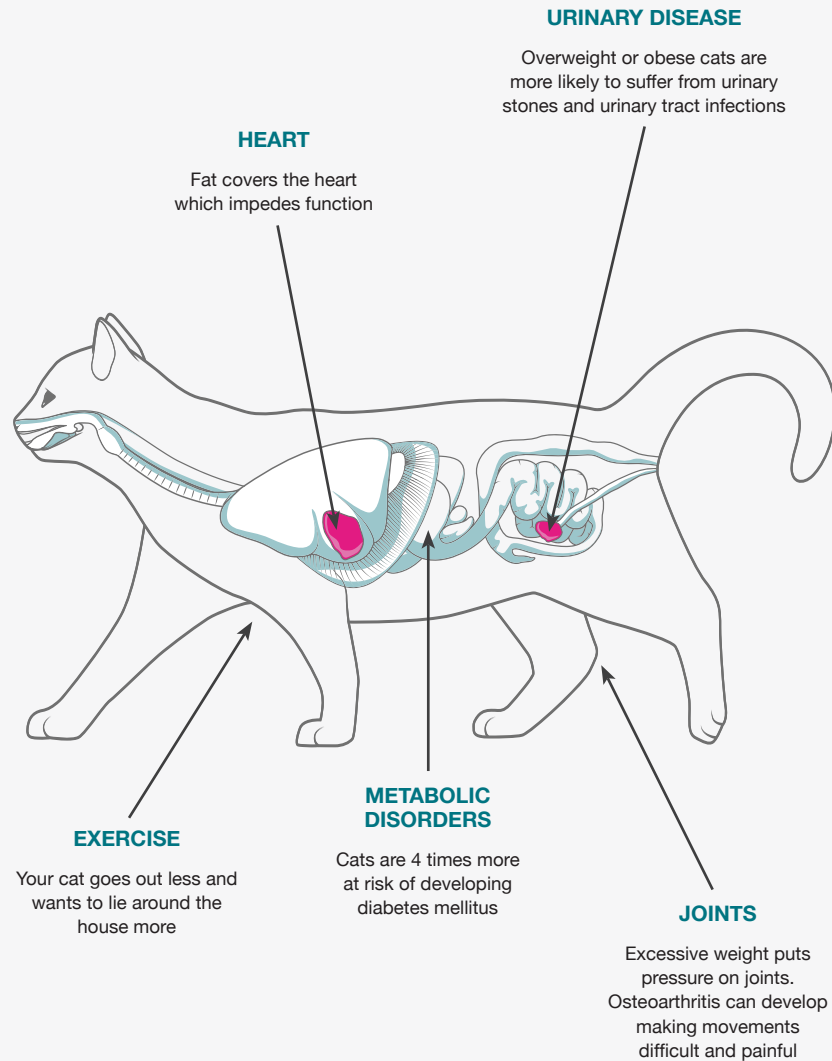
CAT WEIGHT | DIET ADVISED |

APPOINTMENTS

NAME	DATE	TIME

IF YOU ARE UNABLE TO ATTEND YOUR APPOINTMENT PLEASE CONTACT VETERINARY SURGERY

THE DANGERS OF OBESITY



WEIGHT REDUCTION DIET

SPECIFIC Weight reduction diet helps your overweight cat get back to their ideal body weight. Low in fat and calories, it allows you to give your cat a large tasty amount to satisfy their appetite.

The right amount of the right food is key to your cat's weight reduction.

Why choose Weight Reduction:

- Low in calories
- Low in fat and high in fibre
- High protein content to satisfy your cat's appetite and support their muscles
- Omega-3 from fish oil to help maintain healthy joints, skin and coat
- A urine pH below 6.4 supports a healthy urinary tract.



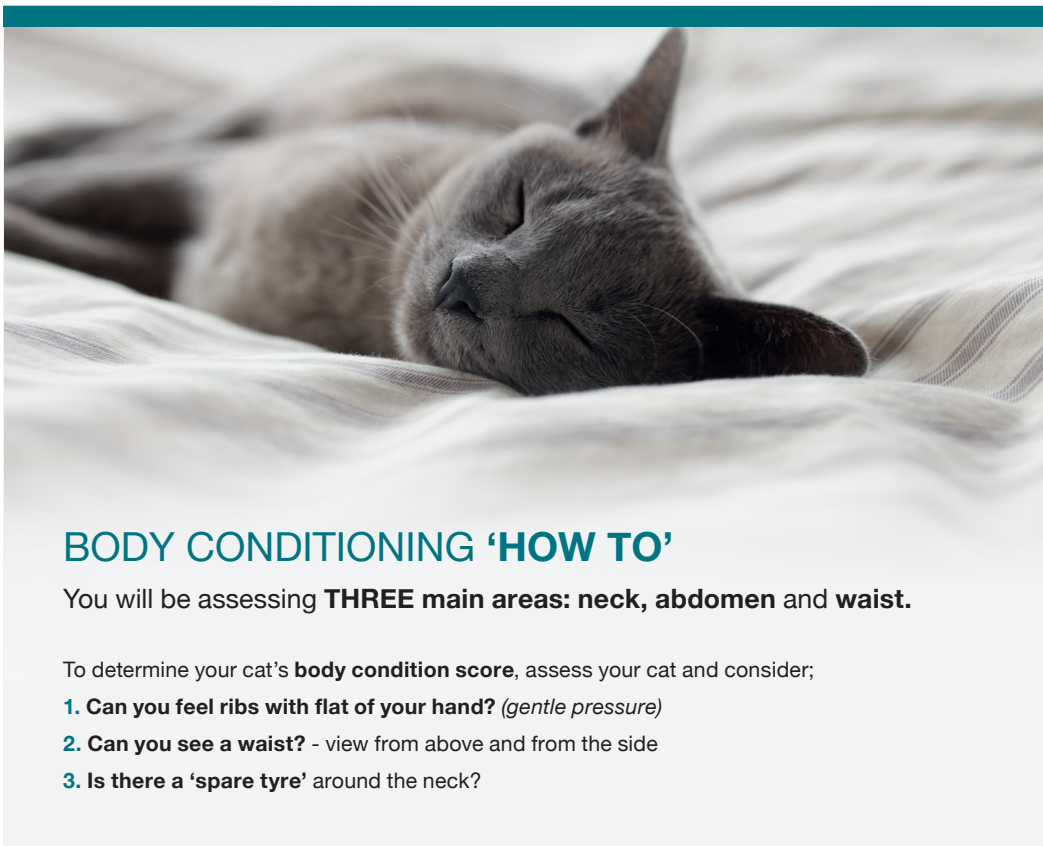
JOINT SUPPORT DIET

What and how much your cat eats throughout its life will have an effect on the joints in its adult and senior age. If your cat is overweight, reducing its weight to the ideal weight is an important step to take to help ease your cat's joint pains and discomfort.

SPECIFIC Joint Support food has a superior composition for support of healthy joints and mobility in your cat following weight reduction.

- A high level of fish oil to support the joints
- A high content of natural cartilage supporting elements
- Moderate calorie content for ideal body weight





BODY CONDITIONING 'HOW TO'

You will be assessing **THREE** main areas: **neck, abdomen** and **waist**.

To determine your cat's **body condition score**, assess your cat and consider;

1. Can you feel ribs with flat of your hand? (*gentle pressure*)
2. Can you see a waist? - view from above and from the side
3. Is there a 'spare tyre' around the neck?

WEIGHT AND JOINT PROBLEMS IN CATS AND WHAT YOU CAN DO ABOUT THEM

An overweight cat is an unhappy, unhealthy cat. Exploring, hunting and being inquisitive and playful is part of their nature – and the more overweight they are, the less they can do. But cats will also resist pointless activity: if they don't have the stimulation they will curl up and sleep, at which point they are not burning calories.

Your cat may have joint problems if they:

- Lie down and sleep more than they used to
- Jump less than before
- Do not groom as well as they used to
- Change their urination behaviour



These symptoms may be subtle and not noticeable at first, however they often progress slowly as your cat ages.



So as an owner it is your responsibility to make some lifestyle choices for your cat by giving them the right food, in the right amounts, and by keeping them interested and active.







WHICH PICTURE BEST RESEMBLES YOUR PET?



Please select from the **5 options** below and mark on the scale to what extent:

No.1 Malnourished				<input checked="" type="checkbox"/>					
How Malnourished on a scale of 1-10 (10 being highest)									
1	2	3	4	5	6	7	8	9	10

No.2 Underweight				<input checked="" type="checkbox"/>					
How Underweight on a scale of 1-10 (10 being highest)									
1	2	3	4	5	6	7	8	9	10

No.3 Ideal				<input checked="" type="checkbox"/>					
How Ideal on a scale of 1-10 (10 being highest)									
1	2	3	4	5	6	7	8	9	10

No.4 Overweight				<input checked="" type="checkbox"/>					
How Overweight on a scale of 1-10 (10 being highest)									
1	2	3	4	5	6	7	8	9	10

No.5 Obese				<input checked="" type="checkbox"/>					
How Obese on a scale of 1-10 (10 being highest)									
1	2	3	4	5	6	7	8	9	10

PROGRESS REPORT

DATE |

Food type |

Quantity per feed |

Frequency |

Exercise recommendation |

PROGRESS REPORT

DATE |

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Quantity per feed |

Frequency |

Exercise recommendation |

Weight Management scoring

Which picture **best resembles** your pet?

MALNOURISHED		UNDERWEIGHT		IDEAL		OVERWEIGHT		OBESE	
On a scale of 1-10 10 being the highest									
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Measurements

Weight | kg Waist | cm Neck | cm

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Joint scoring

Please enter circle the number. **1 = Strongly Disagree** and **10 = Strongly Agree**

My cat sleeps more during the day	1	2	3	4	5	6	7	8	9	10
My cat is reluctant to jump on or off surfaces	1	2	3	4	5	6	7	8	9	10
My cat grooms less and has a poor coat	1	2	3	4	5	6	7	8	9	10
My cat shows pain when I touch affected joints	1	2	3	4	5	6	7	8	9	10

Add up the scores in the circles to chart your pet's progress.
The **lower** the score, the **healthier** your pet is getting.

TOTAL |

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Dechra Veterinary Products Limited is a trading business of Dechra Pharmaceuticals PLC
DVP1372

