



THE K9 TIMES

"TO MAKE A POSITIVE DIFFERENCE IN THE LIVES OF DOGS AND THEIR OWNERS."

October 2017

THE DEADLY (AND GROWING) EPIDEMIC WHAT YOU MAY NOT KNOW COULD KILL YOUR DOG

As of 2016, an estimated **53.9% of American dogs** (and 58.9% of American cats) were considered overweight or obese.

In the United States alone, those percentages translate to:

- 🐾 41.9 million canines; and
- 🐾 50.5 million cats

now affected by the epidemic of excess weight.



WHAT IS YOUR DOG'S IDEAL WEIGHT?

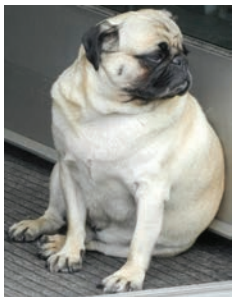
All mature dogs have an ideal weight for their breed. Extra weight (up to 15% over the "ideal" weight is considered overweight. More than 15% (over the ideal weight) is considered obese.

According to Petplan Insurance, **95% of owners with overweight dogs** believe their dog's weight is "normal." **Do you?**

There are three accurate ways to ensure your dog's weight is normal or ideal:

1. Use the calculator at www.PetMD.com/HealthyWeight.
2. Find ideal weight ranges for the Top 100 AKC Dog Breeds at PetObesityPrevention.org. (Cat breeds are also listed.)
3. Refer to the One Minute Dog Tip (top right) to learn what a dog's ideal weight looks like.

K9 BREEDS PRONE TO OBESITY



Small/Medium Breeds

- ~ Beagles
- ~ Cavalier King Charles Spaniels
- ~ Basset Hounds
- ~ Spaniels
- ~ Cairn Terriers
- ~ Dachshunds
- ~ Cocker Spaniels
- ~ Scottish Terriers

Large/Giant Breeds

- ~ Bernese Mountain Dogs
- ~ Golden/Labrador Retrievers
- ~ Newfoundlands
- ~ Rottweilers
- ~ Saint Bernards

5 TIPS TO MAINTAINING A HEALTHY WEIGHT

1. Feed a high-quality food or raw diet to avoid carb overload.
2. Do not free-feed throughout the day.
3. Measure all food and treats portions instead of guessing.
4. Ensure at least 30 minutes of exercise almost every day.
5. Cut back on treats and include more raw vegetables.

(Sources: PetObesityAwareness.com and CDC.gov/features/managing-pet-obesity-index.html)



THE ONE MINUTE DOG TIP WHAT A DOG'S IDEAL WEIGHT LOOKS LIKE

🐾 **From above**, the abdomen should be slimmer than the chest and hips; forming an "hourglass figure" with a defined "waist."

🐾 **The ribs** should be slightly visible - and easily felt - behind the shoulder blades.

🐾 **From the side**, the abdomen (just above the hind legs) should look "tucked up" compared to the chest.



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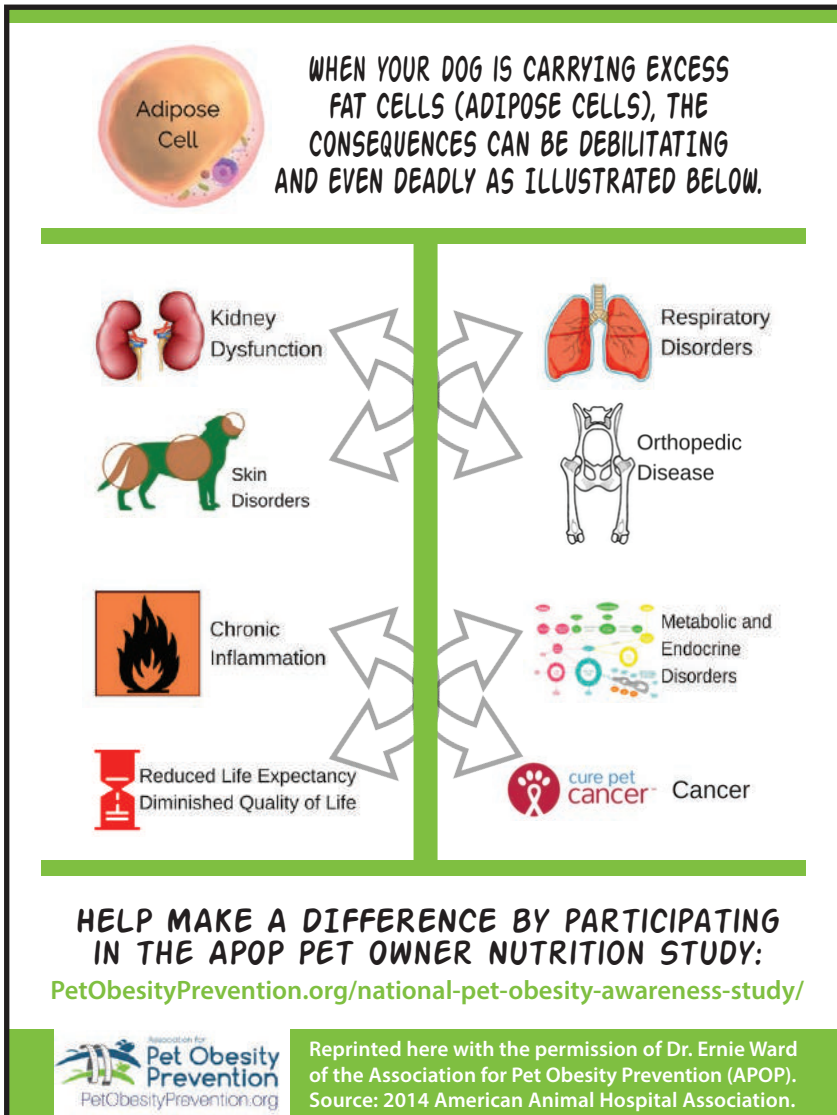
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WHEN YOUR DOG IS OVERWEIGHT (POST ON YOUR REFRIGERATOR AS A HANDY REMINDER)



WHEN YOUR DOG IS CARRYING EXCESS FAT CELLS (ADIPOSE CELLS), THE CONSEQUENCES CAN BE DEBILITATING AND EVEN DEADLY AS ILLUSTRATED BELOW.

HELP MAKE A DIFFERENCE BY PARTICIPATING IN THE APOP PET OWNER NUTRITION STUDY:
PetObesityPrevention.org/national-pet-obesity-awareness-study/

Reprinted here with the permission of Dr. Ernie Ward of the Association for Pet Obesity Prevention (APOP).
 Source: 2014 American Animal Hospital Association.

CANINE FIRST AID BASICS WHEN YOUR DOG IS OVERWEIGHT



How to Exercise Them Safely

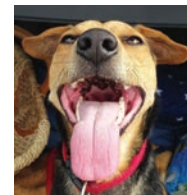
Just like with humans who are overweight, **any** exercise for your overweight dog should begin in small, very moderate doses (just 5-10 minutes).

BEFORE YOU BEGIN ANY EXERCISE

If your dog is carrying excess weight, visit your vet **first** for an overall evaluation and a mutually agreed-upon **safe** plan of exercise for your dog.



SAFETY TIPS DURING EXERCISE



- Panting is one of the natural ways your dog cools down. But excessive panting and/or drooling are indications of too much activity.
- Always exercise during the cooler parts of the day.
- Properly warm-up and cool-down your dog before and after each session of exercise.
- Always give them **plenty** of fresh, cool water to drink during and after any exercise to avoid potentially dangerous heat exhaustion/stroke or dehydration.

(Sources: Pets.WebMd.com and HealthyPets.Mercola.com)



FROZEN CHICKEN & APPLE TREATS

We love simple, quick **and** healthy dog treat recipes!

What can you make with just **TWO** ingredients and 5 minutes? How about some frozen chicken and apple treats?

(Note: Use organic **bone broth** to help support joint health at the same time!)

FROZEN CHICKEN & APPLE TREATS

32 ounces of chicken broth or bone broth (low sodium)
1 to 1-1/2 pounds of apple slices

Chop apples into small pieces (keep the nutritious skins on).

Divide them evenly into ice cube trays or your favorite K9-themed silicone molds.

Fill each mold with broth and freeze for four hours. Pop out and store in a Ziploc bag in the freezer.

(Source: PetPartnersUSA.com)

COOL STUFF FOR THE DOG LOVER CANINE TEETH CLEANING WITHOUT ANESTHESIA

The American Veterinary Dental Society reports that **80% of dogs** show signs of periodontal (gum) disease by the young **age of three!**

Is your dog one of the 80%?

Canine Gum Disease is the **number one** disease among dogs and includes stained, loose and decaying teeth, bad breath, chronic pain, eroded gums and even bone loss.



Every other week at K9 Resort and Spa, we have a licensed veterinarian in-house (on Wednesdays) to do **Anesthesia-Free Canine Teeth Cleaning** for just \$190 per dog.

On those same days (beginning at 5pm), we also offer a vaccination clinic for the convenience of our clients.



To learn more and to make an appointment, call us at 760-745-3647 or visit us online at K9ResortAndSpa.com.



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