



# Pet Care NOTES



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## **OBESITY IN CATS**

There are several reasons for obesity in cats. Some of the major causes are overeating, lack of exercise, hormonal problems, and improper feeding (such as having food available all day). In addition, a big contributor to obesity, particularly in older cats, is the inevitable slowing down of metabolism, just like with humans. The slower the metabolism, the fewer calories an animal needs. It is a natural tendency to feed cats the same amount of food in their older age as they have been fed in their younger years. Big mistake! Also, spaying and neutering can contribute significantly to obesity, especially in older cats. Aging cats no longer produce a food inhibitory hormone, which helps prevent them from overeating.

It may not seem so at the time, but a treat here and a few table scrapes there do add up to extra pounds for your pet. Like us, animals don't always know when they've had enough to eat. Nutrition counseling is an important part of our caring for your pet because we believe it's up to us as responsible pet owners to take charge of our pets' diet and provide only healthy foods, much as we do for our children. We carry a complete line of high quality pet foods and vitamins. For more information, to schedule an appointment, or for archived articles, visit our website. Traveling with your pet this summer? Be sure to ask about microchipping before you go.

[www.longmeadowvet.com](http://www.longmeadowvet.com)

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