

Obesity: The Silent Disease

Family Matters

When people think about disease, they often think of cancer, heart disease or diabetes.

Few people think of **obesity**.

Yet obesity is one of the most common—and most preventable—diseases affecting our pets today.

At Amity, we don't see obesity as a cosmetic issue.

We see it as a medical condition that can shorten lives and reduce quality of life.

Our purpose is to **Empower You Through Education**, helping you understand why maintaining a healthy weight is one of the greatest gifts you can give your pet.

A Little Extra Weight Isn't Harmless

Many owners describe their pet as "a little chunky" or "just well fed."

Unfortunately, even a small amount of excess body fat places significant strain on the body.

It increases the risk of:

- Arthritis.
- Diabetes.
- Heart and respiratory disease.
- High blood pressure.
- Certain cancers.
- Anaesthetic complications.
- Reduced mobility.
- Shorter life expectancy.

Extra weight doesn't simply make it harder to move.

It affects almost every organ system.

How Do I Know If My Pet Is Overweight?

One of the biggest challenges is that weight gain happens gradually.

When we see our pets every day, it's easy not to notice the changes.

A healthy pet should have:

- A visible waist when viewed from above.
- A tucked-up abdomen when viewed from the side.
- Ribs that can be easily felt beneath a thin layer of fat.

If you're unsure, ask us. We'd much rather help you maintain a healthy weight than help your pet lose excess weight later.

Why Do Pets Become Overweight?

The simple answer is that they consume more energy than they use.

But there are many reasons this happens:

- Too many treats.
- Portions gradually becoming larger.
- Less exercise.
- Ageing.
- Neutering reducing calorie requirements.
- Family members all feeding the pet.
- Medical conditions in a small number of cases.

Weight gain is rarely caused by one big mistake.

It's usually the result of many small ones.

Losing Weight Should Be Gradual

Crash diets aren't healthy for people or pets.

The safest and most successful approach combines:

- Measuring food accurately.
- Feeding an appropriate diet.
- Reducing treats.
- Increasing exercise where appropriate.
- Regular weight checks.

Small, consistent changes almost always produce the best long-term results.

Every Kilogram Matters

Many owners are amazed by the difference after their pet loses weight.

They become more playful.

Move more easily.

Breathe better.

Enjoy longer walks.

Even older pets often seem years younger.

Weight loss doesn't simply help pets live longer.

It helps them **live better**.

Prevention Is Better Than Weight Loss

The easiest weight to lose is the one that's never gained.

That's why we check your pet's weight regularly during health checks and discuss any changes before they become a bigger problem.

At **Amity**, we don't judge pets—or their families.

We're here to support you.

Small changes today can add healthy, happy years to your pet's life.

Because food is one way we show love.

But helping your pet stay healthy is one of the greatest acts of love of all.

Because they're not just your pet.

They're family.

Family Matters.

If you need more information, book an appointment with an Amity vet. We're here to Empower You Through Education and help you become your pet's greatest advocate.