

# SHAWNEE ANIMAL CLINIC



# NEWS

OCTOBER 2023

Providing the latest news on events and community service projects from your friends at Shawnee Animal Clinic.

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



# Newsletter



## Breast Cancer Awareness

In honor of Breast Cancer Awareness Month, Shawnee Animal Clinic has partnered with SOMC to raise awareness for this horrible disease. Here at SAC, we believe supporting our community members is of the utmost importance. That is why our owners have decided to raise funds for the SOMC Compassion Fund yet again this year.

Co-owner and RVT Tim Wells stated, "I believe our community in Southern Ohio is our biggest asset. The area is full of individuals who truly care about one another. I like to take every opportunity I can to help this community of wonderful people grow and thrive. In such a tight-knit community, illnesses can take a huge toll on all of us. That is why my partner, Gail Counts, and I

chose to make a generous donation to the SOMC Compassion Fund Every Year. We believe in this community and want to take every step necessary in helping bring healing and happiness to its members."

Our generous SAC family of clients and workers donated a total of \$505 to our Breast Cancer Awareness Drive this year. Tim and Gail matched that donation to equal over \$1,000 raised in 2023 for the SOMC Compassion Fund. It is our goal that these funds help lessen the burden of those fighting cancer.

## SAC Goes Pink

SOMC'S ANNUAL PAINT IT PINK DRIVE

Every dollar donated to SOMC at Shawnee Animal Clinic matched by our owners.

# Obesity in Pets

## WHAT IS OBESITY & HOW CAN I HELP?

### According to the American Veterinary Medical Foundation

In North America, obesity is the most common preventable disease in dogs. The Association for Pet Obesity Prevention reports that more than 50% of dogs are overweight.

#### What is obesity?

Obesity is an accumulation of excess body fat. As extra body fat causes an increase in body weight, weight can be used to determine whether a dog is overweight or obese and is easier than measuring body fat. Using body weight as a guide, dogs are considered overweight when they weigh 10-20% above their ideal body weight. They are considered obese when they weigh more than 20% above their ideal body weight.

#### What are the risks posed by obesity?

Obesity shortens a dog's life and makes them more likely to develop disease. It was always accepted that heavy dogs lived a shorter lifespan than lean dogs, usually by 6-12 months. But a large lifetime study of Labrador Retrievers has found that being even moderately overweight can reduce a dog's life expectancy by nearly two years compared to their leaner counterparts. This is a sobering statistic.

Previously, fat was considered relatively inactive tissue, simply storing excess energy calories and adding to body mass. However, scientific evidence now reveals that fat



tissue is biologically active. It secretes inflammatory hormones and creates oxidative stress on the body's tissue, which contributes to many diseases. Thinking of obesity as a chronic, low-level inflammatory condition is a new approach. Obese dogs develop an increased risk for cancer, diabetes mellitus, heart disease, hypertension, osteoarthritis and faster degeneration of affected joints, urinary bladder stones, and anesthetic complications. On the other hand, obesity may be an indicator of diseases, such as hypothyroidism (an underactive thyroid gland) or Cushing's disease (overactive adrenal glands).

#### How can I tell if my dog is obese?

The very first step in dealing with an overweight or obese dog is to recognize and acknowledge that there is a problem. Unfortunately, we are inundated with images in the media of overweight dogs, making it challenging to understand what normal looks like. Your veterinarian and veterinary health care team can assist with an assessment. Rib coverage is not only an important measurement to help you identify if your dog is overweight, but it is also easy for you to do at home, on your own. If you hold your hand palm down and feel your knuckles with the flats of the fingers on the opposite hand, this is how your dog's ribs should feel just behind the shoulder blades. It is also a good

measure of weight loss progress between formal weigh-ins. Your veterinary health care team will provide an estimated ideal body weight to use as a target. Still, it is essential that they also do regular body condition assessments to ensure progress is being made toward normal body weight and body condition. Most veterinary practices use a body condition scoring system on a scale of either 1-5 (where 3 is ideal) or 1-9 (where 5 is ideal).

#### How do I adjust my dog's meals to help him lose weight?

Once you have identified that your dog is overweight or obese, it is important to adjust feedings specifically for weight loss using a specific diet, a specific portion, and a specific meal frequency. There are veterinary formulated diets that help with healthy and safe weight reduction in dogs, such as Hills® Prescription Diet® Metabolic, Royal Canin® Satiety Support Weight Management, and Purina Overweight Management®. It is NOT appropriate to simply reduce the volume of their current food. This will cause malnourishment over time.

Feeding a diet with a lower overall calorie density that maintains an appropriate nutrient balance is essential. Your veterinary health care team can help you determine which nutritional products are best



for your dog. Once the new food has been selected and the new portions are determined, it is critical that you be consistent with feeding—portions and meal frequency—and resist the temptation to provide extra snacks. Treats should make up no more than 10% of your dog's daily calorie intake.

Regular monthly weigh-ins are important for successful canine weight loss and keep everyone accountable. It is essential to verify weight loss, to ensure that weight loss is neither too rapid nor too slow and to determine when enough weight has been lost.

#### **What happens when we reach our weight loss goal?**

Once an ideal body weight and condition have been achieved, it is important to maintain that weight. Once again, your veterinary health care team can help you find appropriate food and portions for weight maintenance.

Portion control is critical at this stage to prevent regaining weight. After so much hard work, a relapse into obesity would be disappointing.

Article from [vcahospitals.com](http://vcahospitals.com)

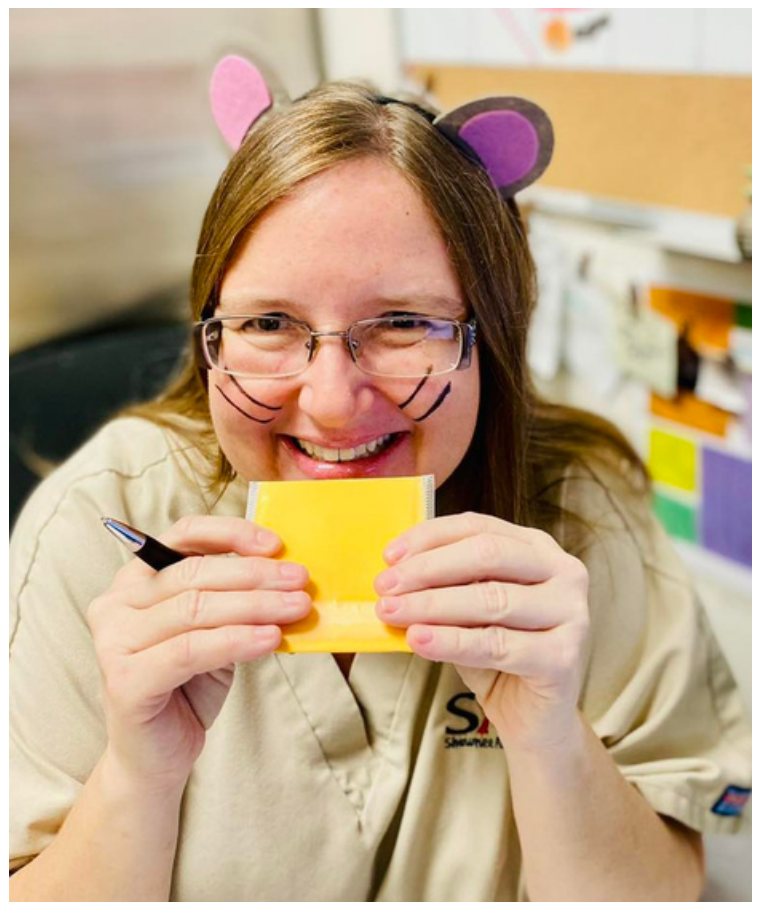
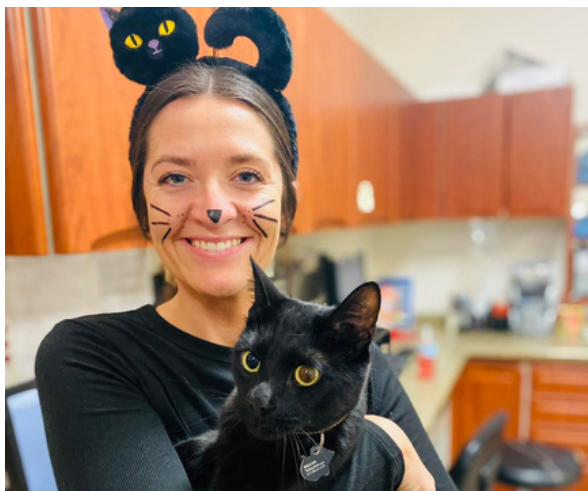




# Halloween 2023

ENJOY A LOOK AT OUR FUN  
HALLOWEEN COSTUMES

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## Upcoming Events

HAPPY BIRTHDAY  
HELLO KITTY

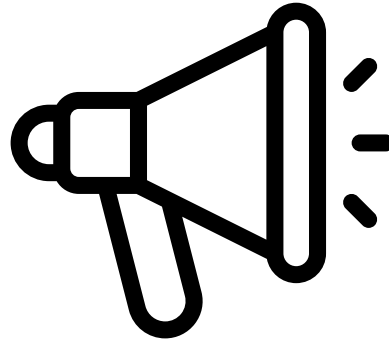
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At the Portsmouth Public Library

On Nov. 2, SAC will be joining the Portsmouth Public Library's Hello Kitty birthday bash! There will be cake, crafts, games, and even CATS & DOGS!

We will be bringing our trained service dog and cat to this event so bring your littles! They won't want to miss it!

# ATTENTION



# SAC FYI

## ANNOUNCEMENTS & GENERAL INFO

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### Follow Us On TikTok

Your friends at Shawnee Animal Clinic have now joined TikTok! Follow us on the app to see some hilarious and wholesome short veterinary related content. Our username is sacpets!

### Follow Us On Instagram

Your friends at Shawnee Animal Clinic have now joined Instagram! Follow us on the app to see exclusive content. Our username is @sacpets!

### Heartgard/Nexgard Fall Savings

We are offering free doses of Heartgard and NexGard now until November 2023 on eligible Heartgard & NexGard products. Savings are as follows:

When you purchase 6 doses of an eligible Heartgard product, you receive 1 dose of Heartgard for free.

When you purchase 6 doses of an eligible NexGard product, you receive 1 dose of NexGard for free.



November 2023

Pet Diabetes Month

29	30	31	01	02	03	04
				Happy Birthday Hello Kitty Let's celebrate Hello Kitty's Birthday at the PPL!		
05	06	07	08	09	10	11
National Animal Shelter and Rescue Appreciation Week Join us in honoring all of our rescue pets.						
12	13	14	15	16	17	18
	World Kindness Day Spread a little love and kindness on this day that focuses on being kind to others.			National Slobber Appreciation Day Who doesn't enjoy some slobbery dog kisses?	National Take a Hike Day Enjoying the great outdoors is not only good for you, but it's good for your pets too! Go take a hike!	
19	20	21	22	23	24	25
				Thanksgiving Today is the day to show the world what you're thankful for. We sure are thankful for our SAC family! WE ARE CLOSED!	Black Friday Let's go out there and get those deals! Enjoy the time off with your family. WE ARE CLOSED!	Small Business Saturday Don't forget to support your favorite local small businesses on this day all about them!
26	27	28	29	30		

EVENTS BY SAC ARE IN PINK