Understanding your cat's WEIGHT MANAGEMENT
Why is weight management so important?

You might have been surprised when your veterinary surgeon told you that your cat is overweight. It is important to take your vet's opinion into consideration because weight gain can have long-term effects on your cat's health.

Be reassured that you can really help your cat reach and maintain an ideal body weight by following an effective diet and practical tips. With your loving care, your cat will be able to keep the weight off for life.

While it may not be obvious, in cats (just as with humans) an increased body weight can reduce lifespan and increase the risk of many serious diseases:

- Diabetes mellitus
- Liver disease
- Urinary tract disease
- Osteoarthritis/lameness
- Reduced lifespan

Why is my cat overweight?

Nowadays around 20-40% of adult cats are overweight or obese. Risks leading to a cat becoming overweight include:

- Overeating and overfeeding
- High fat diets
- Lack of exercise or being confined indoors
- Age (more common in middle-aged cats)
- Gender (more common in males)
- Being neutered

What are the signs of weight gain?

While gaining a few hundred grams might not make much difference to our human bodies, for a cat with a comparatively small body these extra grams add a lot of stress to their joints and organs. If you can’t feel your cat's ribs, if their waistline is not obvious, or if they are becoming lazier and sleeping a lot, you should talk to your vet!

Elements of an ideal body condition include the following:

1. The outline of your cat's ribs can be felt with only a slight covering of fat.
2. A clear waist line is visible, when looking down from above.
3. Abdomen tucked up when viewed from the side.
How can you help your cat achieve an ideal body condition?

There are two ways of ensuring successful weight loss:

- Carefully controlling your cat’s diet and calorie intake.
- Increasing the amount of exercise.

Food is important.

Successful weight loss can depend on:

- Feeding a diet specially formulated to help your cat lose weight and keep that weight off (such as PURINA® PRO PLAN® VETERINARY DIETS Feline OM St/Ox Obesity Management).
- Feed only the recommended quantity of food – weigh out daily rations.

Benefits of feeding Feline OM St/Ox Obesity Management to your cat:

High protein
To help promote loss of body fat while maintaining muscles during weight loss.

Low calorie
Reduced levels of fat to help reduce the number of calories consumed and promote effective and steady weight loss.

Promotes healthy urine composition
To help reduce the risk of developing urinary crystals and stones, which are more common in overweight and obese cats.

The aim is for your cat to lose weight gradually (for example 1-2% weight loss per week) – this is both safer for your cat, and more likely to result in long-lasting weight loss.

Your cat should not lose weight too quickly, otherwise this could predispose them to another type of disease (‘hepatic lipidosis’) that can damage your cat’s health. Discuss and plan the dieting program with your vet, and weigh your cat regularly to follow their progress.

Maintaining a healthy weight.

Once your cat has reached an optimum weight, you can continue to feed Feline OM St/Ox Obesity Management with an adjustment to the feeding guidelines. Alternatively, you can offer our weight control maintenance diet – PURINA® PRO PLAN® Light for cats.

Top tips for your cat to lose weight and stay trim:

1. Feed a specific diet like Feline OM St/Ox Obesity Management.
2. Feed only the recommended quantity of food.
3. Regularly check your cat’s weight and body condition.
4. Adjust the amount fed if your cat is not losing weight at the appropriate rate (1% per week).
5. Exercise – play with your cat.
6. Limit the treats you give to your cat.
Feeding guidelines for Feline OM Sr/Ox Obesity Management.

The suggested daily intake for weight loss is based on your cat’s current weight, and a desired weight loss of 1% of body weight per week. Daily food intake should be adjusted every four weeks. Your vet may make adjustments to help maintain your cat’s optimal weight. Introduce new diets gradually over five to ten days. Provide fresh water daily.

### FEEDING RECOMMENDATIONS FOR ADULT WEIGHT LOSS

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<tr>
<th>Body weight (kg)</th>
<th>Daily feeding quantities (adult weight loss)</th>
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<td>Dry Only (g/day)</td>
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<td>Wet (can/day)</td>
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For each additional 1 kg of body weight, feed an additional 1/3 of can per day when only wet food is fed, or 15 g of dry food when only dry food is fed.

### FEEDING RECOMMENDATIONS FOR ADULT MAINTENANCE:

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<tr>
<th>Body weight (kg)</th>
<th>Daily feeding quantities (adult maintenance)</th>
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For each additional 1 kg of body weight, feed an additional 1/3 of can per day when only wet food is fed, or 20 g of dry food when only dry food is fed.
Your veterinary clinic details:

For more information about PURINA® PRO PLAN® Veterinary Diets, contact your local sales representative or visit www.purina-proplan.co.uk/veterinarydiets

Ask the Experts
UK: 0800 212 161 IE: 1800 509 368 8am – 6pm, Monday to Friday
Nestlé Purina PetCare (UK) Ltd., 1 City Place, Gatwick, RH6 0PA

Please note that all indications for PURINA® PRO PLAN® Veterinary Diets mentioned in this leaflet are for the dietary support of cats with the listed conditions and do not preclude appropriate medical management. The veterinary diets should be used under veterinary supervision. ®Reg. Trademark of Société des Produits Nestlé S.A.