



HOME WEIGHT CHECKS



'Domino' Guscott

■ How can I tell if my pet is a healthy weight?

It's important that your pet maintains a healthy weight throughout their life.

But we all know how difficult it can be to stay on top of any weight fluctuations when we're seeing our pets every day.

We recommend to all of our patients that they have a check with our nurses every six months, which will include a weight check.

However, it can also be a good idea to monitor your pet's weight at home. Here we run through some ideas on how to do this safely and accurately.

Weighing yourself while holding your pet and then without them, then calculating the difference, can be a good approach.



You can judge their weight by touching and stroking them. Running your hands along their chest, can you feel their ribs by applying gentle pressure? If you can feel them easily, that could mean they're underweight. If you have to push quite hard or you can't feel them at all, they could be overweight.

Another method of judging weight is by looking at your pet from above. They should nip in at the waist before going out again at the hips. If this shape is dramatic, again they may be underweight, whereas if they are more of an oblong, that could indicate they are overweight.



To get a greater sense of change, it can be beneficial to check these things at intervals. For example, you could have a stroking session where you focus on weight indicators at a time when they're typically most relaxed, such as in front of the tv on a Sunday evening.

Another great way to monitor any changes is to take a picture of your pet against a plain backdrop at monthly intervals. These pics can be compared against each other to work out if and how body shape has changed – and can even be taken to your vet as an accurate indicator of change.



■ Worried about your pet's weight? Join our **Pet Health Club** and get unlimited free vet visits!

We do things differently, and have been for over 125 years. We're the world's largest employee-owned vet group – something we're very proud of. Our **Pet Health Club** works differently, too.

We offer our members unlimited consults with our vets and nurses throughout the year as standard. We love our patients, and we believe in giving them the right care, in the right way and at the right time. We feel that the best way to do this is to empower you to bring them in to see us, or chat to us via a video consult, whenever you have a concern about their wellbeing.

That means if your pet is having problems with their weight, you can bring them in to see us with no charge, and our lovely team will be happy to help you to work out what the problem is, and how best to solve it..

Sign up via our website, or speak to us in your local branch for more information.

