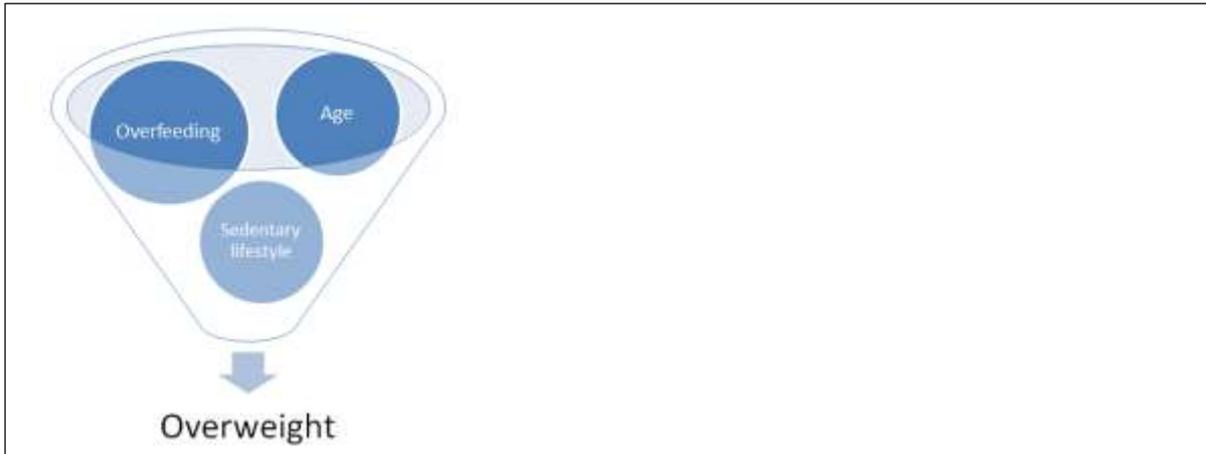




IS YOUR DOG OBESE?



Did you know that obesity is a growing problem, not only in humans but in our canine friends too! Two girls from Saint Phillip Howard Catholic High School, Charlotte and Dominique have been researching into this problem and asked Lynsey Tindall, a veterinary nurse for some help in their research.

Lynsey says: "Back in 2012 1 in 3 dogs were obese but now it has grown up to half the dogs in the UK are now suffering from obesity."

She also told us how to realise if your dog is overweight. "If a dog is refusing to exercise or play," she explains "there would be a problem. Also if a dog has bad breath or teeth it could possibly be obese." Lynsey tells us how a healthy dog would be, she said that; "if a dog is healthy you will be able to feel its ribs and for most dogs (the exception being greyhounds) you should not be able to see its ribs. Healthy dogs should have a nice waist, the tummy should be tucked up and there should be no fat build up."

Dog obesity can cause serious health problems, some of these are: Heart disease, diabetes, also 80% of dogs who suffer from obesity are more likely to get arthritis some point in their lives. These disease can even shorten the lifespan of dogs.

Lynsey gave advice on how to treat dogs with obesity, the main point that she stressed on was to reduce the amount of treats you give to your dog. Some interesting facts that Lynsey told us was that: "A sausage to a Staffy is one and a half chocolate bars to a human, also, a digestive biscuit to a Jack Russel is like a portion of chips to a human."

When an owner takes a dog to the vet, the vet will encourage the owner to keep track of what the dog is eating by writing it down in a food diary. This is so the owner becomes more aware on what they are feeding their dog and knows what to cut down on.

So if you think that your dog could possibly be obese, do your dog a favour; go to the vet, prevent obesity and potentially save the dog's life!