

WELCOME TO OUR

Monthly Newsletter

we're so glad you're here!

PET WEIGHT MANAGEMENT

Why It Matters More Than You Think

Did you know that **more than 50%** of pets in the U.S. are overweight or obese? While a pudgy pup or kitty might look adorable, carrying extra weight can quietly cause serious health problems over time.

Extra weight doesn't just make your dog slower on walks or playtime—it puts a major strain on their body. Just a few extra pounds can increase their risk for:

- **Osteoarthritis & Joint Pain**
- **Diabetes Mellitus**
- **Heart Disease**
- **Respiratory Issues**
- **Skin Problems**
- **Reduced Life Expectancy**
- **Increased Risk During Surgery & Recovery**

Excess fat creates inflammation and hormonal changes in the body, making everything from mobility to immunity harder for your pet to manage.



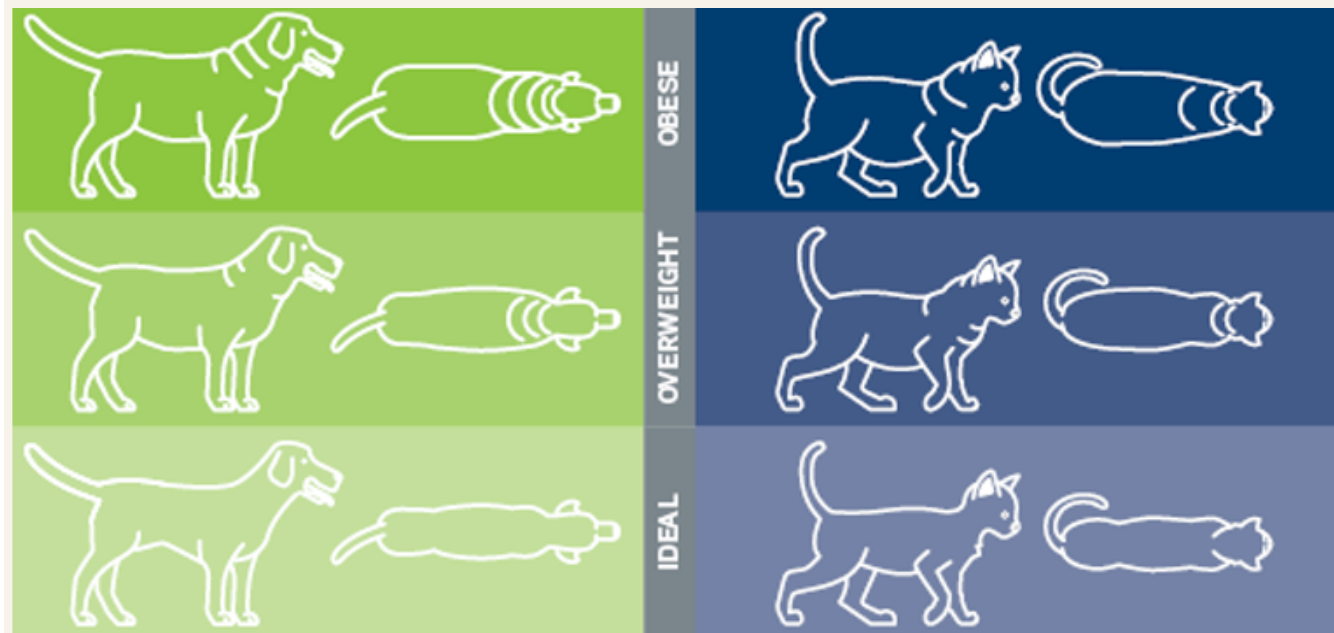
Patient Spotlight

MEET DOLLY

Meet our amazing CCL surgery patient, Dolly, who's been making fantastic progress! A month post-op, she's well on her way to a full recovery and is back on her feet with that tail wagging more than ever! Dolly has been coming in twice a week for chondro injections to strengthen her joints, and this week she's finishing up her last one. From here, she'll be transitioning to rehab at home, continuing to build strength and mobility at her own pace.

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CCL Tears & Weight

WHAT'S THE CONNECTION? (FOR DOGS)

The cranial cruciate ligament (CCL) is a crucial stabilizer in your dog's knee. When it tears, it causes pain, limping, and often requires surgery.

Here's the catch: overweight dogs are significantly more likely to tear their CCL—especially during everyday movements like running, jumping, or even just getting up too quickly. Extra body weight puts more strain on the ligaments in the knees, increasing the risk of injury and making recovery much harder.

Good news: Keeping your dog at a healthy weight is one of the most effective ways to protect against CCL injuries and maintain strong, stable joints.

May Coupons



Hot Take

FROM DR. MATT

Overfeeding is one of the most common ways we see pets being 'overloved'—and it's not as harmless as it seems. A lot of pet owners don't realize that rewarding with food can lead to serious health problems like obesity. If you truly love your pet, managing their weight should be just as important as keeping them healthy in every other way.

Embrace Pet Health this Spring

OVERWEIGHT CATS: THE HIDDEN DANGERS

While CCL tears are a concern for dogs, obesity in cats can also cause a host of health problems. Cats with excess weight are more likely to develop:

- **Diabetes Mellitus**
- **Arthritis & Joint Pain**
- **Liver Disease**
- **Urinary Tract Issues**
- **Reduced Mobility** (making them less likely to exercise and more likely to gain weight)

Overweight cats can also experience reduced quality of life, with less energy for play and exploration.

IS MY DOG OR CAT OVERWEIGHT?

Some signs your pet might be carrying too much weight:

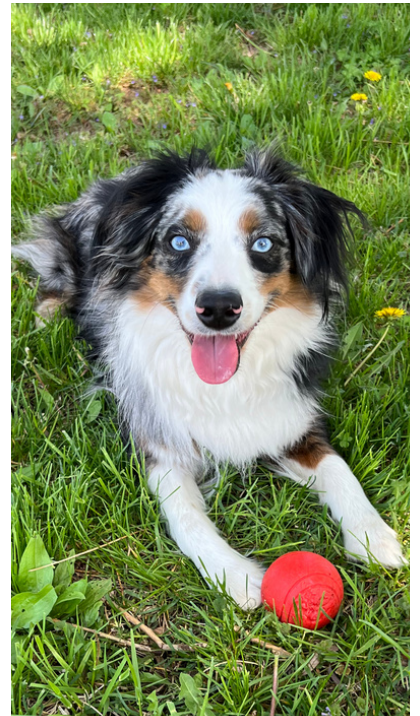
- **Dogs:** You can't easily feel their ribs, they lack a defined waist, or they seem reluctant to move.
- **Cats:** Their ribs are hard to feel, they have a round belly, or they have trouble grooming themselves.

Not sure? Come in for a quick Body Condition Score (BCS) assessment—it's fast, simple, and gives you a clear idea of where your pet stands.

SIMPLE STEPS FOR HEALTHIER PETS

Join us this spring for our May Step Challenge! 🌸

Scan the QR code to sign up and help your pet (and yourself!) get moving!



No matter the species, these tips work for both cats and dogs:

- Stick to measured portions (for both food and treats)
- Aim for 20–30 minutes of daily activity for dogs; try interactive play or puzzle toys for cats
- Choose low-calorie treats or use part of their regular kibble as rewards
- Ask us about a tailored weight loss plan (we can help with both dogs and cats!)
- Monitor weight monthly to track progress

Even a 5–10% weight loss can improve mobility, reduce joint pain, and lower the risk of CCL injuries in dogs. For cats, even a slight reduction in weight can help with mobility and prevent future health issues. Whether your pet needs to lose a little or a lot, we're here to help. Weight management is one of the best gifts you can give your furry friend—and it can prevent painful injuries, illnesses, and improve their overall quality of life.

Let's Keep Them Moving—Safely & Strong

Call us today at (563) 888-5850 or visit our website to book a weight consultation for your dog or cat.

HERE'S TO HAPPY, HEALTHY, ACTIVE PETS! 🐾

BOOK HERE!