



## Happy New Year... From all at Wern vets

Are your pets feeling the effects of a food filled Christmas?  
If so, why not bring them to a **FREE** nurse clinic at your nearest Wern vets?

Having an overweight animal can seem harmless, but did you know that obesity can be life threatening? An overweight animal is more likely to suffer from:

- Diabetes
- Arthritis
- Heart disease
- Lung disorders
- High blood pressure
- Cancerous tumours
- Digestive disorders



### Hypothyroidism & Cushing's disease

Notice your pet is overweight? But they don't eat much? **This could be due to a medical condition.** Diabetes, hypothyroidism and Cushing's disease are all conditions that can contribute to obesity. If you are worried that your pet is gaining weight despite a healthy lifestyle, please make an appointment with your vet. These conditions can be diagnosed with a simple blood test.

### Feeding your pet

Many dogs are fed free choice — which means food is available 24 hours a day and the dog eats whenever he/she likes. Unfortunately, like humans, dogs will eat when they are bored. The ideal way to feed your pet, is to feed two to four small portions daily. And the total number of calories for all meals and treats must equal the number of calories desired for weight loss/maintenance.



### TUBBY CLUB

Qualified nurses throughout our Wern Vet's branches run 'Tubby Club's' for FREE. If you are concerned about your pet's weight, book your pet in for an appointment. Our nurses will give a thorough health check, and discuss your pet's normal feeding and exercise routine with you. They will then design a weight loss plan for your pet. Everything is FREE, and we just ask that you and your pet come back for monthly weigh ins to reassess your pet's weight loss. **DONT LET YOUR PET BE A COUCH POTATO! BOOK THEM INTO TUBBY CLUB THIS JANUARY AND SEE THE DIFFERENCE.**



### Sticks!

Every year we treat dogs with injuries to their mouths caused by playing with sticks. Although it seems natural to allow your dog to chase sticks they are in fact very dangerous and can cause severe injury, or even death. This is a picture of a recent patient of ours who has thankfully made a full recovery after injuring her tongue on a stick. If your dog loves to chase things please use a ball or consider a kong safestix as a safe alternative to a stick!

