Choosing the appropriate Purina Veterinary Diets Canine Formula

<table>
<thead>
<tr>
<th>Concurrent health conditions?</th>
<th>Body Condition Score (9-point scale)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>6</td>
</tr>
<tr>
<td>None</td>
<td>OM</td>
</tr>
<tr>
<td>Diabetes mellitus</td>
<td>DCO*</td>
</tr>
<tr>
<td>Osteoarthritis</td>
<td>JM*</td>
</tr>
</tbody>
</table>

* Purina Veterinary Diets® DCO Dual Fiber Control® brand Canine Formula and JM Joint Mobility™ brand Canine Formula should be fed in appropriate amounts to promote weight loss. Consult the Nestlé Purina Veterinary Feeding Guide and Weight Management Program.

Choosing the appropriate Purina Veterinary Diets Feline Formula

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Purina Veterinary Diets® OM Overweight Management® brand Canine and Feline Formulas

- Purina Veterinary Diets OM Overweight Management brand Canine and Feline Formulas are formulated with high protein-to-calorie ratios to help maintain lean body mass, stimulate energy metabolism, increase the percentage of fat loss and promote satiety during weight loss.
- OM Canine Dry Formula has been reformulated with isoflavones to support healthy weight loss, minimize the risk of weight rebound and reduce obesity-associated oxidative stress.
- Purina Veterinary Diets® Lite Snackers brand Canine Treats are low-calorie snacks that can be used as part of a weight program.

For more information about Purina Veterinary Diets Canine and Feline Formulas:
1-800-222-VETS (8387), 8 a.m.–4:30 p.m. CT weekdays
www.purinavets.com/weight | user name: purinavets | password: nutrition

Helping Your Patients Achieve a Healthy Weight

A structured and collaborative approach to help your overweight patients achieve a healthy weight and long life.

Reference:

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A Stepwise Approach to Creating a Successful Weight-Loss Program

**STEP 1** Identify and assess overweight pets
- Record weight and body condition score (BCS) in health records at each visit.
- Using the Nestlé Purina Body Condition System™, dogs and cats with scores of 6 or higher are candidates for weight management.
- A thorough examination that includes a CBC, chemistry profile and UA can rule out complicating health conditions.

**STEP 2** Create a partnership with your client
- Client participation and commitment is essential because successful weight loss in dogs and cats depends on changing client behaviors.
- Educate client about obesity-associated health risks just as you would other diagnosed health conditions. Educational materials are available from Nestlé Purina to help you.

**STEP 3** Obtain a thorough and accurate diet history
Some key questions to help get needed information:
- What brand and formula of pet food do you feed?
- How much food is fed? (Does your pet have access to another pet’s food?)
- What size and how many treats are fed?
- What table food is given to your pet each day?

**STEP 4** Make appropriate dietary and activity recommendations
- Customize weight-loss recommendations and improve client compliance with flexible tools such as the computerized Nestlé Purina Veterinary Feeding Guide and Weight Management Program.
- Increasing activity and reducing calorie intake will help achieve a negative energy balance.
- Many clients need advice on how to correctly feed their pets. You can help them by:
  - Providing a measuring cup.
  - Encouraging owners to feed at least two small meals during the day to help improve satiety and increase metabolism.
  - Teaching clients to limit treats to 10% of daily calories.

**STEP 5** Follow up to help ensure success
Tracking progress is critical to success. Some steps to help improve your success include:
- A phone call after one week to confirm the pet’s acceptance of the weight-loss diet and show clients you care.
- Schedule the first “weigh-in” before the client leaves the clinic. A recheck in two to four weeks gives you an opportunity to see if the initial recommendation is appropriate for weight loss.
- Schedule monthly weigh-ins to track progress and adjust feeding recommendations to help ensure safe, steady weight loss.
- Call your client between weigh-ins to discuss progress, address potential problems and provide encouragement.

**STEP 6** Celebrate success
- Recognize each weight loss as a success and congratulate your client. Seeing the pet lose weight and become more energetic can be the motivation a client needs to stick with the program.
- Share successes with other clients — seeing other pets successfully lose weight may encourage those considering weight management for their pets.
- Before-and-after photos are a great way to share other clients’ successes.
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Concurrent health conditions? | Body Condition Score (9-point scale)
--- | --- | --- | --- | ---
None | 6 | 7 | 8 | 9
Diabetes mellitus | OM | OM | OM | OM
Osteoarthritis | JM* | JM* | OM | OM

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