

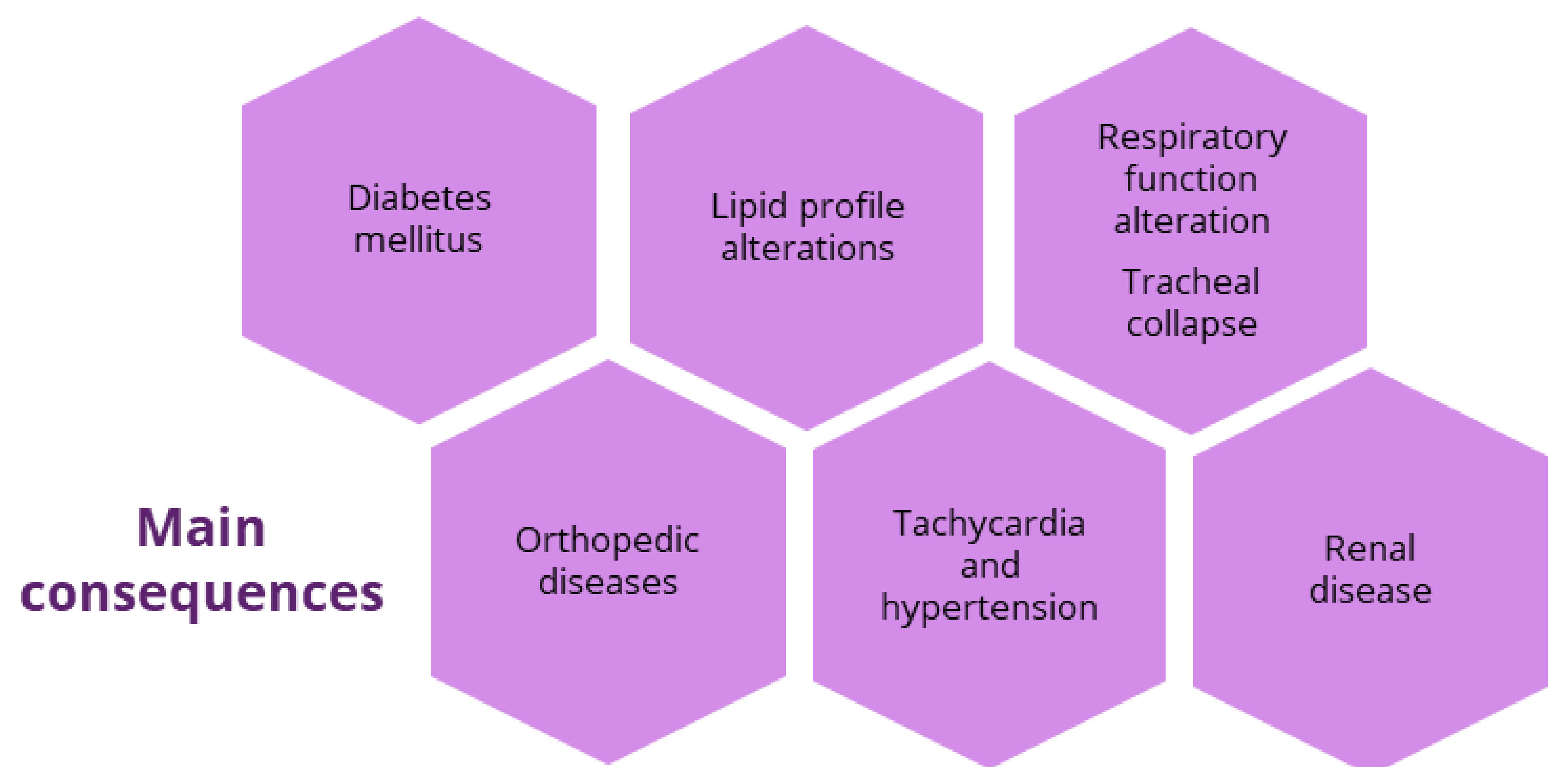
Objectives

- Review the causes and consequences of obesity
- Analyse the dietary management of obesity
- Compare some prescription diets formulated for weight loss

Introduction

Obesity is defined as an excessive accumulation of adipose tissue in the body.

It represents a very common condition in dogs and cats. The prevalence is around 20-40% and increases over the years.



Diagnostic tools

Body weight
Body condition score & Muscle condition score
Other: diagnostic imaging, morphometry, absorptiometry...

Nutritional assessment

Patient data
Medical history
Physical examination

DIETARY MANAGEMENT

Types of diets

Prescription diets

Purposely formulated to reduce weight
Calorie restriction and nutrient enrichment

Light diets

Maintenance diets for animals with low calorie requirements

Comparison of diets

Energy and nutrient levels are variable between manufacturers
Major energy contribution from protein, with exceptions

Other treatment actions

High levels of **physical activity**

Optimal and efficient **communication** with owners

Key nutritional factors

Addition of AIR or WATER

Dilute calories
Increase satiety

High levels of FIBER

Dilute calories
Increase satiety
Decrease digestibility

High levels of PROTEIN

Reduce lean mass loss
Maintain energy expenditure

Medium levels of CARBOHYDRATES

Control blood glucose levels
Reduce risk of diabetes mellitus

Low levels of FAT

Reduce calorie density
Decrease palatability

Supplementation with ANTIOXIDANTS

Reduce oxidative stress

Supplementation with L-CARNITINE

Promote fatty acid metabolism
Decrease fat tissue accumulation

Conclusions

Many diseases are associated with obesity making the knowledge and treatment of this condition an important approach in the clinic.

Diets formulated for weight loss present differences between manufacturers but follow a similar pattern: high levels of protein and fiber, medium levels of carbohydrates and low levels of fat.

Owner communication is a key factor to succeed in the plan.