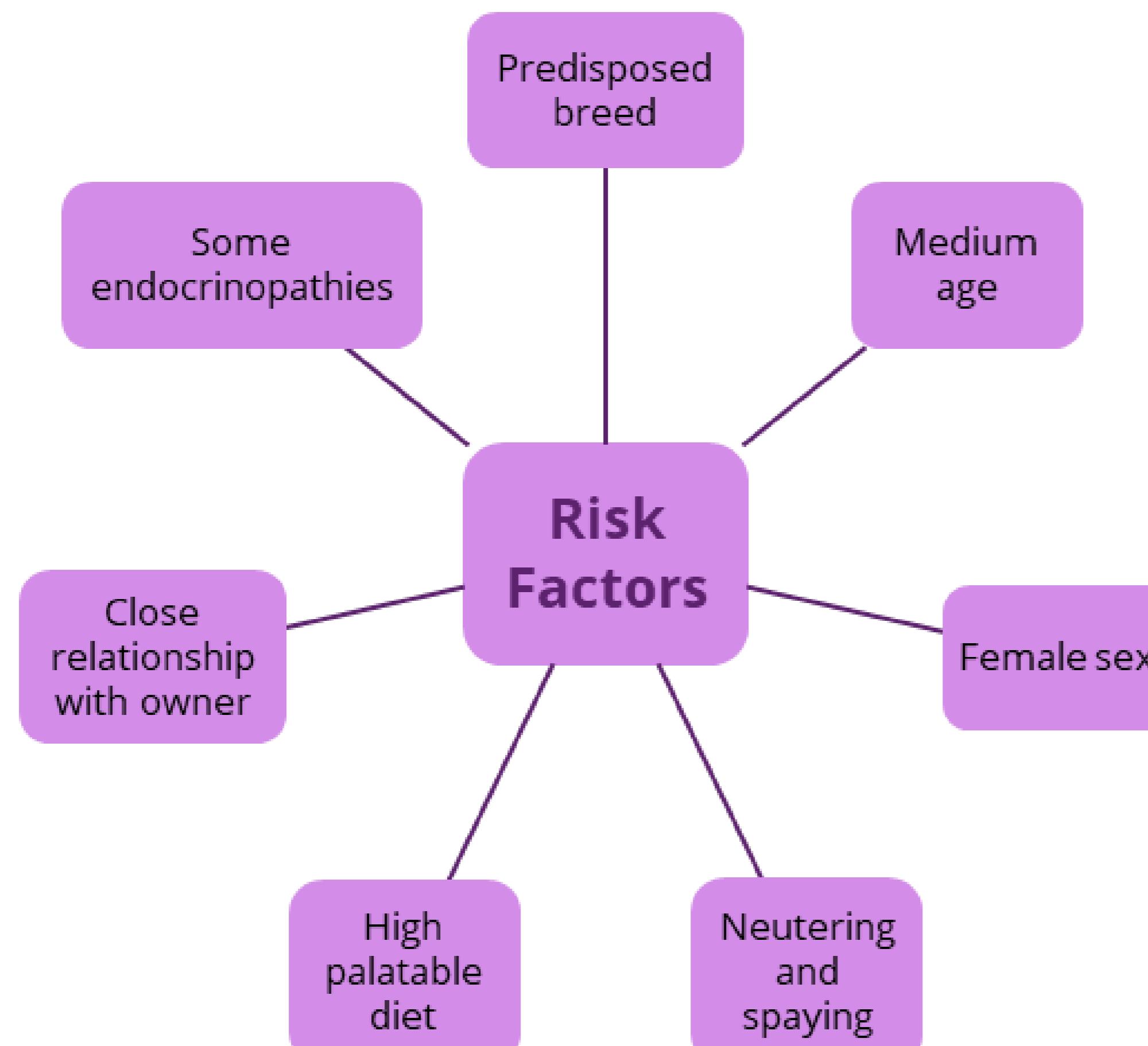


## Objectives

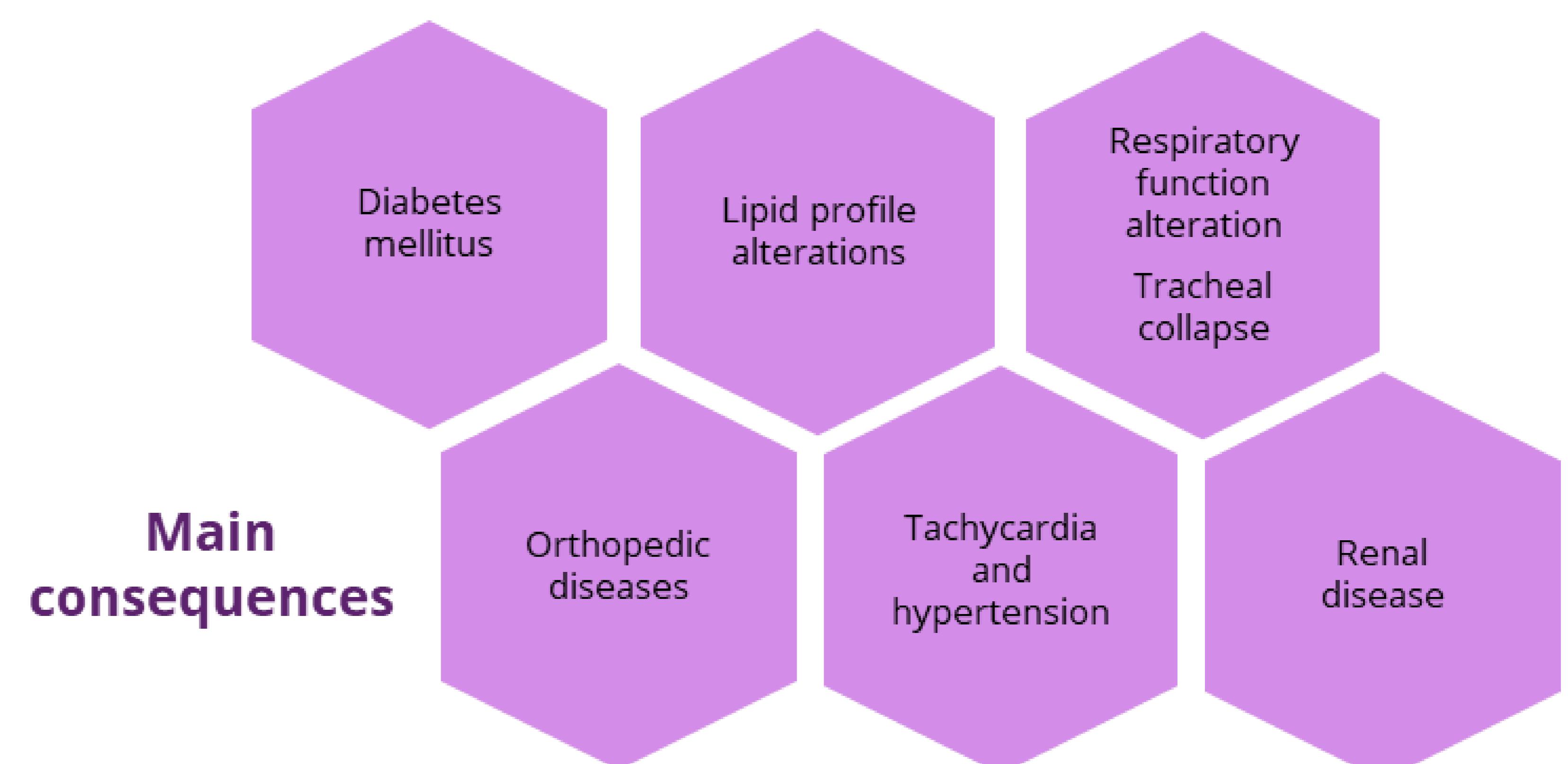
- Review the causes and consequences of obesity
- Analyse the dietary management of obesity
- Compare some prescription diets formulated for weight loss

## 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

## 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

### Addition of AIR or WATER

Dilute calories  
 Increase satiety

## Key nutritional factors

### High levels of PROTEIN

Reduce lean mass loss  
 Maintain energy expenditure

### Supplementation with ANTIOXIDANTS

Reduce oxidative stress

### High levels of FIBER

Dilute calories  
 Increase satiety  
 Decrease digestibility

### Medium levels of CARBOHYDRATES

Control blood glucose levels  
 Reduce risk of diabetes mellitus

### Supplementation with L-CARNITINE

Promote fatty acid metabolism  
 Decrease fat tissue accumulation

### Comparison of diets

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

### Low levels of FAT

Reduce calorie density  
 Decrease palatability

## Other treatment actions

High levels of **physical activity**

Optimal and efficient **communication** with owners

## 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.