



CASTLE VETS PETS

Newsletter – January 2025

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HAPPY NEW YEAR!



It's a brand-new year and we hope that this one brings health and happiness to all of our wonderful clients.

Weight Loss Awareness Month

Did you know that January is animal weight loss awareness month. With the start of a new year, it's the perfect time to shed light on this important topic.

Obesity is the most common form of malnutrition within the companion animal population in the UK. In 2017 the British Veterinary Association surveyed vets and vet nurses to find out more about the prevalence of overweight and obese dogs and cats:

- These vets and nurses estimated that an average of 46% of dogs and 34% of cats seen in their clinics were either overweight or obese

- A third said that they felt the proportion of overweight or obese dogs and cats seen in practice had increased over the previous 2 years
- The majority identified the most common reason for pets being overweight was 'Lack of owner recognition that their pet is overweight'

With these facts in mind, it is worrying that when the Pet Food Manufacturers' Association (PFMA) commissioned research among 8000 pet-owning households in 2018 they found the following:

- 67% admitted that they were not concerned about pet obesity at all
- 68% thought that their pet was exactly the right size
- 57% had never discussed the weight of their pet with their vet

'Being overweight can be defined as having a body composition where the levels of body fat exceed those considered optimal for good health. Obesity can be defined as being overweight to the extent that serious effects on the individual's health and welfare become likely' Canine and Feline Obesity: A One Health Perspective, Vet Record 2014

The British Veterinary Association advocate the use of a 9-point scale Body Condition Scoring (BCS, see diagrams below) in combination with routine body weight monitoring in order to prevent, identify and manage weight gain and obesity. Dogs and cats are considered obese if they weigh 30% more than their ideal body weight or have BCS 8 or 9. In dogs and cats the following types of diseases and health complications are reported to be associated with obesity:

Dogs	Cats
Joint stress and aggravation of arthritis	
Increase risk of cancer	
Increase risk of heart disease	Increase risk of diabetes
Increase risk of lower urinary tract inflammation and bladder stones	
Increase risk of pancreatitis	Increase risk of non-allergic skin diseases

Increase risk of oral disease	Increase risk of fatty liver disease
Breathing issues and reduce stamina	
Increased risk during anaesthesia	
Issues giving birth	
Increased inflammation and reduced immune function	
Reduced life expectancy	

It is clear that obesity is an important thing for us to address in veterinary practice as it has far reaching implications for the health and welfare of our beloved pets but historically it has not always been an easy conversation to have in the consulting room. Alex German, Professor of Small Animal Medicine at the University of Liverpool says:

‘Obesity is one of the most common diseases we currently face. It is a major issue, but we DON’T TALK ABOUT IT. It’s an uncomfortable topic wrapped in prejudice and blame. In moving forward, we all need to do a better job of holding emphatic, non-stigmatising conversations about obesity, in order to better support owners and support their pets in reaching and maintaining a healthy weight.’



Here at Castle Vets we endeavour to provide a safe and empathetic consulting environment where we hope owners feel able to have positive and constructive discussions about weight management which are free from blame. Our Nurse Weight Clinics are designed to engage, educate and empower owners to tackle the issue of obesity and increased weight in their pets in a safe and sustainable way. Together we can work together to reduce the incidence

of pet obesity. Please contact the practice on 01566 772211/01579 208072 for further information and to book your Nurse Weight Clinic.

Castle Care Club Hamper Winners

Congratulations to our Castle Care Club members who won a Christmas hamper.



Join our Castle Care Club to provide the most cost-effective way to give your pet everything they need to stay healthy. Membership provides preventative healthcare for year-round protection, including vaccinations, flea and worm treatments and health checks, plus discounts on all other products and services such as consultations, surgeries and medicines. Castle Care Club members are also automatically entered into our annual Christmas hamper raffle where 3 lucky people will win a fantastic hamper from Tre Pol & Pen.

If you are interested in becoming a member, please give our reception team a call 01566 772211/01579 208072.

Launceston Food Bank Donations

At Christmas the staff at Castle Vets choose to donate to charity instead of giving secret Santa gifts. The chosen charity of 2024 was Launceston Food Bank who provide food and other essential items to families in crisis.



January is Walk Your Dog Month



Walk Your Dog Month is an annual observance celebrated in January to highlight the importance of regular exercise and outdoor activity for dogs. This month-long event encourages dog owners to make a commitment to walk their furry friends more often, providing numerous physical and mental benefits for both dogs and their owners. It's an opportunity to promote canine health, strengthen the bond between dogs and their caregivers, and enjoy the great outdoors together.

What is Walk Your Dog Month 2025?

Walk Your Dog Month 2025 is the latest instalment of this pet-focused campaign, urging dog owners to prioritize daily walks with their canine companions. It emphasizes the positive impact of regular exercise on a dog's well-being and encourages owners to create healthy routines that include outdoor activity. During this month, dog owners are inspired to explore various walking routes, parks, and trails with their pets.

When is Walk Your Dog Month 2025?

Walk Your Dog Month takes place throughout the entire month of January each year. It's a perfect way to kickstart the year by establishing healthy habits for both dogs and their owners.

How to Celebrate Walk Your Dog Month 2025?

Celebrating Walk Your Dog Month is a fun and rewarding experience that benefits both dogs and their owners. Here are some ways to participate:

- **Commit to Daily Walks:** Pledge to walk your dog every day in January, regardless of the weather.
- **Discover New Routes:** Explore different walking paths, parks, and nature trails to keep your dog engaged and excited.
- **Involve the Whole Family:** Encourage family members to participate in dog walks, making it a shared activity.
- **Set Goals:** Challenge yourself and your dog by setting walking goals, such as increasing the distance or trying new activities like hiking.
- **Observe Safety:** Ensure your dog is safely leashed during walks and equipped with proper identification.
- **Socialize:** Use dog walks as an opportunity for your furry friend to socialize with other dogs and people at dog-friendly parks.
- **Document the Journey:** Capture memorable moments during your walks and share them on social media using dedicated hashtags.

History of Walk Your Dog Month

Walk Your Dog Month was established to promote the well-being of dogs and encourage responsible pet ownership. It reminds us that dogs require regular exercise and mental stimulation to stay healthy and happy. This observance also serves as a reminder of the joy and companionship that dogs bring to our lives.

We would love to see photos of your dogs out on their January walks. Head over to our Facebook page to share your photos and our favourite will be used as our cover picture throughout February.



We're One!

On the 15th of January our Liskeard branch will have been open for one year! As we celebrate this anniversary, we would like to say a huge thank you to our valued clients. Your support and trust in us are greatly appreciated.

