In recent years, pet nutrition has become a growing concern among pet owners and veterinarians alike. Keeping your new pet looking and feeling great—achieved by paying careful attention to his/her food and treat intake, reading pet food labels and engaging your pet in daily exercise—are some of the most powerful ways you can help your pet live as long as possible.

According to Banfield’s board-certified nutritionist, Dr. Denise Elliott, pets need a balanced diet that provides the right amount of energy and essential nutrients—including protein, fats, vitamins and minerals—in the right proportion for the age, breed and lifestyle of the pet. This will help ensure every organ system—from their internal organs to their skin—functions at optimal levels. If your pet is healthy and you feed quality pet food, you shouldn’t need to add nutritional supplements. (continued pg. 2)
**Did you NOSE?**

**PETS** with severe periodontal disease tend to be more aggressive than Pets with healthy teeth.

**SMALL** breed dogs tend to have a higher risk of periodontal disease than the larger breeds.

**MEDIUM & SMALL** breed dogs are more likely to be overweight or obese than large breed dogs.

*(Food for thought, continued)* Consult with your veterinarian to determine the specific nutritional needs for your dog or cat, based on age, sex, breed, health, level of activity and life stage. Your veterinarian can also help you decide the best diet and feeding schedule for your Pet. It's important to follow the daily portion recommendations recommended by your veterinarian or as listed on the food packaging. For most Pets, dividing the recommended daily feeding portion into two separate meals keeps their energy levels optimal and consistent throughout the day.

---

Keep your new Pet safe this Howl-o-ween

1. **Keep your Pet away from the front door.** Dogs in particular may feel the need to protect their home and might become frightened, or even bite your visitors when trick-or-treaters come knocking.

2. **Secure decorations.** Pets are curious and as a result, they can become injured or even entangled in decorations, causing harm to themselves in a panic to get free.

3. **Leave your Pets at home.** It can be very frightening to a Pet to sit in a dark car while scary creatures of every size and shape walk by. Your normally friendly Pet can become protective, or even aggressive.

4. **Give only Pet friendly treats.** Regardless of the holiday, Pets love treats. However, human treats can be harmful to Pets: chocolate contains theobromine, a substance that can be lethal if ingested by your Pet; sticks on caramel apples can be swallowed and can cause damage to internal organs, as well as choking, and foil wrappers can become as dangerous as razors when swallowed and packaging can cause choking or intestinal blockage.

5. **Home is a happy place.** Stories exist about vicious pranksters who have teased, injured or even stolen Pets that are left in their yards or allowed to roam outside on Halloween. Leave your Pet inside your home on Halloween to avoid any unnecessary tricks.

*(All research conducted by Banfield, The Pet Hospital®)*
Arthritis, which typically affects adult and senior pets, is the inflammation of the joints. This painful condition can cause intense pain, decreased mobility and/or swelling. Arthritis, usually aggravated by colder temperatures, can affect both dogs and cats.

While you know your pet better than anyone, it’s also important to pay attention to their behaviors (and note any changes), especially as your pet ages.

**Common signs of arthritis include:**
- Becoming less active
- Getting up slowly
- Walking stiffly or limping
- Developing swollen joints
- Yelping, especially during exercise
- Hesitating or refusing to climb stairs
- Fever
- Acting depressed

**Treatment options**

Your veterinarian will likely focus on reducing the joint inflammation and easing the pain your pet experiences. Some of the tools your veterinarian might use to treat your pet include antibiotics, non-steroidal anti-inflammatory drugs (NSAIDs), glucosamine, antioxidant vitamins, fatty acid supplements and cortisone.

**How to help**

Take measures to promote your pet’s comfort at home. Help your new pet on and off of furniture, discourage jumping and rowdy play, limit activity that puts strain on the joints (if recommended by your veterinarian), provide a comfortable, padded place for rest and minimize your pet’s exposure to cold.

If you have additional questions about recognizing or managing your pet’s arthritis, talk to your veterinarian.

---

*The Shelter Pet Project* is an unprecedented media campaign aimed at boosting pet adoptions nationwide. A collaborative effort by The Humane Society of the United States, Maddie’s Fund, and the Ad Council, in partnership with the entire animal welfare movement, The Shelter Pet Project aims to promote adoption and combat stereotypes about shelter animals. The project launched last fall and has been running strong, but they still need to spread the word. By working together, we can increase shelter adoptions, save millions of lives and end the tragic euthanasia of healthy pets.
Water
Pets need fresh water daily.

Love
Pets need to receive love & attention every day.

Food
Pets should be fed every day.

Collar
A collar shows they belong to someone.

Home
Dogs & cats need a special place to call home.

ID Tag
Pets should wear a tag that says where they live & who cares for them.

Vet Care
Dogs & cats should visit the veterinarian twice annually to stay healthy.

Exercise
Pets need to play & exercise every day.

Vaccinations
Just like children, Pets need vaccinations to stay healthy.

Several studies reported the prevalence of obesity in dogs between 22.4 and 44 percent and the prevalence of obesity in cats between 19 and 52 percent. The primary reasons Pets become overweight and obese include too many calories (including treats) and not enough exercise.

As with their human counterparts, carrying a few extra pounds can pose health risks to your Pet. These risks include cardiac (heart) disease, diabetes mellitus, arthritis caused by increased pressure on the joints and mobility issues. In short, being overweight can cause a general decrease in your Pet’s quality of life, and even lifespan.

If your veterinarian diagnoses your Pet as overweight or obese, he/she will likely first rule out other health problems (such as hypothyroidism in dogs and diabetes mellitus in cats) before suggesting dietary, exercise and behavioral changes. Dietary changes are relatively easy to implement with the current variety of calorie control Pet foods available. ROYAL CANIN® offers specially designed calorie restricted diets for both dogs and cats, to aid in weight loss or weight management. Your veterinarian can assist you with choosing a formula that is best for your particular Pet.

If you suspect that your Pet is overweight or obese, or are concerned with their eating habits, talk with your veterinarian as soon as possible to get the problem under control. ✿