

## Growing Incidences of Obesity in Pets and its Long term Effects

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### Abstract

Generally, overeating and lack of physical exercise adds on to put weight in pets. The pet foods available commercially are also having high calorific values which add to this purpose.

**Keywords:** Pet Animal; Overweight; Obese.

### Introduction

As per the reports available from the Association for Pet Obesity Prevention (APOP), nearly 45 percent of dogs and 58 percent of cats are suffering from obesity worldwide. The reason of the extra weight gain which happens in obesity is attributed to the additional fat content in food which imposes a significant stress on the body.

### Reasons [1,2]

In many countries the pet owners use to offer or share food items with the pets as a gesture of liking towards them. The pet should always be made to stay under the diet recommendation of a veterinarian offering wholesome nutritious but reduced-calorie food. Also, the pet should be regularly exposed to vigorous routine exercise and walk to maintain its optimum body weight.

In Australia, obesity is their most common nutritional disease. The pet dogs and cats which become excess weighed usually prone to suffer from cardiac ailments, arthritis, and possibly urinary tract infections [2,3].

### Physiological Complications Involved [1,2]

The pets becoming overweight usually suffer in long course from exercise intolerance, Diabetes or insulin resistance [5,6], liver disease or dysfunction, osteoarthritis, decreased stamina, labored breathing or respiratory compromise, decreased heat intolerance, hypertension for high blood pressure, increased surgical/anesthetic risks, lowered immune system function and increased risks of developing malignant tumors (cancer).

### Summary

Research has been carried out by the Waltham Centre for Pet Nutrition and others for establishing the standard weight levels and strategies for maintaining healthy body mass in cats and dogs.

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