

Lifestyle changes can reduce obesity in cats

Question: My friend has mentioned that she thinks my cat Jessie is very overweight. How can I find out if he weighs more than he should?

Answer: An important part of a happy and healthy lifestyle for a cat is their weight.

If you are unsure, it is important to get an expert opinion.

Book an appointment for Jessie at your vet or a specialist in feline behaviour, who can tell you if he is overweight.

As a general rule, cats with 20 per cent or more body fat are considered severely overweight.

Aside from their extra-fluffy and full-figured appearances, they may also be noticeably lethargic, suffer from frequent urinary tract infections and show signs of declining health.

Obesity takes its toll on a cat's pancreas, liver, kidneys, urinary tract and skeletal system.

It can also negatively affect other bodily systems. Feline obesity can cheat a cat out of years of high-quality life.

The negative effects of feline obesity can accumulate over time in a cat's body.

Prevention is the best way to avoid medical problems. Making small changes to your cat's lifestyle can make all the difference.

Feeding a nutrient-packed, healthy food ensures your cat gets the most out of what he eats.

Use label recommendations as a portion guideline and avoid overfeeding.

Be willing to adjust according to your cat's body condition.

Vet Hansel answers your questions about pet care in this weekly advice column, created in partnership with the Bahrain Society for the Prevention of Cruelty to Animals (BSPCA). We will also be highlighting each week some of the animals in the BSPCA sanctuary, in the hope of finding each of them a loving home.

Providing food as small meals rather than free-choice feeding lets you monitor food intake.

The extra calories and low nutritional value of treats and table scraps are often the biggest offenders.

Instead of offering table scraps as a treat, offer one of the many low-fat, low-calorie treats now readily available.

Just as important is the effect that obesity has on the ability of a cat to be catlike.

As carnivores, cats naturally use stealth and speed to outrun and capture their prey.

An overweight cat is sluggish and simply cannot partake of their most basic, instinctive behaviour.

It is true that some cats are just more naturally active than others but an overweight cat has no choice.

Exercise burns fat and calories and helps to maintain muscle and joint health.

Try to play with your cat for at least 20 minutes, twice daily.

An interactive game of chasing a feathered toy increases bonding between you and Jessie and will help to keep him healthy and return him to his true svelte self.

For some helpful tips please go to www.petmd.com/cat/nutrition and you could also search for feline obesity charts on pages such as www.pet-health-care-gazette.com.

Please do not use this as a consultation and always take advice from your vet if you have any queries and before starting any weight loss programme.

PET CARE with Hansel

Out
Now!

www.GulfConstructionMagazine.Com

الخليج للإنشاءات
Al Khaleej LeI Insha'a
Gulf Construction
رقم التسجيل: 772 IGCWW
www.GulfConstructionMagazine.com
يونيو 2013 June 2013

الرافعات الشوكية ومعدات مناولة المواد
بريطانيا والشرق الأوسط
تكنولوجيا التآكل
المباني الخضراء
أعمال المحاجر
الإضاءة

السكك الحديدية

تصنيف الدرجة الأولى الأيزو 9001
المجلة العربية المتخصصة
منذ 1987
عناوين: 11333137
فاكس: 11333137
www.abawani.net

AL BAWANI البوانج

Construction Specialists Magazine

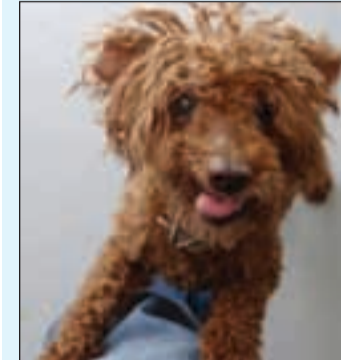


For more information
Please visit our website www.GulfConstructionMagazine.Com
Gulf International Publications, PO Box 10865, Manama, Bahrain
Tel: 17299149 Fax: 17295277 Email: info@gip.com.bh

BSPCA's Dog of the Week is Eenie

Breed: Poodle mix
Colour: Brown
Sex: Male
Age: Around six years
Neutered: Yes

What's not to love about Eenie? He is a pet that was left with us a few weeks ago. He has no teeth on one side and cannot manage anything other than soft food and



Eenie has a charismatic personality

needs a little bit more attention than a younger dog would. He has a lively and fun little dog that loves being around people. Eenie has a happy nature and seems happy enough at the shelter but he needs human contact and would make a wonderful companion dog. Eenie has been neutered, frontlined and fully vaccinated.

● If you are interested in adopting Eenie, Carrots or any of our other cats, kittens, dogs and puppies, please visit the Animal Welfare Centre in Askar or log onto the website www.bspca.org for directions.

● We have been informed that people are still taking animals to the old shelter in Shakoora which is no longer used by the BSPCA.

The new BSPCA Animal Welfare Centre is located in Askar. From the Alba roundabout, take the road sign posted Askar and Durrat Al Bahrain and at the third signal take a right on to the Truck Road and after approx 800 metres you will see the AWC on the right side, just before the flyover.

The shelter is open seven days a week from 9am to 5pm on Sundays to Thursdays and 9am to 1pm on Fridays and Saturdays and we accept animals 24-hours-a-day, seven days a week.



Carrots ... loves to be fussed over

BSPCA's Cat of the Week is Carrots

Breed: Domestic medium hair
Colour: Ginger and white
Sex: Male
Age: Around two months
Neutered: No

Carrots is an adorable little boy. He loves to be fussed over and is full of character. He loves his toys and is always ready for a game or a cuddle. He is gentle by nature. He responds well to people and mixes well with the other cats. Carrots is a beautiful cat with his fluffy ginger coat and handsome face and has the most amazing personality to go with it. He needs a better life with a family of his own to nuzzle. If you are looking to adopt a cat as a family companion then you should seriously consider Carrots as your first choice. He has been fully vaccinated.

– By BSPCA Pet Reporter Louise Edwards

● Dr Hansel Geo is a veterinary consultant and surgeon for the BSPCA. Please send questions to bspcaawc@batelco.com.bh



● A meeting was held between newly-appointed Japanese cultural adviser Yosuke Ikima and Bahrain Polytechnic officials at its Isa Town campus. They discussed cultural and academic agreements between the Japanese Embassy and the university, including exchange programmes, upgrading technological facilities, providing training opportunities and employing Japanese professors. Above, Mr Ijima, left, with embassy and university officials during the meeting.



● Winners of a social media competition for Batelco's Motor Show have been announced. Reyadh Abdulla and Ali Koohzad received \$1,000 each after receiving the highest votes when they uploaded pictures of their Chevrolet Camaro and Wardah Scooter respectively on Instagram. They were presented with the prizes by company officials at Batelco's headquarters in Hamala. The contest was launched by the company's youth marketing team and was open to anyone who posted pictures using the hashtag #batelcomotorshow. Above, Batelco officials with winners of competition.