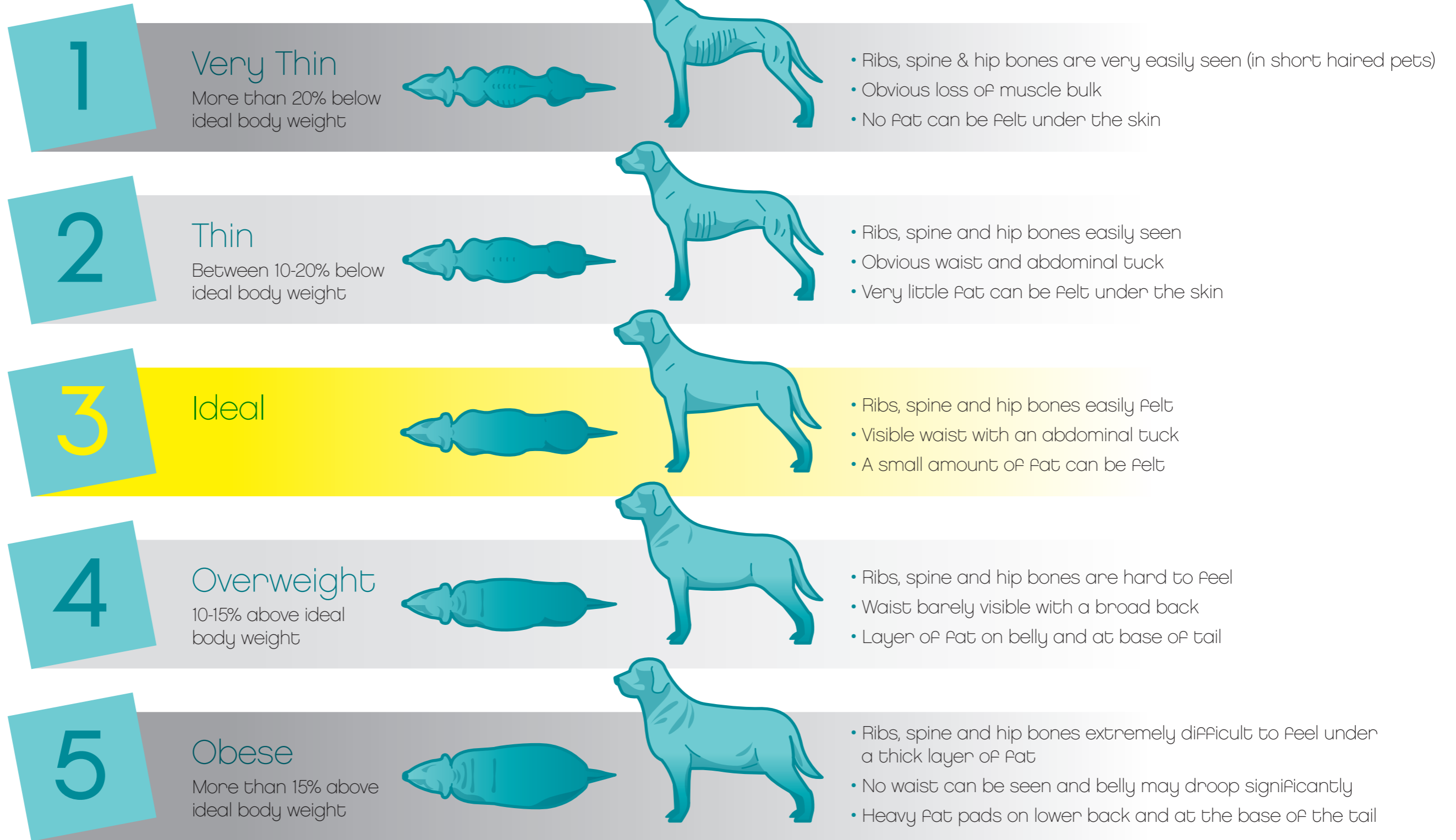




PET SIZE-O-METER

Size-O-Meter Score:

Characteristics:



 Your pet is a healthy weight
 Seek advice about your pet's weight
 Seek advice as your pet could be at risk

Please note

There are some cases where the natural shape of a dog, may mean this simple system doesn't translate as easily. For example, Whippets and Greyhounds tend to have lean physiques while a Staffie will have a broader shape. A Bichon Frise will have a nice fluffy coat for you to contend with. If you need help using the tool, download a hard copy version and take it to your local vet or pet care professional for advice.

Derived From BCSC validated by: Keely, et al. Effects of diet restriction on life span & age related changes in dogs. JAVMA 2002
 LaFlamme DP. Development and validation of a body condition score system for dogs. Canine Practice. July/August 1997, 22:10-15
 Mawby D, Bartges JW, Moyers, T et al. Comparison of body fat estimates by dual-energy x-ray absorptiometry & detuerium oxide dilution in client owned dogs. Compendium 2001; 23(9A):70





PET SIZE-O-METER

Results Dog:

Your Dog is score
Very Thin

1

Your pet is very likely to be underweight. Your pet may have a naturally lean physique but we recommend you speak to your local vet to rule out any underlying medical reasons such as an overactive thyroid gland. If your pet is healthy, but otherwise underweight, your vet is likely to advise some dietary and lifestyle changes.

Your Dog is score
Thin

2

Your pet is thin and potentially underweight. Your pet may have a naturally lean physique but we recommend you speak to your local vet for a health check up. If your pet is healthy but otherwise underweight, your vet may advise some dietary and lifestyle changes.

Your Dog is score
Ideal

3

Congratulations your pet is in ideal body condition! This is great news, as research has shown that pets at their ideal body condition can live up to two years longer. To keep your dog in perfect shape, monitor its weight and body condition on a regular basis (e.g. once a month) and be careful what you and everyone else in the family feeds it. Remember any changes in lifestyle (e.g. reduced exercise, recent surgery, extra treats, or even factors such as stress) can result in weight change.

Your Dog is score
Overweight

4

Your pet is potentially overweight. Being overweight is unhealthy for pets as it can lead to a shortened life-span, heart disease, arthritis and diabetes. Speak to your local vet for advice and a thorough health check-up. The vet will look for any underlying medical reasons as to why your pet may be too heavy. If there are no underlying health issues, a change of diet and lifestyle is likely to be suggested. Many vet practices run free weight management consultations, ask about these services when you ring to book an appointment.

Your Dog is score
Obese

5

Your pet is likely to be obese and this can have serious medical implications. Being overweight is unhealthy for pets as it can lead to a shortened life-span, heart disease, arthritis and diabetes. Speak to your local vet for advice and a thorough health check up. The vet will look for any underlying medical reasons as to why your pet may be too heavy. If there are no underlying health issues, a weight loss programme will probably be individually developed for your pet and should include diet and lifestyle changes.

Remember to make the most of advice on weight management offered by many vet practices and pet care professionals.

For more information on the Pet Size O-Meter and tips on how to prevent weight gain visit www.pfma.org.uk. In addition to providing useful tips on how to keep your pet healthy and happy, a team of veterinary nutrition experts are on hand to answer your pet nutrition questions in the 'Ask the Expert' section.

