



Cat Obesity

Is my cat overweight or obese?

We see our feline friends every day so, sometimes we don't always notice if they put on weight. This guide is to give you some ways to check if your cat is a healthy weight!

At Lime Trees Vets we use a system called 'Body Condition Scoring'. This involves looking at your cat's shape and size to determine their ideal weight.

'Body condition scoring' involves running your hand gently along your pet's spine, just like you do when you stroke them. You should be able to feel their spine without applying too much pressure. If you can very easily feel your cat's spine they may be too thin!

Similarly with your cat's ribs, you should be able to feel them without applying too much pressure but not easily be able to feel the spaces between them.

On the reverse is a short guide on 'Body condition scoring':

What to do if my cat is overweight?

If your cat is overweight it means they have been eating more than they need for the amount of exercise they are currently doing. This means they need either a small reduction in food, or an increase in exercise. Any changes should be made slowly though. Sudden, dramatic changes can be stressful for your cat!



At Lime Trees Vet our experienced veterinary nurses offer a weight clinic. We can discuss your cat's nutrition in depth, including any changes or adjustments that can be made. Your cat's weight will be closely monitored and measurements taken in order to keep track of your cat's progress!



BODY CONDITION SCORE CAT

TOO THIN



- 1**
- Ribs, spine and pelvic bones easily visible on shorthaired cats
 - Very narrow waist
 - Small amount of muscle
 - No palpable fat on the rib cage
 - Severe abdominal tuck



- 2**
- Ribs easily visible on shorthaired cats
 - Very narrow waist
 - Loss of muscle mass
 - No palpable fat on the rib cage
 - Very pronounced abdominal tuck



- 3**
- Ribs visible on shorthaired cats
 - Obvious waist
 - Very small amount of abdominal fat
 - Marked abdominal tuck

IDEAL



- 4**
- Ribs not visible but are easily palpable
 - Obvious waist
 - Minimal amount of abdominal fat



- 5**
- Well proportioned
 - Ribs not visible but are easily palpable
 - Obvious waist
 - Small amount of abdominal fat
 - Slight abdominal tuck



ABOVE IDEAL

- 6**
- Ribs not visible but palpable
 - Waist not clearly defined when seen from above
 - Very slight abdominal tuck

OVERWEIGHT



- 7**
- Ribs difficult to palpate under the fat
 - Waist barely visible
 - No abdominal tuck
 - Rounding of abdomen with moderate abdominal fat

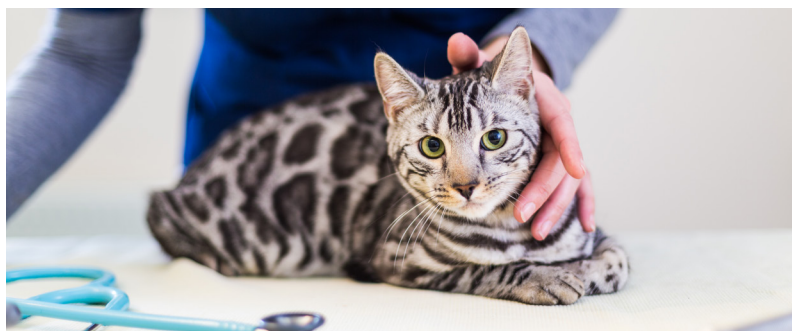


- 8**
- Ribs not palpable under the fat
 - Waist not visible
 - Slight abdominal distension



- 9**
- Ribs not palpable under a thick layer of fat
 - Waist absent
 - Obvious abdominal distension
 - Extensive abdominal fat deposits

OBESE



 **limetreesvets**
cat clinic

Lime Trees Cat Clinic

Tea Road, Cheadle, Stoke-on-Trent, Staffordshire ST10 1TW

☎ **01538 752117**

reception.cheadle@limetreesvets.co.uk

limetreesvets.co.uk



If you are worried about your cat's weight, or want to discuss treatment options, give us a call to make an appointment.

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