

# PAWspective

Chain of Lakes Animal Clinic

January 2019



New Year's resolutions are a good way to kick off the new year! Weight loss is typically the first thing that comes to mind. Did you know that only 10% of your pet's food intake should be treats? The other 90% (or more) should be a complete and well balanced food. Make it a goal for your pet to have a waistline in 2019!

## Puzzle Toys

Puzzle toys are a good way to help your pet get some exercise while helping with weight control.

Placing one meal a day in the toy could help your pet lose weight without them realizing the difference in food proportion. The Kong Wobbler is a good option for dogs. A quick internet search for 'puzzle toys for cat' will give you multiple options!

## Healthy Treats

Pet safe fruits and veggies include apples, cantaloupes, strawberries, squash, green beans, broccoli, and carrots.

Lean Treats are a healthy treat for both cats and dogs. We have these available in clinic if you would like to pick up a bag for your pet! Remember to keep treats at less than 10% of their total daily calorie intake.

## CBD Oil For Pets

We receive a lot of questions about CBD oil from pet parents. A study done by Cornell University suggested that certain levels of CBD oil twice daily can help increase comfort and activity in dogs with osteoarthritis.

The main focus of the use of CBD is for pain in animals, but more research is being done in the areas of anxiety, seizures, and inflammation; just to name a few.

While cannabis is federally illegal, "hemp" derived CBD is legal in all 50 states.

If you're interested in learning more about how CBD oil could help your pet, please contact us so we may help your pet on an individual basis. Quality and strength of these oils vary greatly, so please consult a veterinarian first. For more information on Cornell's study, please go to: <http://veterinarynews.dvm360.com/cornell-takes-lead-cannabidiol-research>

## Clinic Announcement

OPEN HOUSE!

January 19th, 2019 from 11:00am-2:00pm  
Food, games, pet adoptions, fun & prizes!

We are pleased to have our fellow businesses opening next door! Win Win Nails & Spa opened late 2018 with Marco's Pizza, Scoops N Smiles, and Horizon West Dentistry soon to follow!

We hope everyone had an amazing holiday season! Happy New Year from the Chain of Lakes Animal Clinic Family!