

Your pet and diabetes



**Know the facts,
reduce the risks**

Diabetes in our pets

Just like us, pets can suffer from diabetes too but it is not always easily identifiable. It can be concerning enough when our furry friends are unwell but without knowing why can cause additional worry.

You can help your pet by understanding what diabetes is, the causes of it and how to recognise the symptoms.


The Facts

- Diabetes is a complex disease with a range of indicators that you can look out for.
- Diabetes occurs when our pet is unable to produce enough insulin or their body doesn't react to insulin properly.
- A lack of or reduced response to insulin means your pet's body won't be able to regulate the sugar levels in their blood, leading to some serious side effects.
- Animals and humans alike need insulin to absorb glucose and move it to cells around the body enabling the body to properly function.

What causes diabetes in our pets?

Sadly, there is no known cause of diabetes and why this might occur in certain cats and dogs. However, there are few things to be mindful of that increase the risk of the disease.

These are factors like, but not limited to, age, gender and genetics. Obesity also plays its part to increase the risk of diabetes but knowing what to look out for and guidance on how to reduce the risks will help.



Choosing the right diet for your pet will depend on their age so please, if in doubt, do check with one of our friendly team members.

Spotting the signs of diabetes in pets

Try not to worry. Diabetes can be managed to give your pet a much better quality of life.

Below are some of the signs you might want to look out for in your pet, to help you know when to consult your vet to give them the treatment they need.

- Drinking more often
- Weeing more than usual
- Increase or loss of appetite
- Weight loss
- Lethargy or increased tiredness
- Breath that is described as 'sweet smelling'
- Urinary tract infection

Can diabetes be treated?

It cannot be cured but can be effectively treated with careful management, following the advice of your vet. Any treatment plan will be tailored to address your pet's specific condition.

Treatment can include:

- A balanced diet
- Regular exercise
- Insulin injections (you will be guided on how to administer these)

Please speak to a member of the team for further advice.



Advice

You can find great reward in managing your pet's diabetes with many taking treatment very well.

Keep your pet fit from nose to tail by following these simple guidelines for diet and exercise.

- ✓ Walk your dog daily – how much exercise needed will depend on their breed, age and how healthy they are. Speak to one of our friendly team about your pet's specific exercise needs.
- ✓ Combine some games/fun with your walks – treats have their place but use your dog's favourite toy to create a scent trail by rubbing it along the route at regular intervals to help encourage your dog to move.
- ✓ Vary your walking route & length to help keep exercise interesting.
- ✓ Avoid giving your pets table scraps. Human food is not advisable and will unbalance your animal's diet.
- ✓ Aim to feed a 'complete' food which will meet the recommended nutrients that your dog will need.
- ✓ Provide constant access to fresh, clean water.
- ✓ Playtime is the best form of exercise for your cat – helping your cat stay active will prevent boredom and consequently overeating.
- ✓ Use items they can jump into – boxes/tunnels.
- ✓ Cats love to be able to scratch to keep their claws sharp while also toning their shoulder and back muscles to help keep them lean and fit – invest in a scratching post to give your cat the ultimate workout!
- ✓ Playing chase or being able to bat at light things are a cat's favourite pastime. Why not try a motorised toy to chase or simple toy on a string to bat lightly with their paw.

Choosing the right diet for your pet will depend on their age so please, if in doubt, do check with one of our friendly team members.