



Case 23: Obesity publication date: Sep 12, 2008

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'Penny' Female (n) , Black Labrador, 7 ½ years.

Clinical History: **OBESE!** 44.8kg. Target weight = 32kg.

04/02/08; Blood tested ,T4, +ve for hypothyroidism, onto Canine R/D diet 150 g twice daily, and start SOLOXINE tablets, 0.8mg once daily. Treadmill session 3 x weekly if possible.

06/02/08; Treadmill Assessment; Thigh (dorsal to stifle) = 13inch/33cm

Waist = 29inch/74cm

Chest = 33inch/84cm

Neck = 22.5inch/57cm

Pre exercise heart rate= 82 beats/min

General appearance; bright and alert, going through heavy moult, hair shedding +++ and greasy/scurfy coat. Fat pads over pelvis. No evidence of 'hourglass' shape, ie no obvious waistline, pendulous abdomen, no 'tuck'.

Treadmill; 2.6k/h , 7 minutes

2.8 k/h, 1 minute.

Panting +++ but fast recovery, returned to almost normal respiratory rate within 5 minutes. Post exercise heart rate = 96 beats/ minute.

08/02/08; Treadmill; 3.0 k/h, 6.5 minutes

3.2k/h, 1minute

2.7k/h, 1.5 minutes

2.5 k/h, 1 minute.

11/02/08; Treadmill; 3.2 k/h, 5 minutes

3.0 k/h, 3 minutes

2.8 k/h, 2 minutes

2.6 k/h, 2 minutes

43.2kg, Waist = 28.5inches/ 72.5cm

13/02/08; Treadmill; 3.0k/h, 4 minutes

3.2k/h, 9 minutes

15/02/08; Treadmill; 3.0 k/h 3 minutes

3.2 k/h 4 minutes

3.3 k/h 2 minutes

3.4 k/h 3 minutes

3.2 k/h 2 minutes

41.6kg

Waist = 26.75 inches/ 68 cm

Chest = 33inches/ 84 cm

18/02/08; Treadmill; 3.0 k/h 2 minutes

3.2 k/h 3 minutes

3.3 k/h 3 minutes

3.4 k/h 3.5 minutes

3.2 k/h 3 minutes

20/02/08; Treadmill; 3.0 k/h 2 minutes

3.2 k/h 2 minutes

3.3 k/h 2 minutes

3.4 k/h 5 minutes

3.2 k/h 4 minutes

25/02/08; Treadmill; 3.0 k/h 2 minutes

3.2 k/h 2 minutes

3.4 k/h 4 minutes

3.5 k/h 2 minutes

3.3 k/h 2 minutes

27/02/08; Treadmill; 3.2 k/h 4 minutes

3.4 k/h 4 minutes

3.5k/h 2 minutes

3.2 k/h 2 minutes

Waist = 28" / 71 cm

Chest = 32.5" / 82.5 cm

29/02/08; Treadmill; 3.2 k/h 2 minutes

3.4 k/h 6 minutes

3.5 k/h 4 minutes

3.2 k/h 2 minutes

03/03/08; Treadmill; 3.4 k/h 8 minutes

3.6 k/h 5 minutes

Waist = Original = 29" / 74 cm Now = 26" / 66 cm Total loss so far = 3" / 8 cm

Chest = Original = 33" / 85 cm Now = 31.5" / 80 cm Total loss so far = 1.5 " / 5 cm

Pre exercise heart rate = Original = 82 b/min Now = 74 b/min Reduction of = 8 b/min

Post exercise heart rate = Original = 96 b/min Now = 80 b/min Reduction of 16 b/min

Weight = Original = 44.8 kg Now = **40.0 kg** Total loss so far of 4.8 kg

The above data proves that the treadmill, used in conjunction with diet and medication has dramatically improved Penny's health and recovery time after exercise.

05/03/08; Treadmill; 3.4 k/h 15 minutes

Very lively and bright!

07/03/07; Treadmill; 3.4 k/h 17 minutes

Owner reports livelier in general especially on walks, and now retrieving ball which she has never done before. Definite muscle toning evident.

11/03/08; Treadmill; 3.4k/h 17 minutes

Definite waistline appearing, and increase in muscle mass hind limbs and shoulders.

14/03/08; Treadmill; 3.4 k/h 18 minutes

Bit off colour – gets stressed with bad weather.

39.6kg

17/03/08; Treadmill; 3.6 k/h 15 minutes

Loads of energy, trying to break into a trot, & barking & wagging tail loads!

19/03/08; Treadmill; 3.6k/h 18 minutes

Still on going on treadmill.....

26/03/08; Treadmill; 3.6k/h 20 minutes!!

Waist = Original = 29"/74cm Now = 25"/63.5cm Total loss so far = 4"/10.5cm

Chest = Original = 33"/85cm Now = 31"/79cm Total loss so far = 2"/6cm

Neck = Original = 22.5"/57cm Now = 16.75"/42.5cm Total loss so far = 5.75"/14.5cm

38.2kg

