



Gatos Gordos: Un Problema Pesado

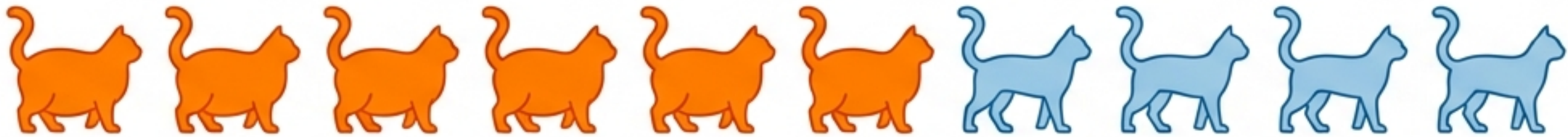
Fat Cats: A Heavy Problem

Vocabulario / Vocabulary

- Mascota = Pet
- Gato = Cat
- Veterinario = Veterinarian



60%



El 60% de los gatos tienen sobrepeso.

60% of cats are overweight.

**¡Son 56 millones
de gatos!**

** (That is 56 million cats!)*

Amor



Peligro



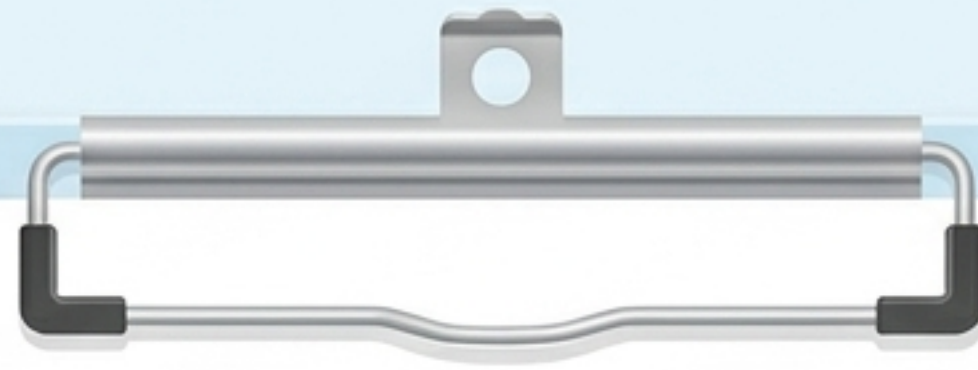
**Los dueños piensan que el gato es normal.
Niegan la realidad.**

*The Fat Pet Gap: Owners think the cat is normal.
They deny reality. Fat becomes the new normal.*

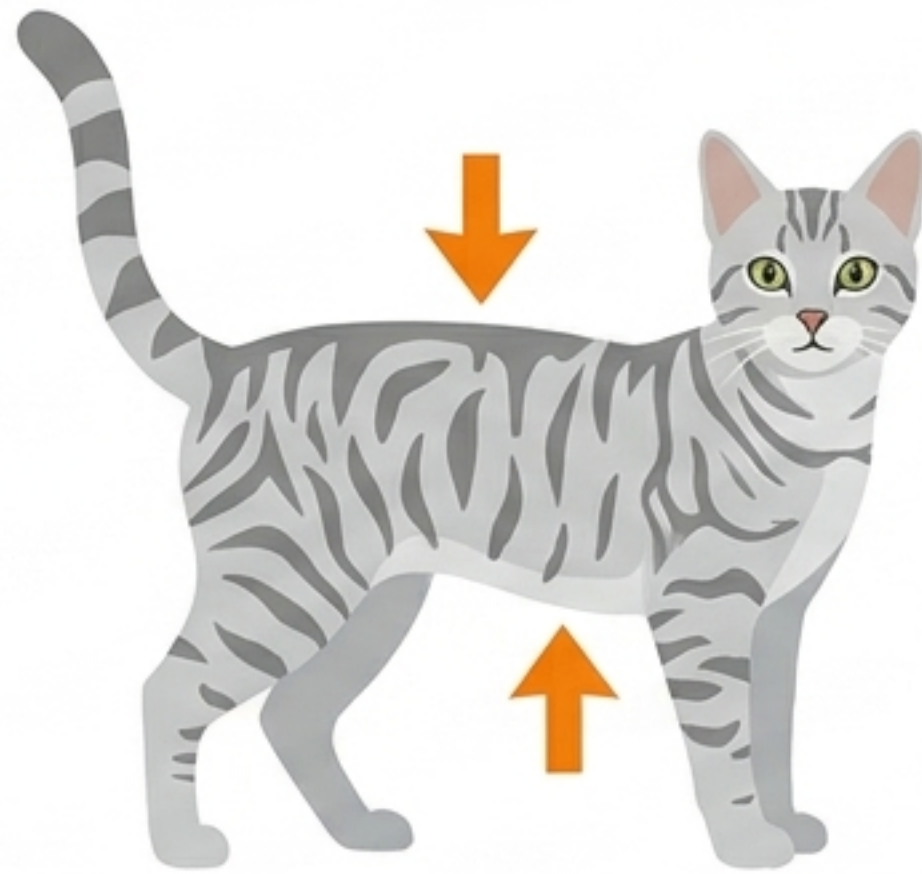
Vocabulario:

Dueño = Owner

Comida = Food



IDEAL



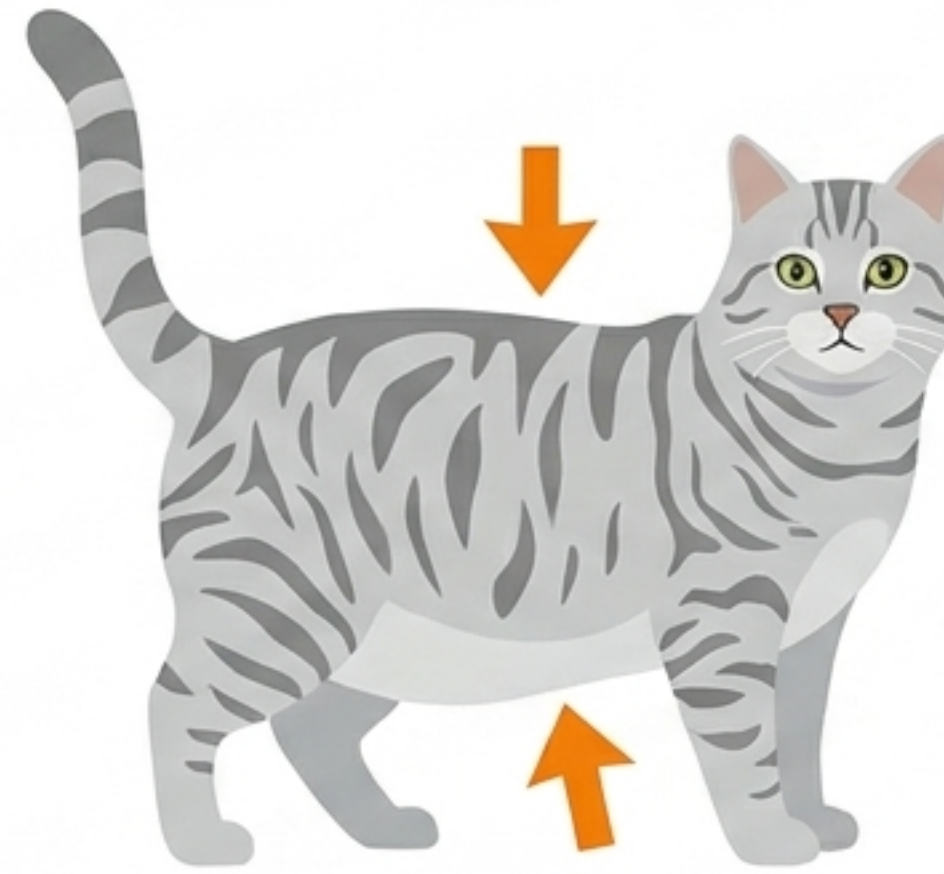
Cintura visible

Visible waist

Costillas palpables

Can feel the ribs

OBESO



No hay cintura

No waist

Abdomen redondo

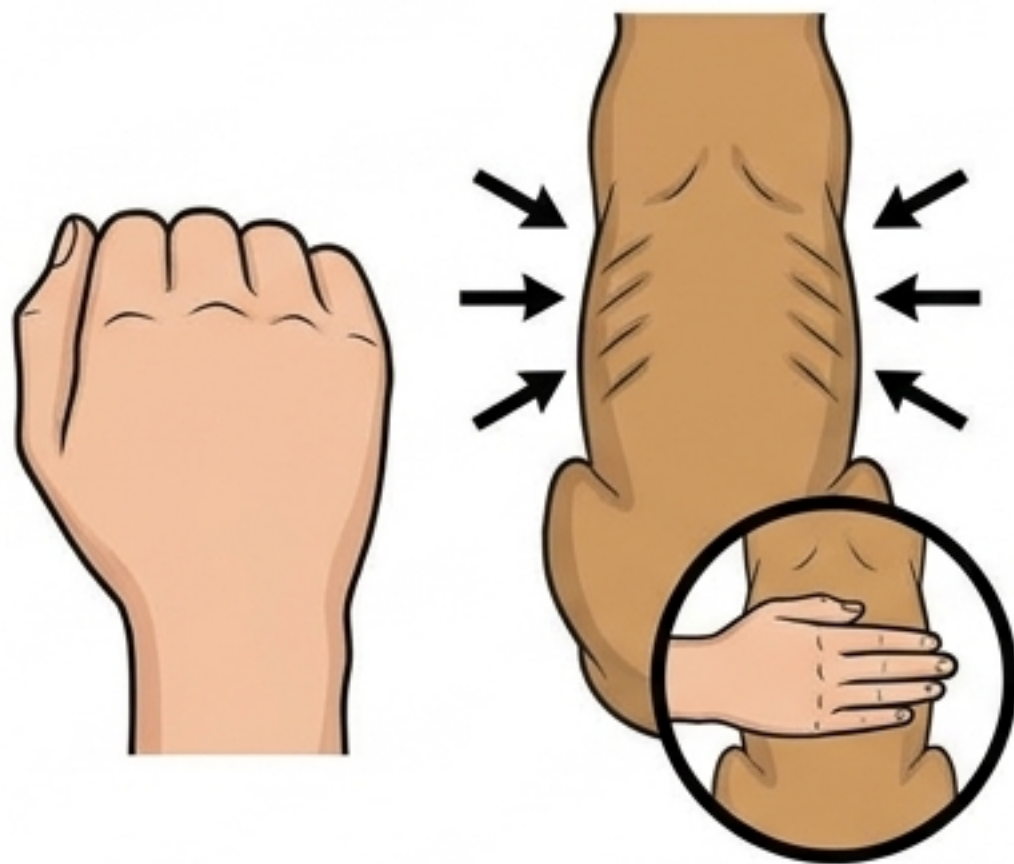
Round abdomen

La Condición Corporal

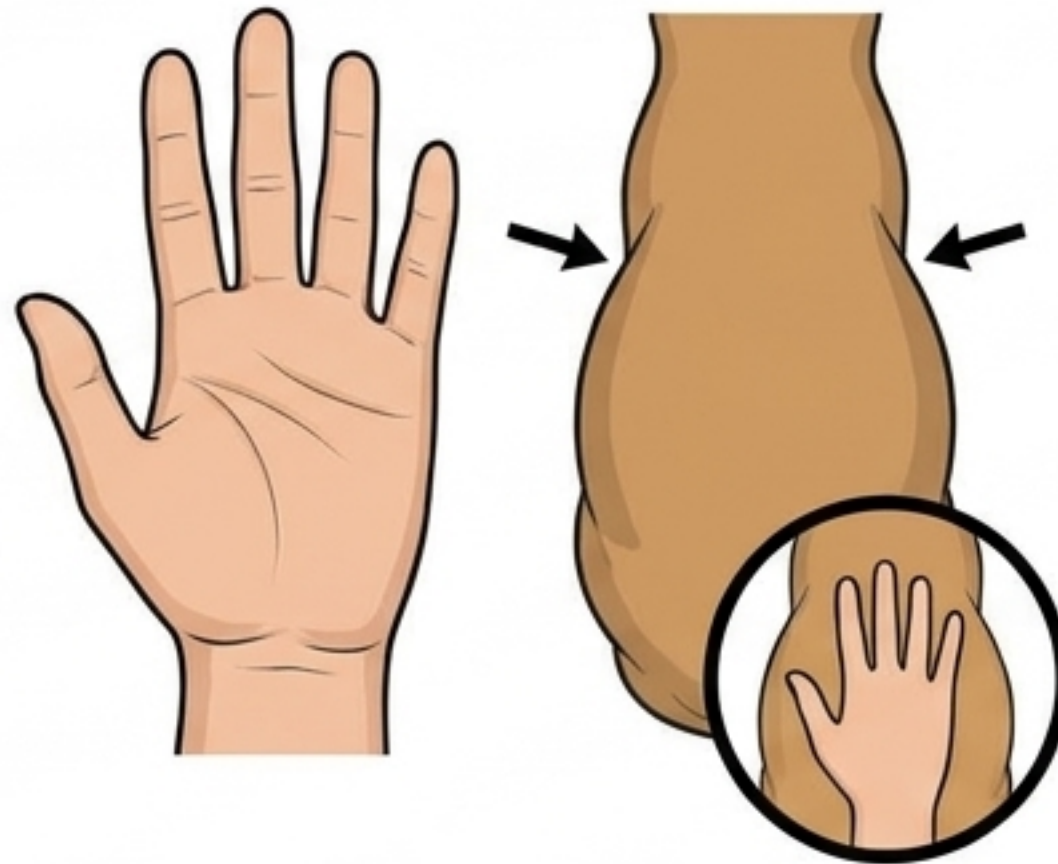
The Body Condition Score

¡Toca a tu gato! Comparalo con tu mano.

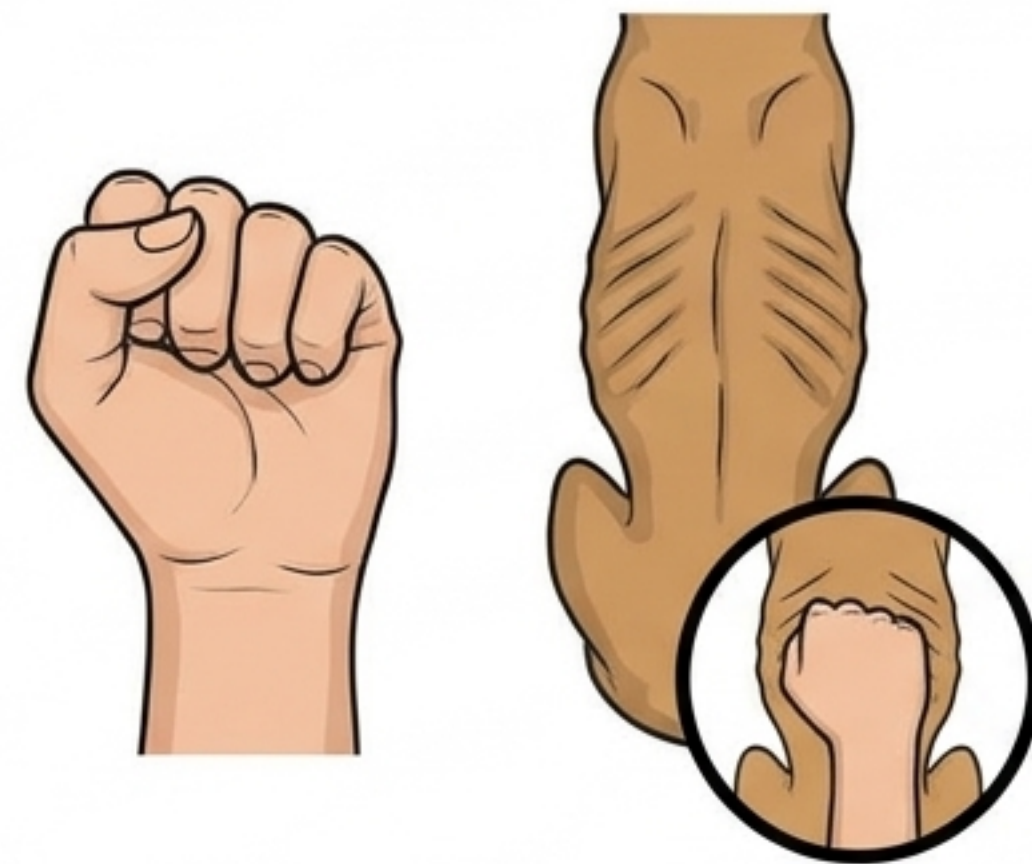
Touch your cat! Compare it to your hand.



Nudillos en mano plana = **IDEAL**
Knuckles on flat hand = Ideal.
Se sienten como nudillos planos.
Feel like flat knuckles.



Palma de la mano = **GORDO**.
Top of palm = Too heavy.
No se sienten costillas.
Cannot feel ribs.



Nudillos en puño = **MUY DELGADO**.
Knuckles making a fist = Too thin.
Se sienten como nudillos en puño.
Feel like knuckles in a fist.

¿Por qué es un problema?

Why is it a problem?



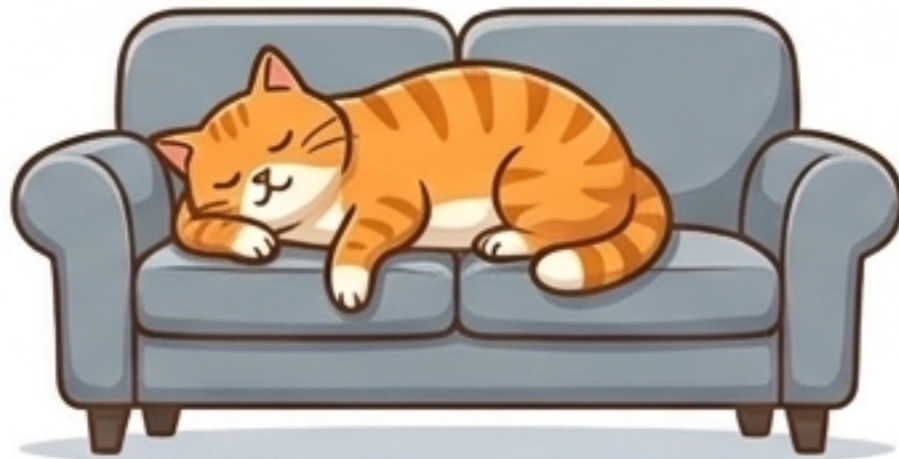
Causas de la Obesidad

Causes of Obesity



Mucha comida seca.

Too much dry food left out all day.



Falta de actividad.

Lack of activity. Sedentary lifestyle.



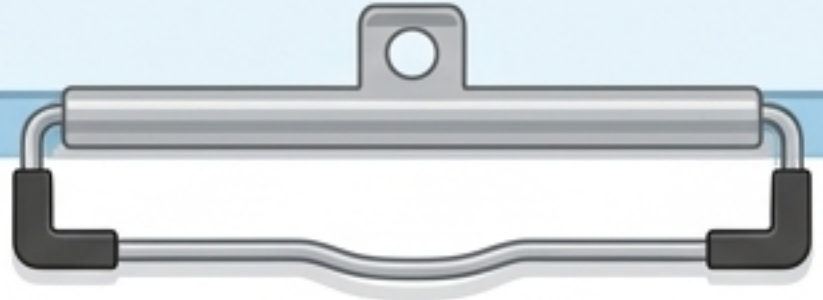
Comida por atención.

Owners give food when the cat just wants attention.

Vocabulario:

Enfermedad = Illness

Maullar = To meow



Solución 1: Controla la Comida

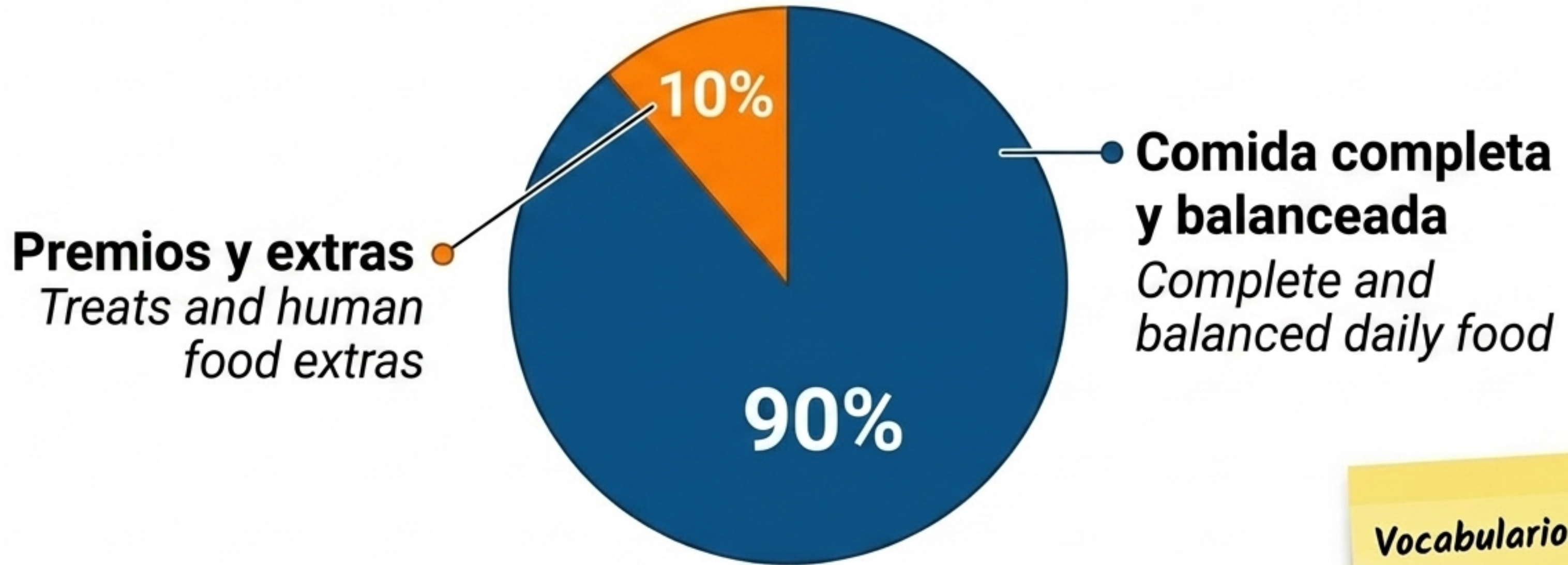
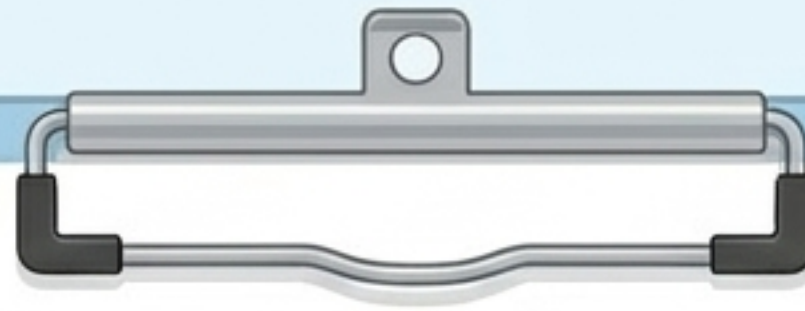
Solution 1: Control the Food



- 1. Usa comida húmeda.**
Use wet food — it makes them feel full.
- 2. Mide las porciones. No adivines.**
Measure portions. Do not guess.
- 3. Usa comederos interactivos.**
Use puzzle feeders so they work for their food.

Vocabulario:

Agua = Water
Plato de comida
= Food bowl



La Regla de Oro /
The Golden Rule

¡Nunca más del 10% en premios!
Never exceed 10% for treats, or the cat will gain weight!

Vocabulario:
Premio = Treat

Solución 3: ¡A Jugar!

Solution 3: Let's Play!

Juega 20 minutos al día.

**Play 20 minutes a day.*

Usa juguetes, no tus manos.

**Use toys, not your hands.*



Puntero láser = *Laser pointer*



Pelota = *Ball*



Caña de pescar = *Feather wand*



Vocabulario:

Premio = *Treat*

Vet Tip:

**Gato cansado =
Gato sano**

**(Tired cat = Healthy cat)*



Tu Plan de Acción

Your Action Plan



Acepta la realidad: Usa el truco de la mano.

**Accept reality: Use the hand trick.*



Controla las porciones y los premios.

**Control food portions and treats.*



Juega 20 minutos todos los días.

**Play 20 minutes every day.*

Un gato sano es un gato feliz.

**A healthy cat is a happy cat.*