

Case Study #09-02

Sammy

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Breed: Domestic Shorthair Cat

Age: 6 years (DOB 1/02)

Gender: Male, neutered

Disease/Condition:

- Obesity (18.6 lbs, body condition score >7)
- Failure to lose weight

Dates of Study: 10/27/08 – 2/18/09



Before, October 2008

History/Diagnosis:

Sammy is considered a morbidly obese feline though with no known underlying medical conditions to date; he is overall a healthy cat. The owner had previously tried free-feeding a premium high-protein, grain-free kibble, but Sammy still had not lost any weight. Since the grain-free kibble was not helping Sammy lose weight, Dr Spears suggested the client enroll Sammy into the Nature's Variety® (NV) Raw Diet Feeding Case Study. At the time of enrollment (10/27/08), Sammy weighed 18.6 lbs with a body condition score (BCS) over 7, well above the ideal 4-5 on a 9 point scale.

Treatment:

Sammy was transitioned gradually over the course of 25 days to a portion controlled Nature's Variety® raw diet, starting with the Raw Frozen Chicken Formula. Once transitioned to 100% raw (11/20/08), Sammy was rotated between rabbit and chicken protein sources. He was fed approximately 2.5 oz of raw daily (~163 kcals) during the transition phase, eventually eating up to 4.0 oz of raw daily (~260 kcals). His owner kept a daily log of raw food intake, protein source fed, supplements used (if any), interest in food, and stool score. Stools were scored on a whole number scale between 1 and 5, 1 being nearly liquid and 5 being hard and firm.

Results:

The transition to raw food was difficult because Sammy was a mature cat. To ease the transition, Sammy was given a mixture of NV Instinct® canned food along with the raw and his old kibble. The owner was persistent

and Sammy successfully transitioned to 100% raw after 25 days. Almost immediately, his stool score stabilized to a consistent 3 and the owner noted that stool volume was much less.

During the follow-up exam on day 115 (2/20/09), the end of the case study period, it was noted that Sammy's coat and skin were in great condition; he looked healthy. Importantly, he had dropped to 14.1 lbs, a total loss of 4.5 lbs or approximately 24% of his initial pre-raw feeding weight. His BCS dropped to below 7. Dr Spears commented that the weight loss Sammy experienced when fed NV Raw Frozen Diets compared to his previous diet was "fantastic and that it was lost in a healthy manner."

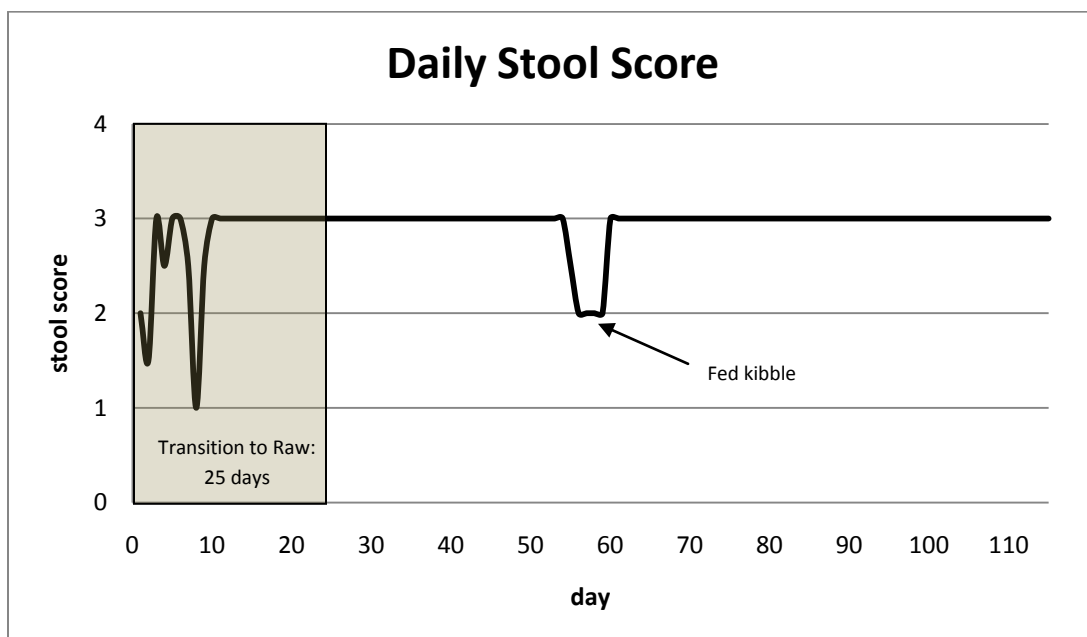


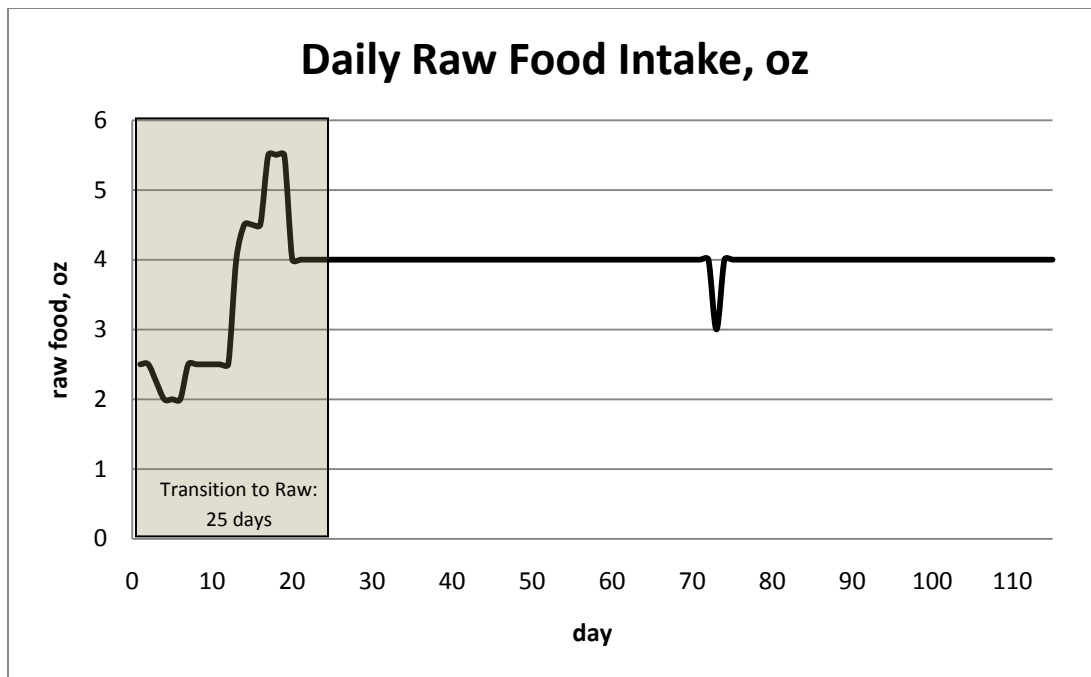
After, February 2009

Conclusions:

This case study documents successful weight loss using a grain-free, low-carbohydrate raw diet. Prior dietary intervention using a grain-free premium kibble had failed, but after 115 days of feeding NV Raw Frozen Diet, the overweight patient lost nearly 24% of his body weight. Grain-free kibble, while typically high in protein, is not inherently low in carbohydrates. The carbohydrates required to manufacture kibble likely contribute to feline obesity. When cats are fed a raw meat-based diet low in carbohydrates, they maintain lean body mass while shedding excess pounds. The veterinarian commented that feeding a raw diet was a highly successful method of promoting weight loss in a healthy manner.

The data show that a complete and balanced raw diet based on the type of foods likely consumed by wild, ancestral felines (raw meat, bones, organs, and whole fruits and vegetables) is an effective and viable option for promoting weight loss. Reduction in overall body fat or achieving a more ideal body condition score is vital to preventing and combating feline obesity-associated diseases such as diabetes.





Prior Medical Background (initial exam on 10/11/08):

- Weight: 18.6 lbs, Body condition score above 7
 - Scale based on a score of 1-9 with 1 being too thin and 9 obese; 4-5 is ideal
- Attitude: Bright, Alert, Responsive (BAR)
- Coat: fair/good
- Vitals: normal
- CBC and Chem: normal
- Medical Disease: none
 - Overweight
 - Owner has tried Wellness® Core kibble (grain-free); still unable to lose weight
 - Caloric intake unknown; generally free-fed

10/27/08

- Enrolled in Nature's Variety®(NV) Raw Diet case study
- Started a NV raw diet for 115 days
 - Transitioned over a 25 day period with Raw Frozen Chicken Formula, rotating with Raw Frozen Rabbit Formula after the transition
 - Caloric intake: ~260 kcals (4.0 oz raw)
 - Disliked the raw at first – needed to mix NV Instinct® canned food for a few days to ease transition

2/20/09 (follow-up exam after 115 days eating raw)

- Weight: 14.1 lbs, Body condition score less than 7
- Skin and Coat: healthy, glossy
- Attitude: BAR
- Less stool volume noted by owner