



## Is your Doberman Fit or Fat?

Get the answer, learn the dangers of even a little excess weight, and see tips on Doberman weight loss.

### How can you tell if your Doberman is fat or fit?

Over 50% of dogs are overweight, according to the Association for Pet Obesity Prevention. Dobermans, especially rescues often not bred within standards, can vary quite a bit. Some are small and in the 50lbs, and some are large and over 100lbs.

When checking out your Doberman, you should:

1. Feel palpable ribs without excess fat covering; you should be able to see the last two ribs if they are panting or running.
2. See an inversion in the waist when you stand directly over your dog from above.
3. See a tucked up abdomen when you view your dog from the side.
4. Notice that they have a zest to exercise and be active, barring any other health issues.

Ultimately, you should always work with your vet to determine your Doberman's ideal weight. If they do not address it each visit, be sure to bring it up. See page two for examples of ideal Dobermans, and overweight Dobermans.

### Why is it so dangerous for a Doberman to carry excess weight?

Even a slightly overweight Doberman is not a joking matter - it isn't sweet, or silly. Excess weight is deadly. With even just a couple of extra pounds, overweight Dobermans typically have more difficulty breathing, exercising, and dealing with the heat. They can suffer from hypertension, diabetes, liver disease, chronic inflammation, skin issues, cancer, and orthopedic disease/early osteoarthritis. They have an increased risk for complications during surgery, and have a lowered immune system. They are more likely to get cancer, and the weight is hard on their already at-risk heart. **Bottom line - an overweight Doberman has a reduced life expectancy and diminished quality of life.**

### How do you better control your Doberman's weight?

Consult your vet. Be sure you rule out (or in) any health-related issues that impact weight. Then, discuss with your vet the correct level of exercise and food your dog should be getting. You may also consider a holistic vet, open to a broader view of dietary options, for a nutrition consult. DHDR has these contacts, if you are interested.

Remember, unless physically unable, Dobermans are a working breed who must stay active to remain physically and mentally fit. Furthermore, they require high quality food. Curious about your food? [www.PetFoodAdvisor.com](http://www.PetFoodAdvisor.com) is a great resource.

Share with us in the comments your own Doberman weight stories and tips! Visit <https://petobesityprevention.org/> to learn more about pet obesity.

