

Patient Name: Bob White  
Date: 1/20/15  
Technologist: Ashley Cox, BS, LVMT

Patient ID: 256481  
Consulting Nutritionist: Dr. Angela Witzel

**History:** Bob White is an 11 year old male neutered domestic shorthair who has a history of moderately well regulated diabetes mellitus (diagnosed in 2013) and a recent history of abdominal discomfort associated with eating of about 1 month's duration.

**Diet History:** In early January of this year Bob started eating Royal Canin HP (341 calories/cup), ¼ cup twice per day. Previously Bob has eaten Purina cat chow naturals chicken flavor, Purina DM, Orijen, and Fancy Feast. Bob will only eat dry food and does not like canned diets.

Previous protein exposure: Chicken, turkey, duck, fish (unspecified)

**Diagnostics:**

Serum chemistry Panel 1/4/2015 (Most recent, older bloodwork available in record): glucose 417

**Problem List:**

1. Diabetes mellitus
2. Gastrointestinal discomfort associated with eating

**Plan:** Bob weighs 14.6 pounds and has a body condition score of 6/9 (slightly overweight). Based on his lifestage, breed, and diet history, we estimate Bob needs to eat about 290 calories per day to maintain his current weight (using a lifestage factor of 1.0).

Bob is currently living with diabetes and an unknown gastrointestinal disorder. The challenge will be to hopefully improve his abdominal discomfort while at the same time making sure we nutritionally manage his diabetes. The abdominal pain Bob is experiencing after eating could be due to several conditions. At present we will be focusing on ruling out either food sensitivity or an inflammatory process. Chronic pancreatitis is another potential cause of his pain, but unlike dogs, diet does not appear to impact the development or outcome of chronic pancreatitis in cats.

Currently Inflammatory Bowel Disease (IBD) is considered the most common cause of chronic diarrhea and vomiting in dogs and cats. It is common to include both the small and large bowel with multiple segments being affected. In animals with IBD it is suggested to feed frequent small meals that are highly digestible to help minimize gastro-intestinal (GI) distention and secretions.

Dietary antigens are thought to play a role in causing IBD so novel proteins and hypoallergenic diets are recommended. An antigen is a protein that the body thinks is foreign and causes an allergic reaction. For an allergic response to occur an animal must have eaten the offending protein in the past. Therefore, when designing diets for IBD ingredients that the patient has never eaten in the past are often used. Proteins can be found in many food ingredients including meats and carbohydrates.

Feline diabetes has many similarities to type 2 diabetes in humans. It typically begins with insulin resistance in tissues like muscle and fat and obesity is a major contributor to its development. Bob is only slightly overweight, so we are not going to try and get him to lose weight until we know his diabetes is well controlled on a new diet plan. Diabetic cats tend to do best on a low carbohydrate diet. The carbohydrate content of canned foods is typically lower than dry foods, but Bob refuses to eat a canned diet. Therefore, we have tried to find a diet that will address his potential allergy to food while being as low in carbohydrates as possible.

**Recommendations:**

We will be trying a novel protein for Bob and so will be changing his food to dry Hill's d/d venison and pea formula (470 calories/cup). Bob will need approximately 2/3 cups of food daily to meet his requirements. This can be divided into two meals of 1/3 cup each.

Please transition Bob slowly to his new diet over about 1-2 weeks to avoid gastrointestinal upset. Please begin with 25% new diet and 75% old diet for 2-3 days, then 50/50 for 2-3 days, then 75% new and 25% old for 2-3 days.

If Bob's diabetes is unable to be managed well on this food, we can try switching him to a cooked, exclusively meat-based diet (supplemented with adequate vitamin and minerals) with a novel protein instead of a commercially prepared kibble. In addition, if Bob's abdominal discomfort does not improve after a few weeks, please let us know.

Thank you for consulting with us on Bob's nutrition plan and please let us know if you have any questions or concerns!