



Planning for good health

- 1. Keep up with routine disease prevention -** Vaccination boosters, regular worming, flea control.
- 2. Keep up with Pet Health Insurance** - you'll need it later (typically a significant claim is made every 3 years per insured pet).
- 3. Bad Teeth and Gingivitis** - Get the teeth cleaned and polished under anaesthetic regularly- preserve the teeth rather than waiting till they go bad.
- 4. Obesity** - Overweight cats have less fun and live shorter lives. Slim down overweight cats now.
- 5. Behaviour problems** - Nervousness, aggression, toileting problems, scratching etc. - Behaviour problems come in many forms and often result in an anxious or unhappy cat - we can improve or resolve most problems.
- 6. Regular Health Check with the vet** every 3 months. 3 cat months are equal to 18 human months. Bring your older cat to the vet regularly to spot problems early.

Weight _____ Ideal weight _____ Date _____

Notes

Pet's Name

Top Priorities for the Older Cat (7 yrs +)



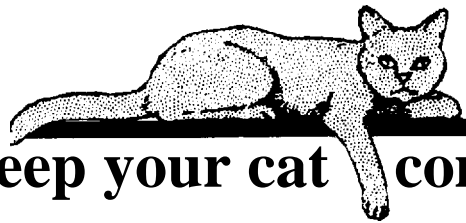
- HIGH QUALITY FOOD** - we recommend for the best of health.
Hill's Science Plan - Senior - VET ESSENTIALS
Good quality nutrition is essential as a cat ages.
- VACCINATION** - against Flu, Enteritis & Feline Leukaemia.
Annual booster injection essential.
- WORM** every 3 months *with* MILBEMAX.
- FLEA PREVENTION** Do it all year round!
Treat all your pets! Cost for 12 months for a cat is £60 - £75.
The most effective method for a cat, because you won't forget to do it is **PROGRAM** injection - every 6 months.
or use **STRONGHOLD** spot-on monthly
- WATCH THE WEIGHT** - Overweight cats are prone to diabetes, heart disease and arthritis. Feed Hill's R/D (dry or canned)
- TEETH CARE** - Expect dental problems in older cats.
Dental polishing under anaesthetic will be required every 1 - 2 yrs.
- ARTHRITIS** Look out for arthritis in cats over 10 yrs old. Cats don't often show pain, but slowing down, difficulty jumping or less grooming are all clues. We can treat arthritis and greatly improve quality of life in most cases.
- USE A WATER FOUNTAIN**- to encourage your older cat to drink more water - helps prevent kidney and bladder problems.
- RAISE THE FOOD and WATER BOWLS** - to make eating easier for an older cat - takes the strain off the neck and back.
- PET HEALTH INSURANCE** - **Do keep it up!** The insurance premiums may rise but don't be put off, you'll need it more as the years go by.
- ROUTINE BLOOD TEST and THYROID CHECK** for cats over 10 years of age will detect treatable problems early.

Visit our website: www.vet-healthcentre.co.uk

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Vets: John Davies MRCVS, David Higginson MRCVS, Sam Purcell MRCVS

Practice Manager: Ruth Swan VN BSc(Hons) PhD



Keep your cat comfortable

Grooming.

- ★ Daily grooming refreshes and re-vitalises the body. Pay extra attention to the lower back and other parts your cat has difficulty reaching.
- ★ A **ZOOM GROOM** makes grooming easier.
- ★ Wet-wipes are ideal for freshening the face, feet and bottom.
- ★ Claws may need clipping regularly (ask the vet to show you how).

A Comfortable Bed (and a good night's sleep)

becomes more important as the years go by. **Vet-Bed** or a similar type of washable bedding helps rest ageing limbs comfortably. An electrically **heated bed** will be appreciated.

Litter Trays

Cats that have been used to toileting outside will be glad of an indoor litter tray, especially in winter. Try using the new **PREMIUM CHOICE clumping cat litter** - it's comfortable, clean, easy to use, and eliminates smell better than other cat litters.

Getting about

Old cats lose their bounce but still like to get to high places. Try to provide a pile of cushions, a footstool or a ramp (covered in carpet for a good grip) so your cat can get about easier.

Stiffness? - New treatments are available for stiffness and arthritis. These medications increase mobility and quality of life in older cats.

Muscle Weakness? - A course of anabolics will help maintain muscle strength and body weight.

Lethargy? - **Vivitonin** increases alertness and willingness to exercise.

Anxiety - A **Feliway Plug-In Diffuser** in the home helps calm anxious cats. A **Feliway Spray** helps cats relax when travelling in a car (e.g. to the vet).

How old is your cat?

Cat years compared to human years

Cat's age	1	2	3	4	5	6	8	10	12	14	16	18	20
Human age	16	23	29	33	37	41	49	57	65	73	81	89	97

Regular check-up with the nurse

To keep your cat in 1st class health we advise a check up every month or so with one of our nurses. The nurse will:

- check your cat's weight, teeth and general health.
- check for early signs of age-related problems.
- advise you on feeding and guide you on routine health care of your older cat.

Contact reception to arrange your cat's regular check-up.

Does your cat's behaviour worry you?

We can help sort out your cat's emotional problems.

- Nervousness? Scratching or Biting?
- Aggression to other cats?
- Toileting problems?
- Disturbed sleep pattern?



◆ Ask our receptionist for details of behavioural services.



Cat walks in garden....

- One flea jumps onto cat.
- Flea lays 1000 eggs that scatter around the house!
- Eggs form into adult fleas in ~ 2 - 4wks.
- One flea can result in 1000 fleas in 4wks



Wise pet owners prevent flea infestation by regular flea prevention with vet products that really work and are safe.

- Use **PROGRAM** (6 monthly injection) works best because you don't have to remember to apply it!
- or use **STRONGHOLD** spot-on monthly.
- Treat all your dogs and cats - all year round!