



YOUR CAT'S HEALTH, OUR PASSION • VOLUME 8, ISSUE 1 • JANUARY 2016 NEWSLETTER

## SUBTLE SIGNS OF ILLNESS IN CATS

When they don't feel well, cats are generally acknowledged as being great at not showing it. That's why, as your kitty's caretaker, it's important to be very familiar with your cat's normal appearance, behaviors, and routines. This can help you recognize early signs of potential illness which may otherwise go unnoticed until a disease or condition has progressed. Subtle signs to watch for include:

- **Changes in appearance.** Cats typically are fastidious groomers. Unkempt or matted fur can be a sign of metabolic disease or other illness. Cats who overgroom may be displaying signs of anxiety, stress, pain, or a skin condition.
- **Becoming more or less affectionate; hiding.** A cat who usually is very affectionate may begin to sit farther away from you, or disappear into a hiding place. Or a cat who is typically a bit aloof may begin to cling to you. These changes can be signs of disease, fear, or anxiety.



- **Bad breath.** Malodorous breath or inflamed gums can signal a number of oral diseases that, if left untreated, can lead to more serious health concerns.
- **Changes in eating or drinking habits.** Increased or decreased food or water intake can be a sign of a number of health problems—and if your kitty stops eating or drinking, that itself can cause serious consequences.
- **Unexplained weight gain/loss.** A change in weight doesn't always correlate with a change in appetite. With certain illnesses, your kitty can lose weight despite a hearty appetite. And obesity is a serious health concern for cats, as it can lead to chronic medical conditions.
- **Changes in urine or stool.** Changes in the frequency, color, smell, or volume of your kitty's urine or feces is often an indicator of a medical issue.
- **Changes in vocalization.** Increased yowling or vocalization may be a sign of an underlying medical condition, pain, or anxiety.
- **Changes in activity level.** An increase or decrease in your kitty's normal activity level may be a sign of any number of metabolic, systemic, or joint diseases.
- **Changes in sleeping patterns.** Know your kitty's normal sleep routines. If your kitty is sleeping more than usual, or has discomfort laying down or getting up, it may be a sign of underlying disease.

Additional signs of apparent illness include vomiting, diarrhea, sneezing, coughing, gagging, shortness of breath, or wheezing.

If you notice your kitty displaying any of these signs mentioned above, or any other behavioral or physical changes that are out of the ordinary, please contact us right away. Even a small change could turn out to be significant.



## THE IMPORTANCE OF WELLNESS EXAMS

Feline wellness encompasses every aspect of your kitty's health—overall well-being, vaccinations, dental care, heartworm prevention, flea and tick control, parasite testing and control, and good nutrition.

A regular wellness examination is an important tool for monitoring your kitty's health. Exams provide an opportunity to detect symptoms and prevent diseases in their early stages, or avoid them altogether.

Please ask for a copy of our wellness care plan for care recommendations based on your kitty's age. Regular exams can help keep your furry family member healthy and greatly extend his or her life.

If your kitty hasn't had a wellness exam in more than a year, please contact us to schedule an appointment. And don't miss our special offer below for our readers!



## JANUARY SPECIAL OFFER FOR OUR READERS

Through January 31, bring your kitty to the Sacramento Cat Hospital for a wellness exam and **receive a \$10 discount off the regular price!**

Please give us a call at (916) 488-4161 or stop by our front desk for more information or to schedule your appointment.

Don't miss an issue of our newsletter! Sign up to receive each month's issue by email. To subscribe, just go to [www.sacramentocathospital.com](http://www.sacramentocathospital.com), or speak with one of our team members.

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