



YOUR CAT'S HEALTH, OUR PASSION • VOLUME 8, ISSUE 5 • MAY 2016 NEWSLETTER

## KEEP YOUR KITTY'S IMMUNE SYSTEM HEALTHY

A healthy immune system is crucial for your kitty's overall good health, as it works as a natural defense mechanism to help ward off infections, bacteria, viruses, and disease. Although a healthy diet will boost your kitty's immune system (which encompasses the skin, digestive system, glands, hormones, blood, and organs), supplements can also help enhance immunity.

A number of immune system supplements are available; some of the more commonly used ones are noted below. Each type of supplement provides a specific immune system benefit to help address illnesses such as gastrointestinal disorders, abnormal cell growth, urinary tract infections, respiratory diseases, and more.

Before dispensing supplements to your furry family member, please always first speak with your veterinarian to help ensure your kitty's safety and to select the supplements most appropriate for your pet's needs.

Omega fish oils, which are mixed into your kitty's food, act as an antioxidant to aid in the prevention or treatment of certain diseases. Antioxidants can prevent the oxidation of molecules in the body. Oxidation can produce free radicals which, in turn, can begin chain reactions that damage the body's cells.

Alfa Interferon is another immune support aid. Interferons are proteins released in the body in response to viral infections. They are important for regulating the immune system, fighting viruses, and regulating reproduction of cells. A clear, flavorless liquid, Alfa Interferon is typically given orally via syringe.

L-Lysine has been clinically shown to help slow the growth of feline upper respiratory infection (URI) or decreasing a cat's chance of contracting it in the first place. L-Lysine in its powdered form can be sprinkled on your kitty's wet food; it's also available in chew and gel form.

Transfer Factor is an immune supplement that can "educate" the immune system to remember past invasions, allowing quicker future response to similar health issues. Transfer Factor not only boosts your kitty's immune system, it can help fight auto-immune diseases. Transfer Factor comes in capsule form; many cats will eat it sprinkled on wet food.

Keeping your kitty's immune system in good shape will go a long way in helping to prevent illness and chronic disease. Ask your veterinarian for more information about immune system enhancements.



## MEDICATION OPTIONS FOR YOUR KITTY

Just like people, most kitties at some point will require some kind of medication. Some cats are quite agreeable about taking their medicine, while others prefer to stay as far away as possible when they see a pill bottle.

Fortunately, there are a number of ways to administer medications to your kitty.

Giving medication orally can be a breeze or somewhat challenging depending on the kitty. Pills can be dispensed using your fingers or a Pill Popper (a device that lets you quickly and safely administer tablets and capsules). Some kitties will eat pills mixed into wet food or in a pill pocket. (A pill

pocket is a soft, tasty treat that is squeezed around the medication and then given to the kitty.)

Liquid medications are an alternative to pills. These come in a variety of flavors such as salmon, tuna, or chicken to help hide the medicinal taste. You can give the medication orally or mixed into wet food.

Transdermal gels incorporate compounded pills; the gel is applied to the inside of your kitty's ears where the medication is slowly absorbed into the bloodstream.

Lastly, an injection can be given under the skin with a small needle. We can administer an injection during an office visit, or we can train you so that you are comfortable doing this at home.

Our veterinarians and technicians are excellent educators and teachers. We're happy to schedule an appointment with you to discuss medication options or to demonstrate methods for administering medication.

And please remember, always carefully follow medication instructions provided by your veterinarian. It's important to administer the full amount of medication over the total number of days as instructed.



## MAY SPECIAL OFFER FOR OUR READERS

During the month of May, when you bring your kitty in for a wellness exam, you can receive **free trial samples of support supplements** that may help enhance your kitty's immune system. Please stop by our front desk or call us for more information or to schedule your appointment.

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