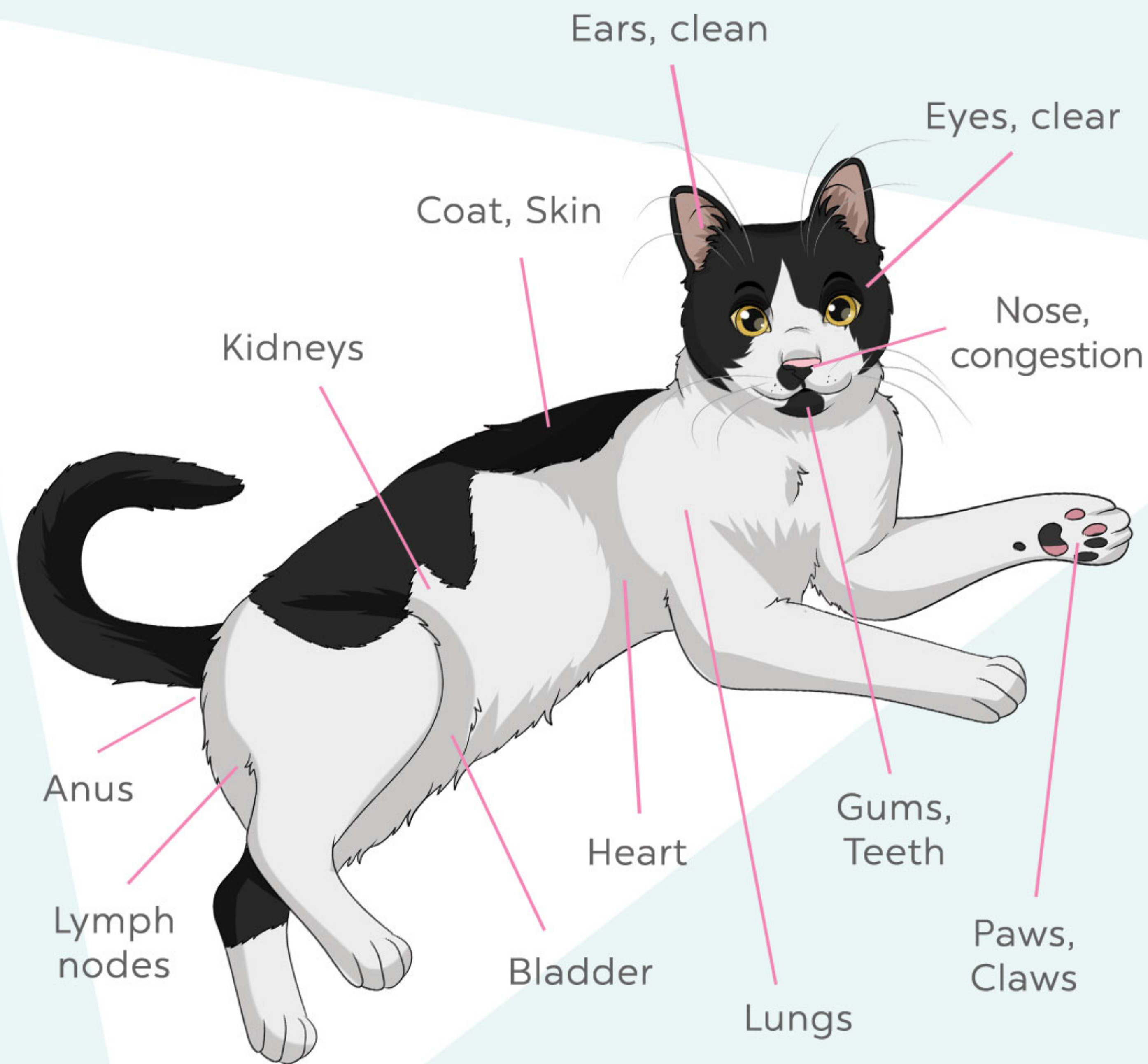




Cat Health Best Practices for Each Life Stage

Routine Wellness Exam

These are the key areas checked and discussed at each wellness exam with your vet.



- ✓ Physical Exam completed
- ✓ Temperature & weight recorded
- ✓ Vaccines / Flea control
- ✓ Review with doctor: diet, drinking, litter box activity, vomiting, coughing, and behavioral changes

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Kitten

8 wks. - 1.5 yrs. old

Yearly Wellness Exam

After kitten vaccine series complete.

These are guidelines for basic care. Your vet will adjust care to meet your cat's specific needs.

WHAT TO MONITOR AT HOME

- ✓ Litter box activity refer to fecal chart & monitor urine frequency
- ✓ Energy Level
- ✓ Eating and drinking habits
- ✓ Behavioral changes

SETTING UP YOUR HOME & KITTEN FOR SUCCESS

For each item, encourage cooperative care by giving positive rewards: Before, During, and After

- ✓ Limit hazards to small kittens
- ✓ Brush fur & trim claws often
- ✓ Twice daily play sessions with appropriate cat toys
- ✓ Get kitten used to the carrier
- ✓ Do practice exams at home touching areas the vet will
- ✓ Slow introductions to other pets & people for long-term happiness

WHAT HAPPENS AT THE VET

- ✓ Physical Wellness Exam
- ✓ Review specific breed & genetic concerns
- ✓ Parasites - take in a stool sample
- ✓ Vaccines - kitten series & yearly
- ✓ Flea control
- ✓ Baseline blood work/pre-anesthetic screening
- ✓ Check spay or neuter sites, if needed



Young Adult

1.5 yrs. - 6 yrs. old

Yearly Wellness Exam

These are guidelines for basic care. Your vet will adjust care to meet your cat's specific needs.

WHAT TO MONITOR AT HOME

- ✓ Note changes to Litter box activity such as increased urine & stool consistency
- ✓ Note changes in Behavior
- ✓ Take pictures & videos to share with the vet
- ✓ Get a baseline for breathing and temperature of your cat

SETTING UP YOUR HOME & CAT FOR SUCCESS

For each item, encourage cooperative care by giving positive rewards: Before, During, and After

- ✓ Set up carriers for napping
- ✓ Brush fur & trim claws often
- ✓ Twice daily play/hunt sessions
- ✓ Get your cat comfortable taking water from a syringe
- ✓ Do practice exams at home touching areas the vet will
- ✓ Full maturity at 2 yrs. old could require extra cat resources to avoid territory issues

WHAT HAPPENS AT THE VET

- ✓ Physical Wellness Exam
- ✓ Vaccines
- ✓ Flea control
- ✓ Perform teeth cleaning as recommended
- ✓ Blood work/pre-anesthetic screening
- ✓ Show pictures or videos of your concerns
- ✓ Review behavior, physical, and mental health for reference of normal



Find more **FREE Cat Resources** at [CatLoversAcademy.com](https://www.CatLoversAcademy.com) !

At Cat Lovers' Academy we provide both **free and paid educational resources, training, behavioral consulting, and discussion opportunities to cat parents**--with the larger goal of emphasizing cats' instinctual needs so that humans and cats can live together with greater joy and harmony.

The **Purr-fessional** and the **Purr-fessors** are experts in feline behavior and are ready to work with you and your kitties. If you feel like you're tried everything and failed (*psst, you haven't yet!*) take advantage of our extensive free resources, and **meet with Jessica, our Feline Behavior Consultant.**



Scan QR code to visit our website!



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Mature Adult

7 yrs. - 10 yrs. old

Yearly Wellness Exam

These are guidelines for basic care. Your vet will adjust care to meet your cat's specific needs.

WHAT TO MONITOR AT HOME

- ✓ Note changes to litter box activity such as increased urine, & stool consistency
- ✓ Note changes in behavior such as sleeping more, or nighttime vocalizations
- ✓ Petting time – check for lumps & bumps
- ✓ Take pictures & videos to share with doctor
- ✓ Track your cat's weight monthly
- ✓ Report any changes to your vet; appetite, water intake, vomiting, mobility, & grooming (increase or decrease)

SETTING UP YOUR HOME & CAT FOR SUCCESS

For each item, encourage cooperative care by giving positive rewards: Before, During, and After

- ✓ Find ways to provide medication that reduces fear, anxiety & stress
- ✓ Add pet stairs or chairs to limit/aide jumping
- ✓ Provide warm sleeping spots to ease the aches
- ✓ Do practice exams at home touching areas the vet will
- ✓ Twice daily play/hunt sessions

WHAT HAPPENS AT THE VET

- ✓ Physical Wellness Exam
- ✓ Vaccines
- ✓ Flea control
- ✓ Perform teeth cleaning as recommended
- ✓ Blood work/pre-anesthetic screening
- ✓ Show pictures or videos of your concerns
- ✓ Check for pain & arthritis



Senior & Geriatric

11-15 yrs. old & 16 yrs. old +

Wellness Exam

Senior: Every 6 Months | Geriatric: Every 4 months

WHAT TO MONITOR AT HOME

- ✓ Note changes to litter box activity such as increased urine, & stool consistency
- ✓ Note changes in behavior such as sleeping more, or nighttime vocalizations
- ✓ Petting time – check for lumps & bumps
- ✓ Take pictures & videos to share with doctor
- ✓ Track your cat's weight monthly or weekly if there are health concerns
- ✓ Help them groom with increased brushing and nail care

SETTING UP YOUR HOME & CAT FOR SUCCESS

Having a daily routine provides stability for your senior & geriatric cat.

- ✓ Find ways to provide medication that reduces fear, anxiety & stress
- ✓ Comfort and encourage cat when giving medication
- ✓ Add pet stairs or chairs to limit/aide jumping
- ✓ Provide warm sleeping spots to ease the aches
- ✓ Provide opportunities for play
- ✓ Change location of food, water & litter boxes to accommodate any physical limitations

WHAT HAPPENS AT THE VET

- ✓ Physical Wellness Exam
- ✓ Blood panel check for internal organ function
- ✓ Perform teeth cleaning as recommended
- ✓ Check blood pressure & blood sugar levels
- ✓ Discuss diet
- ✓ Show weight chart, pictures/videos of your concerns
- ✓ Urinalysis checking for UTI or other changes