



Adult/Senior Wellness Plan for Cats

Providing your adult pet with a complete preventive health care program. Your pet's well-being is our goal.

Adult Preventive Health Care (1 – 6 yrs)

—Annual Complete Physical Examination

Annual Vaccine needs assessment

○ Rabies Vaccine

○ Rabies 3-Year due date:

Last given:

○ Rabies 1-Year due date:

Last given:

○ Feline Upper Respiratory Vaccine

○ FVRCP due date:

Last given:

○ FVRCP 1-Year due date:

Last given:

○ FVRCP 3-Year due date:

Last given:

○ Feline Leukemia Vaccine

○ FeLV 1 -Year due date:

Last given:

—Annual FeLV/FIV test - based on potential exposure

○ FeLV/FIV/HW Last Tested:

—Annual Fecal Flootation by centrifugation & Giardia

○ Biannual if children or immunosuppressed adults in home

Last Tested:

—Heartworm Prevention, Internal Parasite and Flea Control

○ _____

Heartworm Prevention only

○ _____

Adult Strategic Deworming only

○ _____

Flea Prevention only

○ _____

—Dental cleaning as needed

—Royal Canin Young Adult dry

○ _____

—Supplements:

○ Feline Dasuquin or Glyco-Flex

Senior Preventive Health Care (7 – 9yrs)

—Adult Preventive Health Care above, plus:

—Annual Blood and Urine Tests

to see how the major bodily organs are functioning and to establish baselines for your pet as they age

○ _____

—Royal Canin Mature or Hill's

○ _____

Geriatric Preventive Health Care (10 yrs +)

—Senior Preventative Health Care above, plus:

—Biannual Complete Physical Examination

—Blood Pressure

—Royal Canin Mature canned and dry

○ _____

Comparative Ages of Cats and Humans	
Age	Age
Human years	Cat Years
1	15
2	24
3	28
4	32
5	36
6	40
7	45
8	49
9	53
10	57
11	61
12	64
13	68
14	72
15	76
16	80
17	84
18	88
19	92
20	96
21	100
22	104

Cats

Vaccinations: Many serious pet diseases can be prevented by vaccination. Even if always kept indoors, your pet can be exposed to viruses carried in the air, dust or on clothing. Vaccination provides inexpensive protection against costly treatments or the premature death of your pet, and boosters are necessary to maintain this protection. Vaccinations will protect your pet from Rhinotracheitis, Calici, Chlamydia, Feline Panleukopenia, Feline Leukemia Virus and Rabies.

Heartworm Prevention: Western Washington now has heartworm and we are now recommending heartworm prevention for all cats in the area. Heartworm disease is a serious and potentially fatal condition caused by parasitic worms living in the arteries of the lungs and occasionally in the right side of the heart of dogs, cats and other species of mammals, including wolves, foxes, ferrets, sea lions and (in rare instances) humans. Western Washington currently has the same rate of heartworm infection as the upper New England States where pet owners regularly use heartworm prevention for their pets. It is important to note, however, that many of the drug companies will not guarantee their product without a yearly test, or at least not cover the cost of treatment fully without documentation of annual tests and a good purchase history of heartworm preventatives. To see a map of incidence rates throughout the country and to learn more information about heartworm, please visit <http://www.heartwormsociety.org>

Fecal floatation/internal parasite prevention: Intestinal parasites threaten your pet's health, and potentially, the health of children under 7 years of age, geriatric individuals and immunosuppressed adults. In large numbers, they can cause intestinal blockages, bloody diarrhea and even premature death. Microscopic examination of your pet's stool should be done annually for early detection and treatment. Pets that live with children under the age of 7 and/or immunosuppressed adults should be on a once-a-month dewormer to minimize the spread of parasites to your family.

Flea Prevention: Because you and your pet live in the Northwest, fleas are a problem. These little insects bite, causing inflammation with mild to severe itching, pain and discomfort. When swallowed, fleas may also transmit tapeworms to your pet. Flea bites can also cause allergic reactions resulting in painful and difficult to manage skin disease.

Dental Cleaning: We strongly believe that regular dental care for your pet can increase the life span of your pet by decreasing the probability of bacterial insult to the kidneys, heart, liver and lungs. Bacteria in the plaque and tartar can enter the blood stream through inflamed gums and can lead to debilitating disease and organ failure. Dental care can also increase the quality of your pet's life by reducing the risk of painful periodontal disease. Regular dental care includes cleaning, scaling and polishing. We recommend either a non-anesthetic cleanings, or for more severe problems, a full anesthetic procedure. During your pet's annual physical exam, your doctor will assess your pet's need for a professional dental cleaning and, if desired, coach you on home dental care.

Blood Tests:

o CBC or Complete Blood Count tests for anemia, infection, inflammation and overall healthiness of the blood cells. It also evaluates the number and type of cells in circulation. White Blood Cells (WBC's) help fight infection or inflammation. Red Blood Cells (RBC's) carry oxygen to the tissues.

o Serum Chemistry Profiles survey many of the organ systems of the body to make sure that they are working normally. The results will help confirm abnormalities found during a physical exam and may help bring to light any other occult problems that may be lurking. They also help to establish baselines for what is normal for your pet. The following organs may be surveyed during serum chemistry examination:

- Kidneys: in conjunction with a urinalysis, these values help analyze kidney function and health
- Liver: these values help detect possible inflammation, infection or neoplasia (abnormal growth of cells) in the liver and gall bladder
- Pancreas: these values may be abnormal with inflammation, infection, or neoplasia
- Muscle and Bone: these tests help monitor the metabolism of the bones and can indicate possible damage, trauma or inflammation to the muscles.

Electrolytes: deficiencies or excesses of these electrically charge particals can be harmful to your pet's physical and mental well-being. These values help monitor the electrical water balance and cellular health of the body.

o Thyroid Testing. A total T₄ and a free T₄ED are useful in diagnosing malfunctions of the thyroid gland. Hypothyroidism (too little thyroid hormone) is common in dogs; where hyperthyroidism (too much thyroid hormone) is common in older cats. Because there is no single thyroid test that can diagnose all thyroid disease in animals, panels of several different thyroid tests are used to ensure a proper diagnosis.

Urinalysis: This test is used to assess the health and function of the urinary system. It is especially important in older animals to help in early detection of kidney disease. While some serum chemistries help evaluate kidney function, much more information is obtained when a urinalysis is done at the same time. The urine sample is tested for several chemical components (glucose, protein, blood and more), as well as any cells (WBC, RBC, epithelial cells, bacteria, etc) and crystals. The concentration of the urine is also monitored to help determine if disease is present.

Blood Pressure Measurement: Many cats with metabolic (i.e. kidney) or endocrine (i.e. hyperthyroidism) disorders are at risk for developing hypertension (high blood pressure). Hypertension can lead to blindness, heart disease, clotting disorders, and kidney problems. It is important to diagnose it early for better management and control.