

TIPS FOR CAT HEALTH

from BloomingPaws Veterinarians

source: <http://www.bloomingpaws.net/learning-library/>

Use filtered or distilled water:

- A lot of cats seem to have sensitive systems when it comes to bladder health, and many older cats face some kidney issues as they continue to age.
- Water quality can make a big difference in a cat's life.
- Most well water has an excess of minerals that are not good for urinary tract health in cats.
- The fluoride and chlorine found in most city water is not good for pets, either.
- Iodine is also added to a lot of city water (as in Bloomington, IN, for example) and can affect a cat's thyroid health.
- You can use a filter on your refrigerator or purchase a Britta Pitcher at the store, or a Zero water pitcher at Bed, Bath, and Beyond.

Routine Brushing:

- This is particularly important for adult cats and older cats. Routine brushing is all the more important for furry cats. As our cats age, it becomes more difficult for them to groom themselves.
- Two to three times weekly is recommended to help prevent fur ball issues and constipation.

Extra Virgin Olive Oil:

- Organic varieties are best.
- Use two to three times weekly, either when brushing or not, on your cat. You can apply a few drops to your cat's front paws and legs and / or to the area just under the ears. He or she will lick and groom themselves with it.
- Olive oil has a lot of antioxidants in it and is good for preventing fur ball issues and constipation.
- It also helps with ear health. You can gently clean the ears every other week to once weekly. You do this by applying a very small amount of extra virgin olive oil onto a cotton ball and swabbing out the ears. Make sure to wipe out excess oil and do not leave any cotton in the ears.

Supplements:

- Cosequin is an excellent supplement for cats as it helps to protect their joints. It is available at BloomingPaws and most pet stores.
- Feline Joint Gel is a paste dietary supplement that most cats love, can be ordered by a veterinarian, and provides omega fatty acids and glucosamine for joints.

Treats:

- All treats should be 'Made In the USA.'
- Stewart® brand freeze-dried raw liver treats:
 - You can crumble them onto your cat's food, moist or dry.
 - You can crumble them and give them as treats.
 - Available at T & T pet food store.
- Never feed onions, raisins or grapes to cats. Some cats will go after people food.
- Peanut Butter:
 - Cheaper brands contain xylitol, a sweetening agent. Can be deadly in a short amount of time as xylitol causes an increase in insulin production in the body, leading to a significant decrease in blood sugar which ultimately can lead to liver failure as well.
 - Offer organic peanut butter, when you can, as most other peanut butters have a significant amount of salt and are composed of peanuts which had some questionable pesticides used on them during their cultivation.

Fleas:

- Do not apply anything over-the-counter from the store, as some of the products have permethrin in them and can kill cats!
- Always check with a veterinarian with regard to flea preventatives before using.