

# SENIOR @ SEVEN WELLNESS EXAMS™

*Discover a longer, healthier life for your cat.*

Statistics show that cats are living longer. We all cherish the companionship of our feline friends. It is important that we help ensure that these extended years are the happiest and healthiest possible. Working with us, your veterinarians, you can make a significant difference in the life of your senior cat.

## COMPARATIVE AGES OF CATS AND HUMANS

Cat Years	Human Years
1	15
2	24
5	36
7	45
12	64
15	76
18	88
21	100

## Senior Cats Have Special Needs

As cats move into the senior phase of life, they experience changes that are very similar to aging humans. Diseases and conditions that are commonly known to affect older people also affect our feline companions: kidney, heart and liver disease, tumors, cancer, diabetes, depression, arthritis, neuroses and loss of sensory perception. Understanding these changes and how you can provide for your pet's needs are essential to quality of life.

Age is never just a number but rather a measure of the effect of aging to the body. Variables such as genetics, nutrition and environment all contribute to how your cat will handle the aging process. In general, your cat is considered to be "senior" at 7 years. Since cats age more rapidly than people (see age chart), dramatic changes in health can occur in as little as 3 to 6 months.

## Senior@Seven Wellness Exams Provide Hidden Answers

Studies have shown that as many as 17% of middle age and older cats that appear healthy upon physical examination have an underlying disease. A Senior@Seven Wellness Exam includes laboratory tests so sensitive they can detect diseases and conditions early, when treatment and prevention are most effective.

**SLOW THE CLOCK...**

## HOW YOU AND YOUR VETERINARIAN CAN HELP MAINTAIN THE HIGHEST QUALITY OF LIFE FOR YOUR SENIOR CAT

*There are a growing number of ways we can help “slow the clock” and promote healthy, long lives for our senior cats.*

### Senior Wellness Checklist

Use this checklist to help you observe behaviors and symptoms that may indicate potential health problems in your senior cat. If your cat is experiencing one or more of these signs, please let us know.

The goal of a Senior Wellness Exam is to maintain the highest quality of life for the longest possible time. Together, we can make the senior years the most rewarding you and your cat have ever shared.

#### SENIOR WELLNESS CHECKLIST FOR CATS

Change in water consumption	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Change in appetite	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Lethargic or depressed (listless behavior)	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Change in urine production (watch carefully for increased amounts of urine in litter box).	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Constipation	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Change in attitude (irritability)	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Change in sleeping patterns	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Noticeable decrease in vision	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Vomiting	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Diarrhea	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Weight gain	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Weight loss	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Bad breath or drooling	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Lumps and bumps on skin	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Excessive panting	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Breathing heavily or rapidly at rest	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Lapse in grooming habits	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Increased stiffness, trouble jumping or walking	<input type="checkbox"/> Yes	<input type="checkbox"/> No

### Diagnostic Senior Wellness Exams

Several non-invasive tests and procedures performed regularly can help us detect early-stage disease when control or even prevention is possible and more cost effective. Senior@Seven Wellness Exams also provide a baseline from which we can measure changes. These tests include:

- Complete Blood Count
- Serum Chemistry Profile
- Complete Urinalysis
- Fecal Exam
- Thyroid Hormone Levels
- Other tests recommended on a case-by-case basis

### More Frequent Examinations

While an annual exam may be sufficient for younger cats, we may want to see your older cat at least every 6 months. For a cat, this can be comparable to as many as 4 to 6 years in the life of a human. Special attention will be paid to your cat’s teeth and gums, skin and coat, heart, lungs, kidneys, digestive system, and joints.

### Nutrition and Environment

A proper diet and suitable environment are critical to your cat’s continued health and comfort. We will advise you on modifications for your aging cat: a palatable, highly digestible diet with proper balance of calories and nutrients based on your cat’s specific needs, easier access to litter pans, heated bedding, and extra assistance with routine grooming.