



# Ten Important Tips for Keeping Your Older Cat Healthy

1. Establish a relationship with **your favorite veterinarian**. Your vet should be someone whom you trust and with whom you feel very comfortable. Most vets will recommend an exam for your older cat every six months.
2. Follow your vet's recommendations for regular **screening lab work**. Tests like blood work, urinalysis and x-rays may help find problems earlier when they can be treated more easily.
3. Discuss with your vet the **conditions common to older cats** and the therapies used for them. Be alert to symptoms, bring them to your vet's attention promptly, and be prepared to discuss treatment options.
4. Feed your older cat **the best food you can afford**. Your vet may recommend a "senior" diet; this type of food is made by most of the higher quality pet food brands.
5. **Don't overfeed** your cat. Obesity will create health problems and shorten her life.
6. **Keep your cat inside**. Older cats are somewhat less agile and may have a lowered immune system. Indoor cats are not exposed to the dangers and diseases present outside.
7. Give your senior cat **adequate exercise**. With the right toys, even the oldest cat may be tempted into playing.
8. Attend to your cat's **dental health**. Brush her teeth daily and have them cleaned professionally whenever your vet advises it.
9. Follow your vet's advice for your cat's **vaccination** needs. Each cat's risks are different and vaccinations should be tailored to your cat's needs.
10. Make your senior cat as much **a part of your life** as possible, and do all you can to keep him interested, active, happy and comfortable.