KITTEN PACKAGE



KITTEN PACKAGE

FEMALE	MALE
3 Vaccine Female $1090	3 Vaccine Male $950
2 Vaccine Female $990	2 Vaccine Male $850

VACCINES – NO EXPIRATION DATE

DEWORMING
FECAL EXAM

UNTIL THE AGE OF 8 MONTHS

ONE **FREE** CONSULTATION
1 MONTH OF **FREE** PET INSURANCE WITH TRUPANION
FREE NAIL TRIMS

SPAY/NEUTER:

POST-OP PAIN CONTROL
E-COLLAR
FLUIDS WITH SURGERY
FREE MICROCHIP WITH REGISTRATION

- **The Kitten Package does NOT include:** medication prescribed during free consultation, lab work, hospitalization or radiology.
- **The Kitten Package is nonrefundable**
- **Vaccines do NOT include:** Leukemia vaccine.
- **Spay/Neuter does NOT include:** pre-op bloodwork.
- Prices fixed on **non-complicated cases**; Package **can be adjusted** based on other medical conditions.

CATS’ HEALTH: SIGNS AND FACTS

5 Benefits of Routine Vet Visits For your Cat (03)

American Association of Feline Practitioners

Here are the top 5 reasons why routine vet visits are vital in helping your cat to live a long, healthy life.

You might NOT know that:

1. Cats age more rapidly than humans

A cat reaches the approximate human age of 15 during its first year, and then 24 at age 2. Each year thereafter, they age approximately four "cat years" for every calendar year. So, your 8-year-old cat would be 48 in cat years. Veterinary care is crucial because a lot can happen in four "cat years", which is why yearly visits are so important.

2. Cats are masters at hiding illness

Cat's natural behaviors make them excellent at hiding how they feel when they are sick or in pain. Your cat could be developing a health condition long before you notice anything is wrong. Veterinarians are trained to spot changes or abnormalities that could be overlooked and detect many problems before they advance or become more difficult to treat.

3. Over 50% of cats are overweight or obese.

Your veterinarian will check your cat's weight at every visit and provide nutritional and enrichment recommendations to help keep your cat at an ideal weight. Just a few extra pounds can put cats at risk for diabetes; heart, respiratory, and kidney disease; and more.

4. Preventive care is better than reactive care.

Information discussed, along with a thorough physical examination, provides you and your veterinarian with a plan to help your cat remain healthy. Regular exams can help avoid medical emergencies since veterinarians can often detect conditions or diseases that may affect your cat's health long before they become significant, painful, or more costly to treat.

5. Kittens have 26 teeth, while adult cats have 30

That equates to a lot of dental care! Periodontal disease is considered the most prevalent disease in cats three years of age and older. Often there are no obvious signs of dental disease. Most cats with dental disease still eat without a noticeable change in appetite! Discuss your cat's teeth at their routine care veterinary visit.

Feline Dental Facts (04)

American Association of Feline Practitioners

Just as we need to visit the dentist, your cat needs to visit your veterinarian to get his teeth checked too. Taking care of your cat's teeth the best way to ward off pain and disease.

6-12 MONTHS

Professional dental evaluations should be performed by your veterinarian every 6-12 months, and possibly x-rays and cleaning.

CAUSE FOR CONCERN

You should seek professional dental care if your cat has:

- A foul odor coming from his mouth (bad breath)
- Painful areas around his mouth, or he refuses to eat
- Only chews on one side of his mouth, or drops food while eating
- Tartar (hard deposits of material that forms on teeth at the gum line)
- Abnormally red gums
- Excessive drooling
- Grinding teeth

Recognizing Signs and Symptoms

(05)

Quick and easy ways to know that your cat is fine everyday

American Association of Feline Practitioners

Noticing subtle changes in normal routines may alert you to an issue that you can address with your veterinarian before it turns into a problem.

1. EATING

Know the actual amount of food eaten by your cat in a 24-hour period. Watching your cat go to the food bowl and eat a bite or two is not sufficient. Once you know the typical amounts consumed in your household you don't have to be obsessive, just observant.

2. DRINKING

Know where and from what type of container your car likes to drink (bowl, fountain, glass on the nightstand, bathroom faucet…). It is not as easy to measure exact water consumption, but you can watch for significant changes in drinking behavior.

3. URINATING

Know how often and how much urine your cat produces daily. Clumping litter makes it very easy to know the number and size of urinations. Be sure to attend to the litter box(es) at least once daily. The idea is to know what normal looks like, so that you will notice any change.

4. DEFECATING

Know how often and how much your cat defecates every day. No matter what type of litter you are using, bowel movements should be scooped at least daily. Notice color, shape and consistency – it only takes a moment as you transfer it to a trash bag or the toilet to flush.

5. TEMPERAMENT

An individual's basic approach to life remains pretty consistent and it is important to know whether your cat prefers to "run first, ask questions later", "boldly go where angels fear to tread", "go along to get along", or "take charge". Providing a sanctuary for the cautious cat and a "cat proof" environment for the adventurous trouble-maker will help both you and your cat.

6. SLEEPING AND NAPPING

Know where each of your cats spends his or her time. Most cats nap where the sun or the action is – at a window, on your desk, in the TV room, etc. They sleep where it is safe, warm, and quiet (often in a bedroom). An average indoor adult cat will sleep 14-16 hours a day and will have 3-4 favorite napping spots.

7. ACTION AND INTERACTION

Know your cat's typical daily activity – greeting you at the door, waking you in the morning, following you to the bathroom, playing with toys, playing with housemates, grooming, watching outdoor activity from a window, dashing about in a brief wild romp… any change to their usual routine warrants investigation or discussion with your veterinarian.

No Lilies for Kitty (02)

American Association of Feline Practitioners



While they may brighten your homes, lilies are highly toxic to cats. If cats ingest leaves, petals, or even a small amount of pollen, they can suffer severe health consequences, such as kidney failure. Make sure you know the signs of poisoning and what to do if your cat ingests any part of a lily.

SIGNS OF TOXICITY:

- Vomiting
- Racing or irregular pulse
- Excessive thirst or urination
- Weakness or lethargy

IF YOU SEE YOUR CAT EAT ANY PART OF A LILY:

- Call your veterinarian immediately
- Bring a sample of the lily
- Tell the veterinary staff how much of the lily you cat ingested

For more detailed information on lilies and cats visit

www.catvets.com/lilies

UNDERSTANDING CATS' BEHAVIOURS AND MEETING THEIR NEEDS

It's NATURAL for Cats to Scratch! (01)

American Association of Feline Practitioners

CATS NEED TO SCRATCH AND MARK WITH THEIR CLAWS TO:

- Remove the worn layer of their nail.
- Maintain necessary claw motion used in hunting and climbing.
- Leave visible markers to establish their territory, especially if there is concern with other cats in the household or outdoors.

BEST PRACTICES:

- Trim your cat's nails regularly.
- Provide a variety of scratchers (i.e. tall, horizontal, or angled; sisal rope, carpet, cardboard, or wood).
- Place scratchers near your cat's sleeping area; in front of their preferred, yet undesirable, scratching object (e.g. corner of couch).
- Ensure ample cat environmental enrichment and resources (i.e. litter boxes, sleeping areas, food & water bowls, and perches all in multiple locations).
- Do not use your fingers or toes, or the wiggling of hands or feet as a toy for play. This form of play can lead to biting or scratching, and as a cat grows, they will accept it as an appropriate form of play. Instead, play can be stimulated with the use of interactive toys that mimic prey, such as a toy mouse that is pulled across a floor or feathers on a wand that is waved through the air.

IMPORTANT TO KEEP IN MIND:

- If your cat continues to scratch undesired objects, it may be due to stress, anxiety, attention seeking, or feeling unsafe in their environment.
- Look for any problems between other cats or household members, which might make your cat feel anxious, threatened, or territorial. Signs of conflict are subtle.
- If your cats never groom one another, sleep or play together, "intercat" conflict is likely.
- Reward your cat's positive scratching immediately.
- Please speak with a veterinarian or behaviorist for individualized advice.

Your Cat's Environmental Needs

(07) Practical Tips for Pet Owners

American Association of Feline Practitioners



ADDRESSING YOUR CAT'S PHYSICAL AND EMOTIONAL NEEDS ENHANCES ITS HEALTH AND QUALITY OF LIFE.

Behavior problems are a leading cause of pets being surrendered or euthanized. These problems often occur in cats because their needs have not been fully met. Cats need resources to perform their natural behaviors and have control over their social interactions. As owners, we can enhance our cats' health and wellbeing by ensuring all their needs are met in the home environment. You might ask: "What can be stressful for a beloved cat with food, water, and a roof over its head?" Read on to find out.

WHAT ARE ENVIRONMENTAL NEEDS?



Environmental needs include a cat's physical surroundings – indoors, outdoors, or both – as well as their social interactions with humans and other pets. Cats often do not express obvious signs of stress, pain, or sickness that we can easily recognize. If we are proactive and meet appropriate environmental needs throughout a cat's life, we can potentially avoid environmental stressors that can cause unwanted behaviors and even impact medical health.

UNDERSTANDING THE NEEDS OF YOUR CAT AND THEIR BEHAVIOR

The needs of today's cats have changed little from those of their wild ancestor, felis lybica, the African wildcat.

- Cats are solitary hunters, spending much of their day searching the environment for hunting opportunities. They need to protect themselves from perceived dangers, which include unfamiliar individuals or environment.
- Cats are territorial animals. They feel threatened when their territory is disturbed, either by another animal or physically.
- Cats use scent, posturing, and vocalizations to communicate their unhappiness if they feel threatened.
- Cats have a superior sense of smell and hearing. Stress can occur due to strong or strange smells or sounds, which are undetectable or insignificant to us.
- Cats are social animals, but their social structure differs from ours. Cats may be content as a single cat or living with other cats, preferably related cats such as siblings.

MEETING THE NEEDS OF YOUR CAT



1.Provide a safe place

Every cat needs a safe and secure place where it can retreat to so that it feels protected or which can be used as a resting area. The cat should have the ability to exit and enter the space from at least two sides if it feels threatened. Most cats prefer that the safe space is big enough to fit only themselves, has sides around it, and is raised off the ground.

Good examples of safe places are a cardboard box, a cat carrier, and a raised cat perch. There should be at least as many safe places, sized to hold a single cat, as there are cats in a household. Safe places should be located away from each other, so that cats can choose to be on their own.

2. Provide multiple and separated key environmental resources.

Key resources include food, water, toileting areas, scratching areas, play areas, and resting or sleeping areas. These resources should be separated from each other so that cats have free access without being challenged by other cats or other potential threats. Separation of resources not only reduces the risk of competition (which may result in one cat being physically prevented access to resources by another cat), stress, and stress-associated diseases.

3. Provide opportunity for play and predatory behavior.

Play and predatory behaviors allow cats to fulfill their natural need to hunt. Play can be stimulated with the use of interactive toys that mimic prey, such as a toy mouse that is pulled across a floor or feathers on a wand that is waved through the air. Cats need to be able to capture the "prey", at least intermittently, to prevent frustration. Early in a cat's life introduce interactive play so they learn to avoid going after your hands and feet for play. Using food puzzles or food balls can mimic the action of hunting for prey, and provides more natural eating behavior. You can encourage your cat's interactive play by rotating your cat's toys so they do not get bored and rewarding with treats to provide positive reinforcement for appropriate play. If you have more than one cat, remember to play with them individually.

4. Provide positive, consistent, and predictable human–cat social interaction.



Cats' individual preferences determine how much they like human interactions such as petting, grooming, being played with or talked to, being picked up, and sitting or lying on a person's lap. To a large extent this depends on whether, as kittens, they were introduced to and socialized with humans during their period of socialization from 2–7 weeks of age. It is important to remember that every cat interacts differently and to respect the cat's individual preferences. Remember to remind guests and all household members not to force interaction and instead let the cat initiate, choose, and control the type of human contact.

5. Provide an environment that respects the importance of the cat's sense of smell.

Unlike humans, cats use their sense of smell to evaluate their surroundings. Cats mark their scent by rubbing their face and body, which deposits natural pheromones to establish boundaries within which they feel safe and secure. Avoid cleaning their scent off these areas, especially when a new cat is introduced into the home or there are other changes with pets, people, or the environment of the home. The use of synthetic facial pheromones, such as Feliway®, can mimic a cat's natural pheromones and provide a calming effect in a stressful or unfamiliar situation. Some smells can be threatening to cats, such as the scent of unfamiliar animals or the use of scented products, cleaners, or detergents. Threatening smells and the inability to rub their scent can sometimes lead to problematic behaviors such as passing urine or stools outside the

litter box, spraying, and scratching in undesirable areas. In some cases, stress-related illness may develop. If any of these problems occur, contact your veterinarian right away.

Addressing environmental needs is essential for the optimum wellbeing of your cat. Most behavior concerns, such as inappropriate elimination, aggression, scratching, and others, can be caused by one of the following:

- not providing cats with the resources they need
- not understanding the cat's social relationships with other cats or people •

an underlying medical problem

Discuss the specific environmental needs of your cat with your veterinarian at each routine check-up. If you think your cat may have a behavior problem, schedule an appointment with your veterinarian to speak about possible solutions or potential underlying medical issues that cause certain behavior changes. Your veterinarian will be able to provide you with additional information or an appropriate referral.

By understanding and providing for your cat's environmental needs, you can help your cat to live a long and happy life.

Feline House-Soiling (06)

Useful Information for Cat Owners

American Association of Feline Practitioners



House-soiling is one of the most common reasons why pet owners abandon or relinquish their cats. Unfortunately, these cats frequently end up in shelters where they often are euthanized.

House-soiling can be a complex problem to solve, but there are ways to prevent, manage, or resolve feline house-soiling behaviors. Your cat does not urinate or defecate outside the box due to spite or anger towards you, but because its specific physical, social, or medical needs are not being met.

FOUR BASIC CAUSES OF HOUSE-SOILING

Environmental and Social Factors

- Cats by nature are very clean and need adequate unsoiled locations to eliminate, especially in a multi-cat household.
- Some cats may avoid using a litter box located in a high-traffic area or near cat doors or flaps.
- In a multi-cat household, the presence of a more dominant cat near the litter box area may cause a less confident cat to seek out other places for elimination.



- House-soiling may occur if a cat had a negative experience while it was in or near the litter box (e.g. someone administered medications, family members or children trapped a cat in the box for any reason, a dirty litter box, or even being startled by sudden noise from nearby furnaces or other loud appliances).

Marking Behavior

- Urine spraying is a normal part of feline behavior in which a cat marks to leave its scent. Marking behaviors can include scratching, rubbing, urine spraying, and middening (depositing feces).
- Unneutered male cats and most unspayed females will mark as part of their sexual behavior. Spaying and neutering dramatically reduces this behavior.
- Anxiety-related marking occurs in response to a change in the cat's environment, especially the core area where the cat eats, sleeps, and plays.
- Cats often target items with new or unrecognized smells such as backpacks and shoes.
- Marking behavior that starts at windows and doors usually suggests that the perceived threat is coming from outside the home. Marking in stairways, hallways, doorways, or the center of rooms usually indicates stress or threats from inside the home, such as other pets or new people in the household, active children, or remodeling.

Medical Causes and Problems

- Medical issues can cause a cat to exhibit behavior changes such as house-soiling. Your veterinarian will be able to diagnose or rule out any medical conditions that could be a factor in the house-soiling behavior.

- Every cat that starts to house-soil requires a thorough physical examination and urinalysis to check for medical problems such as infections, cystitis, arthritis, kidney problems, diabetes, and other medical issues.
- If your veterinarian believes the house-soiling behavior is caused by a medical reason, he or she may perform additional tests such as a urine culture, abdominal radiographs, abdominal ultrasound, complete blood count, and biochemical profile. Digital rectal exams or fecal testing may be needed for cases of house-soiling with feces.

Feline Idiopathic Cystitis

- Feline idiopathic cystitis (FIC) is a frequent medical cause of house-soiling. Cats suffering from FIC have increased frequency of urination, difficulty and pain when urinating, and can have blood in their urine. This inflammatory condition can increase and decrease in severity over time and is aggravated by stress, changes in diet, and other issues.

TREATMENT AND MANAGEMENT OF HOUSE-SOILING

The design and management of the litter box are critical for encouraging acceptable toileting habits. When house-soiling occurs always evaluate the litter box.

Designing the Optimal Litter Box

Number – The general rule of thumb is to have one litter box for each cat, plus one extra box in multiple locations around your home. Socially affiliated cats, which are two or more cats that are familiar to each other, share a territory, and exhibit behaviors such as grooming, playing, or resting together, may be more willing to share litter boxes. Because more than one social group may occur in a home, providing adequate resources for each group is important to decrease the chance of adverse behaviors.

Location – Take a look at the floor plan of your home and where your litter boxes are located:

- Avoid placing food and water close to the litter box.
- Cats usually prefer quiet, private places. Avoid busy areas of the home and locations where a cat could be cornered in, blocked off, or unable to flee. Cats can be cornered in the litter box so they are unable to flee (e.g. if the box is in a closet or small room where another cat can block the exit). If one cat prevents another cat's access to the litter box (e.g. the box is down a hallway or in a room where another cat can block entry), it can be very stressful and cause the cat to house-soil because the victim is avoiding or cannot get to that location.
- Keep the litter boxes apart in different locations because your cat considers boxes close to each other one large litter box.

- If a cat is toileting away from its box, try placing an additional litter box at the new site (temporarily or permanently) to get the cat using a box again.

- In a multi-level home, place a litter box on each level. If you have an older cat, place a litter box on the level where the cat spends the most time, as it may not be easy for the cat to go up and down stairs each time it needs to use the box.



Size – In general, bigger is better and many commercial litter boxes are too small. Litter boxes should be 1.5 times the length of the cat from the nose to the base of the tail. Suitable alternatives can include concrete mixing trays or storage containers. You can place the lid behind the box to protect the wall (Photo A). Older cats need a low entry so you can cut down the side but inspect for any sharp edges (Photo B).



Litter – If your cat is exhibiting house-soiling behaviors, you may need to try different types of litter until the cat indicates its preference. For preference evaluation, provide multiple boxes with different litters and variable litter depths (Photo C). Many cats dislike aromatic or dusty litters, litter deodorizers, and box liners. Most cats prefer soft unscented clumping litters.



Managing the Litter Box – Remove waste at a minimum of once per day and add litter as needed. Wash the litter box every 1-4 weeks using soap and hot water only. Avoid strong chemicals or any ammonia-based products.

Remove Marking Triggers

- Neuter or spay your cat to physiologically eliminate sexually-related marking behavior.

- Restrict the potential threat of other cats; outdoor roaming cats encroaching on the household can act as triggers. Tips: if the resident cat resides indoors only (never goes outside), use motion activated water sprinklers to make the yard unattractive to feline visitors. Laying plastic carpet protectors upside down in front of sliding glass doors creates an uncomfortable surface and may dissuade other cats from sitting close to the house and intimidating your cat.

- Remove or block cat doors that allow roaming cats to enter the household. Tip: use microchip- or magnet-operated devices to only allow access to your cat.

- Cleaning urine-marked areas frequently will reduce a cat's habit of refreshing its scent on the marking site. Use a black light (UV) to find soiled areas. Clean affected areas with a

good quality urine odor and stain remover according to the type of surface that the cat has soiled. Test products on an inconspicuous area first and clean a sufficiently large area to remove the odor, which may be up to three times the size of the soiled area. Avoid using ammonia-based cleaners, which smell like urine to a cat.

Additional Considerations

- Ensure that all your cat's environmental needs are being met. For more information, visit: www.catfriendly.com/enrichment or www.icatcare.org/vets/guidelines.
- Never punish your cat for house-soiling. Punishment can lead to fear-related aggression, reduces the bond between cat and human, and encourages urine marking in less obvious areas.
- Consider use of comforting synthetic pheromones. Spray Feliway® on affected areas after cleaning to reduce the likelihood of re-marking. After individualizing toileting areas for the cat's preferences, adding a Feliway® diffuser in the room most frequented by the cat reinforces the cat's feeling of security.

Feline house-soiling can be a frustrating problem. Resolution requires patience, as it can take some time to determine what is causing these behaviors and may involve making changes to several aspects of a cat's home environment and care.

If you are experiencing house-soiling with your cat, please contact your veterinary practice immediately. The sooner these issues are addressed, the happier everyone will be, including your cat. Working with your veterinarian to identify the causative factors for the house-soiling behavior, and effectively addressing those factors, will dramatically increase the chance of resolving the house-soiling issues.

By understanding and providing for your cat's environmental and medical needs, you can help your cat to live a long and happy life.



Turn your Cat Carrier into a “Home Away from Home”(08)

American Association of Feline Practitioners

TRAIN YOUR KITTEN EARLY ON

Training your kitten to become familiar with the carrier at an early age will make it easier to take them to routine visits throughout their life.

INTEGRATE THE CARRIER INTO YOUR HOME

Leave the carrier in a room where your cat spends time. This will create less stress when your cat has to enter the carrier.

PLACE TREATS, CATNIP, OR TOYS IN THE CARRIER

This will encourage your cat to enter the carrier at home. Often, you will first see that treats are removed from the carrier during the night.

CONSIDER USING A SYNTHETIC PHEROMONE (FELIWAY)

Consider using Feliway® wipes or analog spray in the carrier to minimize anxiety associated with the carrier.

PLACE FAMILIAR SOFT TOWELS OR BEDDING IN THE CARRIER

Use familiar bedding or clothing with your scent, as it retains the smell of home and helps with reintroduction.

BE PATIENT

Do not chase your cat into the carrier. It may take days or weeks before your cat starts to trust the carrier. Remain calm, patient, and reward desired behaviors.

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