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Tips to boost your pet's health and longevity

There are five main things that are important to help boost your pet's health and longevity.

First and foremost is providing a loving environment. Animals (and humans!) thrive when they are provided with a loving environment where they are nurtured and cared for.

A six-year study on human and cow interactions illustrated a significant improvement in production and well-being when they were treated more gently.

Secondly, feeding wholesome food that is ideally free of chemicals and preservatives, has optimal amounts of important nutrients and is biologically appropriate.

Dogs and cats are carnivores and benefit from a well-balanced diet that includes meat whilst herbivores like cows, sheep and horses benefit from pasture that grows from nutrient enriched and healthy soil.

Exercise is the third thing. Regular exercise helps to



improve fitness and therefore well-being. At least 20 minutes a day is

important, even for cats!

Number four on this list is mental stimulation. Pets can become bored and it's important to provide them with activities to enrich their lives.

And finally, rest and relaxation – we all need downtime to re-energize. While many cats are experts at this, some of them have too much rest and not enough exercise. Some dogs on the other hand can be hyper-excitable and anxious, minimising their rest time.

Feline diseases common in older cats

Companion animal vets commonly see older cats suffering from similar symptoms.

These symptoms include weight loss, a ravenous appetite, increase in thirst and urination, frequent vomiting, and weakness in the back end.

Owners often think these changes are just due to old age. However, cats showing these symptoms may be suffering from a treatable disease.

One such disease is hyperthyroidism. This is generally caused by a benign growth in the thyroid gland resulting in the excessive production of thyroid hormones.

These hormones control metabolism, and excess hormone means a faster metabolism.

This can have many negative effects including weight loss - despite a big appetite - frequent vomiting, restlessness, increased heart rate, and

hypertension. Hyperthyroidism can be treated with daily medication. The disease can also be cured with surgery or radioactive iodine treatment.

Two other feline diseases often seen in older cats are diabetes and chronic kidney disease. Diabetic cats may be very hungry, very thirsty, losing weight, and weak in their back end. Diabetes is treatable with insulin injections and prescription diets, and some cats can even achieve diabetic remission, in which insulin injections are no longer required.

Chronic kidney disease can cause very similar symptoms to diabetes but is unfortunately not curable.

However, lots can be done to help manage this disease and improve quality of life.

There are many other diseases that can affect older cats such as dental disease, osteoarthritis, heart disease and cancer. We recommend taking your cat to the vet every year for a full health check.

With the help of your vet, many of the diseases affecting older cats can be treated, cured, or even prevented.

If you have any questions or concerns, please do not hesitate to contact us on: 0800 838 7267.



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