

## Is your cat 7 years or older? Have them undergo a senior check!

From the age of 7, the risk of age-related diseases increases considerably. Cats hide pain and illness as much as possible and they are very good at it. They can have a nice looking coat, eat well and behave normally, but at the same time be seriously ill and/or have chronic pain. That is why a more thorough test must be performed from the age of 7: an annual senior check.

### Examples of common age-related diseases:

- osteoarthritis
- bladder problems
- chronic kidney failure
- dental problems
- high blood pressure
- constipation
- diabetes
- hyperthyroidism

### Common signs of age-related diseases:

- aggression
- vomiting
- complaining/increased meowing
- increased or decreased appetite
- uncleanliness/decreased grooming
- malnourishment
- inactivity/excessive sleeping
- a bad smelling mouth
- confusion

But often you don't notice anything at all...

### What are the benefits of a senior check?

- Diseases are discovered at an early stage and can be treated immediately with, for example, (good tasting) medicines, diet food, pain relief or surgery
- Because of treatment, the disease progresses slower or disappears
- The cat does not have to suffer unnecessarily
- Less chance of problem behaviour due to pain or illness, such as uncleanliness or aggression.



### **What does a senior check entail?**

- A *blood test* to check -among other things- kidney and thyroid function and sugar levels - Ask for the SDMA test for the early detection of renal failure
- A *blood pressure test* - The risks of untreated high blood pressure, such as blindness, a brain haemorrhage and even death, are very high
- A *urine test* - This can provide clues about diabetes and kidney and urinary tract disorders
- A *standard physical examination* - The cat is weighed, his eyes, nose, mucous membranes, ears, heart, lungs, abdominal cavity and nails are checked and his skin is felt for irregularities such as bumps.

### **Do you want a senior check for your cat?**

- State this when making the appointment, so that your veterinarian can schedule extra time.
- Please note that there are still vets who do not measure blood pressure in cats, ask beforehand. Also, costs can differ per veterinary practice.

### **Moody or in pain?**

When older cats start to behave differently (when, for example, they are more or less active, jump less frequently, become more or less affectionate, show confusion or become aggressive when touched), it is often said "it's because of his age", "what a grouch!" or "he is senile", while in reality, a cat like this is usually sick and in pain, and often for years. You wouldn't want to grow old like that either, would you?