



# The Scoop

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Happy Spring!

May 2014

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### News and Events

#### New Options for Kitties Facing End-of-Life

When cats get old or become ill, families want to make sure their cat is comfortable and enjoys good quality of life. [The Cat Practice Hospice & End-of-Life Care](#) provides new options for providing comfort care as kitties age or experience serious illness. If you have such a kitty, contact our **hospice nurse, Laura Kramek**, for a consultation at 248-540-3390.

### Making Vacation Time Less Stressful for Kitty

If you're planning a vacation that includes your cat, consider your decision carefully. Many cats become stressed by changes, however others do well accompanying their families.

#### If driving:

- Take short trips around the neighborhood as practice.
- Get your cat a collar with a tag and have him/her microchipped.
- Stop every two to three hours to offer water and a litter box.
- If your cat is prone to car sickness, withhold food until stopping for the night.
- Confirm pet-friendly hotel reservations in advance.
- Keep your cat in the carrier at ALL times except during stops to use the litter box.
- NEVER leave an unattended animal inside a vehicle where the interior can heat up in minutes.

#### IMPORTANT TIP:

Before traveling long distances, check with your veterinarian to be sure your cat is healthy enough for extended travel.



#### If flying:

- If leaving the U.S., check international travel requirements for pets at least three months before.
- Ask your airline in advance if they have restrictions on keeping your cat in the cabin with you.
- Ask what type/size of carrier the airline allows.
- Attach your contact info and cat's info to the carrier.
- Check with TSA regarding security screening procedures. Be prepared to remove your cat from the carrier.
- If a health certificate is required, make an appointment with your veterinarian within the required time frame.
- Confirm with the airline in advance that you will have an animal with you, and arrive at the airport at least three to four hours early.

#### Benefits of Boarding

Boarding your cat is advisable if you have a cat who does not travel well, is not healthy enough for travel, or who requires medication. Many cats enjoy boarding, especially if they do it often. [See more here.](#)

#### New Nurse Hotline

The Cat Practice has a new email "hotline" to answer your questions about your kitty's health. Email [NurseHotline@thecatpracticepc.com](mailto:NurseHotline@thecatpracticepc.com) If your cat has symptoms of illness, it's still best to make an appointment with your veterinarian.

#### More Cat Lover News:

##### Read *Cat Chat*

Oakland Press blogger Caren Gittleman brings you all kinds of cat lover news, cool cat stories, new products and more. Go to: <http://opcatchat.blogspot.com>

### May 30 is National Hug Your Cat Day\*

#### Kitties Need Hugs too!

Just like humans, cats and other pets respond to signs of affection. Some cats like to be hugged and held close – while others may prefer less direct contact. Hugging and showing physical signs of affection to your cat has a number of benefits.



#### Why Hugs are Good:

- Physical contact raises spirits, and hugs release endorphins that help chase away the blues!
- Cats may be considered aloof, but are really very social creatures. The more attention and positive reinforcement you give them, the less likely they are to be aggressive or destructive.
- Scientific studies prove that the sonic frequency in a cat's purr aids pain reduction and healing in humans! From healing sore muscles to mending bones, holding a purring cat close can help!

#### How to Hug:

- Know your cat's personality. Some cats don't like being picked up, others adore it.
- Choose the right time. Don't try it when kitty is in the middle of a spastic playtime or begging for dinner. Pick a sleepy, settled and calm moment.
- Never hold your cat too tightly. Cats can feel claustrophobic and want to get away.

\*We have also seen this day appear as June 4 – but no matter what the date, be sure to celebrate!

### May is National Arthritis Month

#### Arthritis Is a Painful But Treatable Disease

While you may think that arthritis is just a normal part of your feline getting older, it's not. Cats can get arthritis at just about any age. Arthritis is a very painful DISEASE that can slow your pet down and lead to other serious health problems. At the same time, it's highly treatable. The key is spotting it early. Studies show that 61% of cats age 6 and older have arthritis, while 82% of cats age 14 and older have it. Cats most commonly get arthritis in their hips, lower back and elbows.

[For signs of arthritis and ways to help your kitty, see our website.](#)

#### Kitty Camp



Cats staying in our Kitty Camp enjoy frequent attention and plenty of play and exercise in our Kitty Playroom. Consider boarding your cat while you're away, have guests or are having work done at home. For information – or to register – go to [thecatpracticepc.com/boarding.html](http://thecatpracticepc.com/boarding.html) or call 248-540-3390.

## May Is Older Americans Month

### As Cats Live Longer, More Need Senior Care

Cats are living longer and get the same illnesses as humans including [heart disease](#), kidney disease and diabetes. While these illnesses are treatable and manageable, [early detection](#) is key. [We consider cats "senior" by as early as age 9.](#) If you have a [senior cat](#), know how to spot these illnesses.

#### Early Detection Screening

All cats are different. That's why it's important to screen for diseases with [annual blood and urine tests](#).

Illness	Most Common Symptoms
<a href="#">Kidney disease</a>	Losing weight, not eating well, vomiting, drinking and urinating more
<a href="#">Hyperthyroidism</a>	Losing weight, more active/vocal, drinking and urinating more
<a href="#">Diabetes</a>	Losing weight, drinking and urinating more
<a href="#">Pancreatitis</a>	Not eating, vomiting, diarrhea, weight loss
Urinary infection	Urinating frequently or outside the box, straining, passing little urine
Constipation	Defecating outside the box, small/hard stools, straining, no stool in two days
<a href="#">Arthritis</a>	Difficulty jumping up or down, limping, stilted/stiff gait, not grooming well

#### National Pet Week starts May 4

### What is a Responsible Pet Guardian?

National Pet Week, sponsored by the American Veterinary Medical Association (AVMA), promotes responsible pet guardianship. What does it mean to be a responsible *feline* guardian?

- [Spay or neuter](#) your cat! It will reduce the risk of life-threatening diseases like cancer.
- Schedule [biannual exams](#), appropriate [vaccines](#) and annual stool sample checks.
- Keep your cat indoors! If your cat MUST go outside, be sure to get:
  - Annual [Feline Leukemia / FIV tests](#)
  - Current [vaccines](#)
  - [Deworming](#) and stool check for [intestinal parasites](#) every six months
  - Monthly [flea and heartworm](#) preventative
  - [Microchip](#) for easy identification
- Be observant. Take it seriously if your cat "is just not acting right" as this could be a sign of illness. Also watch closely for signs of discomfort that can signal [dental disease](#) or [arthritis](#).



Licensed Veterinary Technician, Dawn Hamill, takes a blood pressure measurement.

#### A Cat's Not Just a Cat!

### Breed Profile: Birman



Birmans, first recognized in France, came to the U.S. in the 1960s. They are a medium to medium-large longhaired "pointed" cat meaning their bodies are light-colored with darker colored "points" on paws, tail, ears and face. Their long, soft, almost silky coat comes in many colors with white gloves on all feet and "laces" extending up the back legs.

The Birman is a great family, fits well in a single cat home or with many cat friends, and makes a great buddy, friend, confidant and *purr*-fect pet. Birmans are a generally healthy breed, but can be predisposed to allergies and eye problems.

[See our comprehensive list of cat breeds and related health conditions.](#)

### Cat Trivia

**True or false:** The print on a cat's nose has a unique pattern, like the human fingerprint.

Be FIRST to email us with the RIGHT answer at [Tabitha@thecatpracticepc.com](mailto:Tabitha@thecatpracticepc.com) and win a free bag of organic catnip! See answer in next month's issue!

#### Last month's trivia answer:

False. Cats distinguish between red and green, red and blue, red and gray, green and blue, green and gray, blue and gray, yellow and blue, and yellow and gray. Congrats to **Diane Hannah**, first to reply with the correct answer!

### Cat's Meow Tip: GPS Tracking Signals When Cat Leaves Area

Here is the web site for the GPS system that we use with Bucky: <http://www.pettracker.com>. It's great to know that we will be notified by text and or email if he leaves the home area and that we can track and find him where ever he goes. -- *Contributed by Lawrence Trinkaus*

**Do you have a cat care tip that is just the Cat's Meow?**

Email [Tabitha@thecatpracticepc.com](mailto:Tabitha@thecatpracticepc.com). If we run it, you get a FREE bag of organic catnip.

Limit to 75 words.



Bucky

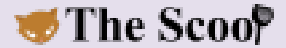
### Looking for Homes / Official Cat Adoption Site

See the adoptable cats and kittens in our lobby and on [our Facebook page](#). Also, we are now an [official adoption outreach center of Oakland Pet Adoption Center](#) in Auburn Hills so we are getting new kitties as often as we can adopt them out!

### Follow Us in the News!

Check our website regularly for updates on our recent news coverage. [thecatpracticepc.com/press.htm](http://thecatpracticepc.com/press.htm).

### Are You Getting The Scoop?



To sign up, send us an email at [meowmail@thecatpracticepc.com](mailto:meowmail@thecatpracticepc.com) or call 248.540.3390

### Contact Us:

If you have story ideas for The Scoop or would like more information, please contact Tabitha at [Tabitha@thecatpracticepc.com](mailto:Tabitha@thecatpracticepc.com).

### Our Hours:

Monday - Thursday: 8 am – 9 pm  
Friday: 8 am – 8 pm  
Saturday & Sunday: 8 am – 6 pm

*Cats were put into the world to disprove the dogma that all things were created to serve man. - Paul Gray*

Follow us:   

Wellness/early detection

Chronic conditions

Medical/surgical care

Geriatrics/hospice

Kitty camp boarding

#### The Cat Practice commitment to cats and their people:

- Spot health conditions early to avoid more costly care later.
- Treat the whole patient looking out for physical and emotional wellbeing.
- Respect each cat as an individual with his/her own distinct personality & heredity.
- Avoid surgery at all cost. (The exception: all cats should be spayed or neutered!)
- Provide alternatives for care whenever possible.
- Partner with cat families through knowledge sharing.
- Make oral hygiene and preventive dental care a priority.

The Scoop is published monthly by The Cat Practice.



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