



# Senior Wellness

Is your cat or dog 7 years or older? If so the following information affects you and your animal the most.

## Senior Dogs Have Special Needs



- As dogs move into the senior phase of life, they experiences changes that are very similar to aging in humans. Diseases and conditions that are commonly known to affect older people also affect our canine companions: kidney, heart and liver disease, tumors, cancer, diabetes, depression, arthritis, thyroid conditions, hormonal problems, neuroses and loss of sensory perception. Understanding these changes and how you can provide for your pet's needs are essential to quality of life.
- Age is never just a number but rather a measure of the effect of aging to the body. Variables such as genetics, nutrition and environment all contribute to how your dog will be influenced by the aging process. However your dog is considered to be “senior” at 7 years old. Small dogs tend to have a longer life expectancy than medium to large breeds. Since dogs age more rapidly than people, dramatic changes in health can occur in as little as 3 to 6 months.

# Senior Wellness' Provide Hidden Answers

- Studies have shown that as many as 23% of senior dogs that appear healthy upon physical examination have an underlying disease. Once symptoms appear, the conditions may be too difficult or costly to diagnose or treat. A Senior Wellness includes laboratory tests so sensitive they can detect the onset of diseases and conditions early, when treatment and prevention are most effective.



## **How You And Your Veterinarian Can Help Maintain The Highest Quality Of Life For Your Senior Dog.**

- Several non-invasive tests and procedures performed regularly can help your veterinarian detect early-stage disease and provide a baseline for measuring changes. These tests include:
  - **Complete Blood Count**
  - **Serum Chemistry Profile**
  - **Complete Urinalysis**
  - **Thyroid Hormone Levels**
  - **Fecal Exam**
  - **Heartworm Testing**
  - **Other tests recommended by your veterinarian**



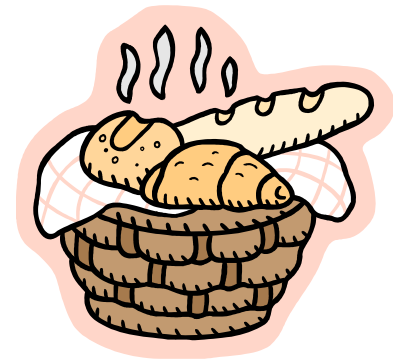
## More Frequent Examinations

- While an annual exam may be sufficient for younger dogs, your veterinarian may want to see your older dog at least every 6 months. For a dog, this represents 5 to 8 years in the life of a human. Special attention will be paid to your dog's teeth and gums, skins and coat, heart, lungs, kidneys, digestive system, eyes and joints. Annual laboratory tests can detect the onset of disease or abnormal health conditions.



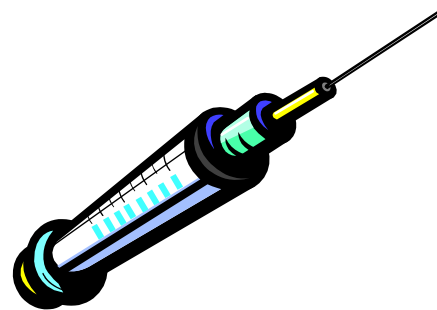
# Nutrition and Environment

- A proper diet and suitable environment are critical to your dog's continued health and comfort. Your veterinarian and hospital staff may advise you on modifications for your aging pet. This may include a special diet based on your dog's specific needs, or an exercise regimen for your senior pet.



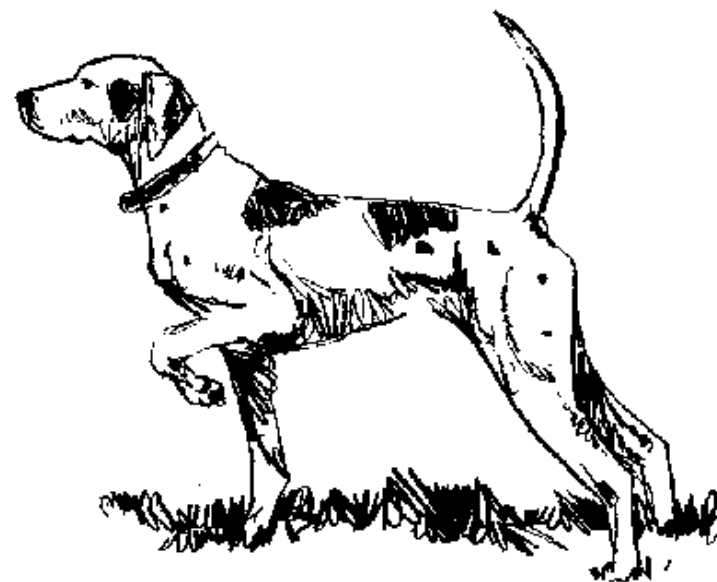
# Medication

- Conditions such as arthritis are very common disorders in older pets. New medications are now available that are both safe and effective for pain management, Cognitive Dysfunction Syndrome and other age-related diseases. There are also many safe and effective supplements available.



# Senior Wellness Checklist

- This list can help you observe behaviors and symptoms that may indicate a potential health problem in your senior dog. If your dog is experiencing one or more of these signs, please inform your veterinarian.
- **Change in water consumption**
- **Change in appetite**
- **Lethargic or depressed (listless behavior)**
- **Change in urine production (watch carefully for increased amounts of urine)**
- **Constipation**
- **Change in attitude (irritability)**
- **Change in sleeping patterns**
- **Noticeable decrease in vision**
- **Vomiting/diarrhea**
- **Weight gain/loss**
- **Bad breath or drooling**
- **Lumps and bumps on the skin**
- **Excessive panting**
- **Breathing heavily or rapidly at rest**
- **Increased stiffness, trouble jumping, or walking**



- **The goal of a Senior Wellness exam is to maintain the highest quality of life for the longest possible time. Together, we can make the senior years the most rewarding you and your dog have ever shared.**



# Senior Cats Have Special Needs

- As cats move into the senior phase of life, they experiences changes that are very similar to aging in humans. Diseases and conditions that are commonly known to affect older people also affect our feline companions: kidney, heart and liver disease, tumors, cancer, diabetes, depression, arthritis, thyroid conditions, hormonal problems, neuroses and loss of sensory perception. Understanding these changes and how you can provide for your pet's needs are essential to quality of life.
- Age is never just a number but rather a measure of the effect of aging to the body. Variables such as genetics, nutrition and environment all contribute to how your cat will be influenced by the aging process. In general, your cat is considered to be “senior” at 7 years old. Since cats age more rapidly than people, dramatic changes in health can occur in as little as 3 to 6 months.



## Senior Wellness' Provide Hidden Answers

- Studies have shown that as many as 17% of middle age and older cats that appear healthy upon physical examination have an underlying disease. A Senior Wellness includes laboratory tests so sensitive they can detect the onset of diseases and conditions early, when treatment and prevention are most effective.



## **How You And Your Veterinarian Can Help Maintain The Highest Quality Of Life For Your Senior Cat.**

- Several non-invasive tests and procedures performed regularly can help your veterinarian detect early-stage disease and provide a baseline for measuring changes. These tests include:
  - **Complete Blood Count**
  - **Serum Chemistry Profile**
  - **Complete Urinalysis**
  - **Thyroid Hormone Levels**
  - **Fecal Exam**
  - **Other tests recommended by your veterinarian**



## More Frequent Examinations

- While an annual exam may be sufficient for younger cats, your veterinarian may want to see your older cat at least every 6 months. For a cat, this represents 4 to 6 years in the life of a human. Special attention will be paid to your cat's teeth and gums, skins and coat, heart, lungs, kidneys, digestive system, eyes and joints. Annual laboratory tests can detect the onset of disease or abnormal health conditions.



## Nutrition and Environment

- A proper diet and suitable environment are critical to your cat's continued health and comfort. Your veterinarian and hospital staff may advise you on modifications for your aging cat: a palatable, highly digestible diet with proper balance of calories and nutrients based on your cat's specific needs, easier access to litter pans, heated bedding, and extra assistance with routine grooming.



# Senior Wellness Checklist

- This list can help you observe behaviors and symptoms that may indicate a potential health problem in your senior cat. If your cat is experiencing one or more of these signs, please inform your veterinarian.
- **Change in water consumption**
- **Change in appetite**
- **Lethargic or depressed (listless behavior)**
- **Change in urine production (watch carefully for increased amounts of urine)**
- **Constipation**
- **Change in attitude (irritability)**
- **Change in sleeping patterns**
- **Noticeable decrease in vision**
- **Vomiting/diarrhea**
- **Weight gain/loss**
- **Bad breath or drooling**
- **Lumps and bumps on the skin**
- **Excessive panting**
- **Breathing heavily or rapidly at rest**
- **Lapse in grooming habits**
- **Increased stiffness, trouble jumping, or walking**



- The goal of a Senior Wellness is to maintain the highest quality of life for the longest possible time. Together, we can make the senior years the most rewarding you and your cat have ever shared.

