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FOR IMMEDIATE RELEASE

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August 22nd is Bring Your Cat to the Vet Day!

*By Dr. Erin Forbes
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Cats need preventative care examinations at least once a year when they are young and at least twice a year when they become senior citizens. At routine visits, your veterinarian will discuss nutrition, lifestyle changes, environmental enrichment, disease prevention, parasite prevention, and behavior issues. You and your veterinarian will discuss any concerns found and come up with a plan to keep your feline healthy and happy.

Veterinarian visits are important for your cat for a variety of reasons. Cats age faster than humans do, so preventative care keeps cats healthy for longer. A cat reaches the approximate human age of 15 during its first year, and then 24 at age 2. Then they age approximately four "cat years" for every human year. Since a lot can happen in four cat years, yearly visits are crucial to preventing or catching disease. Veterinarians can detect conditions that may affect your pets' health before the condition becomes noticeable to the owner. Cats are masters at hiding illness, their natural behaviors make them excellent at hiding how they feel, when they feel pain, or if they are sick. Routine blood-work on a cat can reveal changes in kidney health before the cat becomes ill, this means that treatment can be started sooner, leading to a longer life and a more comfortable cat. By the age of three it is estimated that 70 percent of cats have dental disease, routine visits will allow the veterinarian to monitor the dental health of their patient closely and make recommendations as needed. Often there are no obvious signs of dental disease and most cats with dental disease still eat without any change in appetite.

Over 50% of cats are overweight: every year your cat will be weighed and your veterinarian will determine if she is a proper weight. If needed they will 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, constipation, arthritis, feline idiopathic cystitis and, respiratory disease.

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.

As a member of the family, your cat deserves the best possible care. Together, you and your veterinarian can best decide how to accomplish that by meeting at least once a year to talk about your cat and any changes that have taken place in their life. For a brochure on how to get your cat to the veterinarian safely and calmly, [click here](#).

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