

Senior Wellness Checklist



This checklist can help you detect behaviors and symptoms that may indicate potential health problems in your senior pet. Early detection is the key to helping your pet live a longer, healthier life. Take a few minutes and see if your pet is exhibiting any of the following:

- 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 habits
- Decrease in vision
- Vomiting
- Diarrhea
- Weight gain
- Weight loss
- Bad breath or drooling
- Lumps or bumps on or under the skin
- Excessive panting or labored breathing
- Increased stiffness, trouble jumping or walking up stairs

If you checked any of these symptoms, call us today for more information on our Senior Pet Health Program.



SENIOR CARE PET WELLNESS PACKAGES	SENIOR SILVER PACKAGE	SENIOR GOLD PACKAGE
Annual Comprehensive Examination	•	•
All Recommended Vaccinations	•	•
Electrocardiogram	•	•
Complete Blood Count (CBC)	•	•
Blood Chemistry Panel	•	•
Blood Electrolyte Panel	•	•
Urinalysis	•	•
Thyroid Hormone Analysis	•	•
Fecal Parasite Exam	•	•
Eye Pressure Reading		•
Blood Pressure Reading		•
Thoracic/Abdominal Radiographs		•



An Important Message for Cat Owners

There are more than 90 million cats in the United States, or about 20 percent more cats than dogs.

However, according to the

American Veterinary Medical Association, cats are brought to the veterinarian only about **HALF** as often as dogs. Many veterinarians believe cats hide illness better than dogs, and many times owners may not realize there is a problem.

- Behavioral changes can be early signs of illness in both cats and dogs. These changes are often less obvious in cats.
- Cat owners may not notice subtle changes in appetite, elimination or other behavior until an illness is advanced.
- The risk of cancer, periodontal disease, obesity, kidney disease, thyroid disease and diabetes increases with age in cats.

SCOTT COUNTY ANIMAL HOSPITAL SENIOR CARE



Keep your best friend happy and healthy!

Know the facts about your pet's aging process

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Your Best Friend Can't Say "Ouch!" The importance of twice-yearly exams

Today, most aspects of veterinary medicine are geared toward preventative care. It is our goal to provide pets with the longest and highest quality of life possible.



Many times pets are sicker internally than they let us know. Our goal at **Scott County Animal Hospital** is to provide pets with the longest and highest quality of life possible. A routine wellness exam

can identify or prevent medical conditions early before they become major problems.

Conditions such as dental disease, arthritis, allergies and heart disease can be diagnosed early, and many cancers, especially skin cancer, can also be detected.

By age two, most dogs and cats have reached adulthood.



When simple diagnostic lab work is combined with a six-month wellness examination, kidney and liver disease, anemia, and other internal problems can be discovered before any clinical symptoms appear. Regular wellness exams and wellness lab work can sometimes prove to be a life saver.

7X
SEVEN TIMES

Most of us don't need a medical checkup more than once a year, but dogs and cats are different. Pets, on average, age up to seven times faster than humans, and by age two, most have already reached adulthood. At age four, many pets are entering middle age. By age seven, dogs and cats are considered seniors, and at age ten they enter the geriatric stage of their lives.

The bottom line? Taking your dog or cat to the veterinarian once a year is the same as seeing your doctor just once every seven years! You would not wait seven years to see your doctor or dentist for a checkup. **Twice-a-year wellness exams are a critical part of your pet's health.**

Pets, especially cats and certain breeds of dogs, are notorious for hiding signs of illness until they are almost at a crisis stage.

How Old Is Your Seven-Year-Old? (equivalent age in human years based on your pet's weight)					
Pet's Age In Years	Cats	Dogs (by weight)			
		0-20 lbs.	21-50 lbs.	51-90 lbs.	> 90 lbs.
1	24	15	15	14	12
2	36	24	24	22	20
3	42	28	29	29	28
4	45	32	34	34	35
5	48	36	38	40	42
6	51	40	42	45	49
7	54	44	47	50	56
8	57	48	51	55	64
9	60	52	56	61	71
10	63	56	60	66	78
11	66	60	65	72	86
12	69	64	69	77	93
13	72	68	74	82	101
14	75	72	78	88	108
15	78	72	83	93	115

Legend: ADULT (grey), SENIOR (yellow), GERIATRIC (pink)

What to Expect During Your Pet's Senior Years

As your pet ages you'll notice subtle changes. It's important to understand normal aging versus abnormal changes in your pet's health.



Expect These Changes –

- Sleeping more
- Graying coat, especially around the mouth
- Dental and gum disease (veterinary care required)
- Deterioration of hearing and vision
- Joint inflammation and discomfort (arthritis)
- Muscle shrinkage
- Decreased skin elasticity

Arthritis – Treating Your Pet Right

Arthritis in pets is very similar to the disease in humans. It is a condition in which your pet's joints become inflamed. As the inflammation increases the joints become swollen, and this results in pain, stiffness and immobility.

Don't attribute initial arthritis signs to "old age" or "slowing down." We have advanced arthritis medication to help keep your pet happy and comfortable.

DOES YOUR PET...

- Exhibit stiffness or lameness?
- Seem reluctant to rise or walk?
- Whine or whimper?
- Difficulty climbing steps or jumping?
- Exhibit pain when touched?
- Exhibit a reduced range of motion?

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