



Your cat's name

's

# Health & Wellness Guide

Your veterinarian is the best partner in keeping your cat happy and healthy. Use this guide to reference helpful information and visit history.



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# Schedule Annual Checkups For Better Health

Proactive medicine is the best medicine! Annual visits are important for keeping your cat as healthy as possible, but for many cats this can be a stressful thing.



For smoother veterinary visits, try these tips:

## Carrier comfort

Get your cat familiar with it at home first. If they are anxious at the clinic, your vet can remove the top and do the exam inside the carrier.

## Treat your cat

Toys or treats from home can help calm your cat while traveling and at the vet's office.

## Calming support

Ask your vet if calming pheromones, catnip, or anti-anxiety medications might be suitable for your cat during visits if needed.

## Take it easy

Slow movements, extra encouragement and a lot of love can go a long way in helping your cat feel more comfortable during the exam.



# Protect Your Cat From Common Diseases

Many common cat diseases are easily transmitted, especially in multi-cat households or with social cats. Talk to your veterinarian about vaccine options that give your cat the protection they deserve.

## ✓ Rabies

One of the most feared diseases, typically transmitted via an infected animal bite. The virus attacks the nervous system and is always fatal.

## ✓ Feline panleukopenia (feline distemper)

Extremely contagious and widespread; it can be fatal in kittens. Symptoms include fever, loss of appetite, vomiting, diarrhea and severe dehydration.

## ✓ Feline viral rhinotracheitis (FVR)

A highly contagious respiratory disease that causes loss of appetite, fever, eye inflammation, sneezing and discharge from the nose and eyes.

## ✓ Feline calicivirus (FCV)

A serious feline respiratory infection that may also cause cats to have ulcers on the tongue.

## ✓ Feline leukemia

Cats can get this from shared dishes or litter boxes. It can cause a weakened immune system, cancer or anemia. It can be fatal.

## ✓ Feline infectious peritonitis (FIP)

More easily spread in multi-cat households, FIP is caused by a viral infection and can affect the eyes, brain, heart, lungs and abdomen.



Visit [ZoetisPetcare.com](https://www.ZoetisPetcare.com) for more health and wellness information.

## Stop Pesky Parasites

### Reduce Risk of Disease

Parasites such as heartworms, fleas, ticks and intestinal parasites can easily infect both outdoor and indoor-only cats, and even transmit deadly diseases.

- Sneaky parasites can make their way into your home on your clothes, shoes, or other pets.
- Protect both indoor and outdoor cats from common parasites with a broad spectrum preventative, year-round.

Ask your vet about the best way to ensure year-round coverage for your cat.



## Recognize OA Pain

### Signs of Osteoarthritis

It can be hard to judge how your cat is feeling, especially when it comes to pain.

Looking for trouble? 🐱

Osteoarthritis pain is more common in cats over 6, but it can be helped with medication. Watch for these signs in your cat:

- Takes breaks going up or down stairs
- Hesitates before jumping, or uses front legs to pull first
- Runs at slower speed, or alternates with walking



Use [catoacheklist.com](https://catoacheklist.com) to share what you notice with your veterinarian.

## Provide Healthy Options

### Basic Nutrition and Feeding



With so many cat diets and food options, proper nutrition information can get overwhelming. Not to mention age, size and activity level can change what your cat needs. Proper nutrition doesn't have to feel overwhelming with these basic tips:

- Start with the instructions on your cat's food container as a baseline.
- Talk to your veterinarian about specific feeding based on your cat's needs. Age, size, reproductive status and activity level can all make a difference.
- Treats should not be more than 10% of the calories in your cat's diet. Cutting treats smaller or offering low-calorie options can be helpful if weight is a concern.
- Pre-measuring meals and treats in advance each day can help avoid overfeeding.

## Understand Obesity in Cats

### When to Worry About Weight

A little weight may not feel like anything to worry about, but even a few extra pounds can put cats at risk for health problems like:

- Excess heart strain
- Recurring urinary tract infections
- Osteoarthritis
- Shorter lifespan
- Pancreatitis
- Chronic skin infections



Work with your veterinarian to stay aware and in control of your cat's weight. If you suspect they are above or below a normal range your vet can give advice on tailoring food and/or exercise to help.

## Know What's Normal

### Establish a Baseline



You know your cat best. Working with your veterinarian to understand your cat's "normal" is the best path to overall wellness.

Determine a baseline for your cat's typical behavior, and update your vet on any changes.

- Have a physical and diagnostic tests done, including blood, urine, and fecal
- Perform routine tests to catch problems early
- Keep up on preventive care that keeps them safe
- Stick to a vaccine routine that protects your cat at every stage



## Know When to be Concerned

### Time to Ask a Vet

Cats can be masters at hiding symptoms of illness. It's important to notify your vet if you see any signs outside their normal behavior. For example:

- Changes in behavior or energy level
- Hiding more than normal
- Loss or increase of appetite
- Not peeing or pooping, or going outside the litter box
- Increase in water consumption and/or urination
- Vomiting or diarrhea
- Change in weight
- Itching or chewing on fur
- Coughing

*Taking steps*



*to better health!*

## Understand Routine Testing

### Preventive Diagnostic Testing Info

See what specific tests your veterinarian may recommend based on your cat's physical exam, life stage, and individual needs.

Examples include:

#### For all kittens and cats

- ✓ **Chemistry panel**  
Provides information on several organ systems, important proteins, and electrolytes.
- ✓ **Complete blood count (CBC)**  
Provides information on red and white cell counts to detect anemia, inflammation and platelets involved in blood clotting.
- ✓ **Urinalysis**  
Provides information on the urinary system and helps interpret the chemistry panel.
- ✓ **Fecal**  
Screens for gastrointestinal parasites.
- ✓ **Retroviral and Heartworm testing**  
Retroviral testing screens for Feline Leukemia Virus and Feline Immunodeficiency Virus, which can be transmitted and cause illness. Heartworm is a parasite of the heart and lungs spread by mosquitoes.

#### Additional testing for senior cats 11+ years

- ✓ **Thyroid testing**  
Determines if the thyroid gland is functioning normally.
- ✓ **Blood pressure**  
Screens for hypertension or hypotension that can accompany certain diseases.

Use this page to record any medical or health notes from home or the vet's office.

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Brand: \_\_\_\_\_

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Don't forget a dose! •  
Scan here to set up •  
free digital reminders.

# Vaccination Record

Age	Date	Rabies	Panleukopenia	Rhinotracheitis	Calicivirus	Chlamydia	Leukemia	FIP
___ weeks	_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
___ weeks	_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
___ weeks	_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
___ weeks	_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
___ weeks	_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
1 year	_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2 years	_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3 years	_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4 years	_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5 years	_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6 years	_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7 years	_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8 years	_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9 years	_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10 years	_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11 years	_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12 years	_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13 years	_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14 years	_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15 years	_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

↑ Out of space? Attach extra pages here

# My Cat's Information

Keep this booklet handy to simplify veterinary visits and travel info. Pro tip: use this envelope for necessary travel documents, tags or paperwork.

Date of Birth \_\_\_\_\_

Breed \_\_\_\_\_

Sex \_\_\_\_\_

Markings \_\_\_\_\_

Microchip ID # \_\_\_\_\_

# Veterinarian Information

Clinic Name \_\_\_\_\_

Phone Number \_\_\_\_\_

Address \_\_\_\_\_

Website \_\_\_\_\_







## Pet Care Made Simple

This booklet was created for  
cat owners by Zoetis.

Our goal is to support your pet's healthcare in every way we can. From veterinarian-backed products, informative health articles, Petcare Rewards and more—our services and products are here to help!



Scan here to set up free pet  
care reminders for your cat.

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**VANGUARD**