

# MY CAT HEALTH BOOKLET

CAT'S NAME :



## MY CAT

---

Name: .....

Date of birth (approximate if unknown): .....

Sex:  Male  Female  Neutered      Age when neutered: .....

Breed (type or cross-breed) : .....

Colour: .....

Blood group:  A  B  AB

My cat comes from:       Homing centre       Friend/family       Breeder  
 Pet shop       Other

Microchip (type and number): .....

Passport number: .....

## ... AND ME

---

Name: .....

Address: .....

.....

.....

Mobile: .....

Telephone: .....

E-mail: .....

## CONTACTS

---

### *Veterinary Clinic*

Name: .....

Address: .....

.....

Telephone: .....

E-mail: .....

Web: .....

Veterinarian/Nurse: .....

### *Breeder*

Name: .....

Address: .....

.....

Telephone: .....

E-mail: .....

Web: .....

### *Cat groomer*

Name: .....

Address: .....

.....

Telephone: .....

E-mail: .....

Web: .....

### *Cat Boarding*

Name: .....

Address: .....

.....

Telephone: .....

E-mail: .....

Web: .....

Poison Centre Tel/Web: .....

Lost & Found Cats Tel/Web: .....



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# A LIFELONG PARTNERSHIP OF CARE FOR YOUR CAT

## YOUR CAT, A PART OF YOUR FAMILY

Whether your cat has come from a homing centre, a breeder, a friend, or from some other source, he or she will already have become a full member of your household and family.

**Your cat is unique and there is a unique bond between you and your cat.**

**AS A CAT OWNER,  
YOU HAVE A HUGE  
IMPACT ON THE HEALTH  
AND WELLBEING OF  
YOUR CAT.**

By undertaking routine **preventive healthcare**, through all stages – from kittens through to old age – you can ensure your cat stays as healthy as possible.

This booklet will guide you through what is needed to maintain your cat in the best possible health.

Take this HealthCare Booklet with you to the veterinary clinic as a reminder for both you and your veterinary team of the topics to discuss.



# WHAT AGE? WHAT STAGE?



## CATS CAN LIVE FOR AN AMAZINGLY LONG TIME CONSIDERING THEIR SMALL SIZE

In general, smaller mammals have shorter lifespans, but cats are a little different. For example, although cats are smaller than most dogs, they generally live longer. The average lifespan for a pet cat is probably around 13 to 14 years.

However, although their lifespan may vary, **many well cared for cats may commonly live to 15 or beyond**, some make it to 18 or 20 and a few extraordinary felines even pass 25 or 30 years of age.

## SIX DIFFERENT LIFE STAGES FOR CATS ARE RECOGNIZED

These are based on an understanding of how cats mature and age both physically and behaviourally, and allow us to predict when certain changes might be occurring both physically and mentally.

**6** LIFE STAGES ARE RECOGNIZED FOR CATS

Kitten, Junior, Adult, Mature, Senior and Super Senior.

Life stage	Age of cat	Human Equivalent
 <b>Kitten</b> [Birth - 6 months]	0-1 month	0-1 year
	2 months	2 years
	3 months	4 years
	4 months	6 years
	5 months	8 years
	6 months	10 years
 <b>Junior</b> [7 months-2 years]	7 months	12 years
	12 months	15 years
	18 months	21 years
	2 years	24 years
 <b>Adult</b> [3 - 6 years]	3 years	28 years
	4 years	32 years
	5 years	36 years
	6 years	40 years
 <b>Mature</b> [7 - 10 years]	7 years	44 years
	8 years	48 years
	9 years	52 years
	10 years	56 years
 <b>Senior</b> [11 - 14 years]	11 years	60 years
	12 years	64 years
	13 years	68 years
	14 years	72 years
 <b>Super Senior</b> [15 years +]	15 years	76 years
	16 years	80 years
	17 years	84 years
	18 years	88 years
	19 years	92 years
	20 years	96 years
	21 years	100 years
	22 years	104 years
	23 years	108 years
	24 years	112 years
	25 years	116 years

# Kitten

[Birth to 6 months]



This is the time to **check for problems** that may have been present from birth, such as a **cleft palate or a hernia**, and to discuss lifestyle, diet, **identification** (eg, microchipping), vaccination and parasite control. Ensure that the physical and social environment of your home meets all of your kitten's needs to help prevent the development of problem behaviours.



## Did you know?

Kittens can be neutered from around 4 months old.

### ASK YOUR VET

about getting your cat used to being in a cat carrier, to having mouth, teeth, ears and claws examined, and how to clean your cat's teeth.



# Kitten

[0- 2 months]

Date of examination: ...../...../.....  
 Actual age: ..... Weight: .....  
 Body Condition Score: .....  
 Muscle Condition Score: .....

**Environment:**  Indoor  Indoor/Outdoor

**Behaviour:** .....

**Diet type:**  Dry food  Wet food  Both  Other:  
 Type/brand usually fed: .....

### Physical examination:

- |   |   |   |
|---|---|---|
| <input type="checkbox"/> Eyes             |  | <input type="checkbox"/> Lymph nodes            |
| <input type="checkbox"/> Ears             |   | <input type="checkbox"/> Heart and breathing    |
| <input type="checkbox"/> Mouth and teeth  |   | <input type="checkbox"/> Gastrointestinal tract |
| <input type="checkbox"/> Mucous membranes |   | <input type="checkbox"/> Urogenital system      |
| <input type="checkbox"/> Coat and skin    |   | <input type="checkbox"/> Musculoskeletal system |

**Health status/Comments:** .....

### Parasite control:

- Flea/tick treatment (product/date): .....
- Worming (product/date): .....
- Heartworm prevention (product/date): .....

**Microchip**

### Vaccinations

- |  |                                    |
|--|------------------------------------|
| <input type="checkbox"/> Panleukopenia | <input type="checkbox"/> Rabies    |
| <input type="checkbox"/> Calicivirus   | <input type="checkbox"/> Chlamydia |
| <input type="checkbox"/> Herpesvirus   | <input type="checkbox"/> Other     |
| <input type="checkbox"/> Leukemia      |                                    |

*Labels / Stamp  
and veterinarian signature*

# Kitten [3 months]

Date of examination: ...../...../.....  
 Actual age: ..... Weight: .....  
 Body Condition Score: .....  
 Muscle Condition Score: .....

**Environment:**  Indoor  Indoor/Outdoor

**Behaviour:** .....

**Diet type:**  Dry food  Wet food  Both  Other:  
 Type/brand usually fed: .....

**Physical examination:**

- Eyes
- Ears
- Mouth and teeth
- Mucous membranes
- Coat and skin



- Lymph nodes
- Heart and breathing
- Gastrointestinal tract
- Urogenital system
- Musculoskeletal system

**Health status/Comments:** .....  
 .....  
 .....

**Parasite control:**

- Flea/tick treatment (product/date): .....
- Worming (product/date): .....
- Heartworm prevention (product/date): .....

**Retrovirus status:**

- Unknown  FeLV+  FeLV-  FIV+  FIV-

When tested: .....

**Microchip**

**Neutering:**

**Vaccinations**

- Panleukopenia  Rabies
- Calicivirus  Chlamydia
- Herpesvirus  Other
- Leukemia

*Labels / Stamp  
and veterinarian signature*

# Kitten [4 months]

Date of examination: ...../...../.....  
 Actual age: ..... Weight: .....  
 Body Condition Score: .....  
 Muscle Condition Score: .....

**Environment:**  Indoor  Indoor/Outdoor

**Behaviour:** .....

**Diet type:**  Dry food  Wet food  Both  Other:  
 Type/brand usually fed: .....

**Physical examination:**

- Eyes
- Ears
- Mouth and teeth
- Mucous membranes
- Coat and skin



- Lymph nodes
- Heart and breathing
- Gastrointestinal tract
- Urogenital system
- Musculoskeletal system

**Health status/Comments:** .....  
 .....  
 .....

**Parasite control:**

- Flea/tick treatment (product/date): .....
- Worming (product/date): .....
- Heartworm prevention (product/date): .....

**Retrovirus status:**

- Unknown  FeLV+  FeLV-  FIV+  FIV-

When tested: .....

**Microchip**

**Neutering:**

**Vaccinations**

- Panleukopenia  Rabies
- Calicivirus  Chlamydia
- Herpesvirus  Other
- Leukemia

*Labels / Stamp  
and veterinarian signature*

# Kitten

[5- 6 months]

Date of examination: ...../...../.....  
 Actual age: ..... Weight: .....  
 Body Condition Score: .....  
 Muscle Condition Score: .....

**Environment:**  Indoor  Indoor/Outdoor

**Behaviour:** .....

**Diet type:**  Dry food  Wet food  Both  Other:  
 Type/brand usually fed: .....

**Physical examination:**

- Eyes
- Ears
- Mouth and teeth
- Mucous membranes
- Coat and skin



- Lymph nodes
- Heart and breathing
- Gastrointestinal tract
- Urogenital system
- Musculoskeletal system

**Health status/Comments:** .....  
 .....  
 .....

**Parasite control:**

- Flea/tick treatment (product/date): .....
- Worming (product/date): .....
- Heartworm prevention (product/date): .....

**Retrovirus status:**

- Unknown  FeLV+  FeLV-  FIV+  FIV-
- When tested: .....

**Microchip**

**Neutering:**

**Vaccinations**

- Panleukopenia  Rabies
- Calicivirus  Chlamydia
- Herpesvirus  Other
- Leukemia

*Labels / Stamp  
and veterinarian signature*

# Junior

[7 months to 2 years]



Common health issues for Junior cats include **important infectious diseases** and problems related to **fighting, hunting or trauma** – young cats are active and **love to explore!** Also, as your cat is maturing physically and emotionally, paying continued attention to the living environment and outdoor space (if your cat is going to have access outside) is important as is diet and body weight monitoring **to avoid weight gain after neutering.**



**Did you know?**

Your cat's first booster vaccination will be given at around a year of age and this is critical in maintaining protection against some of the common infectious diseases.

**ASK YOUR VET**

clinic about a suitable brush and toothpaste if you are interested in trying this, and make sure you don't use any human products – these are very unsuitable for cats!

# Junior

[7 months to 1 years]

Date of examination: ...../...../.....  
 Actual age: ..... Weight: .....  
 Body Condition Score: .....  
 Muscle Condition Score: .....

**Environment:**  Indoor  Indoor/Outdoor  Outdoor only  
 Restricted outdoors  In at night

**Behaviour:** .....

**Diet type:**  Dry food  Wet food  Both  Other:  
 Type/brand usually fed: .....

**Physical examination:**

- Eyes
- Ears
- Mouth and teeth
- Mucous membranes
- Coat and skin



- Lymph nodes
- Heart and breathing
- Gastrointestinal tract
- Urogenital system
- Musculoskeletal system

**Health status/Comments:** .....  
 .....  
 .....

**Parasite control:**

- Flea/tick treatment (product/date): .....
- Worming (product/date): .....
- Heartworm prevention (product/date): .....

**Retrovirus status:**

- Unknown  FeLV+  FeLV-  FIV+  FIV-

When tested: .....

**Microchip**

**Neutering:**

**Vaccinations**

- Panleukopenia  Rabies
- Calicivirus  Chlamydia
- Herpesvirus  Other
- Leukemia

*Labels / Stamp  
and veterinarian signature*

# Junior

[2 years]

Date of examination: ...../...../.....  
 Actual age: ..... Weight: .....  
 Body Condition Score: .....  
 Muscle Condition Score: .....

**Environment:**  Indoor  Indoor/Outdoor  Outdoor only  
 Restricted outdoors  In at night

**Behaviour:** .....

**Diet type:**  Dry food  Wet food  Both  Other:  
 Type/brand usually fed: .....

**Physical examination:**

- Eyes
- Ears
- Mouth and teeth
- Mucous membranes
- Coat and skin



- Lymph nodes
- Heart and breathing
- Gastrointestinal tract
- Urogenital system
- Musculoskeletal system

**Health status/Comments:** .....  
 .....  
 .....

**Parasite control:**

- Flea/tick treatment (product/date): .....
- Worming (product/date): .....
- Heartworm prevention (product/date): .....

**Retrovirus status:**

- Unknown  FeLV+  FeLV-  FIV+  FIV-

When tested: .....

**Vaccinations**

- Panleukopenia  Rabies
- Calicivirus  Chlamydia
- Herpesvirus  Other
- Leukemia

*Labels / Stamp  
and veterinarian signature*



# Adult [3-6 years]



During their Adult life stage, many cats that are allowed outdoors are still active hunters, so careful attention to vaccination and parasite control is important. Regular annual checks mean that problems will be detected early, hopefully before a significant disease develops.



## Did you know?

Over 70% of Adult cats have dental and/or gum disease – this can lead to considerable pain and loss of teeth.

Common problems encountered at this life stage include **obesity, dental disease, cystitis (inflammation of the bladder), intestinal diseases, heart disease and problem behaviours.**

Where dental disease is found, it is often necessary to examine the mouth more thoroughly under a general anaesthetic, allowing cleaning and dental work to be done at the same time. Actually cleaning your cat's teeth can be highly beneficial, and is the best way to keep the teeth clean. Ask your vet or nurse for advice on cleaning your cat's teeth.

# Adult [3 years]

Date of examination: ...../...../.....  
 Actual age: ..... Weight: .....  
 Body Condition Score: .....  
 Muscle Condition Score: .....

**Environment:**  Indoor  Indoor/Outdoor  Outdoor only  
 Restricted outdoors  In at night

**Behaviour:** .....

**Diet type:**  Dry food  Wet food  Both  Other:  
 Type/brand usually fed: .....

## Physical examination:

- |  |   |
|--|---|
| <input type="checkbox"/> Eyes              | <input type="checkbox"/> Lymph nodes            |
| <input type="checkbox"/> Ears              | <input type="checkbox"/> Heart and breathing    |
| <input type="checkbox"/> Mouth             | <input type="checkbox"/> Gastrointestinal tract |
| <input type="checkbox"/> Dental assessment | <input type="checkbox"/> Urogenital system      |
| <input type="checkbox"/> Mucous membranes  | <input type="checkbox"/> Musculoskeletal system |
| <input type="checkbox"/> Coat and skin     |   |



**Health status/Comments:** .....  
 .....  
 .....

## Parasite control:

- Flea/tick treatment (product/date): .....  
 Worming (product/date): .....  
 Heartworm prevention (product/date): .....

## Retrovirus status:

- Unknown  FeLV+  FeLV-  FIV+  FIV-  
 When tested: .....

## Vaccinations

- Panleukopenia  Rabies  
 Calicivirus  Chlamydia  
 Herpesvirus  Other  
 Leukemia

*Labels / Stamp and veterinarian signature*

# Adult [4 years]

Date of examination: ...../...../.....  
Actual age: ..... Weight: .....  
Body Condition Score: .....  
Muscle Condition Score: .....

**Environment:**  Indoor  Indoor/Outdoor  Outdoor only  
 Restricted outdoors  In at night

**Behaviour:** .....

**Diet type:**  Dry food  Wet food  Both  Other:  
Type/brand usually fed: .....

### Physical examination:

- |  |   |   |
|--|---|---|
| <input type="checkbox"/> Eyes              |  | <input type="checkbox"/> Lymph nodes            |
| <input type="checkbox"/> Ears              |   | <input type="checkbox"/> Heart and breathing    |
| <input type="checkbox"/> Mouth             |   | <input type="checkbox"/> Gastrointestinal tract |
| <input type="checkbox"/> Dental assessment |   | <input type="checkbox"/> Urogenital system      |
| <input type="checkbox"/> Mucous membranes  |   | <input type="checkbox"/> Musculoskeletal system |
| <input type="checkbox"/> Coat and skin     |   |   |

**Health status/Comments:** .....

.....  
.....

### Parasite control:

- Flea/tick treatment (product/date): .....
- Worming (product/date): .....
- Heartworm prevention (product/date): .....

### Retrovirus status:

- Unknown  FeLV+  FeLV-  FIV+  FIV-  
When tested: .....

### Vaccinations

- |  |                                    |
|--|------------------------------------|
| <input type="checkbox"/> Panleukopenia | <input type="checkbox"/> Rabies    |
| <input type="checkbox"/> Calicivirus   | <input type="checkbox"/> Chlamydia |
| <input type="checkbox"/> Herpesvirus   | <input type="checkbox"/> Other     |
| <input type="checkbox"/> Leukemia      |                                    |

*Labels / Stamp and veterinarian signature*

# Adult [5 years]

Date of examination: ...../...../.....  
Actual age: ..... Weight: .....  
Body Condition Score: .....  
Muscle Condition Score: .....

**Environment:**  Indoor  Indoor/Outdoor  Outdoor only  
 Restricted outdoors  In at night

**Behaviour:** .....

**Diet type:**  Dry food  Wet food  Both  Other:  
Type/brand usually fed: .....

### Physical examination:

- |  |   |   |
|--|---|---|
| <input type="checkbox"/> Eyes              |  | <input type="checkbox"/> Lymph nodes            |
| <input type="checkbox"/> Ears              |   | <input type="checkbox"/> Heart and breathing    |
| <input type="checkbox"/> Mouth             |   | <input type="checkbox"/> Gastrointestinal tract |
| <input type="checkbox"/> Dental assessment |   | <input type="checkbox"/> Urogenital system      |
| <input type="checkbox"/> Mucous membranes  |   | <input type="checkbox"/> Musculoskeletal system |
| <input type="checkbox"/> Coat and skin     |   |   |

**Health status/Comments:** .....

.....  
.....

### Parasite control:

- Flea/tick treatment (product/date): .....
- Worming (product/date): .....
- Heartworm prevention (product/date): .....

### Retrovirus status:

- Unknown  FeLV+  FeLV-  FIV+  FIV-  
When tested: .....

### Vaccinations

- |  |                                    |
|--|------------------------------------|
| <input type="checkbox"/> Panleukopenia | <input type="checkbox"/> Rabies    |
| <input type="checkbox"/> Calicivirus   | <input type="checkbox"/> Chlamydia |
| <input type="checkbox"/> Herpesvirus   | <input type="checkbox"/> Other     |
| <input type="checkbox"/> Leukemia      |                                    |

*Labels / Stamp and veterinarian signature*

# Adult [6 years]

Date of examination: ...../...../.....  
 Actual age: ..... Weight: .....  
 Body Condition Score: .....  
 Muscle Condition Score: .....

**Environment:**  Indoor  Indoor/Outdoor  Outdoor only  
 Restricted outdoors  In at night

**Behaviour:** .....

**Diet type:**  Dry food  Wet food  Both  Other:  
 Type/brand usually fed: .....

### Physical examination:

- |  |   |
|--|---|
| <input type="checkbox"/> Eyes              | <input type="checkbox"/> Lymph nodes            |
| <input type="checkbox"/> Ears              | <input type="checkbox"/> Heart and breathing    |
| <input type="checkbox"/> Mouth             | <input type="checkbox"/> Gastrointestinal tract |
| <input type="checkbox"/> Dental assessment | <input type="checkbox"/> Urogenital system      |
| <input type="checkbox"/> Mucous membranes  | <input type="checkbox"/> Musculoskeletal system |
| <input type="checkbox"/> Coat and skin     |   |



**Health status/Comments:** .....  
 .....  
 .....

### Parasite control:

- Flea/tick treatment (product/date): .....  
 Worming (product/date): .....  
 Heartworm prevention (product/date): .....

### Retrovirus status:

- Unknown  FeLV+  FeLV-  FIV+  FIV-  
 When tested: .....

### Vaccinations

- |  |                                    |
|--|------------------------------------|
| <input type="checkbox"/> Panleukopenia | <input type="checkbox"/> Rabies    |
| <input type="checkbox"/> Calicivirus   | <input type="checkbox"/> Chlamydia |
| <input type="checkbox"/> Herpesvirus   | <input type="checkbox"/> Other     |
| <input type="checkbox"/> Leukemia      |                                    |

*Labels / Stamp and veterinarian signature*

# Mature [7-10 years]



**At 7 years of age and above, although many cats still look youthful and remain playful, there is an increased risk of 'older cat' age-related problems developing.**

Typical examples of these diseases include diabetes, kidney disease, high blood pressure, hyperthyroidism and cancer.



## Did you know?

Changes in bodyweight can easily go unnoticed over time and can be especially difficult to recognise in longer-haired cats.

**Close monitoring is important**, focusing on common signs of disease in older cats such as poor coat condition, lethargy, weight loss, vomiting, diarrhea, constipation, change in appetite or thirst, changes in urination, and reduced activity.

Obesity also peaks in Mature and Senior cats, so extra care needs to be taken with feeding. This emphasizes the importance of **regular weighing of cats and monitoring of their body condition score.**



# Mature [7 years]

Date of examination: ...../...../.....  
Actual age: ..... Weight: .....  
Body Condition Score: .....  
Muscle Condition Score: .....

**Environment:**  Indoor  Indoor/Outdoor  Outdoor only  
 Restricted outdoors  In at night

**Behaviour:** .....

**Diet type:**  Dry food  Wet food  Both  Other:  
Type/brand usually fed: .....

## Physical examination:

- Eyes
- Ears
- Mouth
- Dental assessment
- Mucous membranes
- Coat and skin



- Lymph nodes
- Thyroid
- Heart and breathing
- Gastrointestinal tract
- Urogenital system
- Musculoskeletal system
- Pain assessment

**Health status/Comments:** .....  
.....  
.....

## Parasite control:

- Flea/tick treatment (product/date): .....
- Worming (product/date): .....
- Heartworm prevention (product/date): .....

- Biochemistry  Urinalysis
- Haematology  Blood pressure: .....

## Vaccinations

- Panleukopenia  Rabies
- Calicivirus  Chlamydia
- Herpesvirus  Other
- Leukemia

*Labels / Stamp and veterinarian signature*

# Mature [8 years]

Date of examination: ...../...../.....  
Actual age: ..... Weight: .....  
Body Condition Score: .....  
Muscle Condition Score: .....

**Environment:**  Indoor  Indoor/Outdoor  Outdoor only  
 Restricted outdoors  In at night

**Behaviour:** .....

**Diet type:**  Dry food  Wet food  Both  Other:  
Type/brand usually fed: .....

## Physical examination:

- Eyes
- Ears
- Mouth
- Dental assessment
- Mucous membranes
- Coat and skin



- Lymph nodes
- Thyroid
- Heart and breathing
- Gastrointestinal tract
- Urogenital system
- Musculoskeletal system
- Pain assessment

**Health status/Comments:** .....  
.....  
.....

## Parasite control:

- Flea/tick treatment (product/date): .....
- Worming (product/date): .....
- Heartworm prevention (product/date): .....

- Biochemistry  Urinalysis
- Haematology  Blood pressure: .....

## Vaccinations

- Panleukopenia  Rabies
- Calicivirus  Chlamydia
- Herpesvirus  Other
- Leukemia

*Labels / Stamp and veterinarian signature*

# Mature [9 years]

Date of examination: ...../...../.....  
Actual age: ..... Weight: .....  
Body Condition Score: .....  
Muscle Condition Score: .....

**Environment:**  Indoor  Indoor/Outdoor  Outdoor only  
 Restricted outdoors  In at night

**Behaviour:** .....

**Diet type:**  Dry food  Wet food  Both  Other:  
Type/brand usually fed: .....

## Physical examination:

- Eyes
- Ears
- Mouth
- Dental assessment
- Mucous membranes
- Coat and skin



- Lymph nodes
- Thyroid
- Heart and breathing
- Gastrointestinal tract
- Urogenital system
- Musculoskeletal system
- Pain assessment

**Health status/Comments:** .....  
.....  
.....

## Parasite control:

- Flea/tick treatment (product/date): .....
- Worming (product/date): .....
- Heartworm prevention (product/date): .....

- Biochemistry  Urinalysis
- Haematology  Blood pressure: .....

## Vaccinations

- Panleukopenia  Rabies
- Calicivirus  Chlamydia
- Herpesvirus  Other
- Leukemia

*Labels / Stamp and veterinarian signature*

# Mature [10 years]

Date of examination: ...../...../.....  
Actual age: ..... Weight: .....  
Body Condition Score: .....  
Muscle Condition Score: .....

**Environment:**  Indoor  Indoor/Outdoor  Outdoor only  
 Restricted outdoors  In at night

**Behaviour:** .....

**Diet type:**  Dry food  Wet food  Both  Other:  
Type/brand usually fed: .....

## Physical examination:

- Eyes
- Ears
- Mouth
- Dental assessment
- Mucous membranes
- Coat and skin



- Lymph nodes
- Thyroid
- Heart and breathing
- Gastrointestinal tract
- Urogenital system
- Musculoskeletal system
- Pain assessment

**Health status/Comments:** .....  
.....  
.....

## Parasite control:

- Flea/tick treatment (product/date): .....
- Worming (product/date): .....
- Heartworm prevention (product/date): .....

- Biochemistry  Urinalysis
- Haematology  Blood pressure: .....

## Vaccinations

- Panleukopenia  Rabies
- Calicivirus  Chlamydia
- Herpesvirus  Other
- Leukemia

*Labels / Stamp and veterinarian signature*

# Senior

[11 - 14 years]



At Senior stage, changes are often subtle, such as increased sleeping and/or decreased activity. So don't simply put any changes in your cat down to "old age" and ignore them!



## Did you know?

Cats need careful attention as they age and regular health checks help focus where additional attention may be required.

As cats get older, problems such as **overactive thyroid glands, high blood pressure, kidney disease, arthritis, diabetes and cancer**, are more likely to develop. Senior cats may spend less time grooming, which can lead to coat and skin problems. Claws can become overgrown. Older cats may eat less because their sense of smell is not so good, or because they have teeth or gum problems. **Nevertheless, many of these illnesses and changes can be managed very successfully providing Senior cats with a good quality of life.**

# Senior

[11 years]

Date of examination: ...../...../.....  
 Actual age: ..... Weight: .....  
 Body Condition Score: .....  
 Muscle Condition Score: .....

**Environment:**  Indoor  Indoor/Outdoor  Outdoor only  
 Restricted outdoors  In at night

**Behaviour:** .....

**Diet type:**  Dry food  Wet food  Both  Other:  
 Type/brand usually fed: .....

## Physical examination:

- Eyes
- Ears
- Mouth
- Dental assessment
- Mucous membranes
- Coat and skin
- Claws



- Lymph nodes
- Thyroid
- Heart and breathing
- Gastrointestinal tract
- Urogenital system
- Musculoskeletal system
- Pain assessment

**Health status/Comments:** .....  
 .....  
 .....

## Parasite control:

- Flea/tick treatment (product/date): .....
- Worming (product/date): .....
- Heartworm prevention (product/date): .....

**Biochemistry**

**Urinalysis**

**Haematology**

**Blood pressure:** .....

## Vaccinations

- Panleukopenia  Rabies
- Calicivirus  Chlamydia
- Herpesvirus  Other
- Leukemia

*Labels / Stamp and veterinarian signature*

# Senior [12 years]

Date of examination: ...../...../.....  
 Actual age: ..... Weight: .....  
 Body Condition Score: .....  
 Muscle Condition Score: .....

**Environment:**  Indoor  Indoor/Outdoor  Outdoor only  
 Restricted outdoors  In at night

**Behaviour:** .....

**Diet type:**  Dry food  Wet food  Both  Other:  
 Type/brand usually fed: .....

### Physical examination:

- Eyes
- Ears
- Mouth
- Dental assessment
- Mucous membranes
- Coat and skin
- Claws



- Lymph nodes
- Thyroid
- Heart and breathing
- Gastrointestinal tract
- Urogenital system
- Musculoskeletal system
- Pain assessment

**Health status/Comments:** .....  
 .....  
 .....

### Parasite control:

- Flea/tick treatment (product/date): .....
- Worming (product/date): .....
- Heartworm prevention (product/date): .....

- Biochemistry  Urinalysis
- Haematology  Blood pressure: .....

### Vaccinations

- Panleukopenia  Rabies
- Calicivirus  Chlamydia
- Herpesvirus  Other
- Leukemia

*Labels / Stamp and veterinarian signature*

# Senior [13 years]

Date of examination: ...../...../.....  
 Actual age: ..... Weight: .....  
 Body Condition Score: .....  
 Muscle Condition Score: .....

**Environment:**  Indoor  Indoor/Outdoor  Outdoor only  
 Restricted outdoors  In at night

**Behaviour:** .....

**Diet type:**  Dry food  Wet food  Both  Other:  
 Type/brand usually fed: .....

### Physical examination:

- Eyes
- Ears
- Mouth
- Dental assessment
- Mucous membranes
- Coat and skin
- Claws



- Lymph nodes
- Thyroid
- Heart and breathing
- Gastrointestinal tract
- Urogenital system
- Musculoskeletal system
- Pain assessment

**Health status/Comments:** .....  
 .....  
 .....

### Parasite control:

- Flea/tick treatment (product/date): .....
- Worming (product/date): .....
- Heartworm prevention (product/date): .....

- Biochemistry  Urinalysis
- Haematology  Blood pressure: .....

### Vaccinations

- Panleukopenia  Rabies
- Calicivirus  Chlamydia
- Herpesvirus  Other
- Leukemia

*Labels / Stamp and veterinarian signature*

# Senior [14 years]

Date of examination: ...../...../.....  
 Actual age: ..... Weight: .....  
 Body Condition Score: .....  
 Muscle Condition Score: .....

**Environment:**  Indoor  Indoor/Outdoor  Outdoor only  
 Restricted outdoors  In at night

**Behaviour:** .....

**Diet type:**  Dry food  Wet food  Both  Other:  
 Type/brand usually fed: .....

### Physical examination:

- Eyes
- Ears
- Mouth
- Dental assessment
- Mucous membranes
- Coat and skin
- Claws



- Lymph nodes
- Thyroid
- Heart and breathing
- Gastrointestinal tract
- Urogenital system
- Musculoskeletal system
- Pain assessment

**Health status/Comments:** .....  
 .....  
 .....

### Parasite control:

- Flea/tick treatment (product/date): .....
- Worming (product/date): .....
- Heartworm prevention (product/date): .....

- Biochemistry**  **Urinalysis**
- Haematology**  **Blood pressure:** .....

### Vaccinations

- Panleukopenia  Rabies
- Calicivirus  Chlamydia
- Herpesvirus  Other
- Leukemia

*Labels / Stamp and veterinarian signature*

# Super Senior [15 years +]



At Super Senior stage, several things can go wrong at the same time! However, many diseases are still very treatable, so changes should not be simply attributed to the «ageing process» without being properly investigated.



### Did you know?

With advancing age, a minimum of 2 health checks per year are recommended

Super senior cats have a greater risk of age-related diseases such as **cancer, kidney disease, heart disease, overactive thyroid glands, high blood pressure and arthritis.**

Cats can also suffer from the equivalent of senile dementia, where they may become confused, withdrawn, wander aimlessly and vocalise (meow) excessively. However, these signs can occur with other diseases too, so a full examination is always needed. The cat's digestive system may also not work so effectively and this may contribute to weight loss.

**Nevertheless, many of these illnesses and changes can be managed very successfully providing even Super Senior cats with a good quality of life.**



# Super Senior [15 years]

Date of examination: ...../...../.....  
 Actual age: ..... Weight: .....  
 Body Condition Score: .....  
 Muscle Condition Score: .....

**Environment:**  Indoor  Indoor/Outdoor  Outdoor only  
 Restricted outdoors  In at night

**Behaviour:** .....

**Diet type:**  Dry food  Wet food  Both  Other:  
 Type/brand usually fed: .....

## Physical examination:

- Eyes
- Ears
- Mouth
- Dental assessment
- Mucous membranes
- Coat and skin
- Claws



- Lymph nodes
- Thyroid
- Heart and breathing
- Gastrointestinal tract
- Urogenital system
- Musculoskeletal system
- Pain assessment

**Health status/Comments:** .....  
 .....  
 .....

## Parasite control:

- Flea/tick treatment (product/date): .....
- Worming (product/date): .....
- Heartworm prevention (product/date): .....

- Biochemistry  Urinalysis
- Haematology  Blood pressure: .....

## Vaccinations

- Panleukopenia  Rabies
- Calicivirus  Chlamydia
- Herpesvirus  Other
- Leukemia

*Labels / Stamp and veterinarian signature*

# Super Senior [16 years]

Date of examination: ...../...../.....  
 Actual age: ..... Weight: .....  
 Body Condition Score: .....  
 Muscle Condition Score: .....

**Environment:**  Indoor  Indoor/Outdoor  Outdoor only  
 Restricted outdoors  In at night

**Behaviour:** .....

**Diet type:**  Dry food  Wet food  Both  Other:  
 Type/brand usually fed: .....

## Physical examination:

- Eyes
- Ears
- Mouth
- Dental assessment
- Mucous membranes
- Coat and skin
- Claws



- Lymph nodes
- Thyroid
- Heart and breathing
- Gastrointestinal tract
- Urogenital system
- Musculoskeletal system
- Pain assessment

**Health status/Comments:** .....  
 .....  
 .....

## Parasite control:

- Flea/tick treatment (product/date): .....
- Worming (product/date): .....
- Heartworm prevention (product/date): .....

- Biochemistry  Urinalysis
- Haematology  Blood pressure: .....

## Vaccinations

- Panleukopenia  Rabies
- Calicivirus  Chlamydia
- Herpesvirus  Other
- Leukemia

*Labels / Stamp and veterinarian signature*

# Super Senior [17 years]

Date of examination: ...../...../.....  
Actual age: ..... Weight: .....  
Body Condition Score: .....  
Muscle Condition Score: .....

**Environment:**  Indoor  Indoor/Outdoor  Outdoor only  
 Restricted outdoors  In at night

**Behaviour:** .....

**Diet type:**  Dry food  Wet food  Both  Other:  
Type/brand usually fed: .....

## Physical examination:

- Eyes
- Ears
- Mouth
- Dental assessment
- Mucous membranes
- Coat and skin
- Claws



- Lymph nodes
- Thyroid
- Heart and breathing
- Gastrointestinal tract
- Urogenital system
- Musculoskeletal system
- Pain assessment

**Health status/Comments:** .....  
.....  
.....

## Parasite control:

- Flea/tick treatment (product/date): .....
- Worming (product/date): .....
- Heartworm prevention (product/date): .....

- Biochemistry
- Urinalysis
- Haematology
- Blood pressure: .....

## Vaccinations

- Panleukopenia
- Rabies
- Calicivirus
- Chlamydia
- Herpesvirus
- Other
- Leukemia

*Labels / Stamp and veterinarian signature*

# Super Senior [18 years]

Date of examination: ...../...../.....  
Actual age: ..... Weight: .....  
Body Condition Score: .....  
Muscle Condition Score: .....

**Environment:**  Indoor  Indoor/Outdoor  Outdoor only  
 Restricted outdoors  In at night

**Behaviour:** .....

**Diet type:**  Dry food  Wet food  Both  Other:  
Type/brand usually fed: .....

## Physical examination:

- Eyes
- Ears
- Mouth
- Dental assessment
- Mucous membranes
- Coat and skin
- Claws



- Lymph nodes
- Thyroid
- Heart and breathing
- Gastrointestinal tract
- Urogenital system
- Musculoskeletal system
- Pain assessment

**Health status/Comments:** .....  
.....  
.....

## Parasite control:

- Flea/tick treatment (product/date): .....
- Worming (product/date): .....
- Heartworm prevention (product/date): .....

- Biochemistry
- Urinalysis
- Haematology
- Blood pressure: .....

## Vaccinations

- Panleukopenia
- Rabies
- Calicivirus
- Chlamydia
- Herpesvirus
- Other
- Leukemia

*Labels / Stamp and veterinarian signature*

# Super Senior

## [19 years]

Date of examination: ...../...../.....  
 Actual age: ..... Weight: .....  
 Body Condition Score: .....  
 Muscle Condition Score: .....

**Environment:**  Indoor  Indoor/Outdoor  Outdoor only  
 Restricted outdoors  In at night

**Behaviour:** .....

**Diet type:**  Dry food  Wet food  Both  Other:  
 Type/brand usually fed: .....

### Physical examination:

- Eyes
- Ears
- Mouth
- Dental assessment
- Mucous membranes
- Coat and skin
- Claws



- Lymph nodes
- Thyroid
- Heart and breathing
- Gastrointestinal tract
- Urogenital system
- Musculoskeletal system
- Pain assessment

**Health status/Comments:** .....  
 .....  
 .....

### Parasite control:

- Flea/tick treatment (product/date): .....
- Worming (product/date): .....
- Heartworm prevention (product/date): .....

- Biochemistry
- Urinalysis
- Haematology
- Blood pressure: .....

### Vaccinations

- Panleukopenia
- Rabies
- Calicivirus
- Chlamydia
- Herpesvirus
- Other
- Leukemia

*Labels / Stamp and veterinarian signature*

# Super Senior

## [20 years]

Date of examination: ...../...../.....  
 Actual age: ..... Weight: .....  
 Body Condition Score: .....  
 Muscle Condition Score: .....

**Environment:**  Indoor  Indoor/Outdoor  Outdoor only  
 Restricted outdoors  In at night

**Behaviour:** .....

**Diet type:**  Dry food  Wet food  Both  Other:  
 Type/brand usually fed: .....

### Physical examination:

- Eyes
- Ears
- Mouth
- Dental assessment
- Mucous membranes
- Coat and skin
- Claws



- Lymph nodes
- Thyroid
- Heart and breathing
- Gastrointestinal tract
- Urogenital system
- Musculoskeletal system
- Pain assessment

**Health status/Comments:** .....  
 .....  
 .....

### Parasite control:

- Flea/tick treatment (product/date): .....
- Worming (product/date): .....
- Heartworm prevention (product/date): .....

- Biochemistry
- Urinalysis
- Haematology
- Blood pressure: .....

### Vaccinations

- Panleukopenia
- Rabies
- Calicivirus
- Chlamydia
- Herpesvirus
- Other
- Leukemia

*Labels / Stamp and veterinarian signature*

# THINGS TO PROVIDE IN THE HOME

## Basic needs

- Litter trays in a quiet place, away from food and water
- Dirty litter removed as soon as possible
- Litter trays located on each level of the house
- At least one litter tray per cat
- Water bowl kept full
- One bowl of food and water per cat in a quiet place
- Alternative way of feeding, e.g. feeding puzzle or finding hidden food
- Places to sleep (above floor level)



## In case of outdoor access

- Cat door
- Microchip cat flap
- Access to a quiet area inside and outside



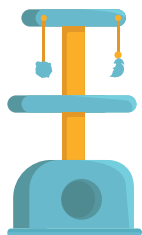
## Social contact & playing

- Daily play with animals or humans
- Individual grooming or stroke time each day
- Consider what sort of toys the cat likes to play with (e.g. wand toys, balls, roll along mice...)



## Specific behaviour

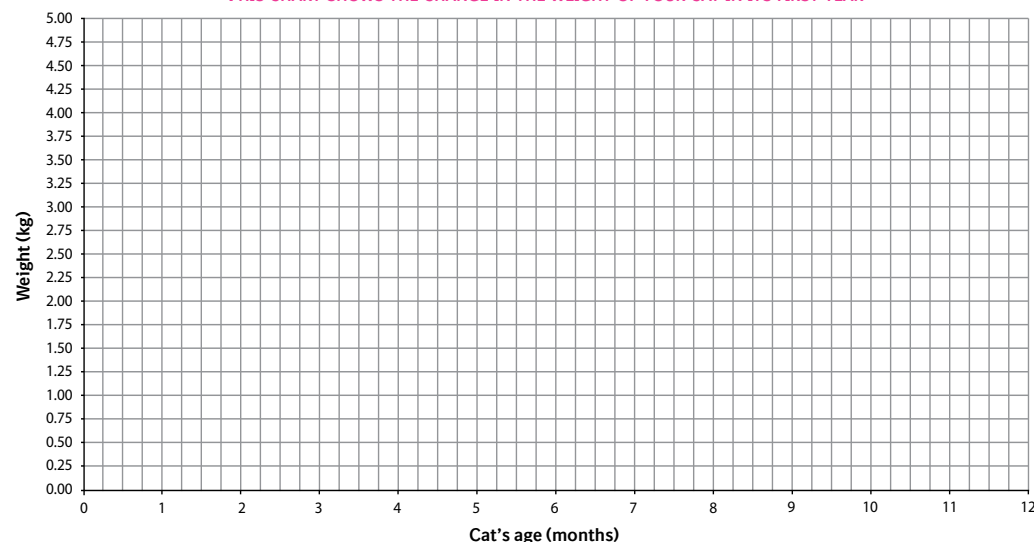
- Opportunities to climb up and explore
- Think about rotating toys rather than having all out at once
- Hiding spots and quiet private places
- At least one scratching surface per cat
- Carrying basket for travel for use all of the time as a hiding place



# WEIGHT MONITORING

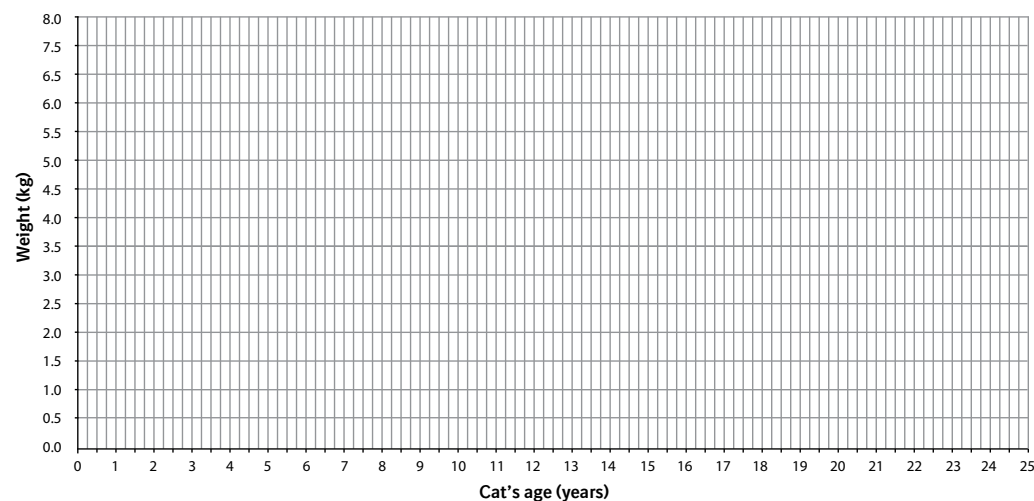
## Change in weight (kg) - first year

THIS CHART SHOWS THE CHANGE IN THE WEIGHT OF YOUR CAT IN ITS FIRST YEAR













## Change in weight (kg) - over time

THIS CHART SHOWS THE CHANGE IN THE WEIGHT OF YOUR CAT OVER TIME


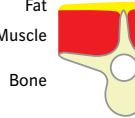
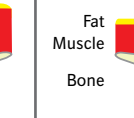



# BODY AND MUSCLE CONDITION SCORES

## Body Condition Score:

1	Increasingly thin	<b>Ribs, spine, and pelvis:</b>		
		• Visible (especially shorthair cats)		
		• Pronounced, very easy to palpate • No fat covering		
2	Between 1 and 3			
3		<b>Ribs, spine, and pelvis:</b>		
		• Easily palpated • Very little fat covering		
4	Between 3 and 5			
5	IDEAL	<b>Ribs and spine:</b>		
		• Palpable but not visible • Slight (but no excess) fat cover		
6	Between 5 and 7			
7	Increasingly fat	<b>Ribs and spine:</b>		
		• Not easy to palpate • Moderate fat covering		
8	Between 7 and 9			
9		<b>Ribs and spine:</b>		
		• Hard to palpate • Marked fat cover		

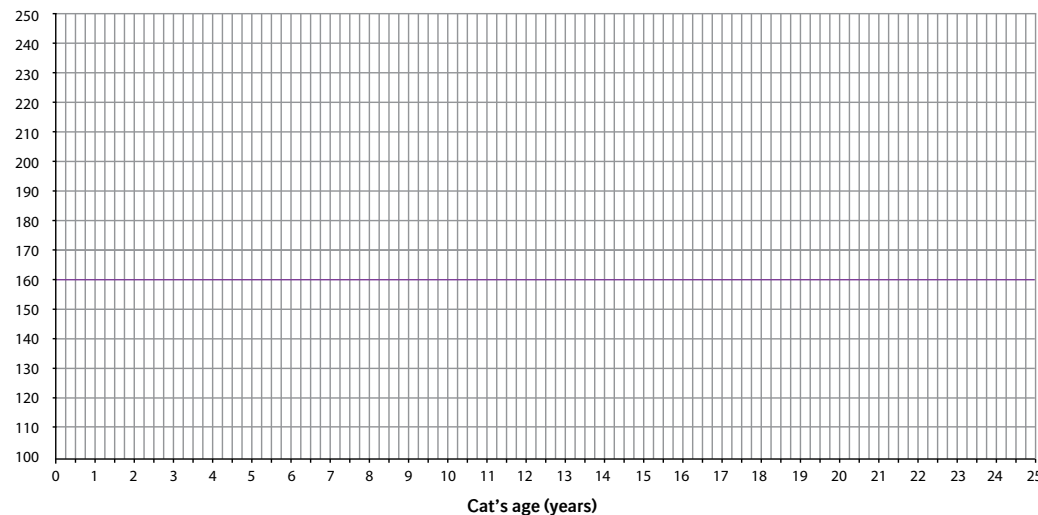
## Muscle Condition Score:

1. Normal	2. Mild loss	3. Moderate loss	4. Marked loss
Determination of MCS is based on palpation and subjective assessment of the muscle mass over the lumbar spine, head and scapulae			
			

# BLOOD PRESSURE AND URINE SPECIFIC GRAVITY MONITORING

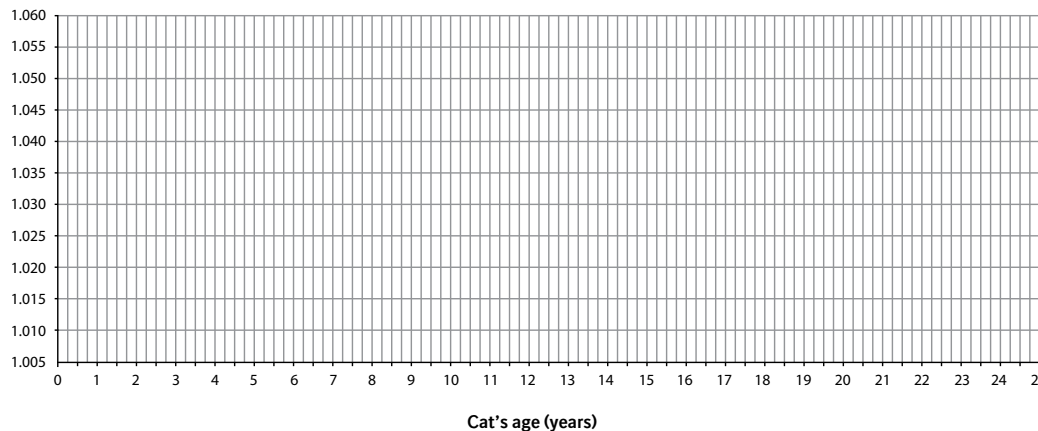
## Change in blood pressure (mmHg) over time

THIS CHART SHOWS THE CHANGE IN YOUR CAT'S BLOOD PRESSURE OVER TIME



## Change in urine specific gravity over time

THIS CHART SHOWS THE CHANGE IN CONCENTRATION OF YOUR CAT'S URINE OVER TIME  
ONE VALUABLE WAY OF ASSESSING KIDNEY FUNCTION



## MEDICAL RECORD

DATE:

Keeping a medical record helps you and your vet keep track of any health problems. Ask your vet to complete the veterinary sections for you:

### Your cat's illness:

What signs of illness has your cat been showing ?

When did you first notice this?

How have things changed since you first noticed the signs?

### Veterinary management:

Investigations done and diagnosis made:

Treatment and recommendations:

DATE OF ANY FOLLOW-UP EXAMINATION (if required): .....

## MEDICAL RECORD

DATE:

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### Your cat's illness:

What signs of illness has your cat been showing ?

When did you first notice this?

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Treatment and recommendations:

DATE OF ANY FOLLOW-UP EXAMINATION (if required): .....

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What signs of illness has your cat been showing ?

When did you first notice this?

How have things changed since you first noticed the signs?

### Veterinary management:

Investigations done and diagnosis made:

Treatment and recommendations:

DATE OF ANY FOLLOW-UP EXAMINATION (if required): .....

## MEDICAL RECORD

DATE:

Keeping a medical record helps you and your vet keep track of any health problems. Ask your vet to complete the veterinary sections for you:

### Your cat's illness:

What signs of illness has your cat been showing ?

When did you first notice this?

How have things changed since you first noticed the signs?

### Veterinary management:

Investigations done and diagnosis made:

Treatment and recommendations:

DATE OF ANY FOLLOW-UP EXAMINATION (if required): .....

## MEDICAL RECORD

DATE: \_\_\_\_\_

Keeping a medical record helps you and your vet keep track of any health problems. Ask your vet to complete the veterinary sections for you:

### Your cat's illness:

What signs of illness has your cat been showing ?

When did you first notice this?

How have things changed since you first noticed the signs?

### Veterinary management:

Investigations done and diagnosis made:

Treatment and recommendations:

DATE OF ANY FOLLOW-UP EXAMINATION (if required): .....

## NOTES





This health booklet will guide you through what is needed to keep your cat healthy and happy throughout all their different life stages.

It is designed to help create a partnership of care between you, your cat and your veterinary clinic.



from



international  
**cat care**

in partnership with



Boehringer  
Ingelheim

