



Shiloh
Animal Hospital

Welcome to Shiloh Animal Hospital!



We are thrilled that you have chosen to partner with us to provide a long and healthy life for your pet. Our veterinarians are dedicated to providing the best care for your animal by combining modern conventional medicine with traditional Eastern medicine and tailoring them to the individual needs of your dog or cat. We believe in treating the whole pet, focusing on the prevention of disease and the maintenance of health and wellness.

Hours of Operation:

Monday	7:30 am - 6:30 pm
Tuesday	7:30 am - 6:30 pm
Wednesday	7:30 am - 6:30 pm
Thursday	7:30 am - 6:30 pm
Friday	7:30 am - 6:30 pm
Saturday	8:00 am – 12:00 pm
Sunday	Closed

FrontDesk@ShilohAnimalHospital.com

1005 Lichtin Boulevard Morrisville, NC 27560

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NEW KITTEN INFORMATION PACKET

Congratulations! You are about to embark on a fun and rewarding journey of raising a kitten! Whether you are experienced with cats or a first-time cat owner, this packet will supply you with the most current information and advice about how to raise your new friend. If you have any questions during or after your visit, please feel free to ask one of our doctors or nurses. We are here to help!



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Table of Contents

Vaccines

Preventive Products

Spaying & Neutering

Microchip

Pet Insurance

Accidental Poisonings

Training Your New Kitten

Body Condition Score



Shiloh Animal Hospital

VACCINES

Our hospital believes in tailoring vaccination programs to the individual lifestyle of the pet and pet owner.

❖ CORE VACCINES

- FVRCP (Feline Rhinotracheitis Virus, Calicivirus, and Panleukopenia): This combination vaccine provides kittens with protection against the most common life-threatening illnesses. We recommend beginning the series at 6 – 8 weeks of age and giving a booster shot every 3 – 4 weeks through 16 weeks of age.

After the kitten series, we recommend getting a booster of the vaccine at 1 year of age, then every 3 years until recommended otherwise by your doctor.

- Rabies: Rabies is a preventable viral disease that can infect both animals and humans. The virus causes acute encephalitis (inflammation of the brain) and is transmitted through close contact with an infected animal – usually through a bite or scratch. North Carolina State law requires vaccination of dogs and cats by 16 weeks of age. Cats are the most commonly infected domesticated animal in Wake County. We utilize a killed vaccine that is free of mercury and for cats is free of adjuvants.

❖ NON CORE VACCINES

- Feline Leukemia Virus (FeLV): Feline leukemia virus is one of the most common infectious diseases in cats, affecting between 2-3% of all cats in the US. Cats that are going outdoors without supervision should be vaccinated for FeLV, since it is transmitted from cat-to-cat via bites, grooming, or sharing feeding/drinking dishes. FeLV can compromise the immune system and lead to secondary infections which can often lead to serious diseases, such as Lymphoma. Testing cats at an early age can ensure your cat will have a long and healthy life.

For kittens, a series of two boosters administered 3-4 weeks apart is required for immune protection.

❖ FIV/FELV TESTING

- We recommend FIV/FeLV testing for all new kittens to ensure they are not carriers of these lethal diseases. This test requires a small blood draw from your kitten, and takes about 10 minutes to receive the results. If your kitten were to test positive for either of these diseases, your veterinarian will explain the next steps in diagnosis and management.

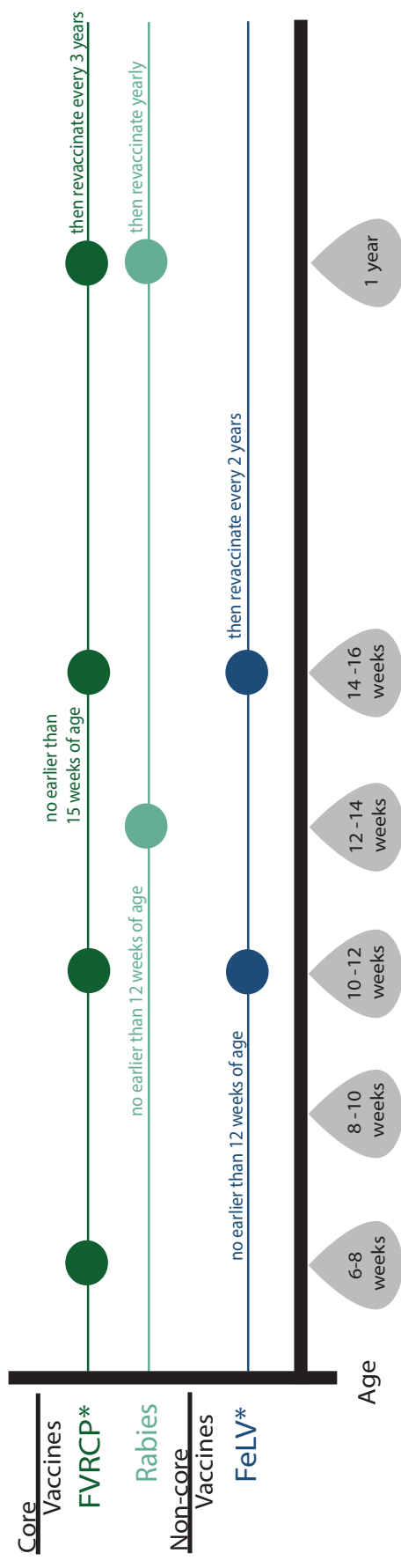


Shiloh
Animal Hospital

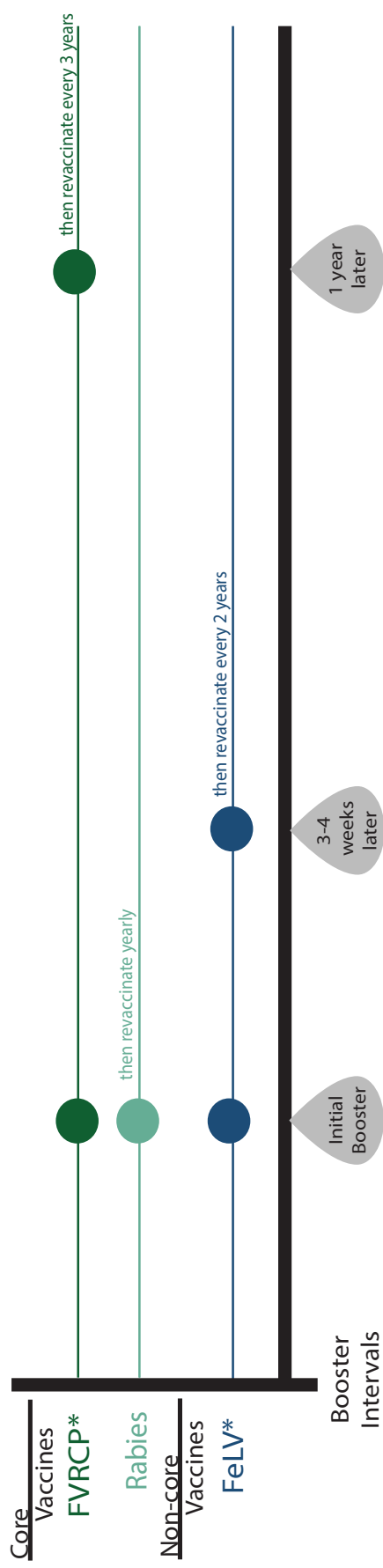
Integrating Eastern Medicine
with the Modern Science of Today.

Feline Vaccine Schedule

Kitten Schedule (younger than 16 wks.)



Adult Schedule (older than 16 wks.)



* FVRCP vaccinates for Feline Distemper, Viral Rhinotracheitis, and Calicivirus

* FeLV vaccinates for Feline Leukemia



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FLEA, TICK, & HEARTWORM PREVENTION

Fortunately, today we have very effective flea and tick preventatives that have a wide margin of safety and are easy to administer. Based on your cat's lifestyle, we will either recommend Revolution+, a topical product that protects against fleas, ticks, ear mites, heartworms, and intestinal parasites, or Heartgard for Cats, a chewable product that protects against heartworms and intestinal parasites.

INTESTINAL PARASITE PREVENTION

Many kittens are born with intestinal parasites from an infected mother in utero, or via milk or feces ingestion. The only way to diagnose them is by microscopic examination of your cat's feces for the eggs that are shed by the adult worms.

Deworming medications can be given orally, but first, we need to diagnose which parasites your kitten has in order to prescribe the right medication. We recommend dropping off a fecal sample for analysis of parasites upon acquisition of your new kitten.

HEARTWORM PREVENTION

Heartworms are parasites common to this part of the country. Adult heartworms are approximately fourteen inches long and live in the heart and main arteries of their adult host. Their mere presence causes obstruction of blood flow and inflammation of the arteries and can be life-threatening if untreated.

- ❖ **Prevention of Heartworms:** Prevention of heartworm disease is extremely important in cats, especially since there is no current treatment for cats that are heartworm positive. Heartworm preventatives kill the immature stages of heartworms before they reach the heart, thereby preventing heart and lung disease from occurring. An added benefit of using a heartworm preventative is that most also kill some common intestinal parasites that can be transmitted to people, such as roundworms and hookworms. Our preferred product for Heartworm prevention is Advantage Multi or Heartgard for Cats.
- ❖ **Heartworm Disease in Cats:** Heartworm disease in cats is very different from heartworm disease in dogs. The cat is an atypical host for heartworms, and most heartworms in cats do not survive to the adult stage. Cats with adult heartworms typically have just one to three worms, and many cats affected by heartworms have no adult worms. While this means heartworm disease often goes undiagnosed in cats, it's important to understand that even immature worms cause real damage in the lungs of cats, and this disease is in the form of a condition known as heartworm associated respiratory disease (HARD). Moreover, the medication used to treat heartworm infections in dogs cannot be used in cats, so prevention is the only means of protecting cats from the effects of heartworm disease.
- ❖ **Symptoms of Heartworm Disease:** Signs of heartworm disease in cats can be very subtle or very dramatic. Symptoms may include coughing, asthma-like attacks, periodic vomiting, lack of appetite, or weight loss. Occasionally an affected cat may have difficulty walking, experience fainting or seizures, or suffer from fluid accumulation in the abdomen. Unfortunately, the first sign in some cases is sudden collapse of the cat, or sudden death.



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SPAYING & NEUTERING

What is the best age to spay or neuter my pet? Is it necessary to spay or neuter my pet? What are the potential benefits and risks of these procedures?

There is quite a debate in the veterinary medical community about the answers to all of these questions. Our doctors take an individual approach to each patient, taking into account their size, breed, lifestyle, and temperament in order to make the best recommendations for your pet.



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MICROCHIPPING

Even the most experienced and diligent pet owner is at risk for losing their cat, especially one that travels around outside. While collars and tags are important and certainly beneficial when worn by your pet, they are subject to breaking, fading, becoming scratched, and even falling off. If this occurs, there is no way to determine to whom your cat belongs. Microchipping is a permanent means of identification and the best possible way of bringing your lost or stolen best friend back to you. A microchip is a rice-grain sized electronic chip enclosed in a glass case that is injected under the skin of your cat using a hypodermic needle. If your cat is ever lost and brought to a veterinary hospital or shelter, one of the first procedures performed is scanning for a microchip. Though no one wants to suffer the heartbreak of losing a pet, microchipping helps to create a happy reunion.



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PET INSURANCE

Just like their humans, pets come with both planned and unforeseen medical bills. One great way that you can keep these under control is with a pet insurance plan. Enrolling while your cat is still a healthy kitten ensures that no pre-existing conditions will be blocked from initial coverage.

How does pet insurance work?

- ❖ Unlike human health insurance, all payments are still made up front at the veterinary clinic. After submitting a claim form detailing your pet's visit, the company will reimburse a specified percentage of your bill dependent on your specific plan.
- ❖ Not all companies are alike. Some companies focus heavily on breaking up the overall costs involved in wellness care. Some companies focus solely on unexpected visits for illnesses and emergencies. Several offer some combination of the two. Be sure to research your options to determine the plan best suited to your lifestyle and your pet's needs.
- ❖ Regardless of the company that you choose, we are happy to submit your claim forms on your pet's behalf. Once you have enrolled, bring or mail a copy of your claim form to our office (signed but not dated or filled out). We will then scan this form into your file and retain it to submit as needed, typically about every 2 weeks. Reimbursement checks will be sent to you directly unless otherwise requested.

At Shiloh Animal Hospital, we recommend **Trupanion Pet Insurance**.



- ❖ At your kitten's first visit to Shiloh, we can email you a free trial month for you to enroll. If you choose to continue the plan, please contact Trupanion for continued coverage.
- ❖ The free month also waives any waiting periods, so coverage begins immediately.
- ❖ Trupanion offers coverage for injured or sick pets, but wellness still falls on you (the responsible pet owner).
- ❖ Once your pet is formally enrolled, he is enrolled for life unless you cancel your plan. Specified coverage will not change based on age or be dropped by the company at any time. There are also no price increases for age or the number of claims you submit.
- ❖ Trupanion policies can be personalized to fit any budget without sacrificing coverage. For example, your monthly premium will change based on the size deductible you choose. The Trupanion policy also offers optional packages for additional coverage that may fit your lifestyle. These packages can protect you from other unforeseen events or circumstances related to your dog, provide extra coverage for alternative and rehabilitative therapies, and add extra protection for breeding dogs.
- ❖ Trupanion has no annual or lifetime coverage limits.

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PREVENT ACCIDENTAL POISONINGS

Have you taken inventory of your medicine cabinets lately? Are you properly storing lawn and garden pesticide containers? When you tidy up around the house, do you put food, liquor, and tobacco products safely out of harm's way? These precautions are second nature to households with children, but homes with animals must be just as secure. Aspirin and other pain relievers are in almost every home, and these poisonings can be severe.

How should pets be protected from these poisons? Start by following these simple rules.

- ❖ Properly dispose of and store all pesticide containers up and out of sight of your pets. Make sure the lids are tight and the containers are undamaged.
- ❖ Use cords or locking lids for garbage cans. Put them in a heavy frame to prevent knockdown.
- ❖ Keep pets off lawns sprayed with chemicals. Consult with the lawn care company for proper information on drying time and compounds used. Wash your pet's feet with mild soap and water if exposed.
- ❖ Keep your pets out of vegetable and flower gardens.
- ❖ Encase compost piles or use commercially made containers.
- ❖ Never assume that a human drug is applicable to an animal unless a veterinarian instructs you to use it.

What is poisonous? Here is a quick reference guide to the more common house and garden plants and foods that are toxic to most all animals and children. If you have these plants or foods, you need not dispose of them—just keep them away from pets and children. (*Substances are especially dangerous and can be fatal.) If you suspect your animal might have ingested any of the substances on this list, or if your pet shows any abnormal behavior such as vomiting, diarrhea, or staggering, you should contact your veterinarian immediately.



Shiloh Animal Hospital

TOP PET TOXINS OF 2016

The ASPCA Animal Poison Control Center (APCC) is your best resource for animal poison-related emergencies—24 hours a day, 365 days a year. APCC works hard to provide valuable information to help parents recognize and protect their pets from poisonous substances, and last year they received an incredible 180,639 cases! In honor of National Animal Poison Prevention Month, they've compiled the ten toxins most commonly ingested by pets—and reported to APCC—in 2016. See what made the list below:



10. Garden Products. Kicking off the Top 10 list are garden products, including herbicides and fungicides, which accounted for 2.6% of the APCC's cases in 2016. Many pets find fertilizers irresistible, so it's incredibly important to store lawn and garden products out paws' reach, and to supervise pets whenever they're outside.

9. Plants. Dropping one spot this year from #8 to #9, plants accounted for 5.2% of APCC's cases. Both indoor and outdoor plants, along with bouquets, can be dangerous for pets. Be sure to understand the toxicity of plants before putting them in or around your house.



8. Rodenticides. Mice and rats continue to be problematic around the country, but rodent poisons can be just as toxic to pets as they are to the pests they're designed to kill. This year they moved up a spot on APCC's list, making up nearly 5.5% of all cases.

7. Insecticides. Interestingly, the total number of insecticide cases has steadily decreased in recent years—sliding from #3 in 2015 to #7 in 2016—but that doesn't mean they're safe! If label directions are not followed, these products can be very dangerous to pets, so always use caution when dealing with insect poisons.



6. Chocolate. From brownies to candy bars, dogs love chocolate! APCC receives an average of 39 chocolate calls every day—nearly 7.9% of their cases. The darker the chocolate, the more dangerous it can be.

5. Household Items. Holding strong in the #5 spot, household items includes products like paint, glue and cleaning supplies—and they contribute to tens of thousands of poison cases each year.

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4. Veterinary products. At 9.3% of this year's cases, veterinary products moved up two places on our list. Over-the-counter supplements for joints and prescription pain medications made up a large portion of these cases, particularly because many of these products are designed to be tasty for ease of administration. Unfortunately,



this means that pets may be tempted to eat the entire container.



3. Food. Pets (especially dogs, who ingest human foods more often than cats) can get into serious trouble by eating onions, garlic, grapes, raisins, alcohol and other human foods. This year, food moved up a spot on APCC's list—mostly due to concerns about xylitol, a sweetener used in many sugar-free products.

2. Over-the-counter products. OTC products just barely dropped out of the first position with 16.7% of APCC's cases. This category is exceptionally large, encompassing nearly 7,000 products, and ibuprofen is still the number one medication the APCC receives calls about.



1. Human Prescription Medications. Topping out this year's list after a one-year hiatus, human prescription medications accounted for nearly 17% of all cases at the APCC. The types of medication to which animals were most often exposed correlate with the most popular medications prescribed to humans, including heart medications, antidepressants and ADHD medications. Pet parents should always maintain the utmost care when handling and storing these and other potentially poisonous products around pets.

If you have any reason to suspect your pet has ingested something toxic, please contact your veterinarian or the ASPCA Animal Poison Control Center's 24 hour hotline at (888) 426-4435.



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UNDERSTANDING YOUR KITTEN

- ❖ **Feline Behavior:** Understanding your cat and their behaviors can go a long way in creating a comfortable environment and building a healthy relationship between you and your feline friend. The cats we have today have drastically different lives than they did 50 years ago, and we need to ensure their environment is suited to their instinctual behaviors. Learning their basic needs and providing them with healthy outlets can create a life-long bond between you and your kitten.
 - Cats are an independent species. People and most mammals are a pack species and react very differently to situations. Cats prefer to play with their humans on their own terms, and they prefer shorter, more frequent socializations. Allow your cat to come to you for interactions and head nudges, and work slowly to increase comfort with petting.
 - Cats do not respond well to punishment. We typically train our canine friends with commands and “NO” signals, however these can create a lot of fear in our cats and can be seen as life-threatening. Instead, rewarding cats with treats or affection for positive behaviors can be more beneficial. You can also make areas off limits by using double sided tape, foil, citrus scents, or motion sensor air puffs.
 - Cats need enrichment similar to their environment in the wild. In the wild, cats hunt for food, hide from predators (often by climbing), and defend their home territories. Understanding the root of their behaviors (scratching, spraying, biting, or marking) can help us provide acceptable outlets and reduce their stress and perceived exposure to threat, thus creating a happy kitty.
 - Cats are unique. What works well for one cat, may not work as well for another. There are a large variety of ways you can enrich your kitty’s daily life which we will go into in detail. Small changes can make a big difference for a cat, so we hope you will have fun exploring what works best for you, your cat, and your situation.
 - Cats do not like change. Although there are multiple things you can do to create a safe environment for your cat, changing things too quickly can create stress or fear in your cat, causing him or her to regress to unwanted behaviors.
 - ****Ask the cat!** As silly as it may seem, “asking” your cat what they prefer can help reduce stress significantly. When making changes, always offer any new article, food, liter, etc., next to the familiar one so the cat can tell you if he/she prefers the new one to the old one. For example, if you want to change a type of litter to use, fill two litter boxes with clean litter, one with the current litter, and another with the new litter. After a day, observe which one was used more frequently, and default to the one chosen by your cat.



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- ❖ Basic Cat Needs: All cats have some basic needs; providing them will help ensure your cat's long-term health and welfare. Listed below are things an "ideal" house for cats might include. Your cat(s) might not need all of these features, but keeping your house cat-friendly will help maintain the bond between you and your pets.
 - Litter boxes – Thankfully most kittens are easily litter box trained, and gently rubbing their paw in the litter can help get them acclimated to where they need to use the bathroom. There are a large variety of litter boxes and litters available, and it will depend on you, your cat, and your household to determine what will work best.
 - The Golden Rule of litter boxes is "one litter box per cat, plus one". This allows options for a single kitty household, as well as safety for a multi-cat household.
 - Ensure the litter box is big enough. Preferably 1.5 times the length of the cat to ensure they have space to turn around well.
 - Location – Ensure your litter box(es) are in a safe, quiet location to help decrease stress and encourage your pet to use the litter box. Be aware of the potential sound hazards (loud washing machine) or foul odors (dirty bathroom or litter box) that you may be subjecting your cat to.
 - Most cats prefer a fine grained, soft, "scoopable" litter. Understand you may have to try a few varieties to determine what is preferred. **Once you find a litter your cat likes, stick with it. Switching litters constantly could result in your cat not using the litter box.
 - Ensure the litter is deep enough. The preferred depth of litter can vary cat to cat, however the preferred depth typically ranges between 2-4 inches deep. Most cats prefer to dig around without hitting the bottom prior to burying their eliminations.
 - Self-cleaning litter boxes – There are a wide variety of self-cleaning litter boxes that offer convenience and automation in cleaning your cat's litter. Be aware though, some of the features may prevent a cat from wanting to use their litter box, so ensure you have another option available just in case.
 - Covered litter boxes – More and more people prefer covered litter boxes to increase the privacy and decrease the amount of litter that spreads outside the litter box. However, these litter boxes tend to be more likely forgotten about, and can trap odors inside from a dirty litter box. They can also be more difficult for a large cat to turn around in, and they can also lead to an ambush upon exit.
 - Overall, provide variety to determine which box works best for you and your kitty, and cleanliness of the box will be the most important factor in keeping a happy cat. Scooping eliminations daily is recommended, as well as cleaning an empty box with mild dish soap every other week. Be cautious with scented litter or air fresheners, as these may be too strong for your cat. A thin layer of baking soda at the bottom of the box can help absorb odors without the potential of repelling your cat.



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- Food and Water – Remembering that cats are sensitive to noise and change, it is important to place their food and water in a safe, quiet place.
 - If you have multiple cats, placing food and water in different areas can reduce the need for cats to defend or protect their food from other housemates.
 - Cats prefer fresh food and water daily as well as a clean bowl to eat or drink from.
 - Some cats prefer different shaped bowls, drinking from running water, etc. Ensure you are monitoring your pet's food and water intake, and offer different options if one is not working well.
 - Overall, we recommend canned food over dry food for our cats. Indoor cats rarely consume the amount of water their body needs, especially since they typically get most of their water intake through their meal from hunting. Canned food is a great way to encourage healthy water intake, as well as to support their body system for a long and healthy life.
 - The more we learn about kidney disease in cats, the more we realize how important canned food is in their diets. There are a variety of very good quality cat foods on the market. Our preference is to provide a canned diet to help maintain a healthy weight and more effectively manage hydration.
 - Be sure to “ask” your cat prior to changing food or water sources to help reduce overall stress.

- Scratching – Scratching is a natural behavior for cats and even declawed cats retain the instinct to scratch. Ensuring you have appropriate sources for cats to scratch can prevent damaging your furniture, as well as your relationship with your cat.
 - Most, but not all, cats prefer scratching posts made out of rough material they can shred. Sisal scratching posts are ideal because they are satisfying to scratch and tough enough to stand up to repeated use.
 - Cats need both vertical and horizontal scratching posts. Ensure any upright scratching posts are tall enough to allow your cat to get a good stretch, as well as sturdy enough not to fall over.
 - Have multiple scratching posts. Cats scratch to leave scent marks that define their territory and to tell other cats they have passed through. They prefer to scratch near sleeping areas and room entrances. Having multiple scratching posts provides your cats with acceptable places to leave their mark without ruining furniture or carpets.
 - If your cat is scratching something unwanted, you can cover it with something your cat does not like (double sided sticky tape, aluminum foil, sandpaper, etc.) and place an acceptable scratching surface nearby. You can also spray the object with a citrus scent or perfume to try to get the cat to avoid that object. You can then very gradually move the scratching surface to the desired location (no more than 3 inches each day).
 - Trimming nails are an easy way to reduce damage from scratching. Cat nails can be trimmed as often as once weekly, and the trimmers designed specifically for cats make it much easier. Getting your kitten accustomed to you touching the paws and nails prior to trying to trim can help make the nail trimming process easier. (Use lots of treats!) We are happy to demonstrate how to trim nails at any time, and we certainly don't mind trimming your kitties nails at any time. Typically you trim the “hook” on the nail, staying away from the pink part of the nail.



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- Rest and Relaxation – Cats are at their most vulnerable while sleeping, so creating a rest area where they can feel safe and secure can go a long way in creating an enjoyable environment.
 - Desirable resting areas typically are quiet, comfortable locations where the cat can escape from other members of the family. Your cat may choose to get out of the way by resting on top of the kitchen cupboards or under the bed, or she/he may like to sleep curled up in his or her cat tree or on your bed or sofa.
 - Owners who prefer the cat to stay off of the bed and other furniture can encourage the cat to rest elsewhere by providing refuge in a quiet part of the house. A refuge is a less-traveled or out-of-the-way area of the home where the cat still has access to any necessities (bed, food, water, litter box, scratching post, perch, and/or toys).
 - Cats enjoy a variety of surfaces from fancy cat beds, to sitting in a cardboard box. It is important to realize that this space will be their refuge, so the placement will be important.
 - Creating their space in a corner of a room allows the cat to see what is around him or her and to be less concerned about something sneaking up on them.
 - Be sure not to disturb your kitty while they are sleeping. Just as you do not like to be waked during a nap, your cat also enjoys this down time and will be happy to come find you once they finish resting.

- Play Opportunities – Cat play is “pretend hunting” for birds, bugs, or mice. Keeping them entertained and playing helps with their enrichment and overall health.
 - Some cats like toys that mimic their favorite prey, such as feather toys, play mice, or pieces of food rolling across the floor.
 - Cats enjoy stalking and pouncing objects, which also helps keep them healthy and active. There are a large variety of toys out there, finding what your cat prefers can be part of the fun. Most cats prefer toys that squeak, chirp, jitter, swing, or vibrate since this reminds them of their moving prey. There are also cat toys filled with catnip which can definitely help bring attention to the toy.
 - Cats also like toys such as wands or a stick with a toy dangling from the end of a string. This allows them to use their natural quickness and agility to catch something. Let the toy dangle in front of them and then slowly drag it away. Sometimes your cat can get carried away on attacking it, so ensure he cannot bite or chew off a piece and ingest it.
 - Toy balls are another great item to use because they can “chase and capture”. Cats are very good at swatting balls and some cats will even play fetch with the little furry mice toys.
 - A lot of cats also enjoy with playing with simple things such as crumpled up paper balls, the center rolls from toilet paper, or even a old cotton sock stuffed with cotton balls and catnip sewed or tied with a knot. Be creative!
 - Creating an enrichment feeding toy out of a cardboard box or making a mini garden for you kitty to munch on can be some creative ways of adding play into his or her routine. To make the feeding toy, just cut a few holes around a box, and place crumpled up paper, toilet paper rolls, etc. inside with dry cat food or treats. Close the box, shake it up, and let the kitties loose! They should try to get the food out by pawing in to the holes created in the box.



Shiloh Animal Hospital

FEEDING YOUR KITTEN

Your kitten's feeding schedule should stay as regulated as possible, especially when they are very young. A young kitten should continue eating the same food the breeder or shelter has been feeding them for a few days to help settle them into their new surroundings. Whenever you switch your kitten to a new food, do it gradually. Mix a little of the new food in with the old, gradually increasing the proportion of new food over the course of a week. This is easier on their stomachs and will help them get used to the flavor and texture. Putting your kitten on a daily feeding schedule will regulate their digestion and will help the kitten establish a routine. We will be able to provide recommendations on diet options based on your kitten's health, breed, rate of growth, and other factors that your veterinarian will discuss with you.

❖ How Much and What Should I Feed My Kitten?

- The amount of food your kitten eats should be enough to maintain his ideal body weight. When kittens are young, they do a great job at regulating their calorie intake and output. Typically you can allow them to free feed, where you leave out food for the cat to munch on as needed. Since kittens will regulate their eating habits and may not eat all at once, feeding them twice a day will help ensure their supply does not run out. As your cat ages, your veterinarian will continue to monitor his or her weight and advise any dietary changes.
- We strongly recommend feeding your cat a canned diet, as well as feeding a kitten specific food while they are young. Cats in the wild are hunters and get 70% of their water intake from their prey. Feeding a canned diet mirrors the water content they would get in the wild, which can be better for them in the long run. Also looking for a meat based protein can help ensure your cat is getting the best you can give nutritionally.
- Cats on dry food only diets are more prone to obesity and diabetes due to the high intake of carbohydrates. Even if your cat is not a huge fan of canned food, feeding them some over none can be better for them nutritionally. If you are interested in investigating homemade diets, freeze dried diets or raw diets, please ask your veterinarian to explain the benefits and risks of all of the options.
- Try different varieties and flavors of canned foods! There are so many on the market these days and it allows us to find what our cat prefers and what they dislike. Canned foods come in a variety of textures from flakes, to stews, to pâté, as well as a variety of flavors. When trying different foods, it can be beneficial to create a chart to determine what will be best for your cat. We recommend trying one protein flavor at a time (as opposed to the mixed protein cans) to help pinpoint what your cat prefers.
- If you have any specific dietary questions, ask your vet! They are here for you as a resource in all aspects of your pet's life and they can help you decide what will be best for your pet. They can provide specific dietary recommendations that follow the ideal composition of a cat's diet.



Shiloh Animal Hospital

TRANSPORTING YOUR CAT

Transporting your cat to and from the veterinary hospital should not be a negative experience. Creating safety features within the cat carrier, as well as making it a familiar setting, can help limit the stress created by transportation.

❖ Carrier Options

- There are multiple options for carriers on the market, and selecting one that works best for you and your pet can help ease the transportation process. We recommend a hard carrier with at least 2 openings as well as one that has an easily removable top. This allows options for the cat to get in and out of the carrier, as well as options to get the cat out without causing additional stress.
- The carrier should be large enough for your cat to stand up and turn around in. The goal is to make the carrier a comfortable place and as positive of an experience as possible.

❖ Teach Your Cat to Love The Carrier

- It may seem difficult to create a positive experience around the cat carrier, however if you introduce it at a young age and continue to use it throughout their life, you can greatly reduce your cats stress for veterinary visits.
- Place the carrier in a living room, bedroom, or public area up against the wall with either the door propped open, or the door removed. This will allow the door to stay open and prevent any accidental stressors from the door closing. Allow your cat to explore the carrier at his own pace, don't rush it!
- Place a familiar blanket, bed, or toy in the carrier to help make it a positive space. You can also periodically toss treats in the carrier or feed your cat in the carrier to allow them to adjust and get use to the space. For extra de-stressing, spray a little bit of Feliway, a calming pheromone, into the carrier. This can help create a positive experience within the carrier.
- As your cat gets familiar with the carrier, you can close the door periodically for a few minutes and walk away. When you return, prop the door open again. You can repeat this as many times as needed and at varying intervals. The goal is to ensure the cat that the carrier is not a trap.
- You can slowly work to close the cat in the carrier and walk around the house. Letting the cat out at the end and rewarding with a treat. If this step is going well, you can graduate to short car rides with as much positive reinforcement as needed. The goal with this is to ensure your cat that the carrier does not always mean veterinary visits with handling and poking.

❖ Transporting The Carrier

- Once you get your cat in the carrier, transporting them in a stress-free way is the next most important step. Place a thin blanket, sheet, or towel over the carrier to avoid over stimulating your cat. You can also spray the blanket with Feliway to lower any stress.
- Carry your cat from underneath the carrier if and when possible. This will allow the carrier to stay steady during transportation, as well as limiting any perceived threats you may encounter (dogs coming up to the carrier!).
- Place your cat on the floorboard in your car for the safest location with the least amount of movement. Be sure to have your car already turned on and the music low to reduce any surprises for your feline friend.

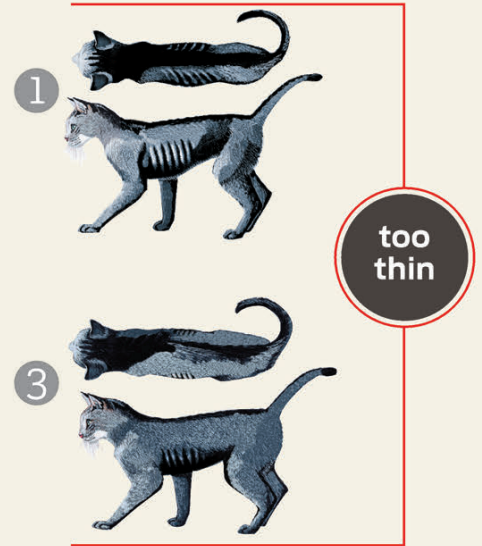
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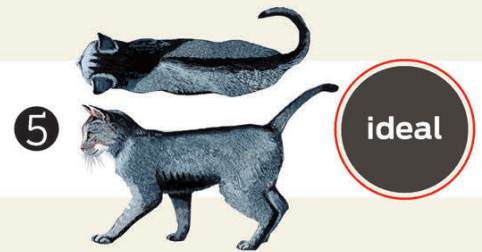
Body Condition System



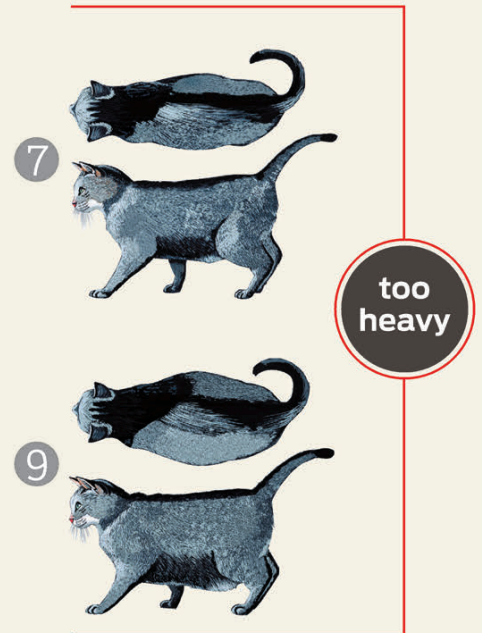
1. Ribs visible on shorthaired cats; no palpable fat; severe abdominal tuck; lumbar vertebrae and wings of ilia easily palpated.
2. Ribs easily visible on shorthaired cats; lumbar vertebrae obvious with minimal muscle mass; pronounced abdominal tuck; no palpable fat.
3. Ribs easily palpable with minimal fat covering; lumbar vertebrae obvious; obvious waist behind ribs; minimal abdominal fat.
4. Ribs palpable with minimal fat covering; noticeable waist behind ribs; slight abdominal tuck; abdominal fat pad absent.



5. Well-proportioned; observe waist behind ribs; ribs palpable with slight fat covering; abdominal fat pad minimal.



6. Ribs palpable with slight excess fat covering; waist and abdominal fat pad distinguishable but not obvious; abdominal tuck absent.
7. Ribs not easily palpated with moderate fat covering; waist poorly discernible; obvious rounding of abdomen; moderate abdominal fat pad.
8. Ribs not palpable with excess fat covering; waist absent; obvious rounding of abdomen with prominent abdominal fat pad; fat deposits present over lumbar area.
9. Ribs not palpable under heavy fat cover; heavy fat deposits over lumbar area, face and limbs; distention of abdomen with no waist; extensive abdominal fat deposits.



The BODY CONDITION SYSTEM was developed at the Nestlé Purina PetCare Center and has been validated as documented in the following publications:
 Mawby D, Bartges JW, Mayers T et. al. *Comparison of body fat estimates by dual-energy x-ray absorptiometry and deuterium oxide dilution in client owned dogs.* *Compendium* 2001; 23 (9A): 70
 Laflamme DP. *Development and Validation of a Body Condition Score System of Dogs.* *Canine Practice* July/August 1997; 22: 10-15
 Kealy, et. al. *Effects of Diet Restriction on Life Span and Age-Related Changes in Dogs.* *JAVMA* 2002; 220: 1315-1320

Call 1-800-222-VETS (8387), weekdays, 8:00 a.m. to 4:30 p.m. CT