

# Schedule



## 8 weeks

Physical Examination  
Screen for Feline Leukemia and FIV  
First Vaccine: Feline Viral Rhinotracheitis  
Calicivirus, Panleukopenia, Leukemia  
Nexgard Combo for parasite control

## 10 weeks

Weight and social visit (optional)  
Milbemax for parasite control

## 12 weeks

Physical Examination  
Booster Vaccines: FVRCP, Leukemia,  
Rabies  
Nexgard Combo for parasite control

## 14 weeks

Weight and social visit (optional)  
Milbemax for parasite control  
(if 10 week dose is not given)

## 16 weeks

Physical Examination  
Final Vaccine: FVRCP  
Nexgard Combo for parasite control  
Fecal Test

## 20 weeks

Weight and social visit  
Nexgard Combo - continue with this  
monthly  
Spay or Neuter this month

## Notes

# When Should I Spay or Neuter My Cat?



Female kittens can enter their first heat cycle as young as four months, but usually not until they are five or six months old.

AAHA has endorsed the “Fix Felines by Five” initiative, which recommends sterilization of cats by five months of age.

This recommendation prevents unwanted litters and greatly decreases mammary cancer risks in female cats as well as spraying/markings in male cats, but still allows kittens time to grow.

Kittens sterilized at this age quickly bounce back from surgery.



- Adapted from <https://www.aaha.org/your-pet/pet-owner-education/ask-aaha/spay-or-neuter/#:~:text=AAHA%20has%20endorsed%20the%20%E2%80%9CFix,allows%20kittens%20time%20to%20grow.>

# THE IMPORTANCE OF THE CAT CARRIER

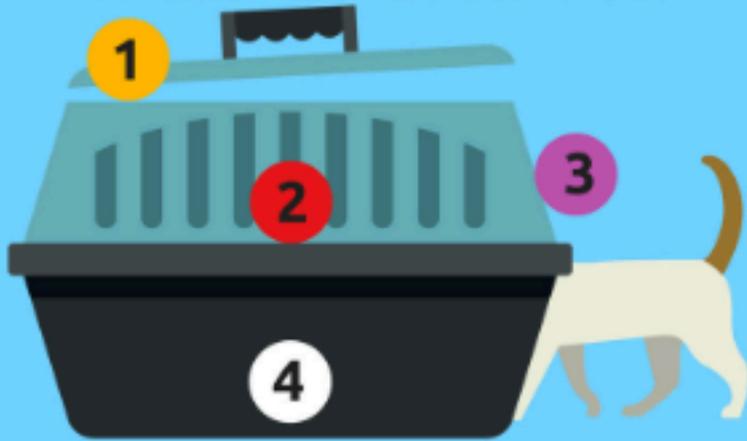


# 58%

of cat caregivers report their cat **hates** going to the veterinarian.

Acclimating your cat to his carrier can reduce levels of stress getting to the vet.

## WHAT TO LOOK FOR:



**1.** Top half is removable

**2.** Sides that offer a visual shield

**3.** An opening in the top and front

**4.** Made of impact & water resistant plastic

## OTHER WAYS TO REDUCE STRESS



Wipe or spray a synthetic pheromone (**Feliway®**) in the carrier or on towels.



Place toys and familiar bedding inside the carrier.



Allow your cat to become familiar with the carrier by leaving it out in the open on a daily basis.



Place treats inside the carrier and immediately reward the cat for entering the carrier.

Many people keep the carrier in the basement or garage, and only get it out right before a trip to the veterinarian. So, your cat probably does not like the carrier or feel it is in a safe or preferred place.

Instead, make the carrier a part of your home environment. This way your cat sees it as a safe place and learns to associate positive experiences with the carrier before being transported in it.

Here are some ways to help your cat become more comfortable with the carrier:

- Make the carrier a regular part of your home by keeping it out in a room where your cat spends a lot of time. Include familiar, soft bedding inside the carrier. Bedding or clothing with your scent can make him feel more secure.
- Place treats, catnip, or toys inside the carrier to encourage your cat to enter it at home. Often, you will first see that treats are removed from the carrier during the night.
- While your cat adjusts to the carrier, don't coax him to go in – your cat may get suspicious.
- You can also use a synthetic feline pheromone spray or wipe in the carrier, which may minimize anxiety associated with the carrier.
- It may take days or weeks before your cat starts to trust the carrier. Remain calm, patient, and reward desired behaviors.
- If you still have trouble, you may need to assess the carrier itself and find a carrier that your cat likes. Your veterinarian can help you with carrier recommendations.
- A new carrier is sometimes important because the stress pheromones released in previous car rides may still be present. At the very least, clean the carrier thoroughly with a non-noxious cleanser, rinse well, and leave in the sun to dry for a day.

**For more information and videos:**

**[catfriendlyhomes.com](http://catfriendlyhomes.com) and [Fear Free Happy Homes](http://Fear Free Happy Homes)**



Learn more about cat carriers:

[WWW.CATFRIENDLY.COM/CAT-CARRIERS](http://WWW.CATFRIENDLY.COM/CAT-CARRIERS)

# Basic Carrier Training Plan

Carrier Type: \_\_\_\_\_

Location: \_\_\_\_\_

Treats: \_\_\_\_\_

## Fully open carrier:

Carrier top open or removed, door open or removed.

- Week 1:** Treats in front of the carrier
- Week 2:** Treats just inside door
- Week 3:** Treats in middle of carrier
- Week 4:** Treats in back of carrier

## Add top:

Carrier top closed, door open or removed.

- Week 5:** Treats in front of the carrier
- Week 6:** Treats just inside door
- Week 7:** Treats in middle of carrier
- Week 8:** Treats in back of carrier

## Add door shutting:

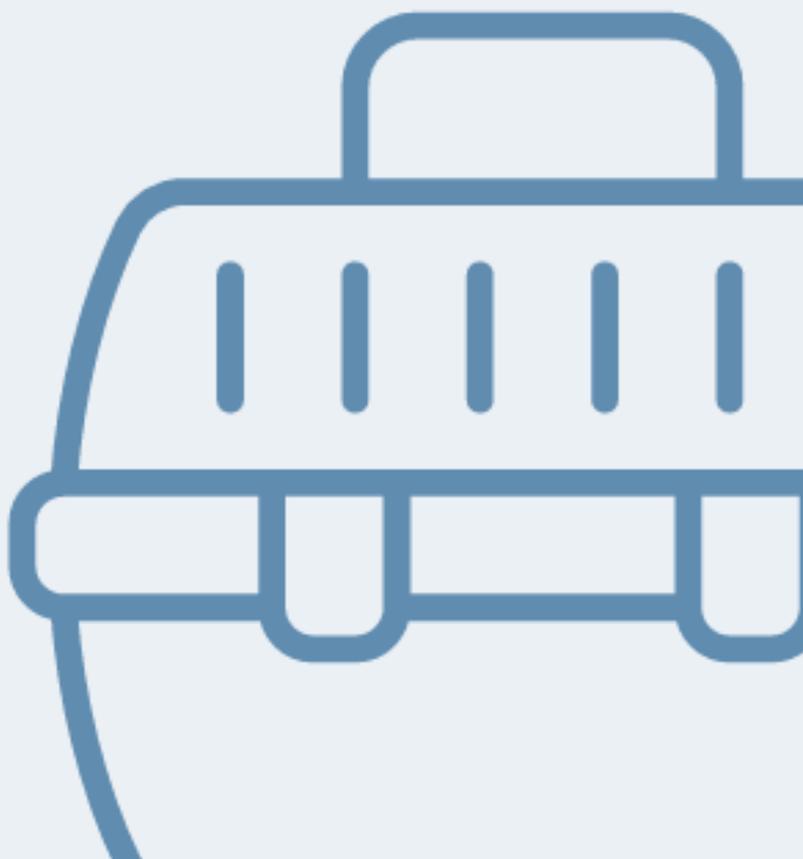
Treats in the back of the carrier, cat enters.

- Week 9:** Shut door and immediately reopen
- Week 10:** Shut door, pause 3 seconds, and reopen
- Week 11:** Shut door, pause 6 seconds, and reopen
- Week 12:** Shut door, pause 12 seconds, and reopen

## Add carrier movement:

Treats in the back of the carrier, cat enters, shut door.

- Week 13:** Pick up carrier, set back down, open door
- Week 14:** Pick up carrier, move it two feet, feed a treat, open door
- Week 15:** Pick up carrier, move six feet, feed treat, open door
- Week 16:** Pick up carrier, move to another room, feed treat, open door



# DENTAL HEALTH

Pets are unable to care for their own teeth, so it falls to us as pet owners to look after them. The buildup of plaque and tartar in their mouths over time can cause serious health

problems such as:

- Painful mouth and Gingivitis
- Cavities, worn or dead teeth
- Loss of jaw bone density
- Nasal infections
- Increased risk of oral cancer
- Kidney, heart and liver damage

Some telltale signs of oral disease are: bad breath, excessive drooling, red or swollen gums, loose or missing teeth, difficulty eating or avoiding chewing their food.

**Our goal is always to prevent disease rather than treat disease.**

Routine annual dental cleanings are strongly recommended.

## DID YOU KNOW?

By the age of 3, 80% of dogs and 70% of cats have some form of oral disease

## DID YOU KNOW?

It only takes 48 hours for plaque to calcify into tartar



**Flip the lip** – routinely look at your pet's teeth and mouth for redness, damaged teeth, tartar etc. Be patient and make oral health fun. Use love and praise, followed by a dental treat for pets motivated by food.



**Consider other dental aids** – tooth brushing isn't for everyone or every pet. Dental kibble is available from your veterinarian that is proven to assist in the reduction of plaque and tartar. Water additives can also help to reduce plaque formation.



**Start brushing their teeth as soon as possible** – 8 to 12 weeks old is best. If you brush every day, your pet will become familiar with the routine and plaque is greatly reduced. Do not brush teeth that are painful – look for gingivitis, tartar and damaged enamel prior to brushing.



**Avoid bones and antlers** – chewing both bones and antlers are a common cause of fractured teeth. Use softer rubber chews (with supervision) and dental-specific chews.



**Avoid anesthesia-free dental procedures** – they have been proven ineffective and can cause significant damage to the enamel of the teeth.

**For more information:** [www.presquileanimalhospital.com/cohat/](http://www.presquileanimalhospital.com/cohat/)  
[www.vohc.org](http://www.vohc.org)

<https://www.toothythomson.ca/pet-parent-resources>



# Resources

We are always happy to help navigate any concerns you have with your pet. Here is a list of resources that you may find helpful. We recommend visiting these sites to see which ones appeal to you.



## Pet Nutrition

<https://petnutritionalliance.org/chart/>

<https://www.purinainstitute.com/centresquare/life-stage-nutrition>



## General Information Sheets

<https://veterinarypartner.vin.com/>



## Parasite and Infectious Disease Info

<https://www.wormsandgermsblog.com/resources-pets/>



AMERICAN  
HEARTWORM  
SOCIETY  
EST. 1974

## Heartworm Information

<https://www.heartwormsociety.org/pet-owner-resources>



## Pet Insurance

<https://petinsuranceinfo.com/about>

<https://trupanion.com/>

<https://www.petsecure.com/>



## Preventive Healthcare Guidelines

<https://www.aaha.org/aaha-guidelines/preventive-healthcare/summary/>



## Socialization, Training, Behavior Support

<https://www.fearfreehappyhomes.com/>

## How to Support Cats

<https://catfriendly.com/>

<https://catfriendly.com/diy-cat-toys-puzzles/>



## Microchip Information

<https://www.aaha.org/your-pet/pet-microchip-lookup/faqs/>

# PARASITE PREVENTION

We recommend annual fecal testing and routine deworming for our patients. All pets are at risk for parasites, including those living indoors. Exposure to house flies, plants and other household pets who go in and out of the home are just a few of the ways that a pet can be infected while living indoors.

Some parasites can be transmitted from animals to humans, such as roundworms (can cause blindness in children) and giardia.

Many young puppies and kittens will have exposure to parasites and it is important to practice good hygiene and refrain from sleeping with pets in our beds.

Heartworm is a parasite that lives in the heart and lungs of our pets. It is transmitted by mosquitoes, and can be fatal. We do not have a treatment option for cats at this time. Prevention is strongly recommended.

We have diagnosed patients with heartworm in this hospital recently, and cases are on the rise.

External parasites (such as fleas and ticks) are very common in our area. Fleas are common carriers of roundworms and tapeworms, so when a pet has been exposed to fleas, it is important to treat for internal parasites as well.

Ticks are very common in this area and although cats may not be as susceptible to disease, they can bring ticks into the house. Monthly, year-round prevention with a veterinary-approved product is strongly recommended.

We recommend the Nexgard family of products as it provides a wide-range of coverage for both internal and external parasites, including heartworm, fleas, ticks and intestinal worms.

For more information about prevalence and recommendations:

## **Companion Animal Parasite Council**

<https://capcvet.org/maps/#/2022/all-year/fiv/cat/canada>

<https://capcvet.org/guidelines/>

## **Worms and Germs Blog**

<https://www.wormsandgermsblog.com/resources-pets/>



# NUTRITION & HOW TO FEED YOUR KITTEN



Our priority with nutrition is ensuring we are feeding a food that will meet each individual pet's needs.

## **Some general tips and recommendations:**

1. Feed kittens and cats 3-4 times daily Use food puzzles/balls to feed cats rather than a bowl when offering kibble. Feed canned food on a flat plate rather than in a bowl.
2. Use a proper measuring cup or food scale to measure meals.
3. Free feeding is not recommended for the majority of patients - this can make it difficult to monitor food intake and can contribute to fluctuations in weight.
4. Feed a food that meets the AAFCO standard for a kitten's growth and development. Remember that All-Life-Stage diets are technically kitten food, so they may not be an ideal option for adult or senior cats.
5. Encourage pets to try both canned and dry food daily - if a pet must eat a canned food in the future for medical reasons and they have never had it before, this can make feeding very difficult.
6. Cats can maintain weight, urinary health and kidney health better on a diet consisting mostly of canned food. Canned food is preferable to dry food.
7. Avoid mixing foods and switching protein sources (chicken, beef, bison, duck etc). Changing diets can cause diarrhea, pancreatitis, poor digestion and other concerns.

## **Resources**

### **How to Feed a Cat**

[https://catvets.com/public/PDFs/ClientBrochures/How\\_to\\_Feed\\_Client\\_Brochure.pdf](https://catvets.com/public/PDFs/ClientBrochures/How_to_Feed_Client_Brochure.pdf)

### **General Nutrition**

<https://acvn.org/nutrition-resources/>

<https://wsava.org/global-guidelines/global-nutrition-guidelines/>

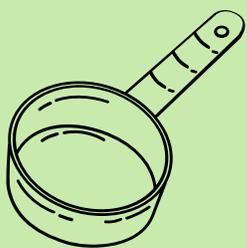
<https://www.aafco.org/Consumers/What-is-in-Pet-Food>

### **Raw Feeding**

<https://www.wormsandgermsblog.com/files/2008/04/M2-Raw-Meat-Owner1.pdf>

### **Home Cooked Recipes and Information**

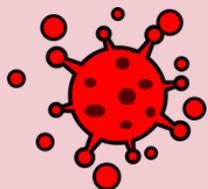
<https://hilarysblend.ca/>



# VACCINATIONS AND VIRUSES



Feline Viral Rhinotracheitis, Calicivirus,  
Panleukopenia



Rabies



Leukemia

Kittens require a series of vaccinations in their first 4 months of life. Nursing pups receive antibodies from their mother's milk (maternal antibodies) that protect them from disease during the first weeks of life.

These antibodies can prevent a vaccine from being totally effective.

As the antibodies decrease, our vaccinations become effective and provide the necessary protection.

Vaccinations for the core viruses (Feline Viral Rhinotracheitis, Calicivirus, Panleukopenia and Rabies) can be administered on a 3 year rotation after completion of a proper initial vaccine series. Leukemia vaccinations are administered during the first 2 years of life, and then tailored based on a pet's lifestyle.

## How Common are Reactions to Vaccines?

Like a drug, a vaccine can cause an adverse reaction. These reactions range from mild (some discomfort, lethargy or loss of appetite for a day) to more severe (allergic reaction/anaphylaxis). If a vaccine reaction occurs, we can use medications to control symptoms, pain and allergic response. It is important to report any suspected reaction to our team right away.

Vaccination-induced sarcomas in cats are rare - about 1 in 10,000 cats.

## Resources:

<https://publications.ovma.org/i/995093-ovma-cat-handbook/17?>

<https://www.aaha.org/aaha-guidelines/2020-aahaaafp-feline-vaccination-guidelines/feline-vaccination-home/>

## Viral Testing

Testing new kittens for exposure to Feline Leukemia and Feline Immunodeficiency Virus is strongly recommended. These viruses are transmissible from cat to cat and may alter the lifespan of your kitten.

### For more information:

<https://catvets.com/public/PDFs/ClientBrochures/AAFPFeLV-FIV-Brochure.pdf>



# Body Language of Feline Anxiety



Slight crouching



Major crouching

## More Subtle Signs of Fear & Anxiety



Dilated Eyes



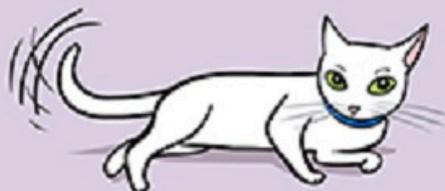
Ears Turned Back,  
Furrowed Brow



Staring,  
Focused on Object



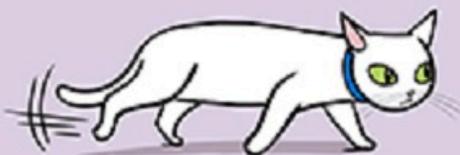
Hiding,  
Looks Half Asleep



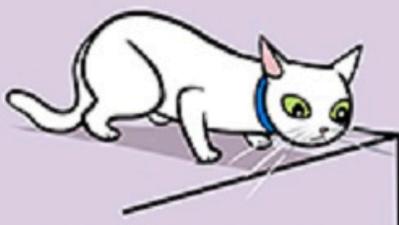
Laying on Side,  
Tail Flicking



Hair Raised, Staring,  
Ears Turned Back



Walking with Flat Back,  
Tail Down, Head Down



Ready to Jump Off Perch



Suddenly Grooming,  
Excessive Grooming



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CATTLED OG PUBLISHING  
A VETERINARY CORPORATION



# PET INSURANCE

Pet Insurance can save lives. We have personal experience with patients who need significant medical treatments, hospitalizations and surgeries who would not have received that care without insurance coverage. Consider if your pet was hit by a car and needed to have their pelvis repaired, or if they need joint repairs or even replacements - can you cover the \$10,000-\$30,000 at a specialty hospital? These are real case scenarios.

The more common scenarios are pets ingesting things they shouldn't and needing surgery to have it removed, chronic allergies and ear infections, and injuries.

Pet Insurance is offered by several companies and each one is a bit different. We recommend researching each one and choosing the right product for you. Here are some tips and tricks for selecting and working with an insurance company.

## Questions to Ask Pet Insurance Companies

1. Can we utilize any veterinarian and hospital? Is coverage provided when I travel? Is after-hours emergency care covered?
2. What are the coverage plan options and what is included in each one?
3. What are the deductible options? Is the deductible per year or per condition?
4. How much will my premium increase each year and why?
5. What is the process for preapproval and how long does it take to receive a decision?
6. What are the policy limits? Is there an annual or lifetime cap for a particular condition?
7. Can my pet be dropped from coverage? What is the criteria for doing so?
8. What is the process for filing a claim? What is the turnaround time for processing/payout?
9. Do you pay direct to the veterinary hospital, or do I have to pay initially and apply for reimbursement?
10. What is the formula for calculating reimbursement on a claim?
11. Is there a list of diseases excluded from coverage? Is there a list of breed-specific conditions that are excluded from coverage?
12. How do I know if there are pre-existing conditions that would be excluded?
13. Are complementary and alternative medicines covered? Ex. acupuncture, rehabilitation therapy, massage therapy, chiropractic
14. Are costs associated with wellness and preventive care covered? Ex. vaccinations, wellness testing, dental cleanings, parasite prevention

## Some Common Policy Definitions:

**Co-insurance:** The percentage of your claim that you must pay before any applicable Deductible applies.

**Deductible:** A fixed amount of your insured expenses which is deducted from your claim after Co-insurance has been applied. This amount is held back from reimbursement and must be satisfied by one or more claims prior to insurance paying claims .

**Exclusion:** An illness, injury or other condition that will not be covered under an individual pet's policy.

**Pre-existing or Foreseeable Condition:** A condition which first occurred or showed clinical signs before your pet's coverage started or within the policy waiting period, with or without a confirmed diagnosis. Pre-existing or Foreseeable Conditions will include conditions previously treated by a Veterinarian or associated with treatments provided through a shelter, breeder, or other resources, including the pet owner.