

How Old is Your Cat?

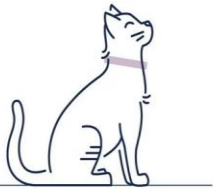
**0-1
year**
Kitten



Age in Cat Years	Age in Human Years
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1	15
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**2-10
years**
Adult



2	24
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3	28
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4	32
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5	36
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6	42
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7	47
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8	51
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9	56
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10	60
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**11+
years**
Senior



11	65
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12	69
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13	74
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14	78
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15	83
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16	87
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Tips to keep your cat healthy

Although indoor cats will live a longer healthier life than outdoor cats, this does not mean that they skip their annual check-up visits to the vet. The best way to try and avoid huge unexpected vet bills is to be proactive in your pet's health. The vet will check the overall health of your pet in each visit, but be sure to bring notes of your concerns and on any changes in your pet's habits or behaviors. You'll want to contact your vet to make an appointment right away (some require immediate attention) if your pet is experiencing any of the following:

1. Changes in eating pattern (eats more, less or not at all after 24 hours)
2. Changes in water consumption (increase or decrease)
3. Sudden weight loss or weight gain
4. Change in grooming habits (excessive grooming, stopped grooming, pulls hair out)
5. Changes in using the litter box (peeing outside the box or straining to use it)
6. Increase or decrease in the amount of urine output (for male cats if urine is decreased this is urgent to see a vet as it could become fatal)
7. Changes in the fecal consistency (constipation or diarrhea)
8. Excessive licking at their genital area (could be a sign of a UTI)
9. Changes in mood like Depression
10. Changes in fur appearance (once shiny, now dull, messy, greasy or matted)
11. Changes in their nails (become thicker or more brittle)
12. Changes in behavior or energy level (becomes quiet and withdrawn)
13. Any vomiting (if so, how frequently and what exactly your pet was throwing up – food, bile, water, etc.)
14. Changes in breathing – Shallow breathing, mouth breathing or panting
15. Cats that are sick often have elevated third eyelids (located below the lower eyelid and a sick cat will cover part of the eyeball)
16. Discharge from the eyes and nose (green or yellow) or excessive salivation
17. Pale gums and tongue may indicate anemia, yellow tint may indicate jaundice and a bluish tint may indicate a lack of oxygen.

Because signs of illness can be very subtle, if your pet does not seem right to you, err on the side of caution and see a vet as soon as possible. If you make a once-over annual visit to the vet for you pet, you'll have a good idea of what's normal and likely to catch minor problems before they become major health issues. Cats will hide their pain and illness, become withdrawn and unsocial before they display any serious signs of illness. If you are aware of your pet's daily routines and habits you will always know when your pet is not feeling well and a vet visit is necessary.

