

# Mews & News

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## Feeding Your Cat

One of the most common questions that we are asked here is “What should I be feeding my cat?”. Nutrition issues arise on a daily basis. Yet, pet owners are not usually equipped with the necessary information to make the right nutrition decisions for their pets. We are flooded with marketing



propaganda, television commercials, and flashy packaging, none of which contain any really useful information about the food at all. It is very difficult to objectively evaluate manufacturers’ claims regarding the health benefits of their foods. To confuse matters even more, we are further restricted by our pets’ dietary prefer-

ences—the best food in the world will do no good for your cat if he won’t eat it!

The good news in all of this is that there are places you can go for reliable nutrition advice and information. Let’s start with your veterinarian.

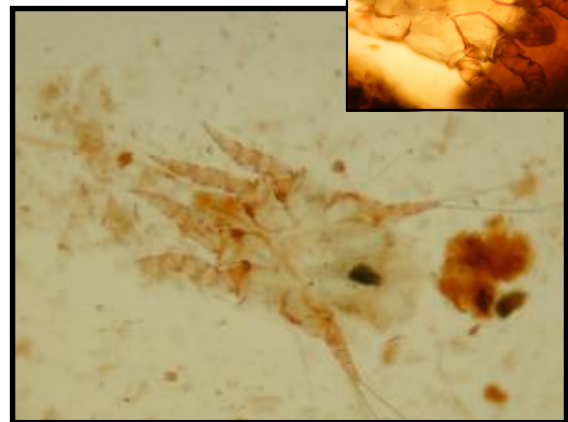
In general, there are two main types of foods available for cats: canned and dry.

## Newsletter Trivia Contest

We’ve decided to add a little bit of fun to our newsletter, in the form of a contest. Each issue, we’ll include a photo or cat trivia question. The reader submitting the correct response will win a prize! If more than one correct response is received, the winner will be chosen randomly. To submit your answer, e-mail us at [the.cat.vet@gmail.com](mailto:the.cat.vet@gmail.com), call us, or send us a postcard with your answer.

*This month’s question:*

**What is this thing??**



*Hint: This photo was taken under magnification.*

For more information, please turn to page 2 ➤



## Feeding Your Cat, cont.



Some people choose to feed raw foods, but we do not recommend this practice. In the past, it was commonly thought that dry food was preferred because it was better for cats' teeth. However, scientific studies have not proven this to be the case. In fact, more recent studies indicate that canned diets may actually be healthier for many cats. Cats in the wild developed as carnivores, meaning that their bodies developed to digest protein efficiently. Canned foods generally have much higher protein and lower carbohydrate contents than dry foods. This may be one of the reasons why many of our dry-fed housecats are overweight.

In addition to the high protein/low carb benefit of

canned foods, they also contain a much higher percentage of water, a good thing for our older cats, and many of our cats that live with kidney disease. That said, many of our feline friends love their crunchy kibble, and prefer dry food, and that can be ok for them too!



OK, we've discussed the canned vs. dry debate. Now, what brand to feed? Well, there's no easy answer to that question. Each cat is an individual, and each cat will respond differently to different foods. If your cat eats well, has a healthy

body weight, a smooth, soft haircoat, and is free of vomiting or diarrhea, the food you are feeding is probably just fine. In general, try to feed the highest quality food that you can afford, as there are differences in the quality of ingredients used by different companies.

Whatever food you decide to feed your cats, make sure that you are feeding a proper amount. For most cats, that means no more leaving out a full bowl for your cat to graze at leisure! A good rule of thumb for an average 10-12lb. cat is 1/2 cup of dry food, total, per day; or one 5.5oz. or two 3oz. cans per day.

In the next issue, we will discuss pet food labels, and finding reliable sources of nutrition information.

### Useful Websites for Nutrition Information:

The FDA guide to interpreting pet food labels:  
[http://www.fda.gov/fdac/features/2001/301\\_pet.html](http://www.fda.gov/fdac/features/2001/301_pet.html)  
 Nutrition information (calories, protein, etc) for various  
 canned and dry foods:  
<http://www.geocities.com/jimpeetson/CanFoodNew.html>  
<http://www.geocities.com/jimpeetson/dryfood.html>

## Newsletter Trivia Contest, cont.

The winner of this month's Newsletter Trivia will win a gift basket packed with goodies for their favorite cat or cats, including treats, toys, catnip, and a ceramic food dish.

Each issue, we will reveal the answer to the last question, as well as the identity

of the lucky winner. Good luck, kitty trivia buffs!

*Entries may be submitted by e-mail, phone, fax, or snail mail.*

*Be sure to include your name and phone number along with your answer! Please see our contact information on the last page of this newsletter. Entries must be received by December 1st, 2008.*



## Ask Izzy

Dear Izzy,

I really like catnip, but my person is worried that too much is not good for me, and that I may become addicted. Can you help me reason with her?

Signed, Nipsy

Dear Nipsy,

I can see where you're coming from ! I like catnip too, from

time to time. Tell your person not to worry so much. While scientists don't know exactly how catnip "works" in our brains, it has not been shown to cause any harm. And since we cats don't control our access to the catnip, addiction is not really an issue. Dr. Lewis recommends limiting the fun to 2-3 times per week. Not every kitties go crazy for the stuff,

while others could take it or leave it.

Just a quick word of advice for other cats who may be reading: catnip can cause a few cats to actually become aggressive, so if this happens to you, you should probably indulge in the occasional dish of tuna instead.

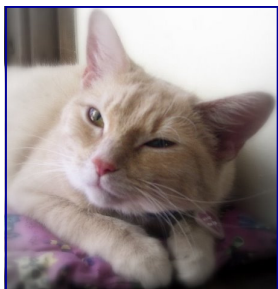
Signed, Izzy



Izzy, our Resident Cat, likes to help out around the clinic by answering questions from our patients and their families. If you have a question for Izzy, you can send it to her via mail, or e-mail from our website, [www.RiversideCatHospital.com](http://www.RiversideCatHospital.com), and click on the *contact us* link.

## In Memoriam

In memory of those kitties who have left us in the past 3 months— They give so much and demand so little in return.



*Camile M.  
Charlotte H.  
Eeyore Y.  
Raspberry G.*

*Minnie M.*

*Hear our humble prayer,  
O God,  
for our friends, the animals,  
especially for those who are suffering;  
for any that are lost or deserted  
or frightened or hungry.*

*We entreat for them all  
Thy mercy and pity,  
and for those who deal with them,  
we ask a heart of compassion  
and gentle hands and kindly words.*

*Make us, ourselves,  
to be true friends to animals  
and so to share  
the blessings  
of the merciful.*

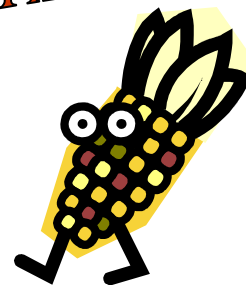
*Albert Schweitzer*

## Employee Spotlight

Hallie Corning has been with Riverside Cat Hospital since our opening in September 2006. She lives in Lansing, with her husband Phil and their 2 cats, Sabrina and Hannah. They also have a dog, Gunther, a dove, Willow, and a bearded dragon, Roy.



**Happy Thanksgiving!**



# RIVERSIDE CAT HOSPITAL

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CARING FOR YOUR CATS  
AS MUCH AS YOU DO.

Want to receive this newsletter electronically? Send your email address to us at [the.cat.vet@gmail.com](mailto:the.cat.vet@gmail.com), give us a call, or visit our website at [www.RiversideCatHospital.com](http://www.RiversideCatHospital.com) to sign up!



*Riverside Cat Hospital was opened in 2006 by Dr. Kerry Lewis. She is a 1999 graduate of Michigan State University College of Veterinary Medicine, and lives in East Lansing with her husband, Andrew, and 3 children. They have 3 cats.*

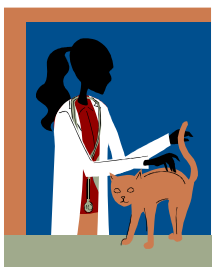
*Our mission is to provide compassionate care to our feline friends, helping them to live longer, happier lives. We are cat people too! We understand the special bond that you have with your cats.*

*If you have friends or family with cats who might benefit from a more personalized, compassionate feline veterinary experience, please let them know about us! We are happy to provide a tour of our clinic anytime.*

## The Last Word...

Well, the leaves are falling, and here we are with our winter newsletter. Hopefully everyone has been busy finishing up their fall yard work, getting the furnace tuned up, and just getting ready to settle in for the winter!

Izzy has continued to play host to a parade of different types of birds at the feeder outside her window. Hopefully they will continue to visit over the winter months. Those of you who have visited in the past couple of months may have seen our red squirrel friends in the burning bush outside our exam room window.



We have even caught Izzy checking them out once or twice!

With Thanksgiving and Christmas right around the corner, keep in mind that we may have reduced hours over these holiday weekends. Please understand that we all value the extra time that we get to spend with our families at this time of year. If you experience an emergency with your cat when our office is closed, we recommend that you call the MSU Emergency Clinic at 517-353-5420. They are fully staffed 24 hours a day, all through the holidays.

Please be sure to check out the trivia contest question in this newsletter. I'd



love to give away our gift basket as a Christmas present for one of our kitty patients! Even if you're not sure of the answer, it doesn't hurt to guess. We would like to include a picture of the winning kitty in our next newsletter!

Until next time,  
Dr. Kerry Lewis